

**IBSA Raw/Classic Powerlifting Standards**



**Allowable Personal Equipment**

The IBSA Powerlifting uniform for all competitions at the local, state, national, international or world level shall remain consistent with the following standards.

As of January 01, 2013, the allowable equipment to be used in all IBSA Powerlifting competitions will be as follows:

1. Any non-supportive singlet (preferably an Adidas Weightlifting Suit)
2. T-shirt with ONLY their IBSA or IPC national organization emblem or country logo.
3. Wrist Wraps
4. Neoprene Knee Sleeves
5. For deadlift, shin length socks
6. Powerlifting or Weightlifting belt.
7. Weightlifting shoes or indoor athletic shoes (basketball sneaker)

Examples of each piece of equipment are as follows:

<p><b>I. Non-Supportive Lifting Suits</b>          + Preferably an Adidas Weightlifting Suit          + Inzer Advance Designs          + Titan Support Systems          + Metal Gear</p>	
<p><b>II. T-shirt</b>          + IBSA / IPC National Logo          + National Flag</p>	
<p><b>III. Wrist Wraps</b>          + Inzer Advance Designs          + Titan Support Systems          + Metal Gear</p>	

<p><b>IV. Neoprene Knee Sleeves</b></p> <ul style="list-style-type: none"> <li>+ Reiband</li> <li>+ Titan Support Systems</li> <li>+ Metal</li> </ul> <p>Note: Neoprene Material Only with no tightening straps</p>	
<p><b>V. Shin length Socks</b></p>	
<p><b>VI. Powerlifting or Weightlifting Belt</b></p>	
<p><b>VII. Shoes</b></p> <ul style="list-style-type: none"> <li>+ Weightlifting Shoe</li> <li>+ Basketball Shoe</li> <li>+ Wrestling Shoe for Deadlifting</li> </ul>	

Thank you  
 IBSA Powerlifting Sub-Committee