

IWF Technical Committee Technical Guideline

'Athletes' Outfit'



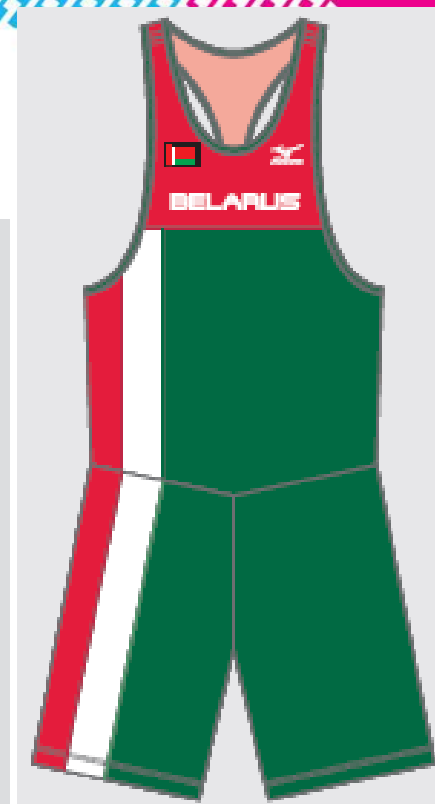
**For Athletes, Coaches,
and Technical Officials
IWF TCRR 4.1-4.8**

Costume (4.1)



Must comply with the following criteria: (4.1.1)

- 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 4.1.5 says also “A T-shirt and shorts can not be worn instead of the costume.”

Costume may be loose fitting



Unitard (4.1.2)

A unitard may be worn
under the costume.

The **unitard** can be considered as the **skin**

Must comply with the following criteria:

- One or two piece (full body)
- Tight fitting
- **Collar-less**
- May cover the elbows and knees
- May be of any colour
- **No pattern or design** permitted

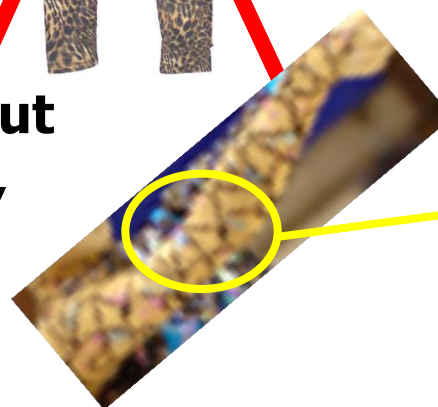


It means...



**Must need
Upper part**

**Any colour but
one colour,
no pattern**



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

Actual photo



OK!!

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

Oops!



NG!!

Having design



Oops!



Where is the costume??

Oops!



NG!!



Long T-shirt

- Jury ordered Technical Controller to check
- ➡ it was not a unitard
- She was ordered to take it off for the rest of attempts

*** Technical Controllers must check in advance!!**

T-shirt (4.1.3)

A T-shirt may be worn
under the costume.

Must comply with the following criteria:

- Must be collar-less
- May not cover the elbows
- May be of any colour



"High neck" is
not the collar.
This is **OK** !!



Shorts (4.1.4)



Shorts may be worn under or over the costume



Must comply with the following criteria:

- Tight fitting
- Need upper part of unitard
- May be of any colour



On the head...

(4.1.6)

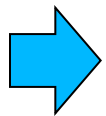


Any of those are all **OK!!**

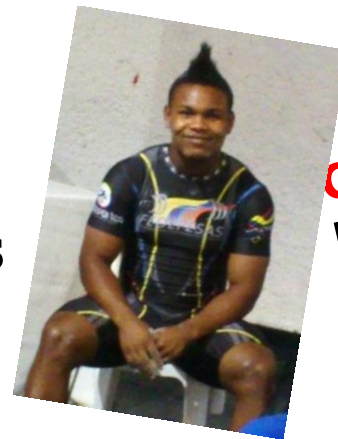


BUT,

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



If **the bar touches** those during the Snatch, Referees will press **red**.



Cool !!
But
Be careful!!

Rule 4.1.7



"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!!

Socks (4.1.8)

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



This is OK !!
(If socks don't cover the knees)

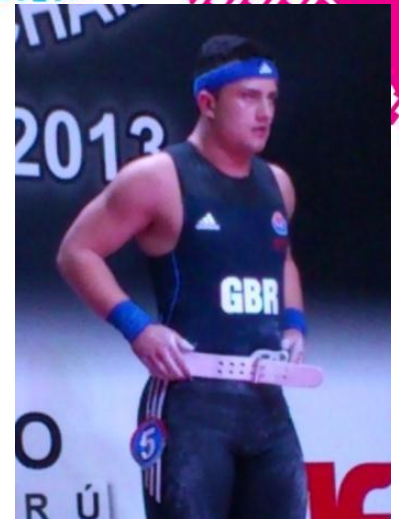


Costume may be decorated or marked with... (4.1.9)

Athlete's

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

OK!!



Footwear (4.2)



Athletes must wear sport footwear (weightlifting shoes / boots) to protect their feet and provide stability and a firm stance on the competition platform. (4.2.1)

Further regulations were ~~all deleted~~, such as;

- ~~■ Maximum height of the upper part~~
- ~~■ A strap over the instep is permitted~~
- ~~■ The sole must not extend from the footwear~~
- ~~■ No Maximum and Minimum height of the soles~~

Bye bye!

Belt (4.3)



- If used, it must be worn on the **outside of the costume** (4.3.1)



- **Maximum width is 12cm** (4.3.2)

Max 12cm



Bandages, Sticking Plasters and Tapes (4.4)



What is bandages? (4.4.1)

Non-adhesive wraps made of a variety of materials.

Most common materials are;

- Gauze
- Medical crepe
- Neoprene / rubber
- Leather



Deleted from the Rules for Bandages



~~May be worn on the wrists, the knees and the hands~~

~~No bandages or substitutes are allowed on the following parts of the body;~~

- ~~■ Trunk~~
- ~~■ Shins~~
- ~~■ Thighs~~
- ~~■ Arms~~

~~Only one type of bandage may be worn or authorised on any part of the body~~

~~There has to be a visible separation between costume and bandage(s)~~

~~Knee bandages must not cover more area than 30cm, either on skin or on unitard.~~

Rules for Bandages



- **No limit** for length. (4.4.1.1)
- **Wrist** bandages must not cover more area than **10cm**, either on skin or on unitard. (4.4.1.2)
- One-piece **kneecaps / patella protectors** may **not be reinforced** by way of buckles, straps, whalebone, plastic or wire. (4.4.1.3)
- Bandages on **hands** may be **attached to wrist**. (4.4.1.4)
- Bandages must **not** be **attached** to **barbell** at any time (4.4.1.5)
- **No** bandages or substitutes are allowed on **elbow(s)**. (4.4.1.6)



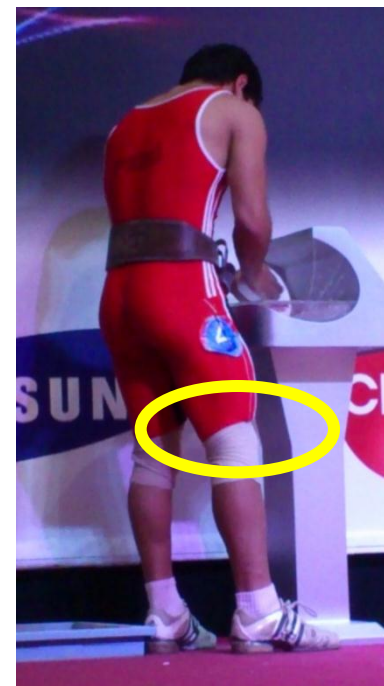
What we can...

**Bandage, anywhere but
not for elbows**

“Double bandages”



**Costume / socks
covering bandages**



What we cannot...



More than 10cm on wrist(s)



Reinforced kneecaps



Bandage(s) attached to the barbell



Bandage on elbow

What we cannot...

- **Forearm bandage** covers the **wrist bandage** and/or vice versa



**You need a
separation**



Bandages, Sticking Plasters and Tapes (4.4)



What is Sticking Plasters? (4.4.2)

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 (4.4.2.1)

Cannot

Be worn on elbow(s) (4.4.2.1)

Protrude in front of fingertips (4.4.2.2)

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

Be attached to the barbell (4.4.2.3)

Bandages, Sticking Plasters and Tapes (4.4)



What is Tape? (4.4.3)

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. (4.4.3.2)

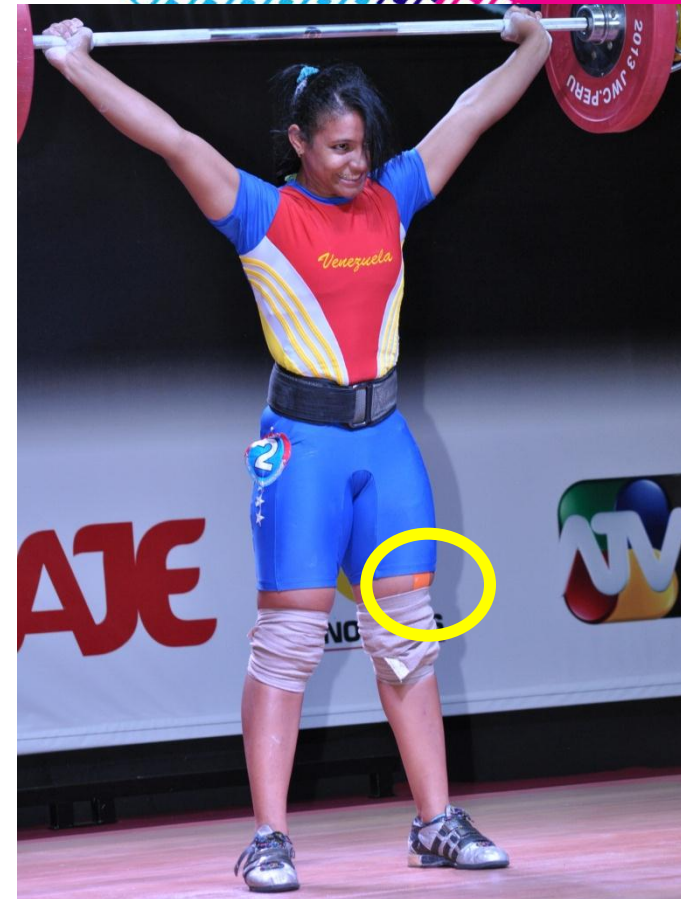
May be worn under any piece of outfit including other bandages anywhere on the body, except elbow(s). (4.4.3.5)



Can be also under the costume



Tape, under socks



Kinesio tape, under costume and bandage



What we cannot...



Tape, protrude in front of fingertips (4.4.3.1)

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

Tape, attached to the barbell (4.4.3.3)

Tape, worn on elbow(s) (4.4.3.4)



Gloves and Palm Guards (4.5)



- Wearing fingerless gloves is allowed (4.5.1)
 - ex. Gymnastic palm guards, cycling gloves
- Gloves may cover only the first knuckle of the fingers (4.5.2)
- 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.** (4.5.3)



Need a visible separation with



On finger

Prosthetic Limbs (4.6)



- Prosthetic limbs are permitted. Prosthetic limb(s) must **not be powered or able to store energy** which can be released during the execution of the lift. (4.6.1)
- Athletes with prosthetic limb(s) must be weighed with the prosthetic limb(s). The weight of the athlete, while wearing the prosthesis, is considered to be the athlete's bodyweight. (Regulation to 6.4 Weigh-in #11)



**Not powered !!
No energy storage !!**

Bodyweight = Body + Prosthetic limb(s)

Personal Electronic Devices (4.7)



OK in W-up Area



**NG on Stage / Platform
at anytime**

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

Manufacturer Identification (4.8)



At all **IWF Events**, the following identifications are permitted on each article of athletes outfit with the total maximum size of 500cm² per article (4.8.1)

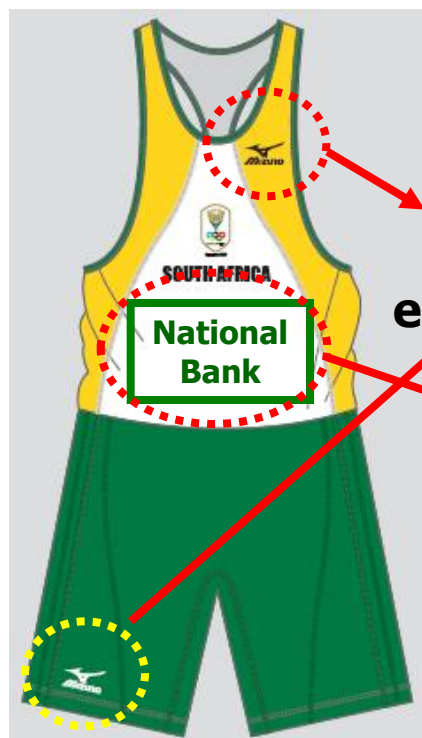
- a) the identification (logo, name or combination of both) of the **manufacturer of the product** and/or
- b) the identification of their **commercial sponsor** (logo, name or combination of both)

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

**At Olympic Games and YOG, relevant IOC rules prevail.
(4.8.2)**

It means...

At **IWF** Events,



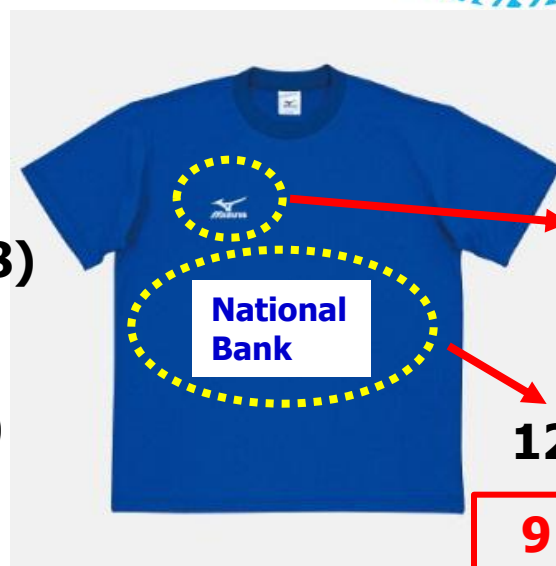
Manufacturer's logo

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,

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

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

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

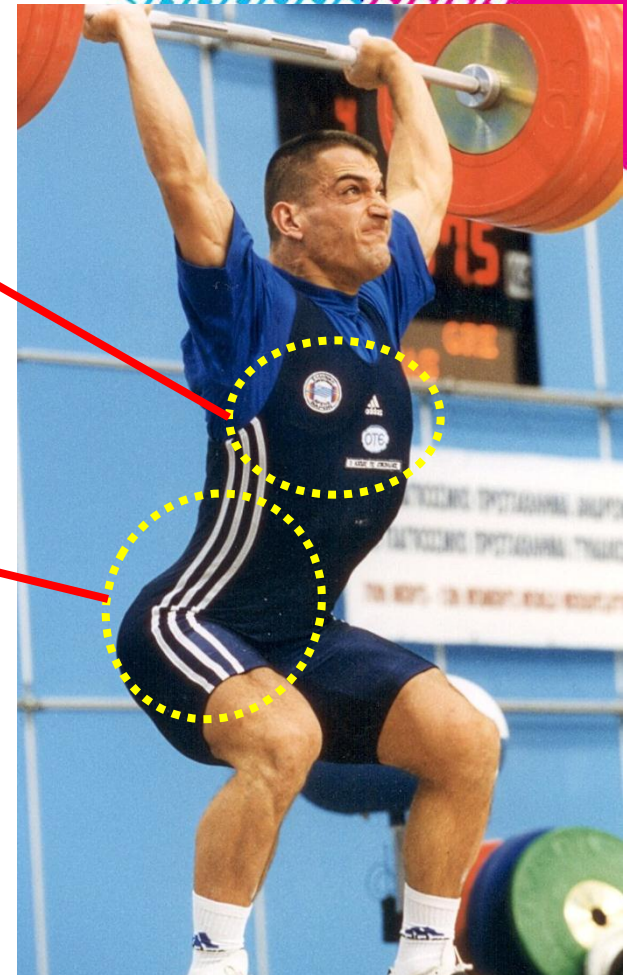
Total: 500

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 and YOG

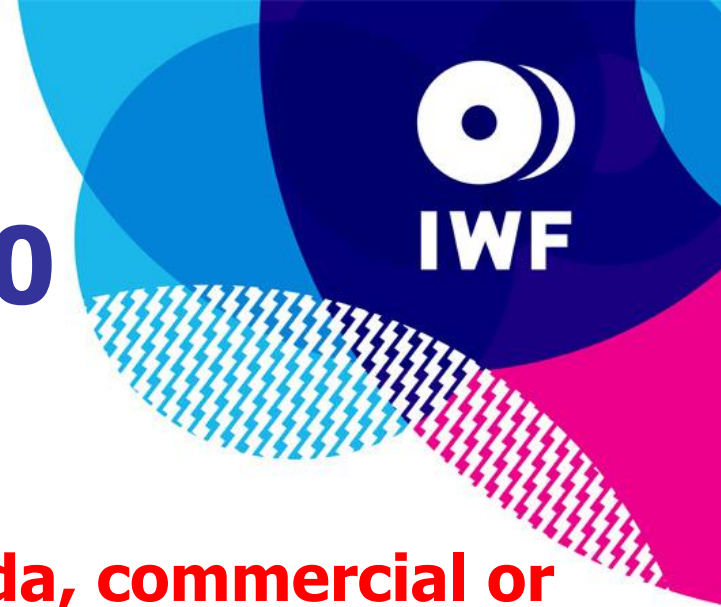


**Differences between
IWF Rule and
Olympic Charter**



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 the athletes or other participants **in the Olympic Games**, **except for the identification** – as defined in paragraph 8 below – **of the manufacturer** of the article or equipment concerned, provided that such identification shall not be marked conspicuously for advertising purposes.



Olympic Charter #50

By-Law 1



1.1 The identification of the manufacturer shall not appear more than once per item of clothing and equipment.

1.3 Headgear and gloves; any manufacturer's identification over 6cm² shall be deemed to be marked conspicuously.

1.4 Clothing (e.g. T-shirts, shorts, sweat tops and sweat pants): any manufacturer's identification which is greater than 20cm² shall be deemed to be marked conspicuously.

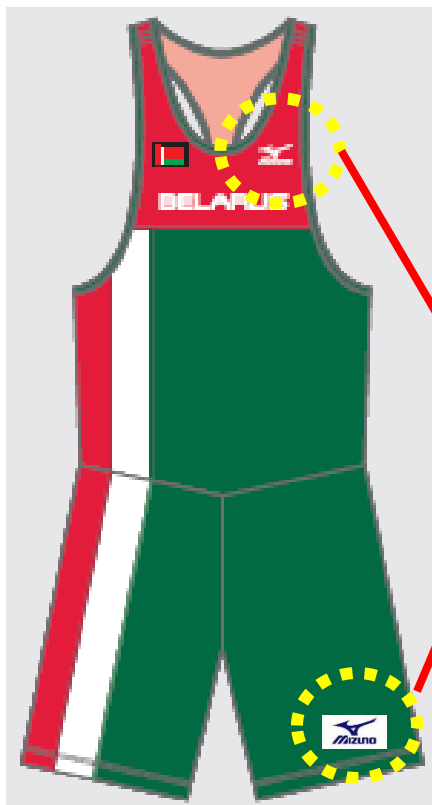
1.5 Shoes: **it is acceptable** that there appear the normal **distinctive design pattern of the manufacturer**.

The manufacturer's **name and/or logo may also appear**, up to a maximum of 6cm², either as part of the normal distinctive design pattern or independent of the normal distinctive design pattern.



It means...

At the Olympic Games and YOG,



**Item for upper/lower body:
Only 1 Manufacturer's logo
per item**

e.g. 4 x 5 (≤ 20)

**Costume: 2 logos are
possible at upper and lower
body for each**

e.g. 4 x 5 (≤ 20) per logo

**Head: Only 1
Manufacturer's logo
e.g. 2 x 3 (≤ 6)**



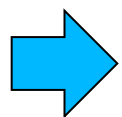
Sponsor's logo is not permitted !!





Note

“**Three Stripes**” is considered as distinctive pattern of the manufacturer.



Not permitted to appear on **Headgear and Clothing** for the Olympic Games and the YOG.



**Can not
be worn!!!**



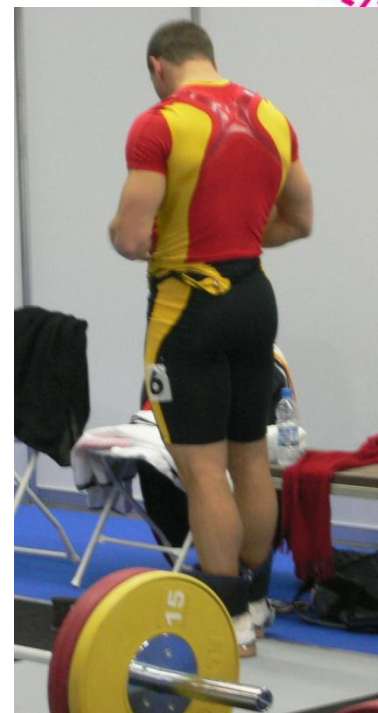


Not only on the stage nor athletes!!



Distinctive patterns are **prohibited also in the W-up area**!

Team Officials can not wear such outfits also!



NO !!

OK !!



Not only 3 stripes nor cloths!!

Distinctive patterns **vary**.

Towels, bags etc. are controlled
also!

NO !!



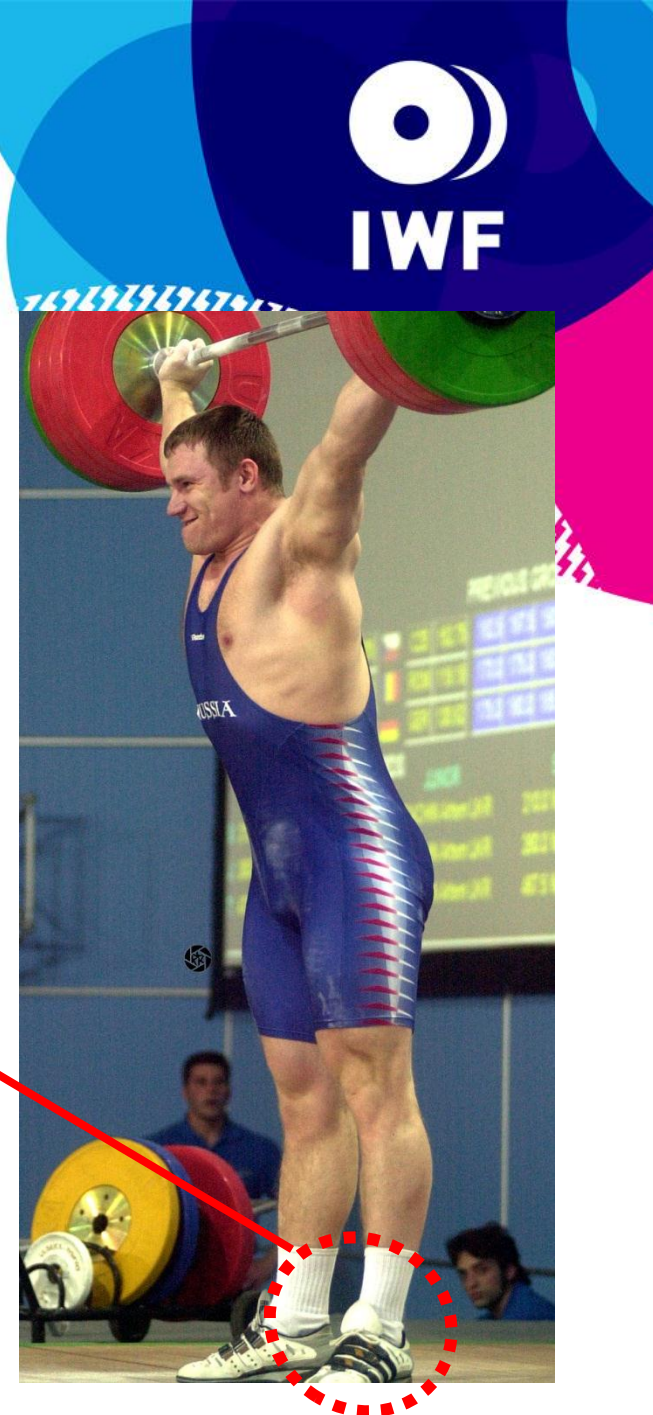


Shoes

“It is acceptable that there appear the normal **distinctive design pattern of the manufacturer.**”
(Olympic Charter #50 By-Law 1.5)

**Possible at
any event!!**

Each shoe may also have manufacturer's name and/or logo up to a maximum of 6cm².



For further clarification



**Refer another IWF Technical
Committee Product;**

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



**Please make a contact with
Your NOC**