

IWF Technical Committee Technical Guideline

‘Athletes’ Outfit’



**For Athletes, Coaches,
and Technical Officials
IWF TCRR 4.1-4.9**

Compulsory (4.1.1)

Athletes MUST wear;

- A weightlifting costume
- Sport footwear

~~“weightlifting shoes / weightlifting boots to protect feet and provide stability and a firm stance on the competition platform”~~

Optional (4.1.2)

**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

Socks (in 4.1.2)



Socks may be worn, ~~but~~
~~must not cover the knees.~~



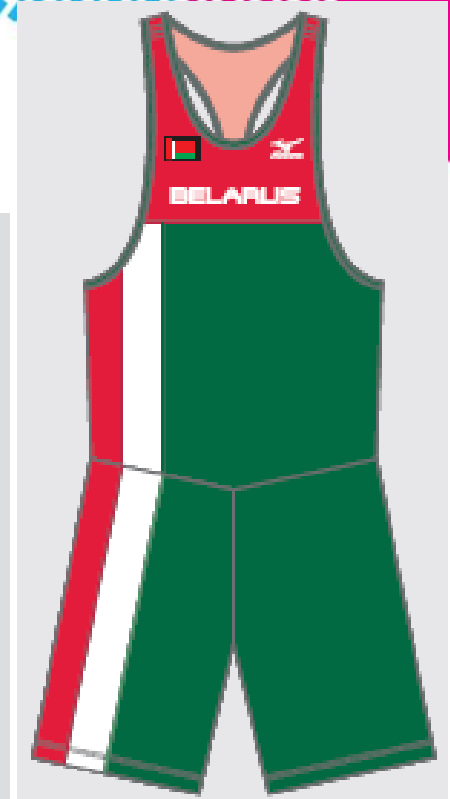
These are all **OK** !!



Costume (4.2)

Athletes **must** wear **only one** costume which complies with the following criteria: (4.2.1)

- Must be one piece.
- Must be collar-less
- May be of any colour
- Must not cover the elbows
- Must not cover the knees



It means...



The rule 4.7.4 says also “A T-shirt and shorts cannot be worn instead of the costume.”

**Costume may be
loose fitting**

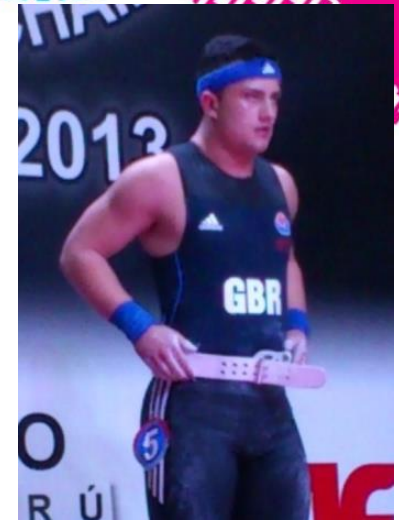


Costume may be decorated or marked with... (4.2.2)

Athlete's

- Name
- Nick name
- Club name
- Member Federation / NOC
- National Emblem

OK!!



Footwear (4.3)



**Athletes must wear sport footwear
~~(weightlifting shoes / boots) to protect~~
~~their feet and provide stability and a~~
~~firm stance on the competition platform.~~**

Belt (4.4)



- If used, it must be worn on the **outside of the costume** (4.4.1)



- **Maximum width is 12cm** (4.4.2)

Max 12cm



Bandages, Sticking Plasters and Tapes (4.5)



What is bandages? (4.5.1)

Non-adhesive wraps made of a variety of materials.

Most common materials are;

- Gauze
- Medical crepe
- Neoprene / rubber
- Leather



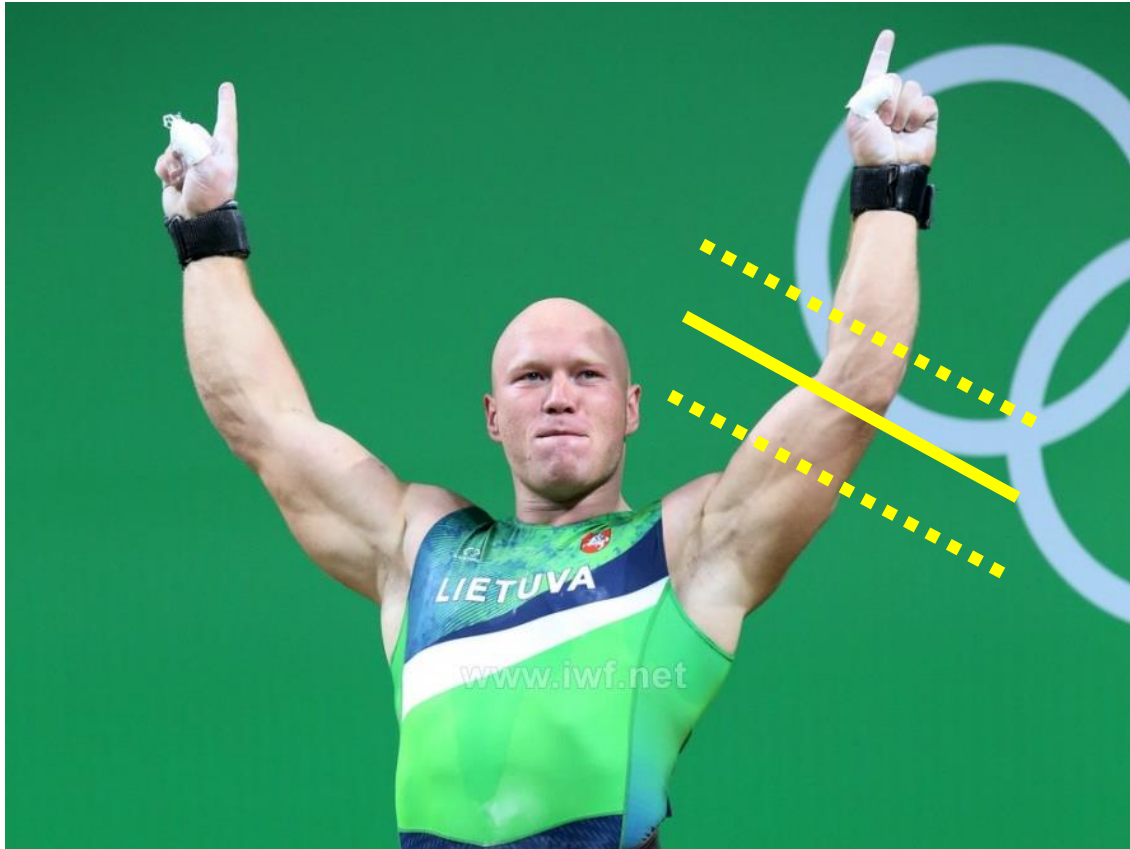
Rules for Bandages



- **No limit** for length. (4.5.1.1)
- ~~**Wrist bandages must not cover more area than 10cm, either on skin or on unitard.**~~
- One-piece **kneecaps / patella protectors** may **not be reinforced** by way of buckles, straps, whalebone, plastic or wire. (4.5.1.2)
- Bandages on **hands** may be **attached to wrist**. (4.5.1.3)
- Bandages must **not** be **attached to barbell** at any time (4.5.1.4)
- Any bandage worn on the **trunk** must be worn **under the costume** (4.5.1.5)
- **No** bandages or substitutes are allowed **within 10cm of the elbow area**. (4.5.1.6)



10cm of the elbow area means



5cm above the elbow
+
5cm below the elbow

No bandage, no sticking plaster, no tape within this 10cm area

What we can...

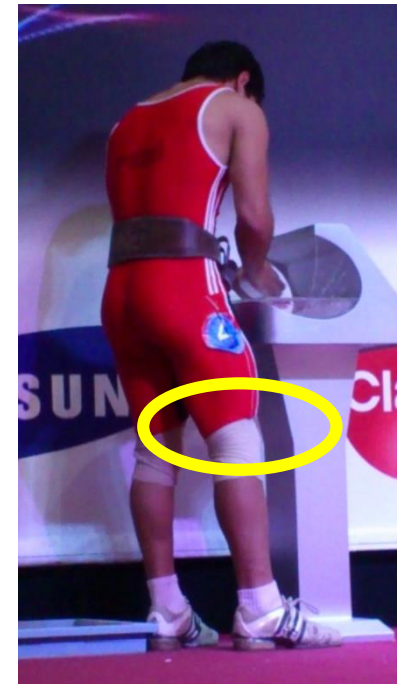
Bandage, anywhere **but not for elbows**



“Double bandages”



Costume / socks covering bandages



What we cannot...



Reinforced kneecaps



Bandage(s) attached to the barbell



Bandage within 10cm of the elbow area

Bandages, Sticking Plasters and Tapes (4.5)



What is Sticking Plasters? (4.5.2)

Small adhesive bandages usually made of;

- Woven fabric
- Plastic
- Latex rubber



with an absorbent pad

Sticking plasters are applied to cover **small wounds**.



Sticking Plasters



Can

Be worn to protect small wounds (4.5.2.1)

Cannot

Be worn within 10cm of the elbow area (4.5.1.6 and 4.5.3.4 cover this rule)

Protrude in front of fingertips (4.5.2.2)

= Only as same area as finger(s) / thumb(s)

Be attached to the barbell (4.5.2.3)

Bandages, Sticking Plasters and Tapes (4.5)



What is Tape? (4.5.3)

Made of either rigid cotton or rayon material and is known as;

- Athletic tape
- Medical tape
- Sport tape

Tape can an elastic therapeutic tape (**Kinesio tape**, an adhesive elastic cotton strip) also.



OK!!

What we can...

Tape, anywhere but not for elbows

Tapes on **hands** may be attached to wrist. (4.5.3.2)

May be worn under any piece of outfit including other bandages anywhere on the body, except elbow(s). (4.5.3.5)



Can be also under the costume



Tape, under socks



Kinesio tape, under costume and bandage



What we cannot...



Tape, protrude in front of fingertips (4.5.3.1)

= Only as same area as finger(s) / thumb(s)

Tape, attached to the barbell (4.5.3.3)

Tape, worn within 10cm of the elbow area (4.5.3.4)



Gloves and Palm Guards (4.6)



- Wearing fingerless gloves is allowed (4.6.1)
- ex. Gymnastic palm guards, cycling gloves
- Gloves may cover only the first knuckle of the fingers (4.6.2)
- If sticking plaster or tape is worn on the fingers, there must be **a visible separation** between the **sticking plaster / tape** and the **palm guard / glove**. (4.6.3)



Need a visible separation with



On finger

Unitard (4.7.1)

Only one unitard **may** be worn **under the costume.**

The **unitard** is considered as the **skin**

Must comply with the following criteria:

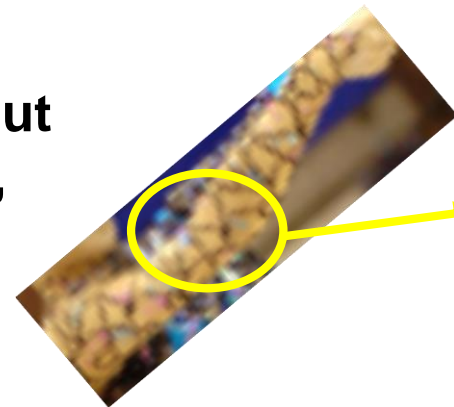
- One piece or two pieces
- Tight fitting
- **Collarless**
- May cover the elbows and knees
- May be of any colour
- **No pattern or design** permitted



It means...



Any colour but
one colour,
no pattern



**Elbow
Straight?
Or bent?
???**

Actual photo



OK!!

- Full body
- Tight fitting unitard
- Collarless
- No pattern/design



Oops!



Not OK !!

Having design



Oops!



Not OK !!

Where is the costume??



Separated Unitard means...



OK!!



Unitard Top, must be

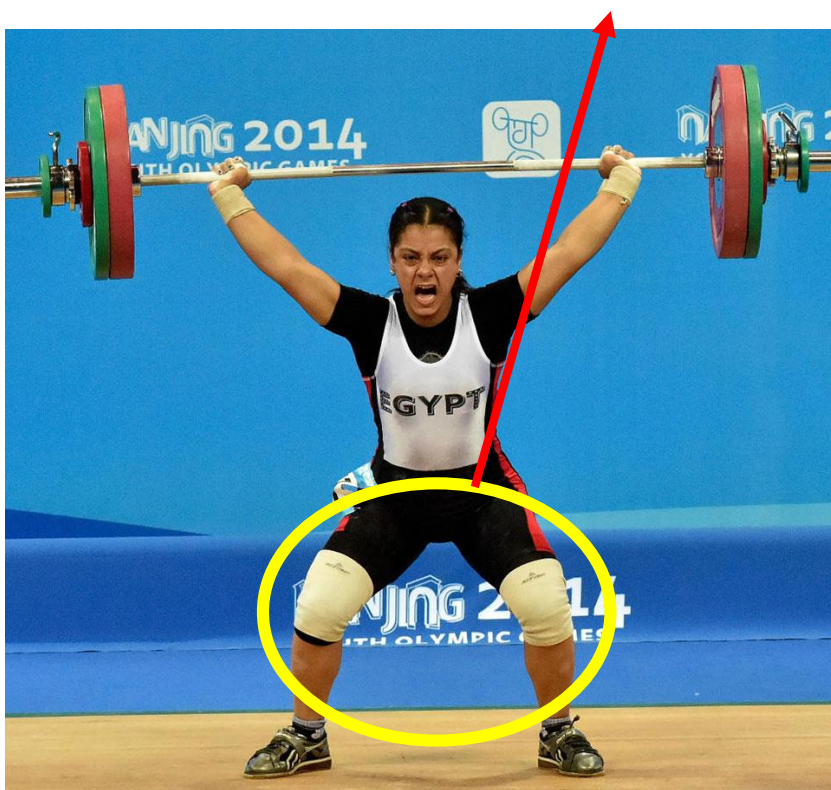
- **Tight fitting**
- **Collarless**
- **No pattern/design**

NOTE: Unitard Top without Unitard Bottoms is **possible**

Separated Unitard means...

Unitard Bottoms /Leggings

OK!!



NOTE: Without Unitard Top is possible

T-shirt (4.7.2)

Only one T-shirt may be worn under the costume.

Must comply with the following criteria:

- **Must be collarless**
- **May not cover the elbows**
- **May be of any colour**



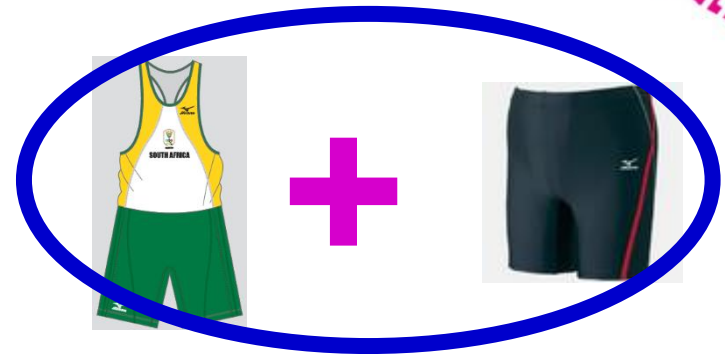
**“High neck” is not the collar.
This is **OK** !!**



Shorts (4.7.3)



Only one pair of shorts **may** be worn under or over the costume



Must comply with the following criteria:

- **Tight fitting**
- **Must not cover the knees**
- **May be of any colour**



Unitard Bottoms / Leggings are not considered as shorts.

On the head... (4.7.5)

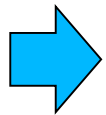


Any of those are all **OK!!**



BUT,

Hair and **any items worn** on the head are considered to be **part of the head.**



If **the bar touches** those during the Snatch **while the bar is above the head**, Referees will press **red.**



Cool !!
But
Be careful!!

Rule 4.7.6



“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 the competition.”

Don't use competition and/or Victory Ceremony for appealing your ideology!!

Personal Electronic Devices (4.8)



OK in W-up Area



Not Good on Stage / Platform at anytime

- Except for **medical equipment** if that does not assist in **execution of the lift.**

Manufacturer Identification (4.9)



At all **IWF Events**, the following identifications are permitted on each article of athletes outfit with the total **maximum size of 500cm² per article** (4.9.1)

- a) the identification (logo, name or combination of both) of the **manufacturer of the product** and/or
- b) the identification of their **commercial sponsor** (logo, name or combination of both)

Distinct patterns of a manufacturer are **not considered** for this measurement of the application.

At Olympic Games and YOG, relevant IOC rules prevail.
(4.9.2)

It means...

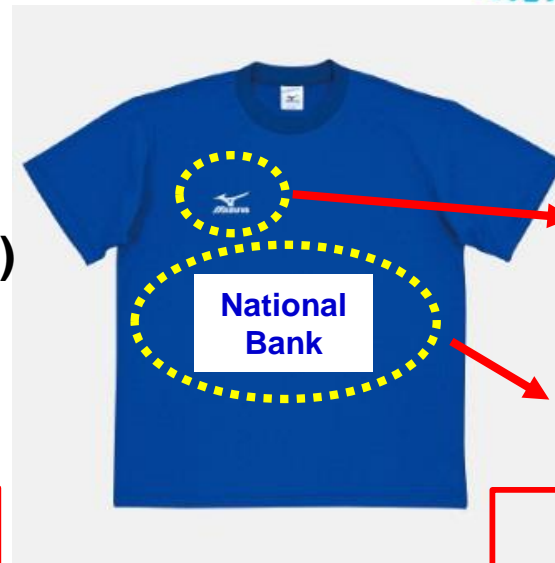
At IWF Events,



Manufacturer's logo
e.g. $3 \times 3 + 3 \times 3 (= 18)$

Sponsor's logo
e.g. $12 \times 40 (=480)$

$$18 + 480 < 500$$



Manufacturer's
e.g. $3 \times 3 (= 9)$

Sponsor's
 $12 \times 40 (=480)$

$$9 + 480 < 500$$

In the total **maximum** size of **500cm²** per piece of equipment

NOTE: At Olympic Games and YOG, relevant IOC rules prevail.

It means...

At IWF Events,

Manufacturer's logo; 7 x 8 (= 56)

Sponsor's logo (1); 15 x 20 (=300)

Sponsor's logo (2); 12 x 12 (=144)

Total: 500

and

“Three Stripes” is possible

“Distinct patterns of a manufacturer are **not considered** for this measurement of the application.”

NOTE: At Olympic Games and YOG, relevant IOC rules prevail.



At the Olympic Games

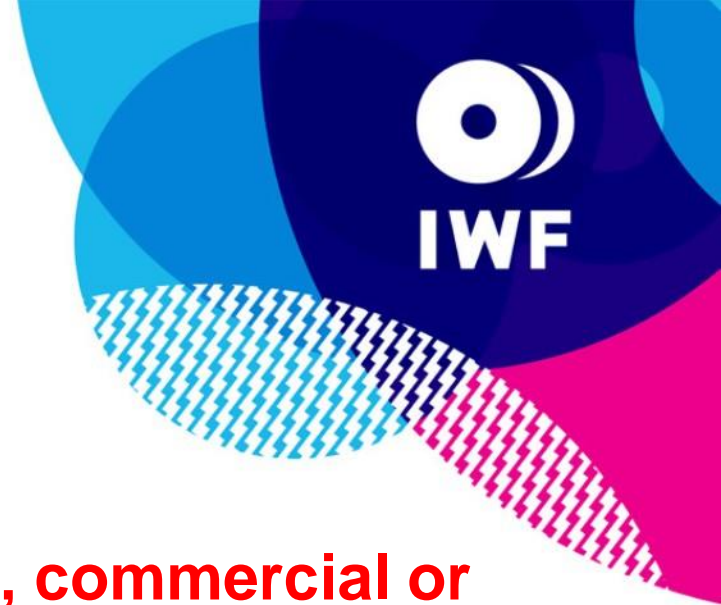


**Differences between
IWF Rule and Olympic
Charter**



Olympic Charter #50

By-Law 1



No form of publicity or propaganda, commercial or otherwise, may appear on persons, on sportswear, accessories or, more generally, on any article of clothing or equipment whatsoever worn or used by all competitors, team officials, other team personnel and all other participants **in the Olympic Games, except for the identification [...] of the manufacturer of the article or equipment concerned, provided that such identification shall not be marked conspicuously for advertising purposes.**



Rules apply to

Who?




- Athletes
- Team Officials / Coaches
- Other Team Personnel
- Other **accredited persons** (= TOs also!!)

Where?

- Within the Olympic Games venues and sites



Authorised Identifications

- Identification of the Manufacturer adidas
- NOC Emblem 
- IF Identification  IWF
- Olympic Games Emblem 
- Olympic Games Wordmark Rio2016
- **Product Technology Identification**





Item

- **Clothing**



- **Accessory**



- **Footwear**



- **Sports Equipment** **Barbell, Platform etc.**

- **Technical Installations** **Clock, Scoreboard etc.**



Important difference between IWF TCRR



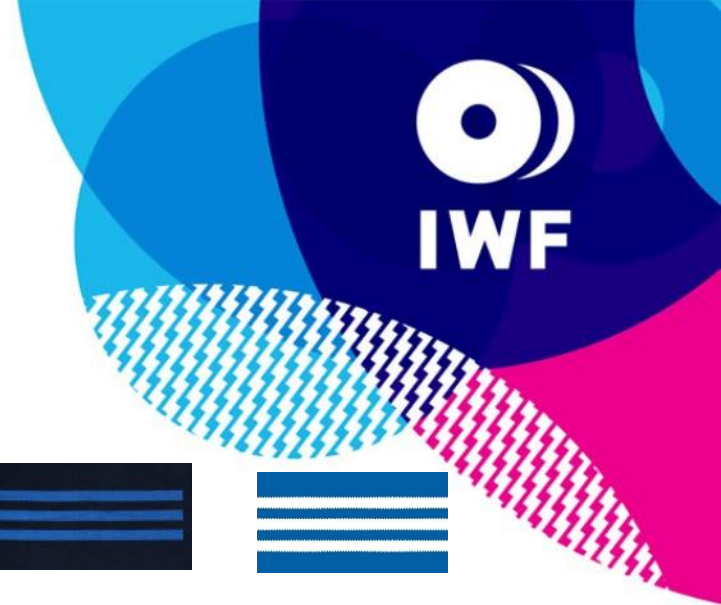
Identification of the Manufacturer in Olympic Charter includes;

- Name of manufacturer
- Designation
- Trademark
- Logo
- Any other **distinctive sign**

= All of those are counted into number/size



For example...



adidas



ASICS



TIGER

Mizuno



Nike



JUST DO IT.

PUMA



PUMA



For example...

“**Three Stripes**” is distinctive design of adidas.

➔ **Not permitted** to appear more than the size regulated at the Olympic Games and the YOG.



**Can not be
worn if
such big !!**





Clothing (1)

- T-shirt
- Undershirt
- Robe
- Tracksuit / Jacket

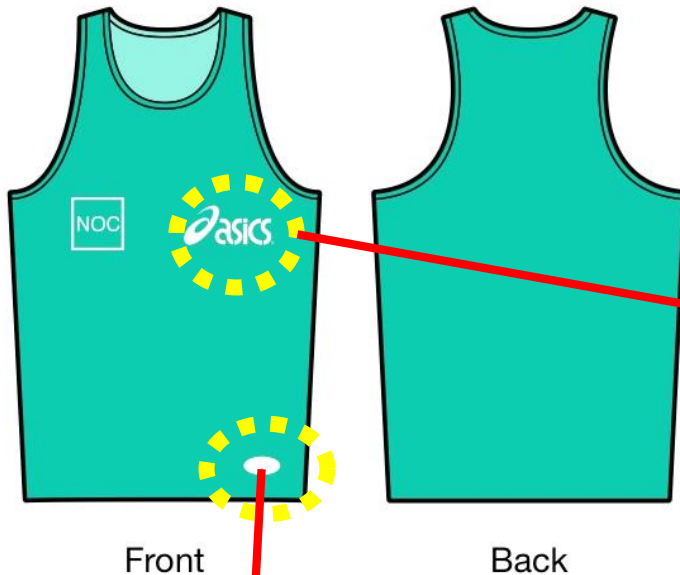
One **Identification of the Manufacturer** per closing item will be permitted, to a maximum size of **30cm²**.

One **additional Product Technology Identification** will be permitted **per clothing item** with a maximum size of **10cm²**.



It means...

At the Olympic Games and YOG,



Front

Back

DRI-FIT

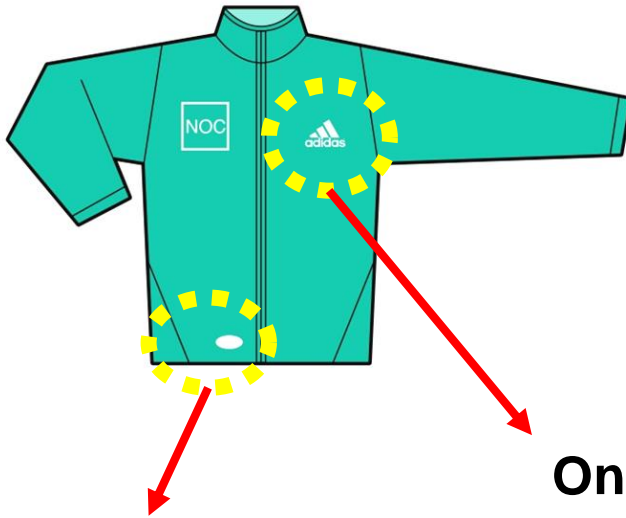
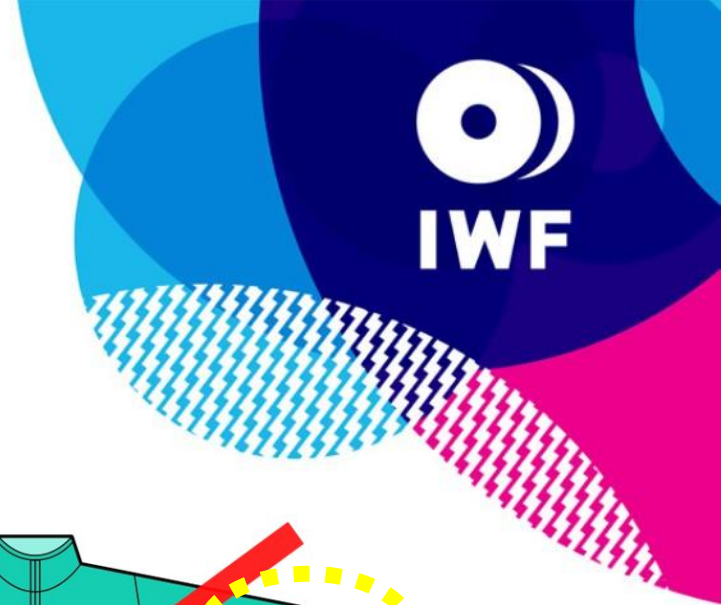
Only 1 Identification of
Manufacturer per item
e.g. 5 x 6 (≤ 30)

and

Only 1 additional Product Technology
Identification per item
e.g. 2 x 5 (≤ 10)



It means...



B BREATH THERMO

Only 1 additional Product Technology Identification per item e.g. 2 x 5 (≤ 10)

Only 1 Identification of Manufacturer per item e.g. 5 x 6 (≤ 30)



Additional "Adidas" and it's too big



NOTE:

Authorised Identification may **NOT** appear on the neck or the collar or on the body (ex. Tattoo)





Clothing (2)

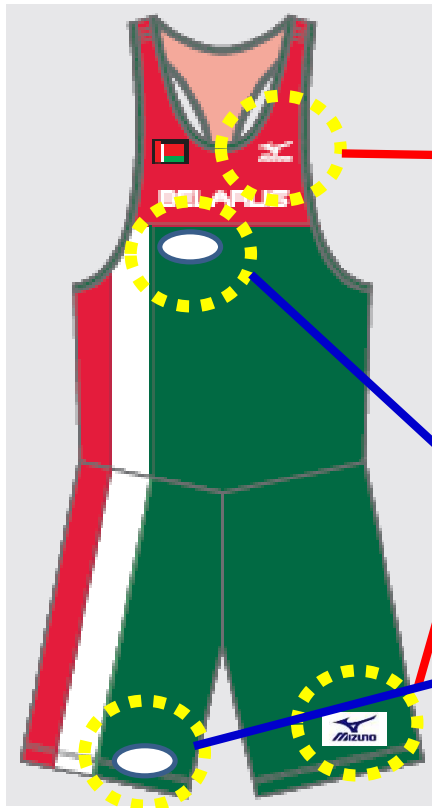
- One-piece body suit

Where one-piece body suits are used in competition, **one Identification of the Manufacturer** and **one Product Technology Identification** shall be permitted above the waist and below the waist, in accordance with the maximum size noted for other closing.

However these identifications shall not be placed immediately adjacent to each other.



It means...



Costume: 2 Identifications of Manufacturer are possible, one is above the waist and the other is below the waist.

e.g. 5 x 6 (≤ 30) per Identification

and

2 additional Product Technology Identifications are possible, one is above the waist and the other is below the waist.

e.g. 2 x 5 (≤ 10) per Identification

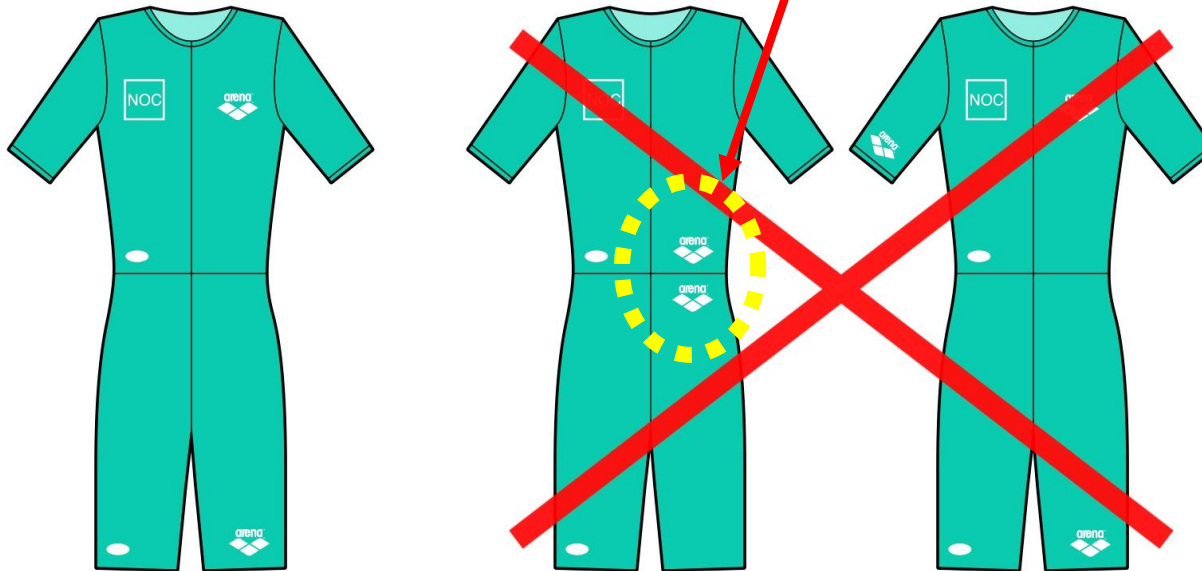


Sponsor's logo is not permitted !!



NOTE:

Identifications on above/below waist shall **NOT** be placed immediately adjacent to each other.



This rule applies also when athletes wear shorts on costume



Important difference between IWF TCRR



No third party reference or name, including the names or nicknames of participants or any other persons, designation, trademark, logo, URL, social media account, hashtags, corporate design or colour scheme or any other distinctive sign may appear on any item.

= No Sponsor's identification !!

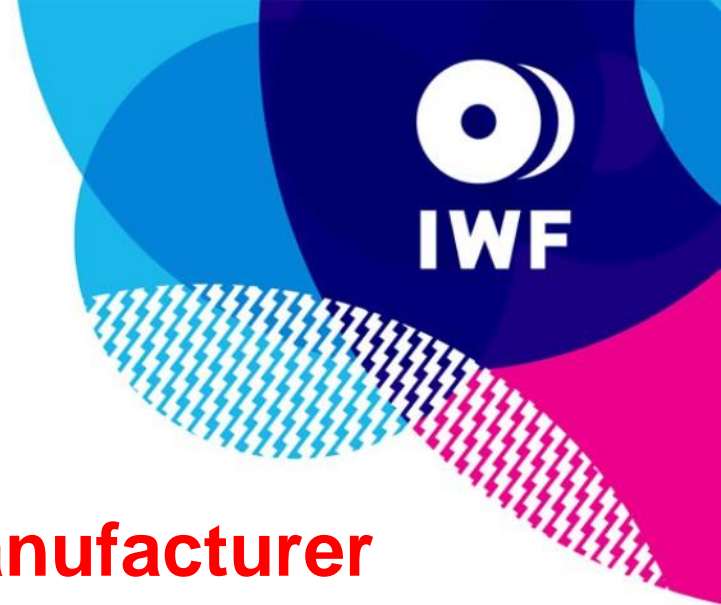


= No Athletes' names on Costume !!





Accessories (Belt, Kneecaps)



One **Identification of the Manufacturer** per item will be permitted, to a maximum size of **6cm²**.



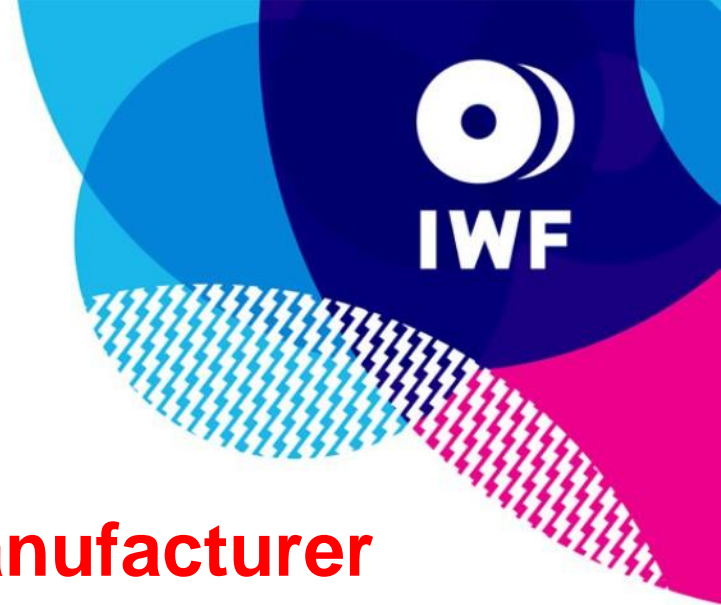
e.g. 2 x 3 (≤ 6)



Too big!!

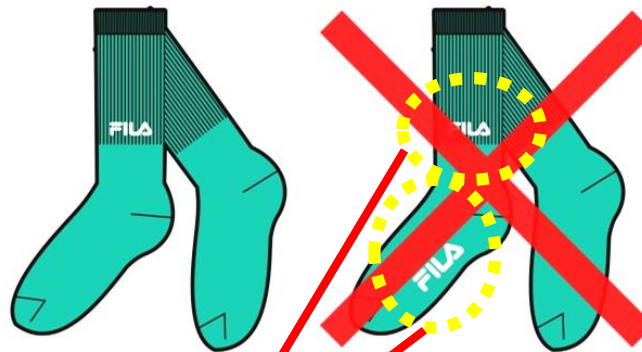


Accessories (Head gear, Socks)



One **Identification of the Manufacturer** per item will be permitted, to a maximum size of **10cm²**.

e.g. 2.5 x 4 (≤10)



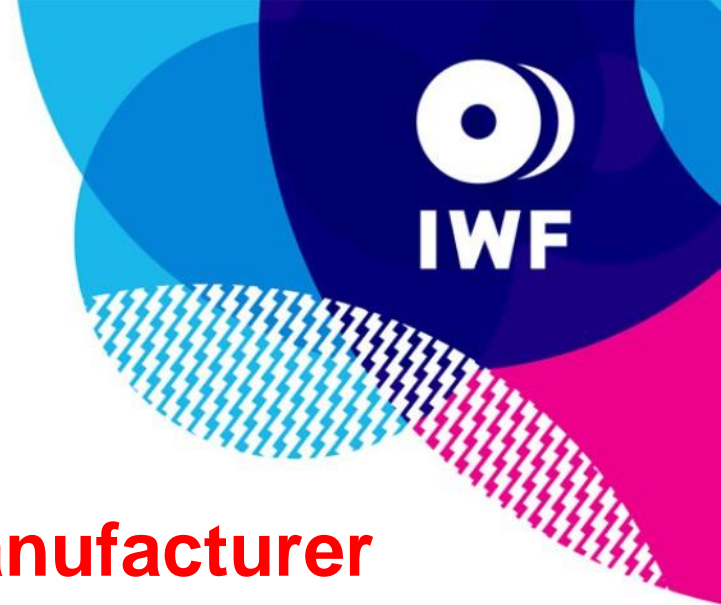
Having 2 "FILA"



Too big 3 stripes
2 Identifications ("3 stripes" + Logo)



Accessories (Bag)



One Identification of the Manufacturer per item will be permitted, not greater than 10% of the surface area of the item, to a maximum size of 60cm².



Having 2 "ASICS"



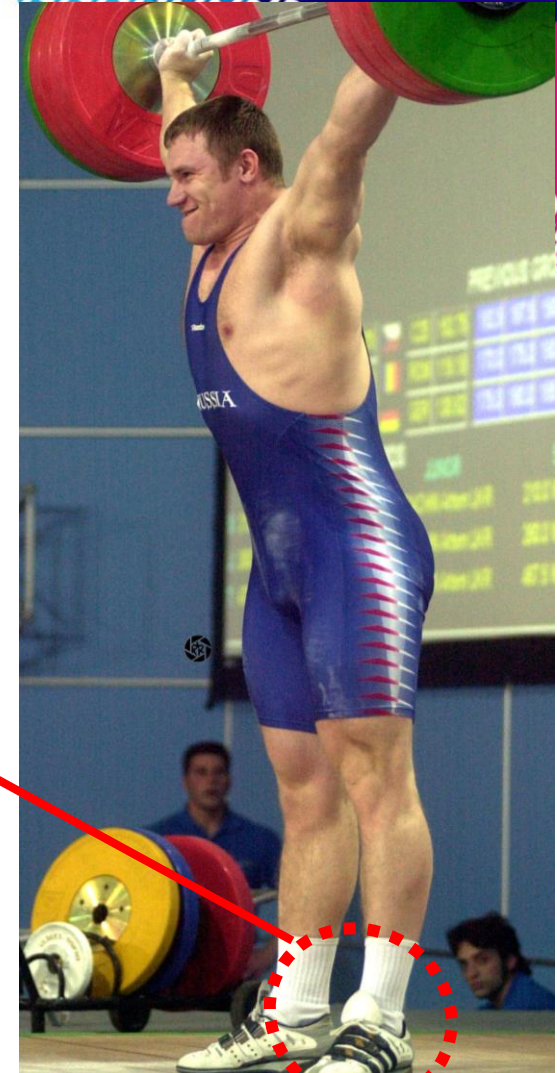
Too big "PUMA"



Shoes/Footwear

All footwear items **may** carry the Identification of the Manufacturer as generally used on products sold through the retail trade during the period of 6 months or more prior to the Games

Possible





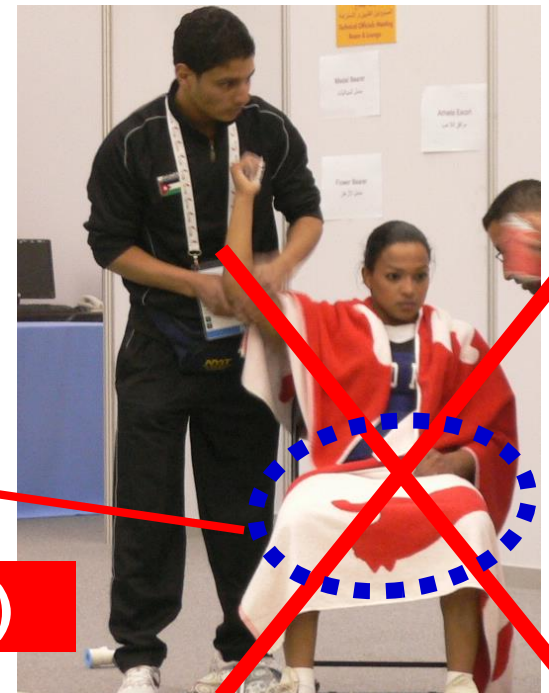
Non Branded Items

Certain items may **NOT** feature any Identification of the Manufacturer.

- Headphones
- Water bottles
- Umbrellas
- Towels
- Bandages



No !!



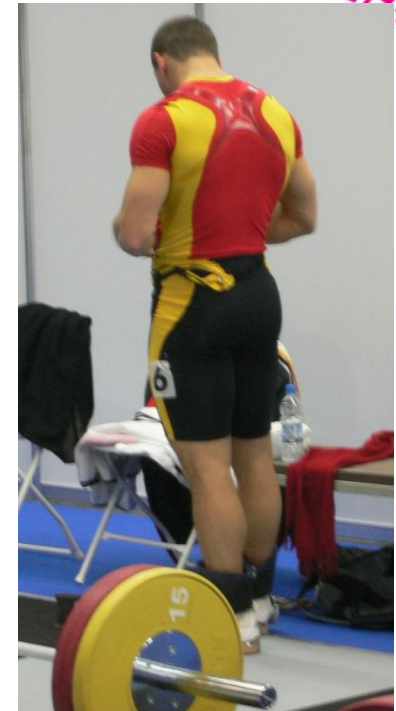
Be careful in W-up Room (can be televised!)



Reminder

Rule applies **not only for athletes, not only on stage.**

Any **accredited Officials**, in **W-up area**, be careful !



NO !!

OK !!



Victory Ceremony

Not allowed on podiums for personal accessories, including but not limited to;

- **Mobile phones**
- **Plush toys**
- **Water bottles**
- **National flags**
- **POV camera devices**



**For further
clarification**



**Refer another IWF Technical
Committee Product;**

**“ Clarification of TCRR
– Athletes’ Outfit – “**



**Please make a contact with
Your NOC**