

Dear Sir/Madam:

The IWF Technical Committee and Executive Board have reviewed the rules on the weightlifting clothing at their meetings in Penang.

國際舉重總會技術委員會及執行委員會在檳城的會議中重新檢視比賽服裝的規則。

Enclosed please find the updated Rules on the Outfit (Point 4 in the IWF Handbook, Technical and Competition Rules). The Rule is valid for all athletes, men or women, inclusive.

附件可見更新之裝備規則(國際舉重總會手冊中技術及比賽規則第 4 條)。

The new rule as in the attachment is in force with immediate effect.

新規則如附件並立即生效。

Please kindly make your athletes, clubs, referees and officials aware of it and publish it as widely as possible.

請轉知所屬選手、基層、裁判及職員，並盡可能公告所屬。

Thank you for taking note.

感謝您。

With best regards,

Sam Coffa

IWF Vice President

國際舉重總會副會長

Chairman of the IWF Technical Committee

國際舉重總會技術委員會召集人

4 **OUTFIT OF THE ATHLETES** 選手裝備

4.1 **COSTUME** 舉重衣

4.1.1 Athletes must wear a weightlifting costume which is clean, designed and worn so as to comply with the following criteria 選手必須穿著外表雅觀，符合下列標準之服裝：

- must be one-piece 必須是一件式。
- must be collar-less 必須是無領式。
- may be of any colour 顏色不限。
- must not cover the elbows 不得覆蓋手肘。
- must not cover the knees 不得覆蓋膝蓋。

4.1.2 A unitard may be worn under the costume. The unitard must comply with the following criteria 舉重衣內得穿緊身衣。緊身衣需符合下列標準：

- must be one-piece 必須是一件式。
- must be tight-fitting 必須是緊身的。
- must be collar-less 必須是無領式。
- may cover the elbows and knees 得覆蓋手肘及膝蓋。
- may be of any colour 顏色不限。
- no pattern or design permitted 無圖案或設計。

4.1.3 A T-shirt may be worn under the costume. The T-shirt must comply with the following criteria T 恤可穿在舉重衣內。T 恤需符合下列標準：

- must be collar-less 必須是無領式。
- must not cover the elbows 不得覆蓋手肘。
- may be of any colour 顏色不限。

4.1.4 Shorts may be worn under or over the costume. Shorts must comply with the following criteria 舉重衣內或外得穿短褲。短褲需符合下列標準：

- must be tight-fitting 必須是緊身的。
- must not cover the knees 不能覆蓋膝蓋。
- may be of any colour 顏色不限。
- may be worn under or over the costume 得穿著舉重衣內或外。

4.1.5 A T-shirt and shorts cannot be worn instead of the costume. T 恤及運動短褲不得取代舉重衣。

4.1.6 Hair and any items worn on the head are considered to be part of the head. 頭髮及頭上任何裝飾都視為頭的一部分。

4.1.7 At competitions, the athletes participate in the uniform clothing issued / approved by their Federation. For this purpose, the Victory Ceremony is considered part of the competition 比賽中，選手穿著其代表之國家協會所發行/核准之制服。為此目的，頒獎典禮亦視為比賽中。

4.1.8 Socks may be worn, but they must not go higher than below the knees and must not cover any bandages on forbidden areas. 可穿襪子，但不得超過膝蓋，同時也不得在禁止範圍內覆蓋於繃帶上。

4.4 **BANDAGES, TAPES AND PLASTERS** 繃帶、膠帶及貼布

- 4.4.1 Bandages, tapes or plasters may be worn on the wrists, the knees and the hands. Tape or plasters may be worn on the fingers or the thumbs. All bandages, tapes or plasters must be visible and must not be covered or worn under the costume or the unitard 繃帶、膠帶及貼布得用於腕部、膝部及手部。膠帶與貼布可被套在手指及大姆指。所有繃帶、膠帶及貼布需可見，不得貼紮或穿戴於舉重衣或緊身衣內。
- 4.4.2 The bandages may be made of gauze, medical crepe or leather. A one-piece elastic bandage or rubberised kneecap, which allows free movement, may be worn over the knees. This latter piece of equipment cannot be reinforced in any way. 繃帶可為紗布、醫用繃帶或皮革。一件式可活動的彈性繃帶或橡膠護膝，亦可著於膝部。唯後者不得以任何方式增強之。
- 4.4.3 On the wrists, the bandages must not cover more than 100 mm 繃帶覆於腕部之皮膚表面最大寬度為 100 公釐。
- 4.4.4 On the knees, the bandages must not cover more than 300 mm. 繃帶覆於膝部之皮膚表面最大寬度為 300 公釐。
- 4.4.5 There is no limit to the length of the bandages 繃帶的長度不加限制。
- 4.4.6 The use of plasters or bandages on both the inner and outer surface of the hands is allowed. These plasters tapes or bandages may be attached to the wrist but not to the bar. 貼布或繃帶得包著手部內外之表面。膠布或繃帶得縛緊在腕部但不得於槓鈴上。
- 4.4.7 Plasters on the fingers are allowed but must not protrude in front of the fingertips. 准許手指包貼布，但不得突出於指尖。
- 4.4.8 In order to protect the palm of the hands, wearing special fingerless gloves is allowed e.g. gymnastic palm guards, cycling gloves. Gloves can only cover the first phalanx (i.e. to first knuckle) of the fingers. If plasters are worn on the fingers, there must be a visible separation between the plasters and the palm guard or glove. 爲了保護手掌，得戴用無指手套；如體操專用護套、自由車手專用手套。這些護套僅可套至各手指的第一關節，若手指使用貼布，貼布與手套間必須有可見的間隔。
- 4.4.9 No bandages or substitutes are allowed on the following parts of the body 下列身體部位不得使用繃帶或其代替品：
- a) elbows 肘部。
 - b) trunk 軀幹。
 - c) thighs 大腿。
 - d) shins 小腿。
 - e) arms 手臂。
- In the event of an injury, the Doctor on Duty may apply plasters on any bleeding part of the body. 如在比賽中受傷，值勤醫師得於選手身體流血處紮繃。
- 4.4.10 Only one type of bandage may be worn on any part of the body. 紮繃在身體上任何部位之繃帶須同一樣式。