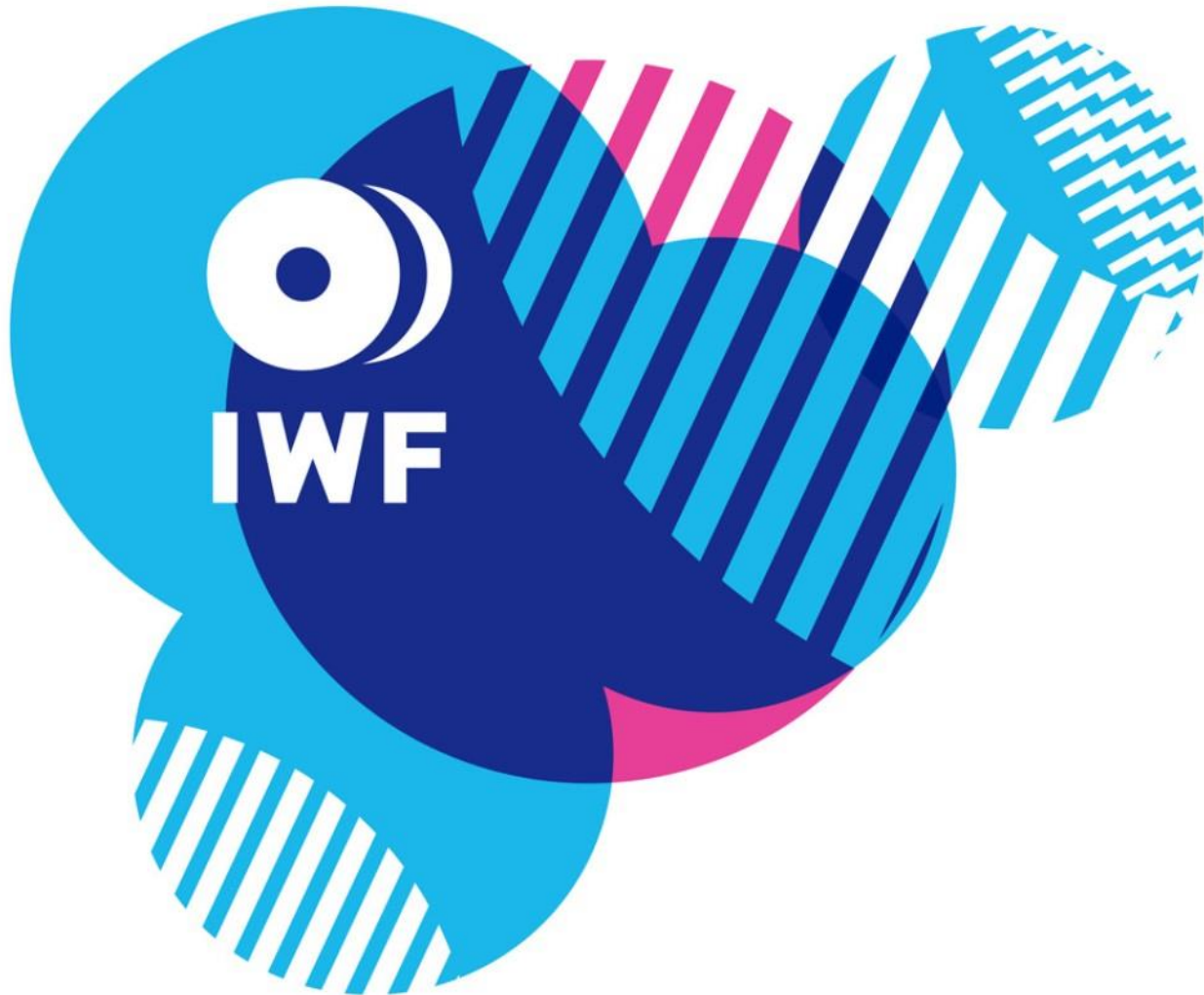


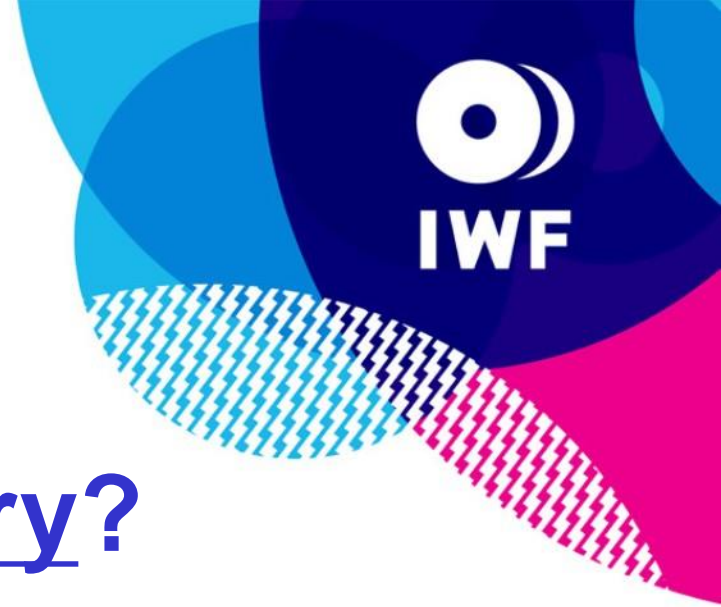
IWF Technical Committee PowerPoint

Clarification of “Athletes’ Outfit”



Clarification

- What is compulsory?
- What is optional?
- What is prohibited?
- Does that mean the rest is allowed?
- How many items may be worn?



- Athletes' Outfit -



General Rules

Compulsory



Athletes MUST wear the following

- Costume
- Sport footwear

Optional

Athletes MAY wear any of
the following

- Unitard
- T-shirt
- Shorts
- Socks
- Belt
- Bandage(s)
- Sticking plaster(s)
- Tape(s)
- Gloves
- Palm Guard(s)
- Undergarment(s)
- Jewelry / Accessories
- Hair Adornment(s)
- Religious head gear / Head gear

Individual rules apply for each item



General Rules



- **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. (Medical equipment is an exception).

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

- Athletes' Outfit -



**Detailed
Regulation**

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



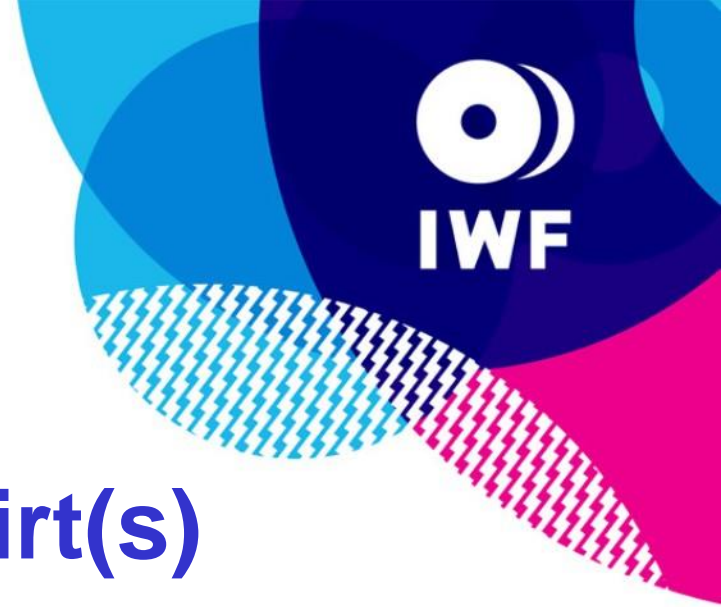
Incorrect Unitard

- 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

- Worn with other pair(s) of shorts
- Loose fitting
- Covers the knees
- Longer than (lower limb part of) the costume



Incorrect Belt

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



Incorrect Bandages

- **Kneecap / bandages / protectors reinforced by way of buckles, straps, whalebone, plastic or wire**
- **Attached to the barbell**
- **Worn on and/or reaching to the 10cm of elbow area**



Incorrect Sticking Plasters



- **Worn on the fingers/thumb protruding in front of the fingertips**
- **Attached to the barbell**
- **Worn on the 10cm of elbow area except the case when the Competition Doctor 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 and/or reaching to the 10cm of 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)**

