

Clarification

- what is <u>compulsory?</u>
- what is <u>optional?</u>
- what is prohibited?
- does that mean the rest is allowed?
- how many items may be worn?



Compulsory

Athletes MUST wear the following

- Costume
- Sport footwear/weightlifting shoes/ weightlifting boots to protect feet and provide stability and a firm stance on the competition platform

Optional

Athletes MAY wear any of the following

- Unitard
- T-shirt
- Shorts
- Socks
- Belt
- Bandage(s)
- Sticking plaster(s)Undergarment(s)
- Tape(s)

- Gloves
- Palm Guard(s)
- Underwear(s)
- Jewel(s)
- Accessories
- Hair Adornment(s)
- Glasses

Individual rules apply for each item

General Rules

- Hair and any items worn on the head are considered to be part of the head
- At competitions, athletes participate in the uniform clothing issued/approved by their Member Federation. For this purpose, the Victory Ceremony is considered to be part of competition.
- Personal electronic equipment (i.e. iPods, tablets, mobile phones, etc.) are prohibited on the competition platform / stage.

General Rules

- Costumes may be decorated or marked with the athlete's:
 - Name
 - Nick name
 - Club name
 - Member Federation / NOC
 - National Emblem
 - Manufacturer's Identification



Incorrect Costume

- Two or more pieces
- Worn with the other costume(s)
- With collar
- Covers the elbow(s) / knee(s)
- Covers the belt
- Covered by the Unitard / T-shirt
- Altered by T-shirt and shorts
- Altered by Unitard

Incorrect Unitard

- Two or more pieces
- Altered by T-shirt and shorts
- Worn with other Unitard(s)
- Loose fitting
- With collar
- With pattern or design
- Worn without costume
- Covers the costume

Incorrect T-shirt

- Worn with other T-shirt(s)
- With collar
- Covers the elbows
- Covers the costume

Incorrect Shorts

- Loose fitting
- Covers the knees



Incorrect Socks

Covers the patella(s)



Incorrect Belt

- Measures more than 12cm wide
- Worn on the inside of the costume



Incorrect Bandages

- Covers more than 10cm of the wrist area
- Covers more than 30cm of the knee area
- Kneecap/bandages/protectors reinforced by way of buckles, straps, whalebone, plastic or wire
- Attached to the barbell
- Worn on the elbow(s) and/or reaching to the elbow(s)
- Forearm bandage covers the wrist bandage and/or vice versa
- Shin/thigh bandage covers the knee bandage/kneecap and/or vice versa

Incorrect Sticking Plasters

- Worn on the fingers/thumb protruding in front of the fingertips
- Attached to the barbell
- Worn on the elbow(s) except the case when the Doctor on Duty allowed to stop bleeding
- Covers the gloves/palm guards

Incorrect Tapes

- Worn on the fingers/thumb protruding in front of the fingertips
- Attached to the barbell
- Worn on the elbow(s) and/or reaching to the elbow area
- Covers the gloves/palm guards

Incorrect Gloves/Palm Guards

- Covers more than first knuckle of the fingers
- Covers sticking plaster(s) on the finger(s)
- Covers tape(s) on the finger(s)

