IPF CLASSIC “unequipped” WORLD CUP 2012

Personal Attire

Costume (non-supportive)

A leotard type once piece full length lifting costume (as pictured) must be worn. It must be single ply, of stretch material, and form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition.

(a) It may be of any colour or colours.
(b) It may bear the badge, emblem, logo and/or inscription of the lifter’s National Association or sponsor, (refer to Sponsor’s Logos IPF Technical Rules) and the name of the lifter.
(c) It may have a double thickness of the same material 12 cm’s x 24 cm’s in the area of the crotch.
(d) The length of leg must be a minimum of 3 cm’s and a maximum of 25 cm’s measured from the top of the crotch.
(e) Any doctoring or manipulation of the costume from that as designed by the manufacturer will render it illegal for use in competition. The costume should be purchased as it is to be worn.

T-Shirt

A standard/regular cotton or polyester or mixture of cotton and polyester (as pictured) T-Shirt must be worn under the lifting suit during the performance of the squat and bench press, but is optional for men in the dead lift. Women must wear a T-Shirt while competing in all three disciplines.

(a) It may be of any colour or colours, and may be the official T-Shirt of the contest in which the lifter is competing.
(b) It may bear the badge or inscription of the lifter’s Nation, National or Regional Federation, or Sponsor. (Refer to Sponsor’s Logos IPF Technical Rules)
(c) It shall not have sleeves, which terminate either below the elbow or at the deltoid. Lifters may not push or roll the sleeves up to the deltoid when competing in IPF Competition. T-Shirts must not be worn inside out.

Briefs

A standard commercial “athletic Supporter” or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester must be worn under the lifting suit. Women may also wear a commercial or sports bra.
Any supportive under garment is not legal for use in IPF Competition.

Socks

Socks may be worn

(a) They be of any colour or colours and may have manufacturers logos.

(b) They shall not be of such length on the leg that they come into contact with the kneecap supporter if worn.

(c) 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 dead lift.

(d) Light protective guards between sock and shin may be worn.

Belt

Competitors may wear a belt. If worn it shall be on the outside of the lifting suit.

(a) It 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.

(b) It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.

(c) The belt may have a buckle attached by means of studs or stitching. The buckle may have one or two prongs. It may also be lever type.

(d) A tongue loop shall be attached close to the buckle by means of studs or stitching.

(e) The name of the lifter, the lifter's Nation, State or Club may appear on the outside of the belt.

Dimensions:

1. Width of belt maximum 10 cm's.
2. Thickness of belt maximum 13 mm.
3. Inside width of buckle maximum 11 cm's.
4. Outside width of buckle maximum 13 cm's.
5. Tongue loop maximum width 5 cm's.
6. Distance between end of belt and far end of tongue loop maximum 25 cm's.

Shoes/Boots

Shoes or boots shall be worn.

(a) Shoes or boots shall be taken to include only sports shoes, sports boots - Weightlifting, Power lifting boots or Dead lift slippers. All referring to indoor sports only.

(b) The underside must be flat i.e. no projections, irregularities, or a doctoring from the standard design and no part of the underside higher than 5 cm's.

(c) Loose inner soles that are not part of the manufactured shoe shall be limited to 1 cm thickness.

Wraps

Wrists

1. Wrist wraps as featured on the IPF Approved list may be worn.
2. Standard commercial sweatbands may be worn, not exceeding 12 cm's in width. A combination of wrist wraps and sweatbands is not allowed.
3. A wrist covering shall not extend beyond 10 cm's above and 2 cm's below the centre of the wrist joint, and shall not exceed a width of 12 cm's.

Knees

The following knee sleeves are approved by the TC:

1. Titan knee sleeves
2. Metal knee sleeves
3. Rehband knee sleeves
4. Quest knee sleeves

Specifications of the knee sleeves:

(a) Knee sleeves must be "slip on" and not contain any form of tightening e.g. straps/draw strings/velcro tabs and the likes.
(b) Maximum length 30 cm's maximum thickness 7 mm's.
(c) Must not extend more than 15 cm's above or 15 cm's below the centre of the knee joint.
(d) Shall not be in contact with socks or lifting suit.

Thumbs

Two layers of medical tape may be worn around the thumbs.

Inspection of Personal Equipment

There will be no pre-contest inspection, but the Technical Controller will carefully scrutinise each of the lifter's apparel before they appear on platform.
If a lifter is found to be wearing or using an item contrary to the rules it could result in disqualification.
All items worn must be clean and not ripped or torn.
Items such as watches, jewellery and mouthpieces may be worn.
The rules will be strictly enforced.

What is “unequipped” in the IPF

Belt, wrist wraps, single-ply neoprene knee sleeves without attaching and/or tightening mechanisms like Velcro, clips or straps will be IPF’s definition of “unequipped”

Example of Legal Knee Sleeves

Example of Legal Belts

Example of Legal Wrist Wraps

NON LEGAL INZER VELCRO SLEEVE

NON LEGAL BELTS

Siglets required in ALL lifts!

No Velcro, No Padding, Not wider than 10cm or thicker than 13mm

Other Equipment Rules

Conventional Knee Wraps are NOT Allowed in IPF Classic World Cup 2012