

Costume and Personal Equipment WUAP						
Equipment	RAW			EQUIPPED		
	SQ	BP	DL	SQ	BP	DL
Lifting suit	one piece lifting suit "singlet"			construction may consist of multiple plies to a thickness of one or two plies, but must, as a whole, be a singular component, the length of the leg, when worn must not exceed beyond mid-thigh		
Lifting shirt	shirt may be with or without sleeves		not required	shirt may be with or without sleeves		not required
Briefs	not permitted			permitted		
Belt	not obligatory					
Socks	not required, may not extend over the knee nor on the legs so that they touch any knee wrapping or kneecap supporter		required, may not extend over the knee and socks which cover the shin bones must be worn	not required, may not extend over the knee nor on the legs so that they touch any knee wrapping or kneecap supporter		required, may not extend over the knee and socks which cover the shin bones must be worn
Footwear	required					
Wrist wraps	max 1 meter, width 8 cm			max 1 meter, width 8 cm		
Elbow wraps	permitted	not permitted	not permitted	permitted	not permitted	permitted
Knee wraps	max. 2.5 meters, width 8 cm, alternatively, elasticized knee supports not exceeding 30cm in length		not permitted	max. 2.5 meters, width 8 cm, alternatively, elasticized knee supports not exceeding 30cm in length		