



Powerlifting Attire

Special Olympics Powerlifting will only include Classic or Raw competition with both conventional and Unified Powerlifting divisions. Only non-supportive lifting equipment as defined by the rules will be worn in competition. It should be noted that while the following describe equipment that must comply with the rules during competition, equipment worn during training should be similar to competition equipment, especially as the athlete is closer to competition.

Lifting Suit

The non-supportive lifting suit must conform to the following specifications:

- The suit shall be one-piece and form fitting without any looseness when worn.
- The suit must be constructed entirely of fabric or synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
- The suit's material shall be of a single thickness, other than a second thickness of material of up to 12cm x 24cm allowed in the area of the crotch. Powerlifting Coaching Guide 2022 11
- There must be legs to the suit, extending a minimum of 3cm and a maximum of 25cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position. The suit may bear the logos or emblems of the manufacturer of the suit, of the lifter's nation, of the lifter's name, as per rule of "Sponsors Logos" for Special Olympics.
- Special Olympics World and Regional Games powerlifting competitions, all competitors must wear a lifting suit which conforms to the above stated specifications, the only exception being the full length aerobic suit worn in the bench press by athletes with physical disabilities.
- Muslim women shall be allowed to wear a tight fit, non-supportive, full body suit that covers the legs and arms.

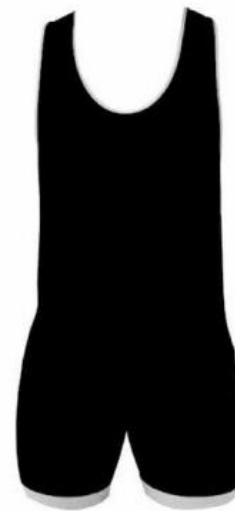


Figure ix: Powerlifting Lifting Suit (Singlet)

T-Shirt

A t-shirt must be worn under the lifting suit by all lifters in the Squat and Bench Press and the Deadlift. The t-shirt must conform to the following specifications:

- The shirt must be constructed entirely of fabric or a synthetic textile and shall not consist, in whole or part, of any rubberized or similar stretch material, nor have any reinforced seams or pockets, buttons, zippers, other than a round neck collar.
- The t-shirt must have sleeves. Those sleeves must terminate below the lifters' deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- The t-shirt may be plain, i.e. of a single color.

Briefs

A standard commercial "athletic supporter" or standard commercial brief of any mixture of cotton, nylon, or polyester shall be worn under the lifting suit. The briefs on the left are allowed while the briefs on the right are not allowed.

- Women may also wear a commercial sports bra.
- Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting suit.



Figure xi: Briefs permitted to be worn under a lifting suit



Figure x: Briefs not permitted to be worn under a lifting suit

- Any supportive undergarment is not legal for use in IPF competition.



Socks

- Socks may be worn. They may be of any color or colors and may have manufacturer's logos. They shall not be of such length on the leg that they come into contact with the knee wraps or knee cap supporter.
- Full length leg stockings, tights or hose are strictly forbidden.
- Shin length socks must be worn to cover and protect the shins while performing the deadlift.





Lifting Belt

Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit and of the following material and construction:

- The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together.
- It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt. The buckle shall be attached at one end of the belt by means of studs and/or stitching. Velcro is not allowed.
- The belt may have a buckle with one or two prongs or “quick release” type (“quick release” referring to lever).
- A single tongue loop shall be attached close to the buckle by means of studs or stitching.
- The belt may be plain, i.e. of single color, or two or more colors and with no logos, or may bear the logo or emblem.
- Dimensions:
 - o Width of belt: 10cm maximum
 - o Thickness of belt: 13mm maximum along the main length
 - o Inside width of buckle: 11cm maximum
 - o Outside width of buckle: 13cm maximum
 - o Tongue loop width: 5cm maximum
 - o Distance between end of belt and far end of tongue loop: 25cm maximum





Shoes or Boots

Shoes or boots shall be worn and shall only be sports shoes/sports boots; Weightlifting/Powerlifting boots or Deadlift slippers. The above is referring to indoor sports, e.g. wrestling/basketball. Hiking boots do not fall into this category. Other shoe/boot design restrictions:

- No part of the underside shall be higher than 5cm.
- The underside must be flat, i.e. no projections, irregularities or a doctoring from the standard design
- Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.
- Socks with a rubber outside sole lining is not allowed in disciplines - Squat/Bench Press/Deadlift

Knee Sleeves

Sleeves, being cylinders of neoprene, may be worn only on the knees by the lifter in the performance of any lift in the competition; sleeves cannot be worn or used on any part of the body other than the knees.

Must meet all the specifications of the IPF Technical Rules; knee sleeves which breach any IPF Technical Rule shall not be permitted for use in competitions.

Knee sleeves must conform to the following specifications:

- The sleeves must be constructed entirely of a single ply of neoprene, or predominantly of a single layer of fabric over the neoprene. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter's knees.
- Knee sleeves shall be of a maximum thickness of 7mm and a maximum length of 30cm.
- Knee sleeves shall not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them.
- When worn by the lifter in competition, knee sleeves must not be in contact with the lifter's suit or socks and must be centered over the knee joint. The Technical Controller shall reject any knee sleeves that have been put on the lifter using





the assistance of any method such as the use of plastic slidings, the use of lubricants, and so on, or with the assistance of any other person other than that which is typically required by the athlete for assistance with wrist wraps or with dressing on a daily basis (such as assistance regularly needed with putting on personal items such as shoes, socks, etc.)

- A Female lifter is not allowed to use knee wraps or knee sleeves over a full body suit in Equipped or Classic competitions

Wraps

Non-supportive wraps: Wraps made of medical crepe or bandage and sweatbands do not require Technical Committee approval.

Knee wraps may not be worn.

Wrist wraps shall not exceed 1m in length and 8cm in width. Any sleeves and Velcro patches/tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.

Standard commercial sweat bands may be worn, not exceeding 12cm in width. A combination of wrist wraps and sweat bands is not allowed.

A wrist covering shall not extend beyond 10cm above and 2cm below the center of the wrist joint and shall not exceed a covering width of 12cm.



Religious or Cultural Garments

Female Muslim lifters may wear a Hijab (head scarf) while lifting. Other religious or cultural garments are permitted – the rules and or committee should be consulted to ensure these garments are in line with official guidelines.