

INTERNATIONAL MASTERS WEIGHTLIFTING ASSOCIATION

**WELCOME TO THE IMWA TECHNICAL OFFICIALS COURSES
BECOME AN IMWA TECHNICAL OFFICIAL**

‘Athletes’ Outfit’

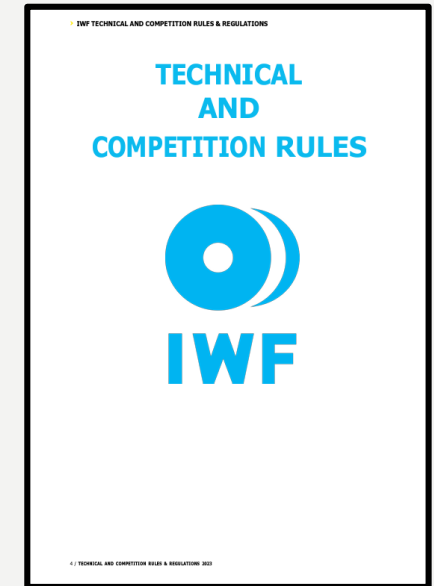


**FOR ATHLETES, COACHES, AND
TECHNICAL OFFICIALS IWFTCRR 4.1 - 4.9**

THE IMWA FOLLOWS THE IWF OUTFIT RULES

Athletes MUST wear the basic:

- A weightlifting costume/singlet
- Sport footwear



OPTIONAL (4.1.2)

Athletes MAY wear any of
the following

- Unitard
- T-shirt
- Shorts
- Socks
- Belt
- Bandage(s)
- Sticking plaster(s)
- Tape(s)
- Gloves
- Palm Guard(s)
- Undergarment(s)
- Jewelry / Accessories
- Hair Adornment(s)
- Religious head gear / Head gear

Individual rules apply for each item



SOCKS (IN 4.1.2)

Socks may be worn.



These are all **OK** !!



COSTUME (4.2)

Athletes **must** wear **only one** costume which complies with the following criteria: (4.2.1)

- Must be one piece.
- Must be collar-less
- May be of any colour
- Must not cover the elbows
- Must not cover the knees



- must not be used it for **political**, **racial** or **religious demonstration**



IT MEANS...



The rule 4.7.4 says also

“A T-shirt and shorts cannot be worn instead of the costume.”



COSTUME MAY BE LOOSE FITTING



COSTUME MAY BE DECORATED OR MARKED WITH... (4.2.2)

Athlete's

- Name
- Nick name
- Club name
- Member Federation / NOC
- National Emblem

OK!!



- must not be used it for **political**, **racial** or **religious demonstration**



BELT (4.4)

- If used, it must be worn on the **outside of the costume (4.4.1)**



- **Maximum width is 12cm (4.4.2)**

Max 12cm



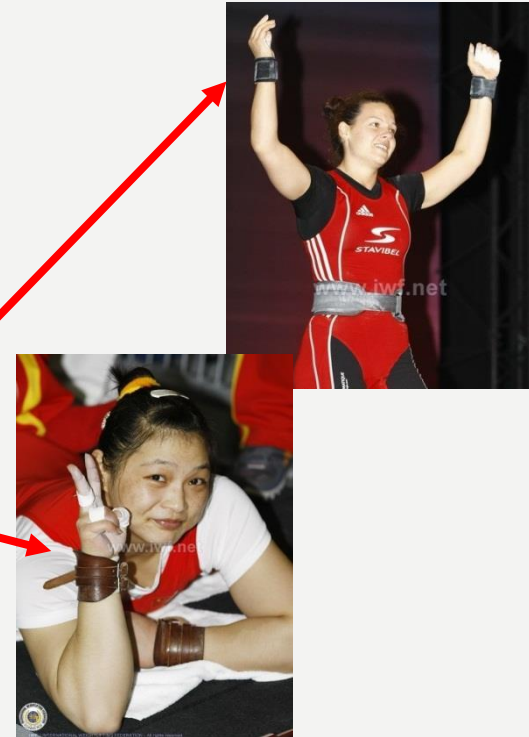
BANDAGES, STICKING PLASTERS AND TAPES (4.5)

What is bandages? (4.5.1)

Non-adhesive wraps made of a variety of materials.

Most common materials are;

- Gauze
- Medical crepe
- Neoprene / rubber
- Leather

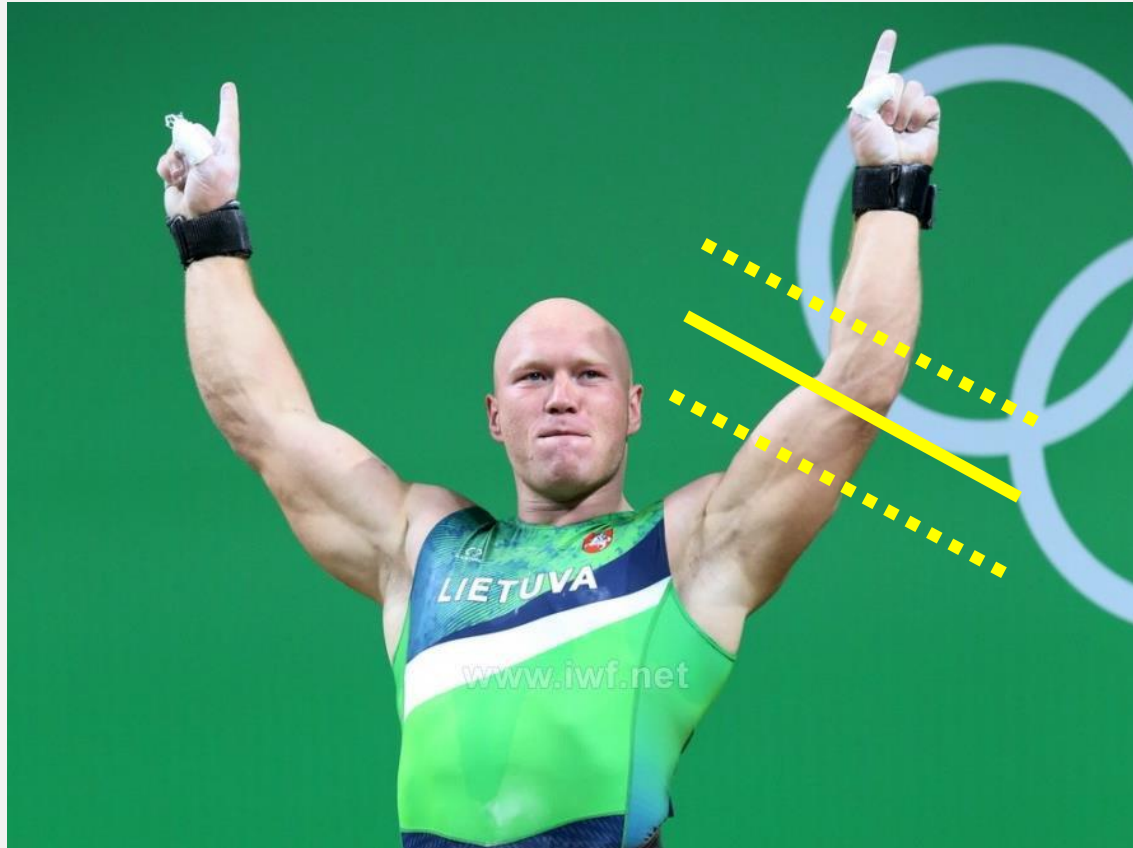


RULES FOR BANDAGES

- No limit for length. (4.5.1.1)
- Bandages on **hands** may be attached to wrist. (4.5.1.3)
- Any bandage worn on the **trunk** must be worn under the costume (4.5.1.5)

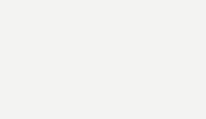


10CM OF THE ELBOW AREA MEANS



5cm above the elbow
+
5cm below the elbow

No bandage, no sticking plaster, no tape within this 10cm area

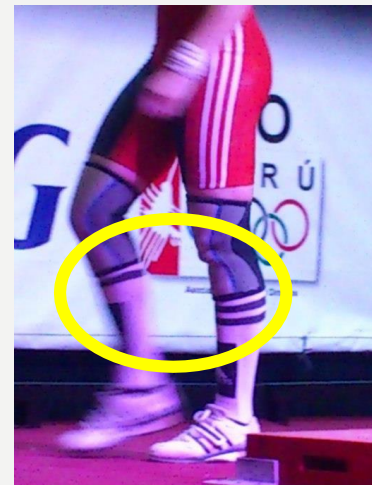


WHAT WE CAN...

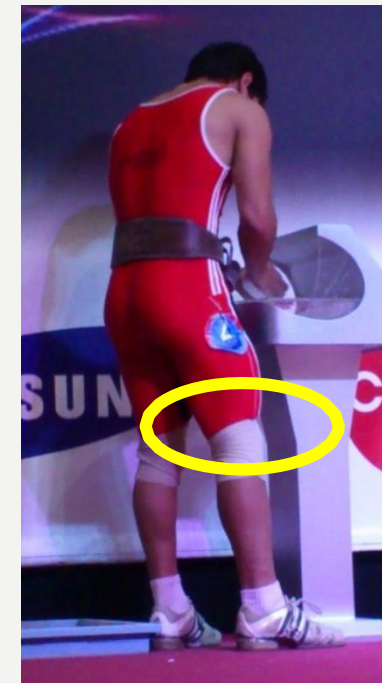
Bandage, anywhere **but not for elbows**



“Double bandages”



Costume / socks covering bandages



WHAT WE CANNOT...

Reinforced kneecaps



Bandage(s) attached to the barbell

Bandage within 10cm of the elbow area



BANDAGES, STICKING PLASTERS AND TAPES (4.5)

What is Sticking Plasters? (4.5.2)

Small adhesive bandages usually made of;

- Woven fabric
- Plastic
- Latex rubber

} with an absorbent pad

Sticking plasters are applied to cover **small wounds**.



BANDAGES, STICKING PLASTERS AND TAPES (4.5)

What is Tape? (4.5.3)

Made of either rigid cotton or rayon material and is known as;

- Athletic tape
- Medical tape
- Sport tape

Tape can an elastic therapeutic tape (**Kinesio tape**, an adhesive elastic cotton strip) also.



OK!!



WHAT WE CAN...

Tape, anywhere but not for elbows

Tapes on **hands** may be attached to wrist. (4.5.3.2)

May be worn under any piece of outfit including other bandages anywhere on the body, except elbow(s). (4.5.3.5)



Can be also under the costume



Tape, under socks



Kinesio tape, under costume and bandage



STICKING PLASTERS

Can

Be worn to protect small wounds (4.5.2.1)

WHAT WE CANNOT...

- Tape, protrude in front of fingertips (4.5.3.1)
 - = Only as same area as finger(s) / thumb(s)
- Tape, attached to the barbell (4.5.3.3)
- Tape, worn within 10cm of the elbow area (4.5.3.4)



GLOVES AND PALM GUARDS (4.6)

- Wearing fingerless gloves is allowed (4.6.1)
- ex. Gymnastic palm guards, cycling gloves
- Gloves may cover only the first knuckle of the fingers (4.6.2)
- If sticking plaster or tape is worn on the fingers, there must be **a visible separation** between the **sticking plaster / tape** and the **palm guard / glove**. (4.6.3)



Need a visible separation with



On finger

UNITARD (4.7.1)

Only one unitard **may** be worn **under the costume.**

The **unitard** is considered as the **skin**

Must comply with the following criteria:

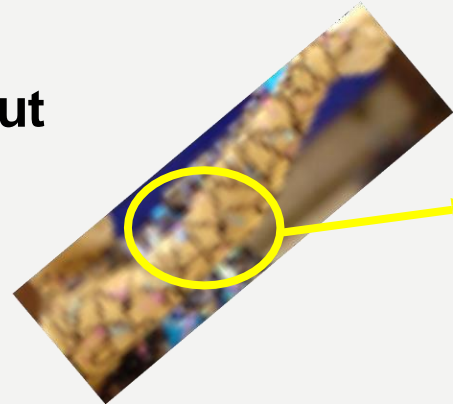
- One piece or two pieces
- Tight fitting
- **Collarless**
- May cover the elbows and knees
- May be of any colour
- **No pattern or design** permitted



IT MEANS...



Any colour but
one colour,
no pattern



**Elbow
Straight?
Or bent?
???**



ACTUAL PHOTO



OK!!

- Full body
- Tight fitting unitard
- Collarless
- No pattern/design



OOPS!



Not OK !!

Having design



OOPS!



Not OK !!

Where is the costume??

SEPARATED UNITARD UNDERNEATH MEANS...

OK!!



If wearing a Unitard
upper body Top,
It must be

- Tight fitting
- Collarless
- No pattern/design

NOTE: Unitard Top without Unitard Bottoms is possible



SEPARATED UNITARD MEANS...

OK!!

Unitard Bottoms /Leggings



NOTE: Without Unitard Top is possible



T-SHIRT (4.7.2)

Only one T-shirt may be worn under the costume.

Must comply with the following criteria:

- **Must be collarless**
- **May not cover the elbows**
- **May be of any colour**



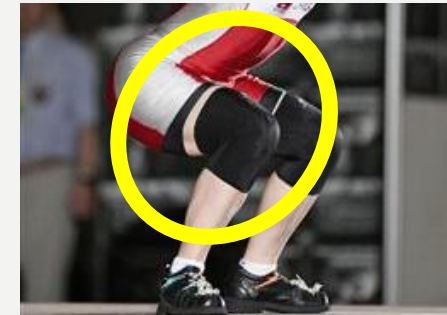
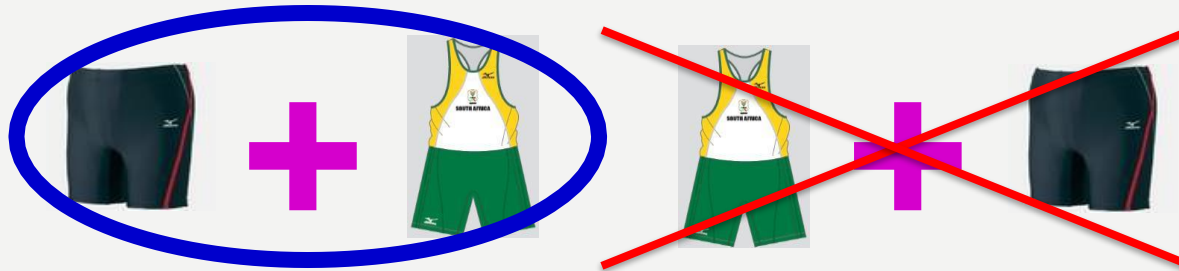
“High neck” is not the collar.

This is OK !!



SHORTS (4.7.3)

Only one pair of shorts may be worn **under** the costume **and the shorts must not be longer than the costume.**



“No” for better looking

Must comply with the following criteria:

- **Tight fitting**
- **Must not cover the knees**
- **May be of any colour**



Unitard Bottoms / Leggings are not considered as shorts.

ON THE HEAD...

(4.7.5)

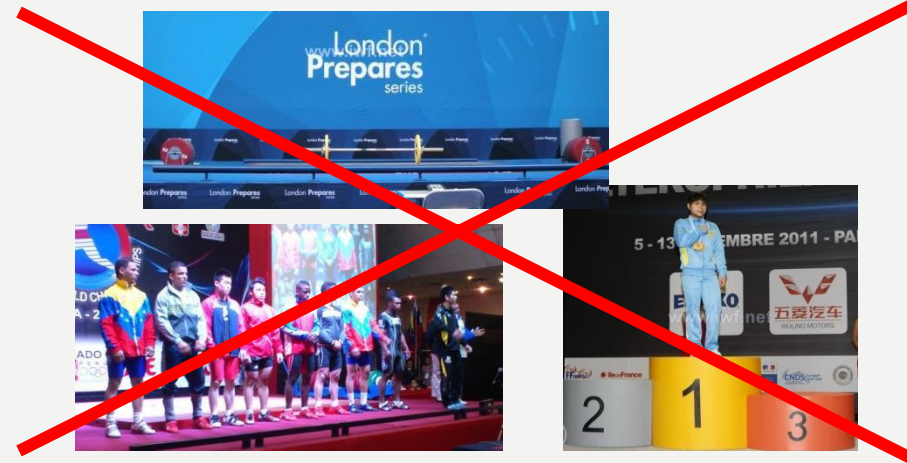
Any of those are all **OK!!**



PERSONAL ELECTRONIC DEVICES (4.8)



OK in W-up Area



**Not Good on Stage /
Platform at anytime**

- Except for **medical equipment** if that does not assist in execution of the lift



