

# IWF Technical Committee PowerPoint

## ‘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

# 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.



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**

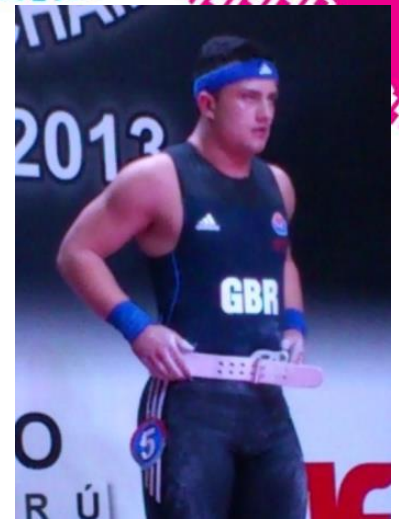


# Costume may be decorated or marked with... (4.2.2)

## Athlete's

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

OK!!





# Footwear (4.3)



**Athletes must wear sport footwear.**

# 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)

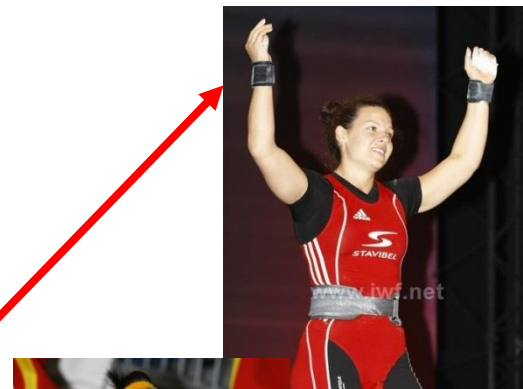


## What is bandages? (4.5.1)

**Non-adhesive wraps made of a variety of materials.**

**Most common materials are;**

- Gauze
- Medical crepe
- Neoprene / rubber
- Leather

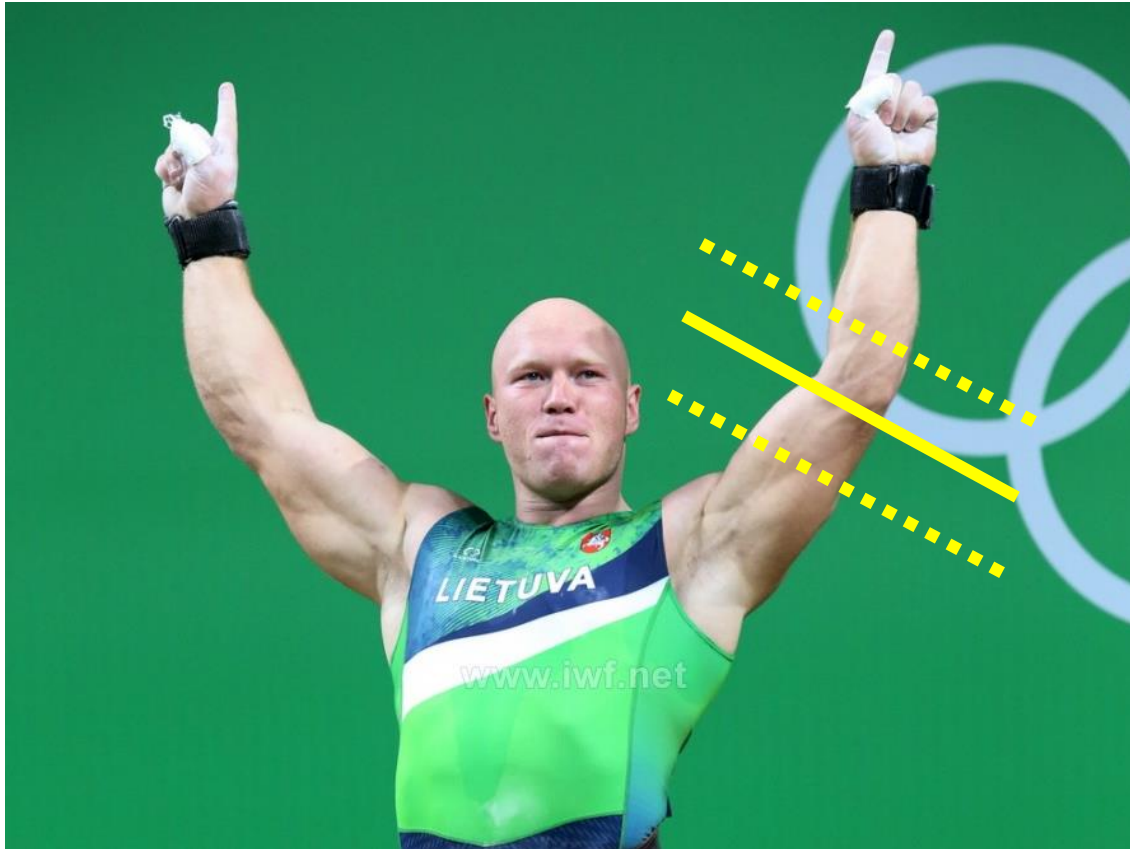


# Rules for Bandages



- **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...

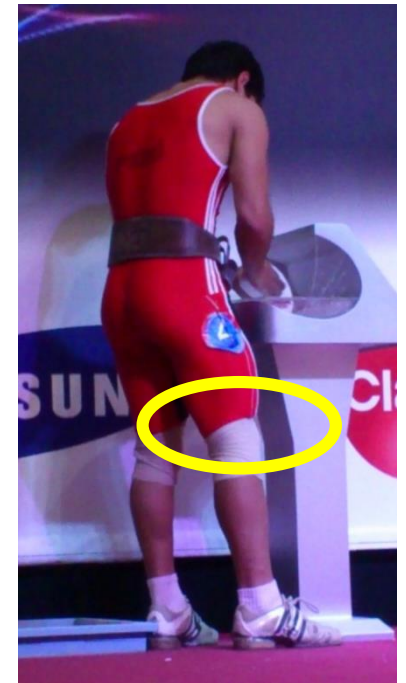
Bandage, anywhere **but not for elbows**



“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:**

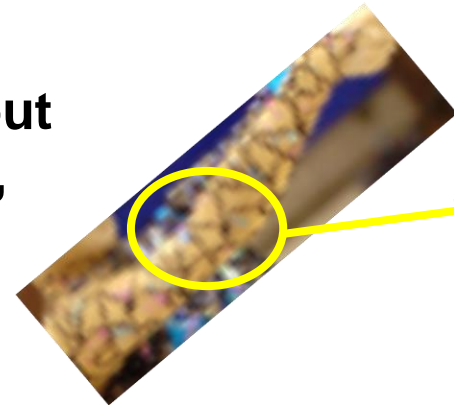
- **One piece or two pieces**
- **Tight fitting**
- **Collarless**
- **May cover the elbows and knees**
- **May be of any colour**
- **No pattern or design** permitted



# 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**



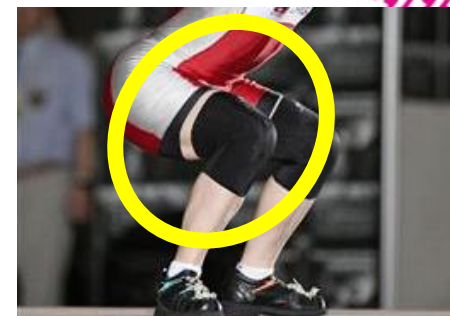
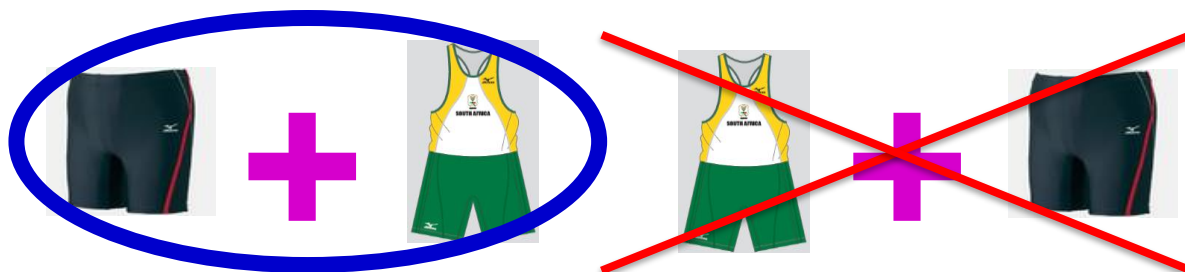
**“High neck” is not the collar.  
This is **OK** !!**



# Shorts (4.7.3)



Only one pair of shorts may be worn **under** the costume **and the shorts must not be longer than the costume.**



**“No” for better looking**

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!!**



# 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 500cm<sup>2</sup> 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...

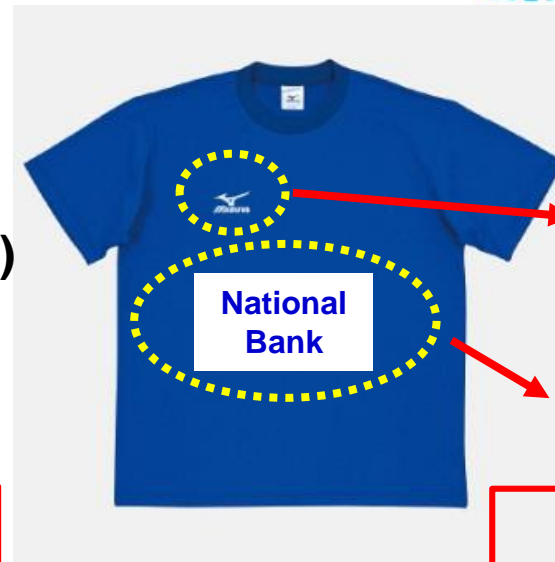
At IWF Events,



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 **500cm<sup>2</sup> 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)

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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.**

