

# USA Powerlifting Raw With Wraps Division

\*\*\*In Effect January 1, 2021\*\*\*

**Background and Eligibility.** The raw with wraps division allows athletes 14 years of age or older to wear knee wraps that are in accordance with the technical rules and on the [IPF Approved Equipment List](#); all other rules for raw lifting will be in effect. Lifters can qualify to compete at Open (Equipped) Nationals, not Raw Nationals, if they meet or exceed the existing [open \(equipped\) division qualifying totals as listed on the national website](#). There will, however, be no separate raw with wraps division offered at Open (Equipped) Nationals.

**Rules and Procedures.** All technical rules of performance as well as all policies and procedures as defined in the rulebook apply to lifters competing in the raw with wraps division. Regardless of the level of competition, any knee wraps worn must be on the IPF Approved Equipment List.

## General Information.

- The raw with wraps division may be offered at local, state, and regional meets. Meet directors are not required to offer the raw with wraps division. If an athlete is interested in competing in the raw with wraps division at a particular meet but a raw with wraps division is not offered, the athlete is encouraged to contact the meet director to see if the raw with wraps division can be added to the list of divisions being offered for that particular meet; this request should be made as far in advance of the meet as possible
- State and American records will be maintained for the raw with wraps division; record standards will be set using the existing current raw records in the squat, bench, deadlift and total as of January 1, 2021; raw with wraps competitors must beat this record standard to be awarded a new raw with wraps record
- All [USA Powerlifting anti-doping rules](#) apply to those competing in the raw with wraps division