

**IWF Technical Committee Technical Guideline**

# **'Athletes' Outfit'**

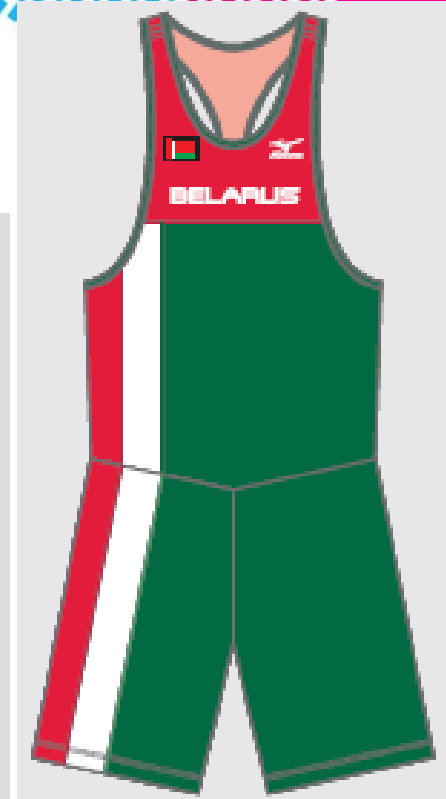


**For Athletes, Coaches,  
and Technical Officials  
IWF TCRR 4.1-4.8**

# 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** is considered as the **skin**

**Must comply with the following criteria:**

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

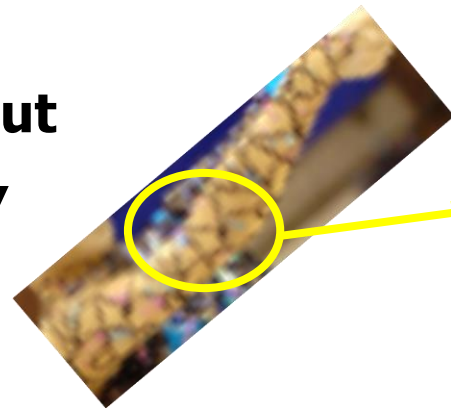




# It means...



Any colour but  
one colour,  
no pattern



Elbow  
Straight?  
Or bent?  
???

# Actual photo



**OK!!**

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



# Oops!



**NG!!**

**Having design**





# Oops!



**NG!!**

**Where is the costume??**

# Separated Unitard means...



**OK!!**



**Unitard Top, must be**

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

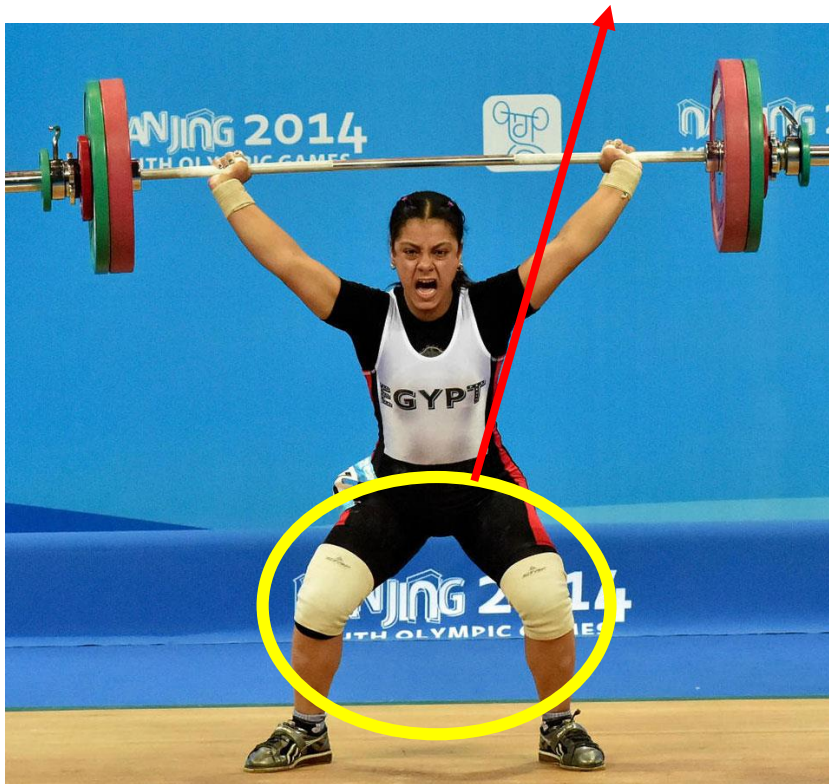
**NOTE:** Unitard Top without Unitard Bottoms is **possible**

# Separated Unitard means...



**OK!!**

**Unitard Bottoms / Leggings**



**NOTE:** Without Unitard Top is possible

# 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 !!**

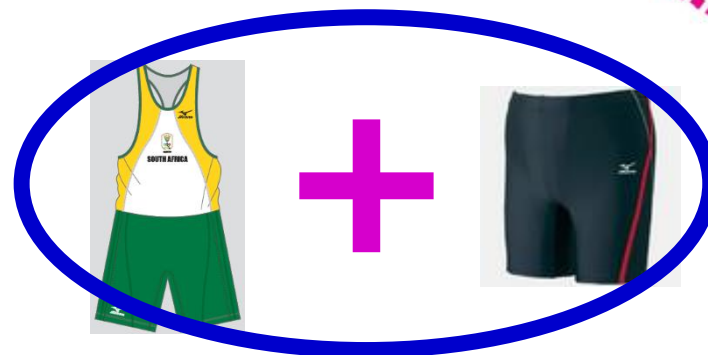




# Shorts (4.1.4)



Shorts may be worn under or over the costume



Must comply with the following criteria:

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



Unitard Bottoms / Leggings are not considered as shorts.



# On the head... (4.1.6)

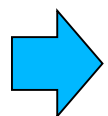


Any of those are all **OK!!**



**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 **while the bar is above the head,** 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)**

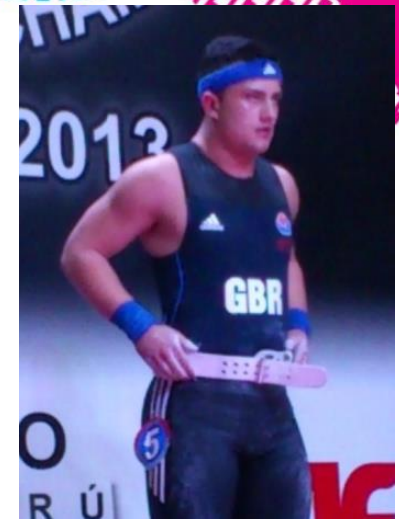
# Costume may be decorated or marked with... (4.1.9)



## 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)



**Max 10cm**

# What we can...



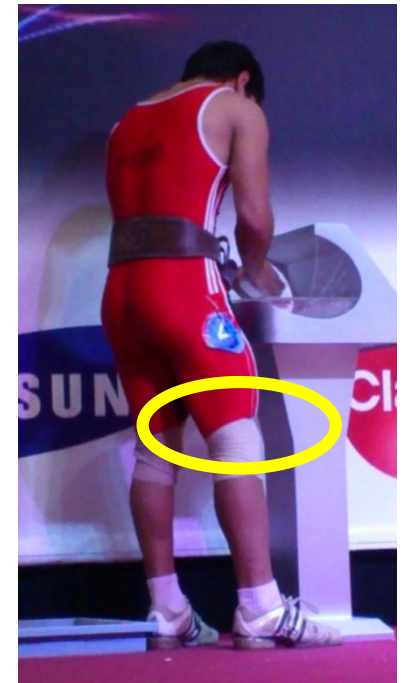
**Bandage, anywhere **but**  
**not for elbows****



**“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)**

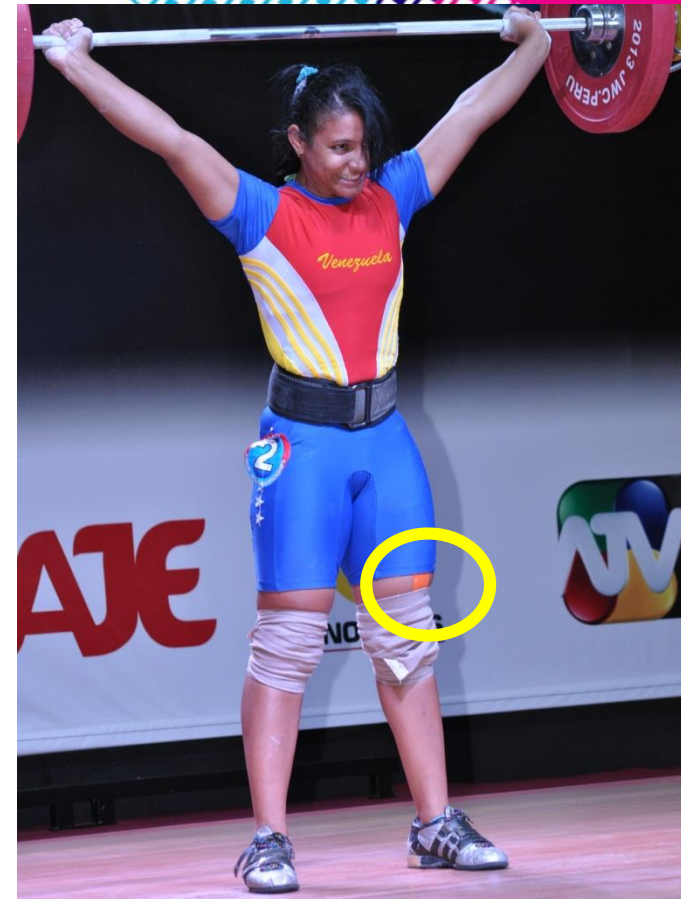
**May be worn under any piece of outfit including other bandages anywhere on the body, except elbow(s). (4.4.3.5)**



**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)



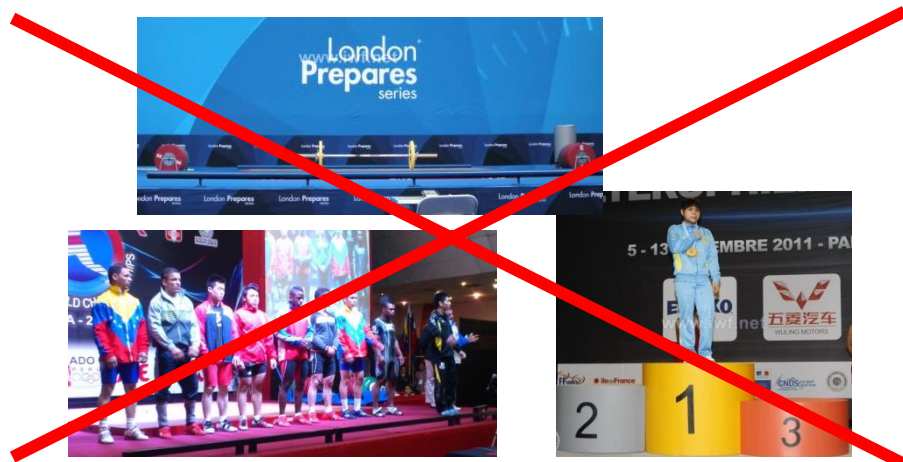
**Not powered !!  
No energy storage !!**

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



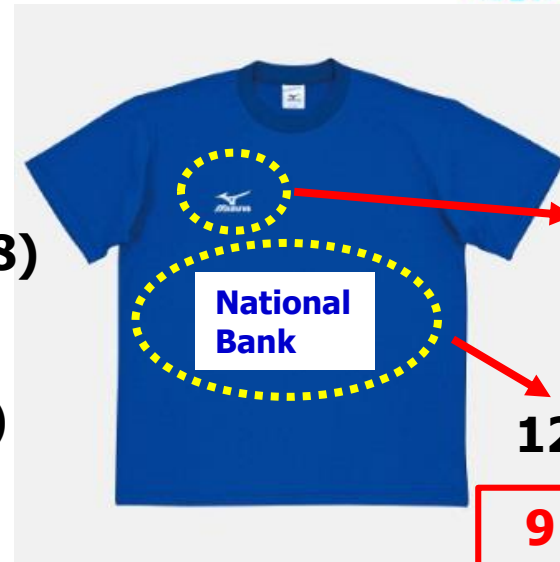
**Manufacturer's logo**

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 **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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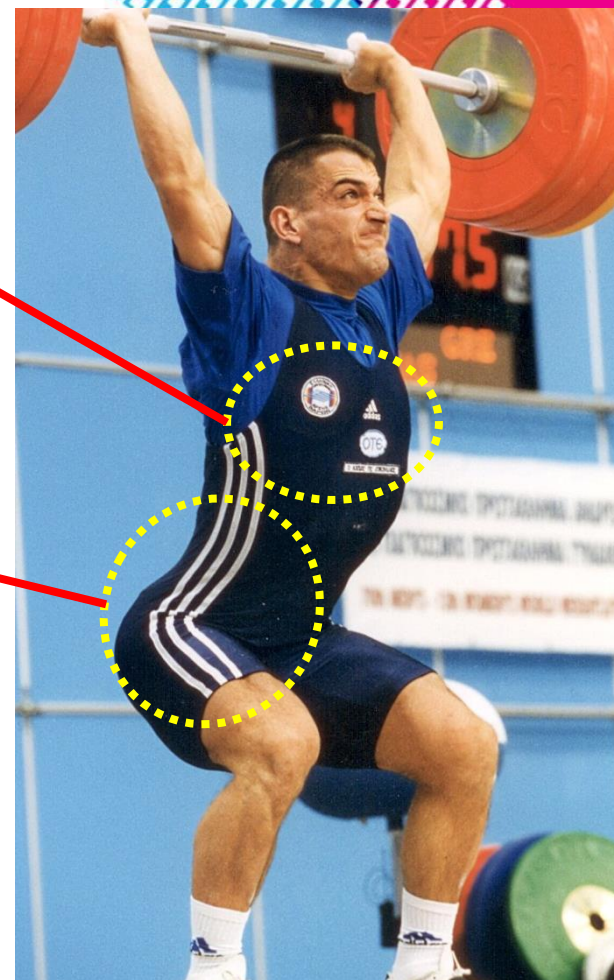
Total: 500

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.**



# 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 **6cm<sup>2</sup>** 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 **20cm<sup>2</sup>** shall be deemed to be marked conspicuously.

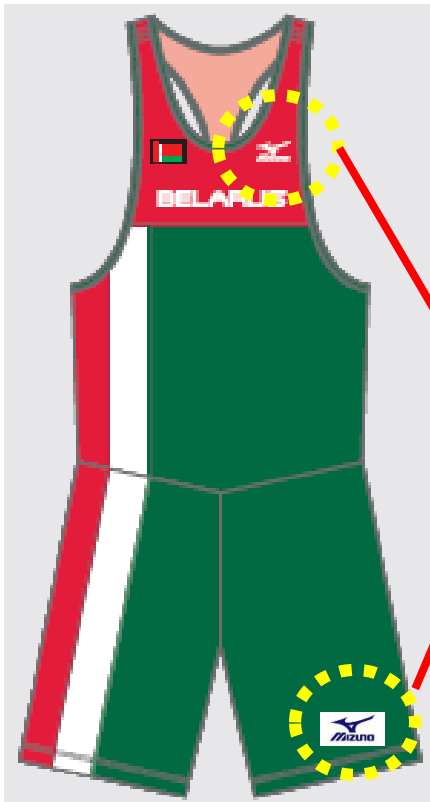
**1.5 Shoes**: **it is acceptable** that there appear the normal **distinctive design pattern of the manufacturer**.

The manufacturer's **name and/or logo may also appear**, up to a maximum of **6cm<sup>2</sup>**, **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 ( $\leq 20$ )**

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

**e.g. 4 x 5 ( $\leq 20$ ) per logo**

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



**Sponsor's logo is not permitted !!**

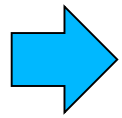




# Note



“**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!!!**

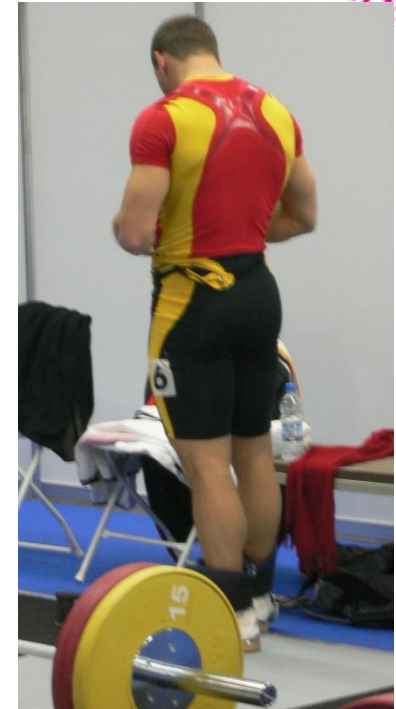




# Not only on the stage nor athletes!!



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 !!**





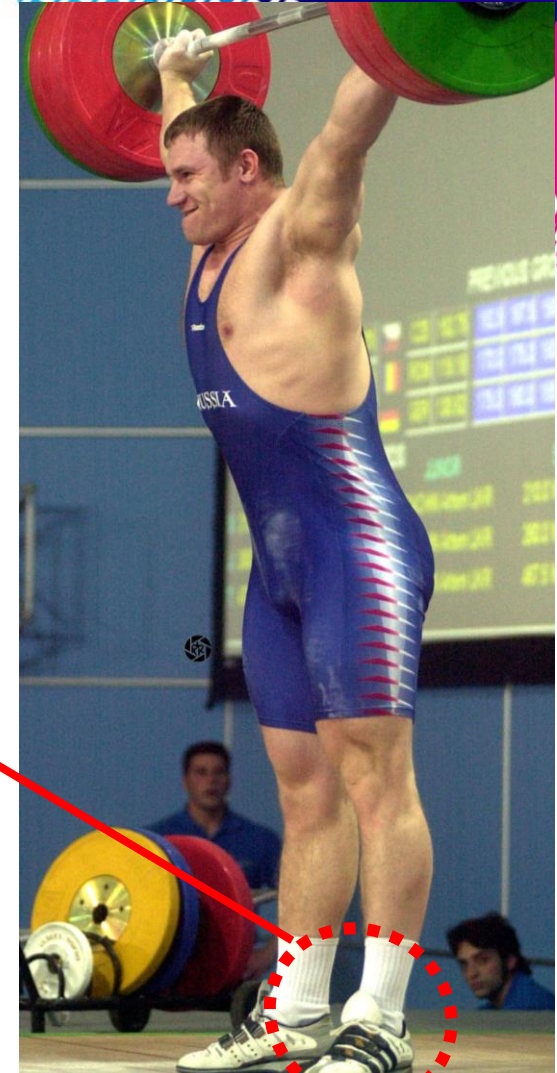


# Shoes

**“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 6cm<sup>2</sup>.



**For further  
clarification**



**Refer another IWF Technical  
Committee Product;**

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



**Please make a contact with  
Your NOC**