

Clothing and personal equipment

1. Checking personal equipment items

1.1. Checks of personal equipment may be carried out at any time during the competition. It is not a mandatory procedure. Any athlete, in case of doubt by any of the judges, can be checked for the appropriateness of the use of equipment, both before and after the performance.

1.2. If the athlete wishes, he can submit the form for verification at his weigh-in session, no later than 20 minutes before the start of performance of his group.

1.3. Equipment checks can only be carried out by judges, members of the jury, and technical committee.

1.4. Equipment that does not comply with these rules is not allowed for use. Except when it can be fixed. For example: the length of bandages or trouser legs can be cut yourself to meet the standards.

1.5. Any piece of uniform or equipment must be prohibited if it is untidy or damaged (torn), or contains inscriptions and images of an offensive nature.

1.6. Any mistake of the judges, when checking equipment, does not give the right to use it during the competition. If such a mistake is found, all tries that the athlete performed with its use do not count.

1.7. Items such as watches, jewelry, glasses and feminine hygiene supplies do not need to be checked.

1.8. Any athlete who sets a federation record must be immediately checked by the jury members or judges on the platform.

2. Competition tights (picture 1)



Picture 1 – Competition tights

2.1. The competition tights must consist of a solid, single-layer, elastic material.

2.2. Any patches, linings or strips joined together by seams other than factory-made ones are prohibited. Any seams, overlays, inserts or other details that, in the opinion of members of the technical committee, jury or judges, are used in the tights solely to increase rigidity, serve as grounds for prohibiting the use of it in competitions.

2.3. The tights worn by the athlete must fit (tightly) the body without any sagging.

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2.4. The straps of the tights must be placed on the athlete's shoulders during all exercises in competition.

2.5. Competition tights can be:

- any color, plain or multi-colored;
- the tights may bear a distinctive sign, emblem, coat of arms and (or) the name of the participant's country, national federation (association) or sponsor, the participant's first and last name;

- Inscriptions of an offensive nature or discrediting the sport are prohibited.

2.6. Seams and scars should not be wider than 3 cm and thicker than 0.5 cm. Seams can be covered or reinforced with a narrow strip of fabric made of stretchable material no more than 2 cm in width and 0.5 cm in thickness

2.6. Only weightlifting or wrestling type tights may have seams and hems exceeding 3 cm in width. In addition, the tights in the crotch area can have two layers of the same material as the tights itself, measuring no more than 12x24 cm.

2.7. The tights must have trouser legs, the length of the outer side of which can reach 25 cm, but the length along the inner side of the trouser leg from the middle of the crotch must be at least 5 cm and no more than 15 cm.

2.8. The following competition tights are prohibited:

- having sleeves of any length;
- having any fasteners, zippers, fastenings or other parts made of metal, plastic or other materials that could cause injury or damage when performing competitive exercises;

- if the straps of the tights have been sewn in, excess material must not be sewn back to the tights;

2.9. The tights that do not meet the above requirements shall be prohibited for use in competition.

3. T-shirt/half-sleeve (picture 2)



Picture 2 – T-shirt

3.1. While performing the exercise, the athlete must wear a T-shirt (half-sleeve) under his tights. For deadlifting, a T-shirt is optional for both men and women, but women should wear a sports top. Women can also wear a top or bra under a T-shirt, as long as it does not provide additional support. You can only wear one T-shirt at a time.

3.2. The T-shirt must meet the following requirements:

- the T-shirt should only be made of cotton and/or polyester. It is prohibited to use T-shirts consisting of any rubberized stretch material, denim and tarpaulin are also prohibited;

- the T-shirt must not have pockets, buttons, fasteners, zippers, collars or V-necks;

- should not have reinforced seams, inserts of supporting materials, or foreign elements sewn into it;

- should not have sleeves that end below the elbow or on top of

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the deltoid muscle. During a performance, the athlete should not pull up or roll up the sleeves of his T-shirt above the deltoid muscle;

- the T-shirt may bear a distinctive sign, emblem, coat of arms and (or) the name of the participant's country, national federation (association) or sponsor, the participant's first and last name. It can also be the official jersey of the competition in which the athlete competes;

- the T-shirt must fit loosely on the athlete to ensure that it does not provide him with any physical support.

4. Underwear

4.1. When performing all exercises, the athlete must wear a standard factory bandage or standard factory swimming trunks made of a mixture of cotton, nylon or polyester under the tights. Boxer shorts must not be worn (picture 3).



Picture 3 – Boxer shorts

4.2. Women can also wear a factory or sports bra or crop top.

4.3. Swimming trunks or other items of clothing consisting of rubberized or similar stretchable material, with the exception of rubberized panty tape at the waist, are not permitted to be worn

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under the tights.

4.4. Underwear should not provide too much support or physical assistance in performing the exercise. The assessment of this parameter is left to the discretion of the judges, jury and technical committee.

5. Socks

5.1. Only one pair of socks may be worn at a time.

5.2. Socks may be of any color, plain or multi-colored.

5.3. Socks must not touch the kneecap or cover the knee joint, or come into contact with knee bandages or knee pads.

5.4. The use of stockings that completely cover the legs or tight bandages that fit tightly around the legs is strictly prohibited.

5.5. In the deadlift, it is mandatory to use gaiters (picture 4). Their length should be such that they end 5 cm from the kneecap.



Picture 4 – Gaiters for the deadlift

5.6. The use of special shields and pads is permitted in the deadlift. They are permitted to be worn under the gaiters. They must be worn in such a way that the shields do not protrude from under the gaiters.

6. Belt

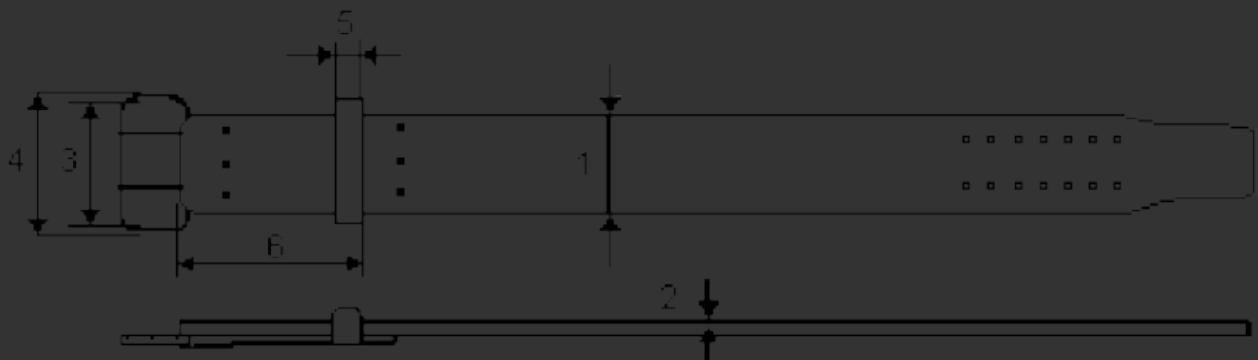
6.1. The participant may use a belt. It should be worn over the tights.

6.2. The belt must be made of leather, vinyl or other non-stretchable material made of one or more layers glued and/or sewn together. 6.3. There must be no additional soft padding, inserts, fastenings or other elements made of any other material on the outside or inside of the belt.

6.4. The buckle must be attached to one end of the belt using buttons, rivets or sewing, ensuring safe use of the belt.

6.5. The belt may have a buckle with one or two metal teeth or a buckle with a special lever or ratchet lock.

6.6. It is permissible to place any inscriptions or drawings on the belt that are not offensive and do not discredit the sport. Permissible parameters of the belt for powerlifting and strength sports (Picture 5):



Picture 5 – Parameters of the belt for powerlifting and strength sports

- belt width (1) - maximum 10 cm;
- belt thickness in its main part (2) - maximum 13 mm;
- inner width of the buckle (3) - no more than 11 cm;
- outer width of the buckle (4) - maximum 13 cm;

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- width of the tongue loop on the belt (5) – maximum 5 cm;
- the distance between the front end of the belt at the buckle and the far side of the tongue loop on the belt (6) – maximum 15 cm.

7. Shoes or boots

7.1. When performing exercises, the athlete must always wear shoes.

7.2. Shoes must be of the sports type only: sneakers, special shoes for weightlifting or powerlifting, deadlift slippers. Shoes from other sports are also allowed: wrestling, volleyball, gymnastics etc. The sole of shoes for squats must not be higher than 5 cm.

7.3. The thickness of the inner soles, if they are not part of factory-made shoes, must not exceed 1 cm.

7.4. It is prohibited to use shoes with open heels (slippers, flip-flops).

7.5. It is prohibited to use shoes with metal spikes or strips, overlays.

8. Wrist bandages (picture 6)



Picture 6 – Wrist bandages

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8.1. It is permitted to use bandages or wraps only made of elastic single-layer factory-made materials: medical crepe, polyester, cotton or a combination thereof.

8.2. Wrist wraps should not be longer than 1 m and wider than 8 cm. Any Velcro or fastening inserts should be included in this 1 m in length. A loop may be used as an auxiliary means of fastening. Before performing the exercise, it should be removed from the thumb or other fingers.

8.3. Alternatively, special wristbands no wider than 12 cm may be used. Their combination with bandages is not permitted.

8.4. The total width of the wrist bandages must be no more than 12 cm and extend from the middle of the wrist upwards, towards the elbow, up to 10 cm (no more) and downwards, towards the hand, up to 2 cm (no more).

8.5. The simultaneous use of more than one bandage on one hand is prohibited.

9. Wraps (picture 7), sleeves (picture 8)



Picture 7 – Wraps

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Picture 8 – Sleeves

9.1. The use of wraps or sleeves during competitions is permitted in the squat and deadlift exercises.

9.2. It is permitted to use wraps made only of elastic single-layer factory-made materials: medical crepe, polyester, cotton or a combination thereof.

9.3. It is permissible to use any factory-made wraps not exceeding 2.5 m in length and 8 cm in width. The total width of the wrap is no more than 30 cm. The knee is bandaged from its center up and down by 15 cm.

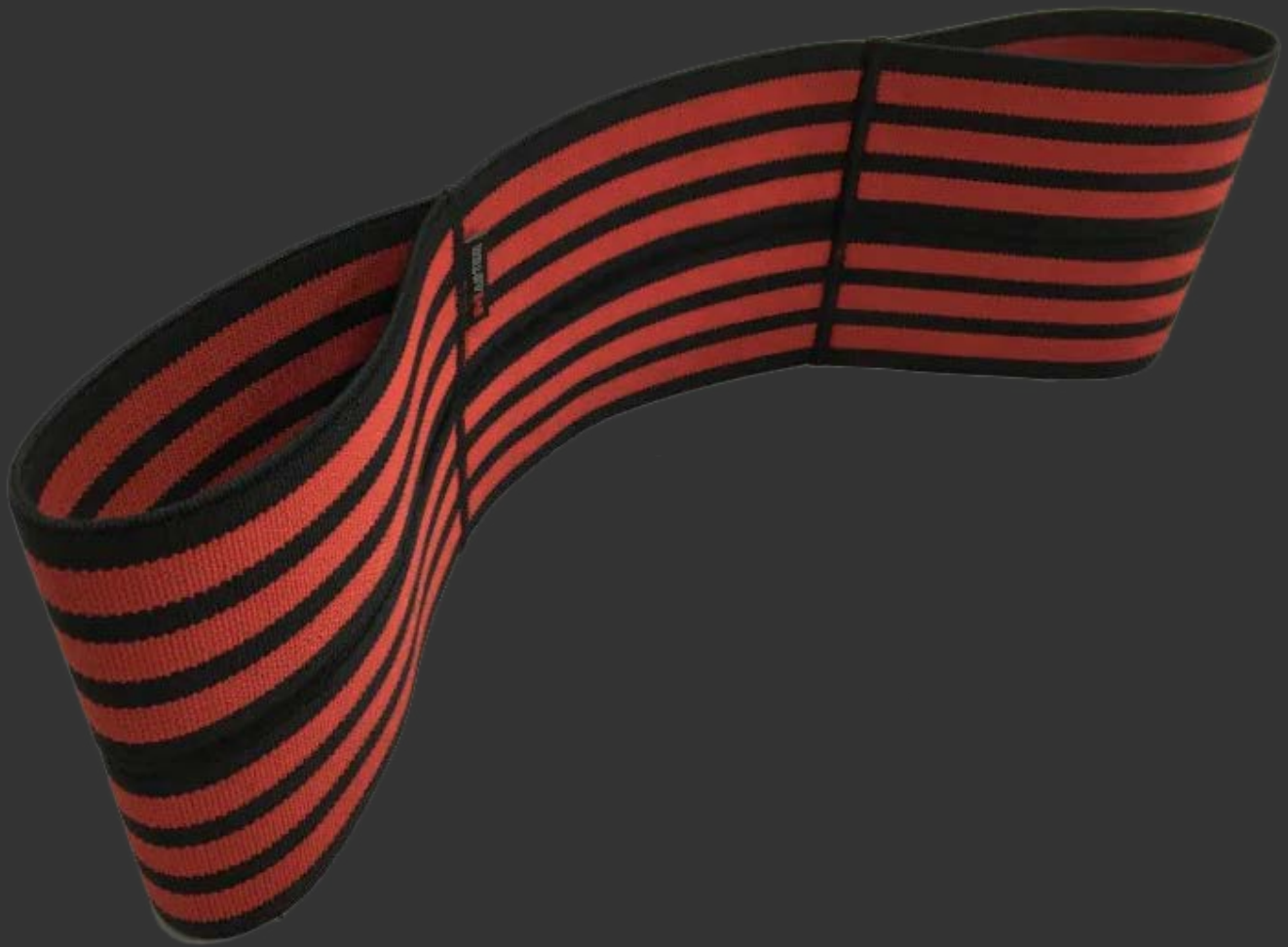
9.4 Wraps or sleeves must not touch socks and/or tights.

9.5 Using more than one wrap or one sleeve on one leg at the same time is prohibited.

9.6 Alternatively, sleeves or kneecaps made of manufactured neoprene or elastic material coated with polyester and/or cotton, not exceeding 30 cm in length and 7 mm in thickness, may be used. Sleeves must not contain cross stitching, which may provide additional support.

9.7 Athletes may use sleeves, these must not have Velcro fasteners and must not be adjustable or reinforcing.

10. Soft-equipment (picture 9)



Picture 9 - Soft-equipment

10.1. Only factory-made soft-equipment from any company with any number of layers and loops is permitted.

10.2. Soft-equipment is divided into two divisions:

- bench press in single-loop soft equipment;
- bench press in multi-loop soft equipment.

10.3. It is prohibited to use self-made soft-equipment, as well as unauthorized changes (self-improvement) in factory-made soft-equipment (additional stitching, sewing on additional layers of material, etc.).

11. Medical bandages, plasters, athletic care tapes

11.1. For bandages made of medical crepe or ordinary medical bandages and special wristbands, permission for their use in competitions is required within these "Rules".

11.2. Athletes may apply two layers of medical tape to the thumbs. However, plasters and bandages may not be used by the athlete as auxiliary means when performing an exercise or for holding the bar.

11.3. In the exercises "squat" and "deadlift" it is permitted to use elbow pads or bandages.

11.4 The use of medical tape, plasters, bandages or similar items without the official permission of the Jury or Chief Referee is prohibited. These items must not be used to assist the lifter in lifting the bar.

11.5 All medical reports in support of the lifter's request for permission to use medical bandages during the lift must be presented to the Chief Referee prior to the competition for determination of their legality under the rules.

11.6. It is prohibited to use any elbow bandages in the bench press exercise.

12. Use of auxiliary substances and materials

12.1. It is strictly forbidden to use oil, ointments or other lubricants on the athlete's body, tights or other equipment to reduce friction of the bar when lifting it. Only baby powder, talc, magnesia or rosin may be used.

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12.2. It is prohibited to enter the platform in shoes with soles made of any type of adhesive materials (this applies to any type of adhesive inserts in the sole, steel or other teeth, sandpaper pads, etc.).

12.3. It is prohibited to apply rosin or magnesia to the soles of shoes, or to wet them with sweet water or soda with sugar. Wetting the soles with water is permitted.

12.4 It is prohibited to use any substances to treat the equipment, to clean the bar, bench press or platform, except for those used as sterilizing agents.

13. Antiseptic treatment of equipment

13.1. Blood or open wounds are not allowed when the athlete is on the platform. Any injuries must be treated and bandaged before going on the platform. If blood gets on the bar or equipment, the exercise must be suspended and the bar and equipment sterilized with a disinfectant solution. The presence of such a solution during the competition is the responsibility of the organizers.

13.2. If an athlete shows up on the platform with blood or an open wound, it is their responsibility to resolve the issue in order to be allowed on the platform. In this case, the clock will continue to run, and if they fail to resolve the issue before the clock runs out, they will lose that effort.