



BANDAGES AND TAPES FOR LIFTERS

The IWF and BWL allow a lifter to wear bandages, tape and sleeves to help protect areas of the hands, knees, shins and wrists. Over this article we'll be looking at each item in detail and where the item is permitted to be worn during a Tier 1, 2, and 3 BWL competition. Each rule mentioned is listed in the current IWF TCRR but more importantly in the BWL TCRR which is what we adhere to.

Bandages, Sticking Plasters and Tape

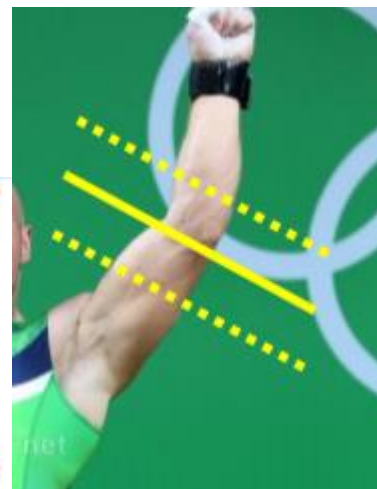
Bandages are non-adhesive wraps made of either Gauze, Medical Crepe, Neoprene Rubber or Leather.

Sticking Plasters are small adhesive bandages usually made of a Woven Fabric, Plastic or Latex Rubber with an absorbent pad.

Tape is made of either Rigid Cotton, Medical Tape, Rayon Material and is often known as 'Athlete Tape' also Therapeutic Tape (Kinesio Tape) is made in many colours and is an adhesive elastic cotton strip.

Around the Elbows

NOTHING IS ALLOWED ON THE ELBOWS (other than the long sleeve on the unitard (and must be tight fitting). A sleeve may be worn on the arm but *cannot* cover the elbow. 'Athlete tape' may also come down from the shoulder or a bandage/tape may come up from the wrist but both *must* end 50mm from the elbow joint.





The Wrist and What Can Be Worn.

A lifter *may* use bandages or tape to protect the wrist. Bandages are non-adhesive wraps made of either Gauze, Medical Crepe, Neoprene Rubber or Leather. There is no limit to the length of the tape or bandage. The bandage on the wrist may cover the hand/palm and or go up the forearm (but must stop 50mm from the elbow). The bandage must not pass the fingers and cannot be used as straps to wrap around the bar.

Non-adhesive wraps made of a variety of materials.

Most common materials are;



- Gauze
- Medical crepe
- Neoprene / rubber
- Leather



Protecting the Knee

There are various types of knee sleeves, which are permitted. These are generally made of Neoprene, Medical Crepe or Non-adhesive Wraps. The length of the one piece elastic wrap has no limit and may cover as much of the leg as the lifter wants (but must go under the legs of the Singlet/Unitard). A lifter *may* use a Neoprene/Rubber Sleeve, which allows free movement but this must not be reinforced with buckles, straps, whalebone, plastic or wire. The lifter may have the sleeve covering the shins.

Examples of what is permitted and not permitted:



“Double bandages”



Costume / socks covering bandages



Tape and sticking plasters

Sticking Plasters are small adhesive bandages usually made of a Woven Fabric, Plastic or Latex Rubber with an absorbent pad. These may be used to cover small wounds but may not be within 100mm of the elbow joint (50mm above and 50mm below). The lifter may use plasters to cover a wound on the shins or any part of the leg.

Sticking plasters are applied to cover small wounds.





Tape is made of either Rigid Cotton, Medical Tape, Rayon Material and is often known as `Athlete Tape` also Therapeutic Tape (Kinesio Tape) is made in many colours and is an adhesive elastic cotton strip.

Tape may be used to protect the fingers and thumb but must not protrude beyond the fingertips and cannot be attached to the bar.

Tape may cover the whole hand and be attached to the wrist.

Tape may be used on the shin to cover a wound.

- **Athletic tape**
- **Medical tape**
- **Sport tape**



Gloves and Palm Guards

Lifters may wear fingerless gymnastic gloves or palm guards to protect their hands but they can only go to the first knuckle on the fingers. If the lifter has tape on the finger there must be a gap between the tape and glove.



Need a visible separation with



On finger



**BRITISH
WEIGHT
LIFTING**

General use of Bandages

A lifter may, if they need to, use a bandage to support their body (torso) but the bandage must be under the singlet/unitard.

Next time

In the next article we will be discussing the rules and regulations of a BWL Tier 1, 2 and 3 competition.

Ed Halstead

BWL Competition Manager