

# **POWERLIFTING**

## **RULES**

APPAREL - Lifting suits, under suits and Bench Shirts. ALL maximum thickness 1.3mm. Any over lapping of material for stitching purposes on shoulders only, maximum length 50mm. All of single ply construction. No canvass, Velcro, or Denim materials to be used.

UNDER SUITS - Definition mid torso, not beyond navel or belly button. Must not be protruding outside lifting suit legs.

BRIEFS - Men may wear small protective cotton briefs, for hygiene purpose only. Not boxer shorts or other materials.

### CAUSES FOR DISQUALIFICATION.

1. Use of talcum powder.
2. Deliberately dropping bar on any lift, including warm up area.
3. Deliberate use of illegal equipment, suits, under suit, shirts, belts, knee and wrist wraps.
4. Confrontational challenging the referee's decisions.

IF YOU HAVE ANY RULES QUESTIONS, PLEASE ASK TO THE TECHNICAL OFFICER – BOB CAMPBELL