

**August 2016 ~ Amendment to USPF Rules in regards to
COSTUME & PERSONAL EQUIPMENT
CLASSIC 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 Committee 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

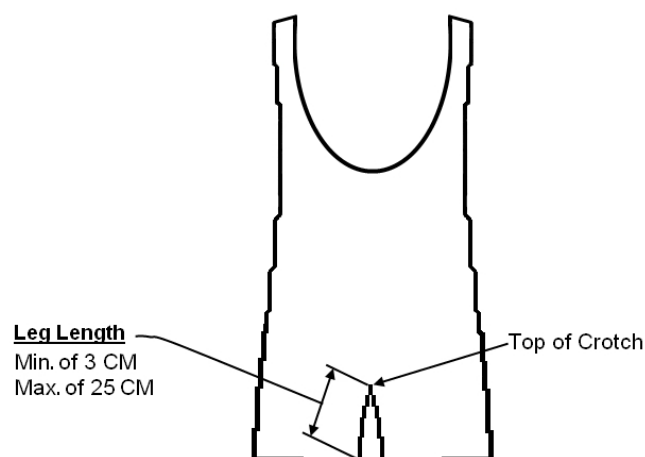
Committee shall be permitted for use in powerlifting competitions. The lifting suit shall also be subject to the following requirements:

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.

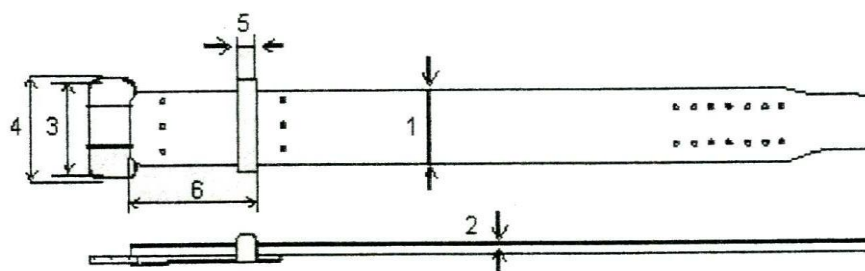
4. Socks

- 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. Competitors may wear a belt. If worn it shall be on the outside of the lifting suit with the buckle in the front or rear of the lifter's body. However, the lifter cannot wear the buckle of his belt at his back during the bench press.
- 5.2. Materials and Construction are as follows:
 - 5.2.1. The main body shall be made of leather or vinyl in one or more laminations, which may be glued and/or stitched together. It can be of any color or combination of colors.
 - 5.2.2. It either shall not have additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.
 - 5.2.3. A standard metal buckle and studs are the only non-leather components permitted. The

- buckle shall be attached at one end of the belt by means of studs and/or stitching.
- 5.2.4. The belt may have a buckle with one or two prongs, "quick release" type or ratchet style.
 - 5.2.5. A leather or vinyl tongue loop shall be attached close to the buckle by means of studs and/or stitching.
 - 5.2.6. The name of the lifter, the lifter's nation, state and/or club may appear on the outside of the belt.
 - 5.2.7. Dimensions:
 - 5.2.7.1. Width of belt maximum 10 cm (Item 1).
 - 5.2.7.2. Thickness of belt maximum 13 mm along the main length (Item 2).
 - 5.2.7.3. Inside width of buckle maximum 11 cm (Item 3).
 - 5.2.7.4. Outside width of buckle maximum 13 cm (Item 4).
 - 5.2.7.5. Tongue loop maximum width 5 mm (Item 5).
 - 5.2.7.6. Distance between end of belt and far end of tongue loop maximum 15 cm (Item 6).



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. Knee & Wrist Wraps/Plasters

- 7.1. Only wraps or bandages of one ply commercially woven elastic that is covered with polyester, cotton or combinations of either materials; or medical crepe are permitted. Bandages of rubber or rubberized substitutes are strictly forbidden.
 - 7.1.1. Wrists wraps may be used as follows: Wraps not exceeding 1 m in length and 8 cm in width may be worn. Alternatively, wristbands not exceeding 10 cm in width may be worn. A combination of the two is not permitted.
 - 7.1.2. If wristbands are of the wrap around style, with or without stitching to form a sleeve, they may have Velcro patches not exceeding 30 cm in total length and 8 cm wide for securing them as well as a thumb loop. The total length of the wristband shall not exceed 50 cm. The Velcro patches must be incorporated within the 50 cm total length. The thumb loop shall not be over the thumb during the actual lift. 3. A wrist wrap shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a total covered width of 12 cm.
- 7.2. Knees wraps may be used as follows:
 - 7.2.1 Wraps not exceeding 2.5 m in length and 8 cm in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covered width of 30 cm. Alternatively an elasticized kneecap supporter not exceeding 20 cm in length may be worn. A combination of the two is strictly forbidden.
 - 10.2.2 Wraps shall not be in contact with the socks or lifting suit.
 - 10.2.3 Wraps shall not be used elsewhere on the body.
- 7.3. Plasters may be used as follows:
 - 7.3.1. 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 Chief Referee. Plasters, bandages or band-aids may not be used as aids to the lifter in holding the bar.
 - 7.3.2. 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.

7.3.3. 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.