

NZPF Rules Interpretations

Most recent update August 2024

The [IPF Technical Rules](#) are written with purely international meets in mind, and it means sometimes the rules are difficult or finicky to apply directly to meets held within New Zealand. Additionally, some rules leave ambiguities and grey areas that can be the cause of some confusion. The purpose of this document is to provide a glossary for NZPF referees and members, to help with the interpretation of those grey areas and provide for a more consistent refereeing and lifting experience through the NZPF.

This document should be considered living and is subject to being updated regularly by the NZPF Referee Examiners.

Contents

NZPF Rules Interpretations	1
Club	1
Province	2
Region	2
Referee Uniform	2
Sports Shoes	2
Rock Tape and other Proprioceptive Strapping	3
Modifications to Belts	3
Club and Gym T shirts	3
Logos on Socks	4
Underwear	4
National Team Kit	4
Swearing on the Platform	5
Squat bar being “across the shoulders”	5

Club

“Club” in the NZPF refers to the 6 local associations; Northland Powerlifting Association, Auckland Powerlifting Association, Waikato Bay of Plenty Powerlifting Association, Wellington & Central Powerlifting Association, Canterbury Powerlifting Association, and Southern Powerlifting.

Province

The two provinces in the NZPF are Te Ika-a-Māui (the North Island) and Te Waipounamu (the South Island), each made up of the clubs in the respective areas.

Region

Where the [IPF Technical Rules](#) refer to the “Region”, they refer to the lifter’s IPF region; in our case Oceania.

Referee Uniform

The IPF Technical Rules refer to an “appropriate tie.” For Category II, Regional Category I, and Category I referees this means blue, purple, and red respectively.

For referees of other ranks, we *strongly recommend* a tie or scarf of a neutral and appropriate colour such as black, white, or grey (*not* red, purple, or blue.)

Collars *may* be worn open.

Sports Shoes

What *sports shoes* means is a matter of some debate. You should, as always, use your best judgement, however in the past some options we have allowed include...

1. Chucks or vans
2. Specifically made deadlift slippers (image attached)
3. Toe shoes (with the warning that the lifter cannot use them internationally)
4. Boat shoes



In the past we have *not* allowed...

1. Slipper socks (effectively a sock with bonded rubber on the sole; image attached)



Rock Tape and Other Proprioceptive Strapping

While medical tape is specifically allowed, Rock Tape and similar strapping tools are not called out either way in the Technical Rules. Rock Tape and other proprioceptive and supportive strapping are not to be used in competition.

Modifications to Belts

Painting or drawing on the outside of belts is not allowed. Designs made by the manufacturer of the belt are allowed.

Painting or drawing on the inside of belts is allowed, and lifters are encouraged to mark their name on the inside of their belt to avoid mix-ups.

The following stickers are allowed on belts at National meets and below:

- A sticker of the lifters nation "New Zealand"
- A sticker of the lifters name
- A sticker of the NZPF logo
- A sticker of a local association's logo e.g. "Canterbury Powerlifting"
- A sticker of any approved IPF brands Logo eg "SBD"

Any stickers of the nation or of the lifters name (any non standard logos) must be tidy and appropriate. This can be up to the referee's discretion. Any stickers in poor condition eg. starting to peel should be removed.

Club and Gym T Shirts

At National level meets, the following T shirts are allowed:

- That competition's official T shirt
- A plain T shirt
- With the logo of an approved brand of any size, eg, SBD, A7
- With the logo of your association, eg, "Southern"
- With the logo of the manufacturer of the T shirt, as long as it is no larger than 2x5cm

At all levels below National, in addition to the above, T shirts with the logo of the lifter's club, gym or coach, of any size, are allowed.

Logos on Socks

Deadlift socks and other socks must be presented at the gear check table. The logo rule will apply to all socks:

At National level meets, the following socks are allowed:

- With any colour or colours (patterns and designs are allowed)
- With the logo of an approved brand of any size (Elieko, Inzer etc)
- With the logo of their non-approved manufacturer printed or embroidered on them, provided it is no greater than 5cm x 2cm
- The logo should be measured with the sock flat on the table, not stretched.

At all levels below National, in addition to the above, socks with the logo of the lifter's club, gym or coach, of any size, are allowed.

Underwear

Underwear worn in competition does not need to be presented at gear check. Athletes can be reminded that compressive or supportive underwear (such as Skins) is not allowed. Any standard bra, including those with underwires, are allowed.

If there is suspicion that an athlete is wearing supportive underwear, two referees of the same sex as the lifter should check the lifter's underwear in the weigh in room. A junior or sub-junior lifter must have a support person accompany them for this check, and other lifters may have a support person. A lifter may be penalized at the referee's or jury's discretion if they are found to be wearing supportive underwear.

National Team Kit

The New Zealand team softsuit and other parts of the kit, eg, socks and tees, may be worn at any level of competition.

Swearing on the Platform

Offensive language from an athlete, coach, official or supporter on the platform or anywhere in or around the venue can be reprimanded and/or disciplined by the referees or jury under the NZPF Code of Conduct. Swearing on the platform is not a cause for a failure light from a referee.

Squat Bar Being “Across the Shoulders”

The bar must be held across the back no lower than the top of the posterior deltoids. To get a start command and be awarded a good lift, the bar must remain across the shoulders and the lifter must be standing upright with only “slight deviation allowed”.

