

4 ATHLETES' OUTFIT

4.1 GENERAL

4.1.1 Athletes must wear a weightlifting costume and sport footwear.

4.1.2 Athletes may wear the following outfit according to the relevant rules:

- Unitard
- T-shirt
- Shorts
- Socks
- Belt
- Bandage(s)
- Sticking plaster(s)
- Tape(s)
- Glove(s) and / or Palm Guard(s)
- Undergarment(s)
- Jewellery / Accessories
- Hair adornment(s)
- Religious head gear / Head gear

4.2 COSTUME

4.2.1 Athletes must wear only one weightlifting costume which complies with the following criteria:

- must be one piece
- must be collarless
- may be of any colour
- must not cover the elbows
- must not cover the knees

4.2.2 Costumes may be decorated or marked with the athlete's:

- name
- nick name
- club name
- Member Federation / NOC
- national emblem

4.3 FOOTWEAR

4.3.1 Athletes must wear sport footwear.

4.4 BELT

4.4.1 A weightlifting belt may be worn. If used, it must be worn on the outside of the costume.

4.4.2 The maximum width of the belt is twelve (12) cm.

4.5 BANDAGES, STICKING PLASTERS AND TAPES

- 4.5.1 Bandages are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene / rubber or leather.
 - 4.5.1.1 There is no limit to the length of the bandages.
 - 4.5.1.2 One-piece elastic bandages, neoprene / rubberised kneecaps, or patella protectors which allow free movement, may be worn on the knees. Kneecap bandages / protectors may not be reinforced by way of buckles, straps, whalebone, plastic or wire.
 - 4.5.1.3 Bandages may be worn both on the inner and outer surface of the hands and may be attached to the wrist.
 - 4.5.1.4 Bandages must not be attached to the barbell at any time.
 - 4.5.1.5 Any bandage worn on the trunk must be worn under the costume.
 - 4.5.1.6 No bandages or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.
- 4.5.2 Sticking plasters are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters are applied to cover small wounds.
 - 4.5.2.1 Sticking plasters may be worn to protect small wounds, as required.
 - 4.5.2.2 Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.
 - 4.5.2.3 Sticking plasters must not be attached to the barbell at any time.
- 4.5.3 Tape is made of either rigid cotton or rayon material and is known as athletic tape, medical tape and / or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colours.
 - 4.5.3.1 Tape worn on the fingers and thumb must not protrude in front of the fingertips.
 - 4.5.3.2 Tape worn on both the inner and outer surface of the hands may be attached to the wrist.
 - 4.5.3.3 Tape or substitute must not be attached to the barbell at any time.
 - 4.5.3.4 No tape or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.
 - 4.5.3.5 Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s). Tape(s) worn on forearm and / or upper arm must not reach the elbow area. The elbow area consists of five (5) cm above and five (5) cm below the elbow.

4.6 GLOVES AND PALM GUARDS

- 4.6.1 In order to protect the palm of the hands, wearing fingerless gloves is allowed (e.g.: gymnastic palm guards, cycling gloves).
- 4.6.2 Gloves may only cover the first knuckle of the fingers.

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- 4.6.3 If sticking plaster or tape is worn on the fingers, there must be a visible separation between the sticking plaster or tape and the palm guard or glove.

4.7 OTHER OUTFIT

- 4.7.1 Only one unitard may be worn under the costume. The unitard must comply with the following criteria:

- be one piece or two pieces
- be tight fitting
- be collarless
- may cover both elbows and / or knees
- may be of any one colour
- no pattern or design permitted

- 4.7.2 Only one T-shirt may be worn under the costume. The T-shirt must comply with the following criteria:

- be collarless
- not cover the elbows
- may be of any colour

- 4.7.3 Only one pair of shorts may be worn under the costume and the shorts must not be longer than the costume. Shorts must comply with the following criteria:

- be tight fitting
- not cover the knees
- may be of any colour

- 4.7.4 A T-shirt and shorts cannot be worn instead of the costume.

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

- 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 competition.

4.8 PERSONAL ELECTRONIC DEVICES

- 4.8.1 Personal electronic equipment (i.e.: iPods, tablets, mobile phones, etc.) is forbidden on the competition platform / stage. Medical equipment (i.e. hearing aid or such implements) is an exception. Personal electronic equipment may be used in the warm-up area. The IWF, host Member Federation / Organising Committee or any Games Organising Committees are not responsible for athletes', Team Officials' and Technical Officials' personal property.

4.9 MANUFACTURER'S IDENTIFICATIONS

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

- a) the identification (logo, name or a combination of both) of the manufacturer of the product and / or