

**August 2016 ~ Amendment to USPF Rules in regards to  
COSTUME & PERSONAL EQUIPMENT  
ABSOLUTE RAW DIVISION**

**Part 3**

**COSTUME AND PERSONAL EQUIPMENT**

1. Costume

1.1. The lifting costume shall consist of a one-piece non-supportive weightlifting/wrestling singlet made of single-ply stretch material. Note: Single-Ply is defined as a thickness, layer of folded, interwoven or laminated material that cannot be separated anywhere within the confines of the material. The construction of the singlet must be without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the Technical Chairman or Chief Referee are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The costume must be form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition. Only costumes officially registered and approved by the USPF Technical

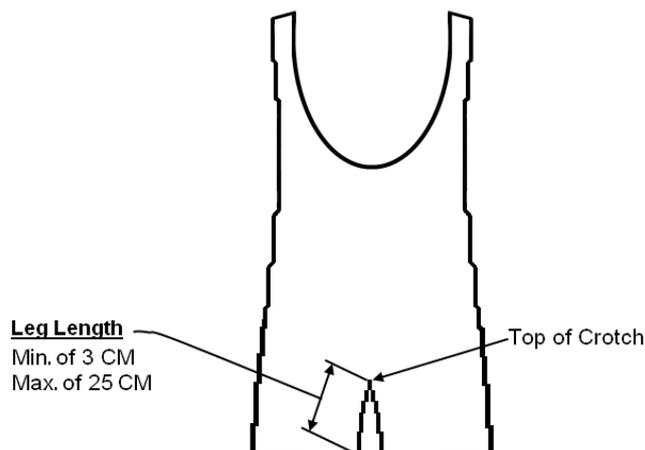
Committee shall be permitted for use in powerlifting competitions. The lifting suit shall also be subject to the following requirements:

1.1.1. It may be of any color or combination of colors.

1.1.2. The non-supportive weightlifting/wrestling singlet may bear the badge, emblem, logo and/or inscription of the lifter's nation, national association, or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed. (Refer to Part 3, Item 9.8 for sponsor's logos).

1.1.3. The non-supportive weightlifting/wrestling singlet type suits may have seams and hems not exceeding 3 cm in width. The non-supportive weightlifting/wrestling type suits will have a single thickness of the same material in the area of the crotch.

1.1.4. The non-supportive weightlifting/wrestling singlet must have legs. The minimum length of the leg is to be 3cm and cannot exceed 25 cm. The measurement of the leg will be taken on a line from the top seam of the crotch down the inside of the leg to the center of the knee (See diagram below).



1.1.5. Any alterations to the costume, which exceed the established widths, lengths or thickness previously stated, shall make the suit illegal for competition.

2. Undershirt

2.1. An undershirt (commonly known as a "T-shirt") with or without sleeves must be worn under the lifting suit during the performance in each of the three disciplines (squat, bench & deadlift). Only one T-shirt can be worn at a time. The undershirt is subject to the following provisions:

2.1.1. It can be of any color or combination of colors and must not have any pockets, buttons, zippers or a reinforced collar or seams (See diagram below).



- 2.1.2. It is not ribbed and does not consist of any rubberized or similar stretch material or threading. The T-shirt must be made either exclusively of cotton or polyester, or a mixture of cotton and polyester.
- 2.1.3. Is not constructed so as to place seams in a position, which, in the opinion of the USPF, might tend to assist the lifter in powerlifting competition.
- 2.1.4. It shall not have sleeves, which terminate either below the elbow or above the upper deltoid. Note: A T-shirt that is sleeveless must cover the upper deltoid completely. Lifters may not push the sleeves of such an undershirt up to the deltoid when competing in competitions.
- 2.1.5. Fits loosely enough on the lifter's body to ensure that it does not afford the lifter any physical support.
- 2.1.6. It may not be worn under a bench press or erector shirt. It must be an individual article of cloth.
- 2.1.7. The T-shirt must be plain or the official T-shirt of the contest in which the lifter is competing or only bears the badge and/or inscription of the lifter's national or regional federation or sponsor. That which is offensive or likely to bring the sport into disrepute is not allowed. The sponsor's logo must also conform to Part 3, Item 13.8.

### 3. Undershorts

- 3.1. Undershorts - A standard commercial "athletic supporter" or standard commercial undershorts of any mixture of cotton, nylon or polyester (but not swimming trunks or any other garment consisting of rubberized or similar stretch material except in the waistband) may be worn under the lifting suit provided that:
  - 3.1.1. Any support to the body of the lifter, which may be provided by the "athletic supporter" or undershorts, is limited to the lifter's lower abdominal wall.
  - 3.1.2. For hygiene purposes both men and women may wear additional small non-supportive protective cotton briefs/panties. Boxer type shorts or any other material is not permitted. Women may also wear a bra provided it contains no special support and the bra cup does not maintain its shape when placed upright upon a flat surface. The use of tampons, sanitary napkins, or related articles used for feminine hygiene protection is permitted.

### 4. Socks

- 4.1. Socks may be worn, however only one pair of socks at a time.
- 4.2. They may be of any color or combination of colors.
- 4.3. They shall not be of such length on the leg that they meet any knee wrapping or kneecap supporter when in use.
- 4.4. Full-length leg stockings, tights or hose are strictly forbidden.
- 4.5. During the execution of the deadlift, one pair of knee length socks must be worn.

### 5. Belt

- 5.1. No belt of any kind is allowed.

### 6. Shoes or Boots

- 6.1. Lifting shoes or boots shall be worn. They may be of any color or colors.
- 6.2. Shoes shall be taken to include boots; sport shoes, trainer's gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole.
- 6.3. Shoes with metal spikes or cleats are not permitted.

7. Supportive or Non-Supportive Wraps, Sleeves, Wristbands & Plasters

8.1 No elbow, wrist or knee wraps of any kind are allowed. No knee sleeves or wristbands of any kind are allowed.

8.2 Plasters may be used as follows:

- 8.2.1 Two layers of plasters, bandages or band-aids may be worn on the thumbs. These items may not be worn anywhere else on the body without official permission of the Jury or the Technical Committee Chairman. Plasters, bandages or band-aids may not be used as aids to the lifter in holding the bar.
- 8.2.2 Contingent upon prior approval by the Technical Chairman, the official doctor, paramedic or paramedical personnel on duty, may apply bandages to bodily injuries in a fashion that would not grant the lifter an undue advantage.
- 8.2.3 At all competitions where the Technical Chairman may not be present and no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of spot plasters.