

BASIC GUIDELINES ON DRESS CODE FOR DIVISIONAL COMPETITIONS

UNEQUIPPED

Non-supportive leotard or standard **P.E. shorts**.

At divisional competitions shorts may be worn, but for all competitions at National level or above a leotard MUST be worn every time. Tracksuit bottoms are NOT allowed.

(Examples of acceptable leotards [Inzer] can be found at

<http://www.bpsports.co.uk/site/gallery.php?cat=3>

The maximum length of the leg on non-supportive leotards is 15 Cm.

If shorts are worn, they must be loose fitting, non-supportive, and must not extend in length past the lifter's knees.

T-Shirt

This must be a typical non-supportive t-shirt – without collar/ buttons/ pockets/ zips – and must have sleeves of a normal length.

You may display a BDFPA or championships logo, or that of your club or sponsor.

Otherwise the t-shirt should be plain.

T-shirts are only optional in the Men's' dead lift event, but otherwise MUST be worn during all competitions.

Socks

MUST be worn if you are dead lifting. They should be full knee-length socks.

Belt

Max width 10 Cm/ max thickness 13mm./ no padding/ no Velcro. Lever belts are permitted.

Wrist Wraps

Max width 8 Cm/ max length 1 metre.

Underwear

Non-supportive underwear only. Boxer shorts are not allowed.

Footwear

Any footwear is permitted, but you cannot lift in bare feet or without shoes or slippers.

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For equipped lifting you may also wear supportive suits/ bench shirt/ knee wraps. For full legal details of these – and dress code generally, check the BDFPA rulebook for further technical information: (P.57-64)

web address..... <http://www.bdfpa.co.uk/rule/2007handbookA4.pdf>