



2016 Rule Change Summary

Powerlifting

Change From	Change To
Old Formatting	See also date change at footer to reflect June 2018
2. OFFICIAL EVENTS	ADDED: Special Olympics powerlifting competitions shall be run as Classic/Raw competitions (no supportive equipped gear is to be worn)
3. EQUIPMENT	DELETED: The lifting costume shall consist of a one-piece, full-length lifting suit of one-ply stretch material without any patches or padding. CHANGED TO: A non-supportive lifting suit shall be worn in competition. The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.
3.3.1.1 The lifting costume shall consist of a one-piece, full-length lifting suit of one-ply stretch material without any patches or padding.	DELETED: The lifting costume shall consist of a one-piece, full-length lifting suit of one-ply stretch material without any patches or padding. CHANGED TO: A non-supportive lifting suit shall be worn in competition. The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.
3.3.1.2 A non-supportive weightlifting/wrestling-type suit is also a legal suit.	DELETED: A non-supportive weightlifting/wrestling-type suit is also a legal suit. CHANGED TO: The suit shall be one-piece and form fitting without any looseness when worn.
3.3.1.3 The straps of the suit must be worn over the shoulders at all times while lifting in competition.	DELETED: The straps of the suit must be worn over the shoulders at all times while lifting in competition. CHANGED TO: The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
3.3.1.4 It may be of any color or colors.	
3.3.1.5 Seams and hems must not exceed three centimeters in width and 0.5 centimeters in thickness.	DELETED: Seams and hems must not exceed three centimeters in width and 0.5 centimeters in thickness. CHANGED TO: The suit's material shall be of a single thickness, other than a second thickness of material of up to 12 cm x 24 cm allowed in the area of the crotch.
3.3.1.6 Only non-supportive suits may have seams and hems exceeding three centimeters in width.	DELETED: Only non-supportive suits may have seams and hems exceeding three centimeters in width. CHANGED TO: There must be legs to the suit, extending a minimum of 3 cm and a maximum of 25 cm,



<p>3.3.1.7 Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding two centimeters in width and 0.5 centimeters in thickness.</p> <p>3.3.1.8 It must have legs, and the length of the leg must be a minimum of three centimeters and must not exceed 15 centimeters from the middle of the crotch measured down the inside of the leg from the crotch.</p> <p>3.3.1.9 Non-supportive weightlifting-type suits may have legs longer than 15 centimeters as long as they do not reach the knee and do not touch any knee wrap or knee-cap supporter.</p> <p>3.3.1.10 Only non-supportive type suits may have a double crotch.</p> <p>3.3.3 Briefs</p> <p>3.3.7.1 Wraps not exceeding two meters in length and eight centimeters in width may be used.</p>	<p>from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.</p> <p>DELETED: Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding two centimeters in width and 0.5 centimeters in thickness.</p> <p>CHANGED TO: Long pants may not be worn.</p> <p>DELETED: It must have legs, and the length of the leg must be a minimum of three centimeters and must not exceed 15 centimeters from the middle of the crotch measured down the inside of the leg from the crotch.</p> <p>CHANGED TO: At Special Olympics World and Regional Games powerlifting competitions, all competitors must wear a lifting suit which conforms to the above stated specifications, the only exception being the full-length aerobic suit worn in the bench press by athletes with physical disabilities (see modifications under 3.3.11).</p> <p>DELETED: Non-supportive weightlifting-type suits may have legs longer than 15 centimeters as long as they do not reach the knee and do not touch any knee wrap or knee-cap supporter.</p> <p>DELETED: Only non-supportive type suits may have a double crotch.</p> <p>ADDED: 3.3.3.3 Women may also wear a commercial or sports bra.</p> <p>DELETED: Wraps not exceeding two meters in length and eight centimeters in width may be used.</p> <p>CHANGED TO: Knee sleeves that do not exceed 30cm in length or 7mm in thickness may be worn by the athlete. The Technical Controller or Chief Referee shall reject any knee sleeves that have been put on the lifter</p>
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<p>3.3.8.1 Only IPF approved wraps shall be permitted for use in powerlifting competitions.</p>	<p>using the assistance of any method such as the use of plastic sliding, the use of lubricants, and so on, or with the assistance of any other person other than that which is typically required by the athlete for assistance with wrist wraps or with dressing on a daily basis (such as assistance regularly needed with putting on personal items such as shoes, socks, etc.)</p> <p>DELETED: Only IPF approved wraps shall be permitted for use in powerlifting competitions. CHANGED TO: Supportive equipment other than a belt or wrist wrap will not be worn in competition.</p>
<p>5. PERSONNEL</p>	<p>ADDED: 5.4 All platform referees should be certified and up-to-date in their certification at least at the lowest level of certification from the National Governing body of the IPF.</p>