

Costume and Personal Equipment WUAP

Equipment	RAW			EQUIPPED		
	SQ	BP	DL	SQ	BP	DL
Lifting suit exact definition see Rulebook 3.2, level 07/01/2024	one piece lifting suit "singlet"			It must be an individual full-length article of cloth fabric. Its construction may consist of multiple plies to a thickness of one or two plies, but must, as a whole, be a singular component. The length of the leg, when worn must not exceed beyond mid-thigh (medial point between crotch and top of knee cap). Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted. Only one lifting suit may be worn. For competitions in the disciplines PWL EQ , BP EQ and DL EQ, a start is only permitted with the equipment defined in the rule book. A start without equipment is not permitted.		
Lifting shirt exact definition see Rulebook 3.2, level 07/01/2024	Lifters must wear as a minimum, a shirt, commonly referred to as a "t-shirt" or similar shirt, during the squat and bench press. This shirt may be with or without sleeves. It must be an individual article of fabric and consisting of cloth, polyester or combination.	not required		Lifters must wear as a minimum, a shirt, commonly referred to as a "t-shirt" or similar shirt, during the squat. This shirt may be with or without sleeves. It must be an individual article of fabric and consisting of cloth, polyester or combination.	not required	
Briefs exact definition see Rulebook 3.2, level 07/01/2024	not permitted			permitted		
Belt exact definition see Rulebook 3.2, level 07/01/2024	A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.					
Socks exact definition see Rulebook 3.2, level 07/01/2024	they must not extend above the knee, nor must they rest against the legs in such a way that they touch a knee wrap or kneecap support. Leg stockings, tights or full length stockings are not permitted	socks or stockings that reach just below the knee (covering the shinbone) must be worn.	socks or stockings that reach just below the knee (covering the shinbone) must be worn.	they must not extend above the knee, nor must they rest against the legs in such a way that they touch a knee wrap or kneecap support. Leg stockings, tights or full length stockings are not permitted	socks or stockings that reach just below the knee (covering the shinbone) must be worn.	

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Bench Press specific shirts exact definition see Rulebook 3.2, level 07/01/2024				<p>The construction may consist of multiple plies, but must, as a whole, be a singular component and cover the backs. The shirt must have a fabric panel which covers the lifters back so that no skin is exposed to touch the bench. Sleeves must be short and remain above the elbow when worn. The special bench press shirt worn in the BenchPress EQ discipline must be presented to the WUAP Referee for inspection at the weigh-in.</p> <p>A start without equipment is not permitted.</p>		
F8 specific shirts exact definition see Rulebook 3.2, level 07/01/2024 Slingshot, Catapult exact definition see Rulebook 3.2, level 07/01/2024				<p>when using a multi-layered bench shirt with a design similar to or identical to an F8, a sleeveless T-shirt must be worn under the F8 to meet hygiene requirements; an erector shirt is not permitted here. only one original shirt applies regardless of brand or manufacturer. all these shirts MUST be finished as one whole in one layer regardless of the number of layers.</p> <p>- all F8 bench press shirts must be presented to the referee for inspection at the weigh-in.</p> <p>a SlingShot can consist of one or more layers, the SlingShot must be worn on the upper arms and must not cover the elbows, with multi-layered SlingShots, you can also press with individual layers, but make sure that the unused layers do not increase the thickness of the SlingShot, especially in the contact area on the chest, the number of layers on the chest must not exceed/below the number of layers of which the SlingShot consists, a short-sleeved or sleeveless T-shirt must be worn under the SlingShot, not an Erector shirt,</p> <p>a SlingShot must be put on before stepping onto the lifting platform,</p> <p>all SlingShots must be presented to the referee for inspection at the weigh-in.</p>		
Footwear exact definition see Rulebook 3.2, level 07/01/2024	<p>Sports shoes appropriate to the discipline must be worn on stage.</p>					

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Wraps exact definition see Rulebook 3.2, level 07/01/2024 Wrist wraps max 1 meter, width 8 cm						
Elbow wraps	permitted	not permitted	not permitted	permitted	not permitted	permitted
Knee wraps	max. 2.5 meters, width 8 cm alternatively elasticized knee supports not exceeding 30cm in length		not permitted	max. 2.5 meters, width 8 cm alternatively elasticized knee supports not exceeding 30cm in length		
Bandig plaster/ Taping exact definition see Rulebook 3.2, level 07/01/2024	Two layers of band-aids or tape may be worn on the thumbs, Similarly, strip plasters, tape or band-aids may be applied to injuries on the inside of the hand, but in no circumstances, must these applications extend around the back of the hand, no closed bandig-plaster, tape or other bandages may be applied to the limbs of the athletes. Taps can be used in the warm-up area, but these must be removed before entering the platform.					