



**Northern Ireland
Powerlifting
Federation**
Equipment Guidance

This publication is aimed to help competitors understand which pieces of equipment they are permitted to use on competition day. We strongly suggest reading through this document in full before either purchasing equipment and / or competing. Please note the information below is related to raw/classic lifting. If you have any questions regarding equipped lifting or kit, the specifications are contained within the [rules](#) and on the ["Approved List of Apparel and Equipment for Use at IPF Competitions"](#) (Approved List).

From 2017, in all NIPF competitions you will be required to wear kit from the below list. The only exception is within Rookie Competitions where you may wear any suitable clothing. The aim is to give the lifter a more accurate representation of what is expected at National and International level and ensure there is a level playing field for all. If you intend to compete at national level ie British Championships and beyond, you will abide by the same kit rules. If you do not have approved kit, you will not be allowed to wear it or use it on competition day. It may be worth bearing that in mind when making decisions regarding kit.

WHAT DO THE RULES SAY?

At the most basic level, a singlet and long socks (for deadlifts) is the bare minimum to compete. The former will benefit the lifter in terms of referees being able to establish squat depth and the latter is for hygiene reasons in case of grazing of shins on the bar.

SINGLET

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

- (a) The suit shall be **one-piece and form fitting** without any looseness when worn.
- (b) The suit must be **constructed entirely of fabric or a synthetic textile material**, such that no support is given to the lifter by the suit in the execution of any lift.
- (c) The suit's material shall be of a **single thickness**, other than a second thickness of material of up to 12 cm x 24 cm allowed in the area of crotch.
- (d) There must be legs to the suit, extending a **minimum of 3 cm and a maximum of 25 cm**, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.
- (e) The suit **may bear the logos or emblems**
 - of the approved manufacturer of the suit
 - of the lifter's nation
 - of the lifter's name
 - as per rule "Sponsor's Logos"
 - in national and lower level contests only, of the lifter's club or individual sponsor, where that logo or emblem has not otherwise been approved by the IPF.

Muslim women shall be allowed to wear a tight fit, non-supportive full body suit that covers the legs and the arms.

When entering the platform, please ensure your singlet is not touching your knee sleeves. If it does, you will be asked to step off the platform and adjust your singlet. This can both put you off your lift and waste your available time to complete the lift.

Examples of singlets on the approved list:



T-SHIRTS

A t-shirt must be worn under the lifting suit by **all lifters in the Squat and Bench Press** and **by women in the Deadlift**; men do not need to wear a t-shirt in the Deadlift.

The t-shirt must conform to the following specifications:

(a) 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 or other than a round neck collar.

(b) the **t-shirt must have sleeves**. Those sleeves must **terminate below the lifter's 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.

(c) the t-shirt may be plain i.e. of a single colour and with no logos or emblems, or may bear the logo or emblem

- of the lifter's nation

- of the lifter's name

- of the event in which the lifter is competing

- as per the rule "Sponsor's Logos"

- in national and lower level contests only, the lifter's club or individual sponsor, where that logo or emblem has not otherwise been approved by the IPF.

A plain t-shirt is recommended as the safest option. Furthermore, in competitions where you receive a t-shirt, this t-shirt is safe to be worn.

BRIEFS

A standard commercial "athletic supporter" or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit.

Women may also wear a commercial or 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 costume.

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

Whilst not explicit, the rules are known to be interpreted that women cannot wear underwire bras.

SOCKS

Socks may be worn.

- (a) They may be of any colour or colours and may have manufacturer's logos.
- (b) They shall not be of such length on the leg that they come into contact with the knee sleeves
- (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 deadlift.

Socks are as colourful and flamboyant as you please. Provided they are long enough and do not come into contact with your knee sleeves when on the platform.

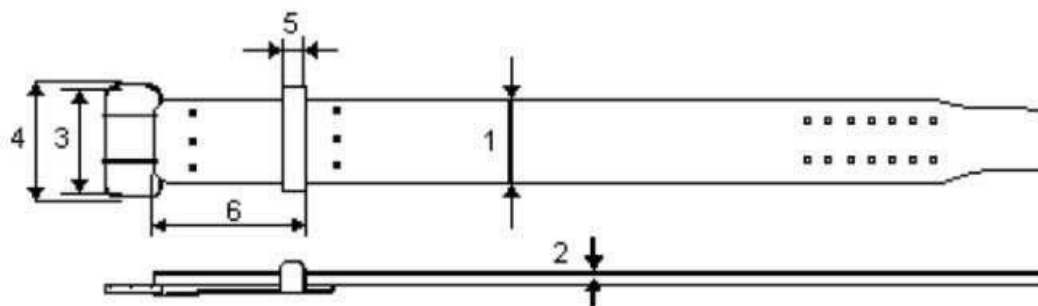
BELT

Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit. Only belts from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted for use in competitions.

Materials and Construction:

- (a) 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.
- (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 buckle shall be attached at one end of the belt by means of studs and/or stitching.
- (d) The belt may have a buckle with one or two prongs or "quick release" type ("quick release" referring to lever.)
- (e) A tongue loop shall be attached close to the buckle by means of studs/or stitching.
- (f) The belt may be plain i.e. of a single or two or more colours and with no logos, or may bear the logo or emblem
 - of the lifter's nation
 - of the lifter's name
 - as per the rule "Sponsor's Logos"
 - in national and lower level contests only, the lifter's club or individual sponsor, where the logo or emblem has not otherwise been approved by the IPF.

There is a helpful diagram to assist with the points of measurements:



The best advice for a belt is to check the IPF approved list and see which belts are allowed in competition. Typically, belts are quite expensive therefore, it is advised that you invest in an approved belt to save money in the long run. Remember – if your belt is not on the approved list you may not be able to use it

SHOES

Shoes or boots **shall be worn**.

(a) Shoes shall be taken to include only **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

(b) **No part of the underside shall be higher than 5 cm.**

(c) The **underside must be flat** i.e. no projections, irregularities, or a doctoring from the standard design.

(d) **Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.**

KNEE SLEEVES

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

Only knee sleeves from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted for use in competitions. In addition, any such sleeves from approved manufacturers 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:

- (a) The sleeves **must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive 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;
- (b) Knee sleeves shall be of a **maximum thickness of 7 mm and a maximum length of 30 cm**.
- (c) Knee sleeves **shall not have any additional strapping**, Velcro, drawstrings, padding or similar supportive devices in or on them. Knee sleeves must be continuous cylinders, without holes in the neoprene or in any covering material;
- (d) 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**.

Examples of knee sleeves on the approved list:



NB The key to looking at knee sleeves not on the Approved List is to ensure they are 7mm max neoprene. There are lots of sleeves available that do not conform to the specifications so please exercise care.

WRIST WRAPS

Wraps made of medical crepe or bandage and sweatbands do not require Technical Committee approval.

1. Wrists wraps **shall not exceed 1 m in length and 8 cm 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.**
2. Standard commercial sweat bands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.
3. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.

Examples of wrist wraps on the approved list:



WHERE CAN I PURCHASE ALL OF THIS STUFF?

Shoes, t-shirts and socks are less specialist and provided they meet specifications, you can purchase them wherever you see fit. Singlets, belts, knee sleeves and wrist wraps are more specialist.

You can purchase direct from suppliers' websites, however there are websites such as [Strength Shop](#) or [Pullum Sports](#) who all stock kit from the Approved List. Our recommendation is [Performance Nutrition Plus](#) who provide a great service within Northern Ireland, provide discount for NIPF members and will ensure your kit is IPF approved. Most websites will specify in item descriptions which kit is IPF approved on their websites which is helpful. If in doubt, give them a ring. From experience, they are all generally happy to help.

The rules and list are clear however if you are in doubt, please feel free to ask.

NORTHERN IRISH POWERLIFTING FEDERATION COMMITTEE

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