

# Briefs can NOT have “legs” of any kind



Yes



Yes



No



No

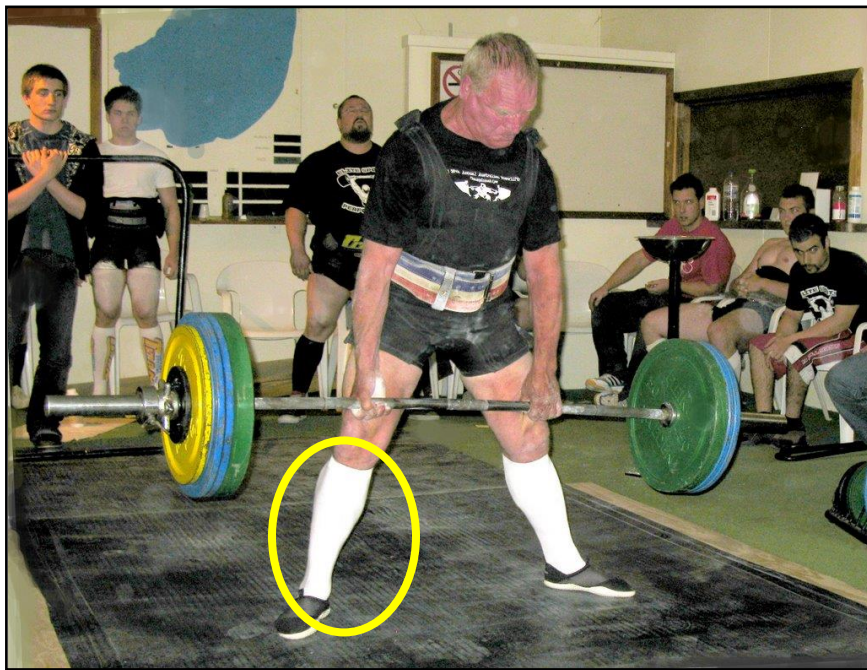
## ***Personal Equipment - Briefs and Undergarments***

(a) A standard commercial “athletic supporter” or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit. Note: briefs may not have “legs” of any kind (shorts, boxer shorts, boxer briefs, and bike/cycling shorts are not allowed).

From the USA Powerlifting Technical Rules (page 21):

[http://www.usapowerlifting.com/wp-content/uploads/2014/01/USAPL-Rulebook-2015.NGB\\_.pdf](http://www.usapowerlifting.com/wp-content/uploads/2014/01/USAPL-Rulebook-2015.NGB_.pdf)

# Shin-length socks must be worn in the deadlift



Yes



No

## *Personal Equipment - General*

(e) Socks may be worn in the squat and bench press. Shin length socks must be worn to cover and protect the shins while performing the deadlift.

From the USA Powerlifting Technical Rules (page 27):

[http://www.usapowerlifting.com/wp-content/uploads/2014/01/USAPL-Rulebook-2015.NGB\\_.pdf](http://www.usapowerlifting.com/wp-content/uploads/2014/01/USAPL-Rulebook-2015.NGB_.pdf)