



QUEENSLAND WEIGHTLIFTING ASSOCIATION

UNIFORM POLICY

The purpose of the QWA Uniform Policy is to provide guidelines surrounding the requirements and use of official state apparel and ensure minimum standards of uniform are complied with at all official QWA competitions.

1. OBJECTIVES

- 1.1 To ensure that QWA athletes competing at National Age Championships from U15 through to Masters age-groups have a consistent and recognisable identity at National competitions.
- 1.2 Instil a sense of unity, pride, identity and belonging in QWA athletes.
- 1.3 Provide guidelines on the minimum standards of uniform to be worn at all QWA endorsed competitions.

2. UNIFORM

- 2.1 QWA members at any competition level are **not** to wear lifting suits that they have not earned the right to wear eg. Only lifters who have competed at a National Championships may wear a Qld lifting suit; and lifters who have competed at an International Competition may wear an Australian lifting suit.
- 2.2 QWA members competing at any National Age Championships from U15 through to Masters age-groups will be required to purchase (or borrow from fellow QWA members) the following compulsory uniform items:
 - QWA T-shirt
 - QWA Lifting suit
- 2.3 QWA members may choose to purchase the following non-compulsory uniform items:
 - Polo shirt
 - Team jacket
 - Team members wishing to purchase items should contact the QWA via email gwa@gwa.org
- 2.4 QWA members lifting at State Championships must wear a one-piece lifting suit that conforms to the IWF Rules as per appendix A attached.
- 2.5 QWA members lifting at Qld All Schools, Club competitions, QWA League competitions etc must at a minimum conform with the following uniform requirements:
 - One-piece costume as per IWF Technical Rules
 - or**
 - A two-piece costume consisting of bike shorts plus a collarless T-shirt or singlet of plain colour. The costume must cover the torso but must not cover the elbows or knees
 - or**
 - Official school sports uniform provided it is similar to a) or b) above

3. LOGOS

- 3.1 QWA tracksuit tops, polo shirts, t-shirts and lifting suits may display:
- QWA logo on the front left chest
 - QUEENSLAND wording on the upper back
- 3.2 No personal sponsor logos, insignia or naming are permitted on State uniform items.

5. OCCASSIONS FOR UNIFORM

QWA lifters must wear the following items of uniform at National Championships:

5.1 COMPETITION PRESENTATION (INTRODUCTION OF ATHLETES)

- QWA t-shirt
- QWA lifting suit
- Tracksuit jacket (optional)
- Tracksuit pants (optional)
- Weightlifting shoes/boots or sports shoes (thongs/sandals are not appropriate)

5.2 MEDAL CEREMONIES

- QWA t-shirt
- QWA lifting suit
- Tracksuit jacket (optional)
- Weightlifting shoes/boots or sports shoes (thongs/sandals are not appropriate)

5.3 NATIONAL TRAVEL (Optional)

- T-shirt
- Polo shirt
- Tracksuit jacket

5.4 OTHER

Team Managers may determine outfitting requirements for other occasions including but not limited to:

- Team photos
- Opening ceremonies
- Closing ceremonies/functions

6. RESPONSIBILITY

Team management (Manager/Coaches) shall be responsible for ensuring that lifters competing at events are wearing the correct uniform.

QWA lifters are responsible for ensuring that they comply with this policy.

Appendix A

ATHLETES' OUTFIT

4.1 GENERAL

4.1.1 Athletes must wear a weightlifting costume and sport footwear.

4.1.2 Athletes may wear the following outfit according to the relevant rules:

- Unitard
- T-shirt
- Shorts
- Socks
- Belt
- Bandage(s)
- Sticking plaster(s)
- Tape(s)
- Glove(s) and / or Palm Guard(s)
- Undergarment(s)
- Jewellery / Accessories
- Hair adornment(s)
- Religious head gear / Head gear

4.2 COSTUME

4.2.1 Athletes must wear only one weightlifting costume which complies with the following criteria:

- must be one piece
- must be collarless
- may be of any colour
- must not cover the elbows
- must not cover the knees

4.2.2 Costumes may be decorated or marked with the athlete's:

- name
- nick name
- club name
- Member Federation / NOC
- national emblem

4.3 FOOTWEAR

4.3.1 Athletes must wear sport footwear.

4.4 BELT

4.4.1 A weightlifting belt may be worn. If used, it must be worn on the outside of the costume.

4.4.2 The maximum width of the belt is twelve (12) cm.

TECHNICAL AND COMPETITION RULES & REGULATIONS 2019 / 21

4.5 BANDAGES, STICKING PLASTERS AND TAPES

4.5.1 Bandages are non-adhesive wraps made of a variety of materials; most common materials are gauze, medical crepe, neoprene / rubber or leather.

4.5.1.1 There is no limit to the length of the bandages.

4.5.1.2 One-piece elastic bandages, neoprene / rubberised kneecaps, or patella protectors which allow free movement, may be worn on the knees. Kneecap bandages / protectors may not be reinforced by way of buckles, straps, whalebone, plastic or

wire.

4.5.1.3 Bandages may be worn both on the inner and outer surface of the hands and may be attached to the wrist.

4.5.1.4 Bandages must not be attached to the barbell at any time.

4.5.1.5 Any bandage worn on the trunk must be worn under the costume.

4.5.1.6 No bandages or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.

4.5.2 Sticking plasters are small adhesive bandages usually made of woven fabric, plastic, or latex rubber with an absorbent pad. Sticking plasters are applied to cover small wounds.

4.5.2.1 Sticking plasters may be worn to protect small wounds, as required.

4.5.2.2 Sticking plasters worn on the fingers and thumb must not protrude in front of the fingertips.

4.5.2.3 Sticking plasters must not be attached to the barbell at any time.

4.5.3 Tape is made of either rigid cotton or rayon material and is known as athletic tape, medical tape and / or sport tape. Tape can also be an elastic therapeutic tape (Kinesio tape) which is an adhesive elastic cotton strip in multiple colours.

4.5.3.1 Tape worn on the fingers and thumb must not protrude in front of the fingertips.

4.5.3.2 Tape worn on both the inner and outer surface of the hands may be attached to the wrist.

4.5.3.3 Tape or substitute must not be attached to the barbell at any time.

4.5.3.4 No tape or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.

4.5.3.5 Tape may be worn under any piece of the athlete outfit including other bandages anywhere on the body, except the elbow(s). Tape(s) worn on forearm and / or upper arm must not reach the elbow area. The elbow area consists of five (5) cm above and five (5) cm below the elbow.

4.6 GLOVES AND PALM GUARDS

4.6.1 In order to protect the palm of the hands, wearing fingerless gloves is allowed (e.g.: gymnastic palm guards, cycling gloves).

22 / TECHNICAL AND COMPETITION RULES & REGULATIONS 2019

› IWF TECHNICAL AND COMPETITION RULES & REGULATIONS

4.6.2 Gloves may only cover the first knuckle of the fingers.

4.6.3 If sticking plaster or tape is worn on the fingers, there must be a visible separation between the sticking plaster or tape and the palm guard or glove.

4.7 OTHER OUTFIT

4.7.1 Only one unitard may be worn under the costume. The unitard must comply with the following criteria:

- be one piece or two pieces
- be tight fitting
- be collarless
- may cover both elbows and / or knees
- may be of any one colour
- no pattern or design permitted

4.7.2 Only one T-shirt may be worn under the costume. The T-shirt must comply with the following criteria:

- be collarless
- not cover the elbows
- may be of any colour

4.7.3 Only one pair of shorts may be worn under the costume and the shorts must not be longer than the costume. Shorts must comply with the following criteria:

- be tight fitting
- not cover the knees
- may be of any colour

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

4.7.5 Hair and any items worn on the head are considered to be part of the head.

4.7.6 At competitions, athletes participate in the uniform clothing issued / approved by their Member Federation. For this purpose, the Victory Ceremony is considered to be part of competition.