

GEAR INSPECTION

Raw

Mandatory Items

- Shoes
- DL Socks
- Singlet
- T-Shirt

Optional Items

- Belt
- Underwear
- No Underwear-Commando
- Elbow Sleeve (20cm)
- Knee Sleeves (30cm)
- Wrist Wraps (1M)
- Headband (10cm)

Classic Raw

Mandatory Items

- Shoes
- DL Socks
- Singlet
- T-Shirt

Optional Items

- Belt
- Underwear
- No Underwear-Commando
- Elbow Sleeve (20cm)
- Knee Wraps (2.5M)
- Wrist Wraps (1M)
- Headband (10cm)

Single Ply

Mandatory Items

- Shoes
- DL Socks
- Singlet
- Squat Suit
- DL Suit
- T-Shirt

Optional Items

- Belt
- Underwear
- No Underwear-Commando
- Elbow Sleeve (20cm)
- Knee Wraps (2.5M)
- Bench Shirt
- Wrist Wraps (1M)
- Headband (10cm)

USPA Referee Approval/Print Name: _____

USPA Referee Approval/Print Name: _____

USPA Referee Approval/Print Name: _____

All gear worn by a lifter must be inspected, checked-off, and approved for use before a lifter is eligible to compete.

I understand that I will be disqualified (without warning) from this contest for wearing any gear that has not been inspected and approved for use. Lifter Initials: _____

GEAR INSPECTION

Raw

Mandatory Items

- Shoes
- DL Socks
- Singlet
- T-Shirt

Optional Items

- Belt
- Underwear
- No Underwear-Commando
- Elbow Sleeve (20cm)
- Knee Sleeves (30cm)
- Wrist Wraps (1M)
- Headband (10cm)

Classic Raw

Mandatory Items

- Shoes
- DL Socks
- Singlet
- T-Shirt

Optional Items

- Belt
- Underwear
- No Underwear-Commando
- Elbow Sleeve (20cm)
- Knee Wraps (2.5M)
- Wrist Wraps (1M)
- Headband (10cm)

Single Ply

Mandatory Items

- Shoes
- DL Socks
- Singlet
- Squat Suit
- DL Suit
- T-Shirt

Optional Items

- Belt
- Underwear
- No Underwear-Commando
- Elbow Sleeve (20cm)
- Knee Wraps (2.5M)
- Bench Shirt
- Wrist Wraps (1M)
- Headband (10cm)

USPA Referee Approval/Print Name: _____

USPA Referee Approval/Print Name: _____

USPA Referee Approval/Print Name: _____

All gear worn by a lifter must be inspected, checked-off, and approved for use before a lifter is eligible to compete.

I understand that I will be disqualified (without warning) from this contest for wearing any gear that has not been inspected and approved for use. Lifter Initials: _____