

## **USA Powerlifting Raw/Unequipped Standards**

Raw/Unequipped lifting, within USA Powerlifting, is defined as using only the following gear and accessories for championships at the local, state, regional and national level:

- (a) Non-supportive singlet
- (b) T-shirt
- (c) Briefs
- (d) Shin Length Socks
- (e) Weightlifting or Powerlifting Belt
- (f) Indoor athletic shoe, weightlifting shoe or approved IPF powerlifting boot
- (g) Wrist wraps
- (h) Neoprene knee sleeves only
  - a. Knee sleeves will not have tightening straps

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