

## ATTIRE ACCEPTED FOR LIFTERS IN ACCORDANCE WITH THE BWL TCRR 2020

There is a variance of attire for lifters on the competition platform from tier 3 (club competition) to tier 2 (home nations) and tier 1 (British Championships), this document will clarify any questions.

According to the BWL TCRR in any tier 3 competition lifters are required to wear sports related attire. We've covered foot wear in an earlier article where common shoes and walking boots are not allowed on the competition platform. We've also looked at belts and the accepted width a lifting belt must be (12cm) and that any belt wider is not permitted on the competition platform.

### Attire allowed in tier 3

Taking on board the lifter has correct lifting footwear, we need to look at the lifters suit (singlet) or attire when they are on the platform. Just recently it was decided a lifter may at a tier 3 competition wear close fitting shorts and a tucked in close fitting t-shirt that can be any colour and without a collar. This is to give young people a chance to compete from areas of poverty and to encourage participation in gyms and in competitions from these areas.

### Attire allowed in tiers 2 and 1

However, lifters qualified to compete in a tier 2 or tier 1 championships will have to wear a suitable singlet (leotard) which can be any colour and close fitting. A lifter may wear other items of clothing with the singlet while on the competition platform.

A lifter may wear a close fitting t-shirt with the singlet which can be any colour and not have a collar and *must* be underneath the singlet. Close fitting shorts may be worn and *must* be of one colour and *must* also be worn underneath the singlet.

The only time a lifter is allowed to wear something covering the elbow is when a lifter has a unitard but it *must* be worn underneath the singlet. The unitard has now been split into two items of clothing a top and bottom half and may be worn separately. A lifter can wear the top half underneath the singlet and it must reach the wrists. There are also some unitards fitted with a head covering. The same applies for the leggings where a lifter has tight fitting leg coverings and *must* reach the ankle.

The singlet may be of any colour and may be patterned, t-shirts and long sleeve tops *must* be one colour, tight fitting and without a collar, the shorts or leggings *must* be one colour and tight fitting.

There is no rule for hats, caps or helmets on the head when the lifter is on the platform.

A lifter may wear any jewellery when on the platform.