

## **Part 13. APPROVED EQUIPMENT LIST (USPA Rulebook)**

### **Item 1. Approved Equipment list**

13.1.1 Approved list of lifting apparel for use at all USPA sanctioned competitions.

#### **AMERICAN BARBELL CLUB:**

Wrist Wraps up to 1 M  
Knee Wraps up to 2.5 M  
Knee Sleeves up to 30 cm /7 mm  
Non-Supportive Singlet

#### **ANDERSON POWERLIFTING:**

Knee Wraps up to 2.5 M  
Wrist Wraps up to 1 M  
SBD Knee Sleeves 30 cm / 7 mm  
Elbow Sleeves 20 cm / 7 mm  
SBD Lever Power Belt 10 cm / 13 mm  
Non-Supportive Singlet  
KLA Training Belt (Pioneer Products)  
KLA KUFFS Elbow Sleeves

#### **APT PRO GEAR:**

##### **Bench Shirts:**

Single Ply

##### **Knee Wraps:**

Strangulator Knee Wraps up to 2.5 M  
ZRV Knee Wraps up to 2.5 M  
Convict Knee Wraps up to 2.5 M  
Blue Power Knee Wraps up to 2.5 M  
Red White & Blue Knee Wraps up to 2.5 M  
Thug Knee Wraps up to 2.5 M  
Black Reaper Knee Wraps up to 2.5 M  
Black Mamba Knee Wraps up to 2.5 M  
Blue Mamba Knee Wraps up to 2.5 M  
Blood Stripe Knee Wraps up to 2.5 M  
Phantom Knee Wraps up to 2.5 M  
The Wrap 2XH Knee Wraps up to 2.5 M  
The Wrap 3XH Knee Wraps up to 2.5 M  
Hybrid Knee Wraps up to 2.5 M

##### **Wrist Wraps:**

ZRV Pro Wraps Wrist up to 1 M  
Convict Pro Wrist Wraps up to 1M  
Blue Power Wrist Wraps up to 1 M/  
Red White & Blue Wrist Wraps up to 1 M  
Thug Wrist Wraps up to 1 M  
Black Reaper Wrist Wraps up to 1 M  
Black Mamba Wrist Wraps up to 1 M  
Blue Mamba Wrist Wraps up to 1 M  
Blood Stripe Wrist Wraps up to 1 M  
Phantom Wrist Wraps up to 1 M  
The Wrap 2XH Wrist Wraps up to 1 M

The Wrap 3XH-Wrist Wraps up to 1 M  
Hybrid Wrist Wraps up to 1 M

**BARBELL BRIGADE:**

Wrist Wraps up to 1 M

**BATTLE BORN STRENGTH:**

Non-Supportive Singlet  
Knee Wraps up to 2.5 M  
Wrist Wraps up to 1 M

**BEAR KOMPLEX:**

Knee Sleeves 30 cm / versions 5 mm and 7 mm

**BEST BELTS:**

All belts at or under 10 cm in width and 13 mm in thickness  
Athlete Weight Lifting Belt 10 mm  
Prime Cut Weight Lifting Belt 10 cm / 13 mm  
Prime Cut Weight Lifting Belt 3"

**CERBERUS STRENGTH (ITEX SOLUTIONS LTD):**

All Wrist Wraps (12-24-36 inches) up to 1 M  
Knee Wraps up to 2.5 M

**CONTRABAND SPORTS:**

Knee Sleeves up to 30 cm / 7 mm  
Knee Wraps up to 2.5 M  
Wrist Wraps up to 1 M (18-inch and 36-inch)

**CRAIN'S MUSCLE WORLD:**

Power Bench Press Shirt  
Mega Power Bench Press Shirt  
Genesis Power Suit  
Genesis Deadlift Suit  
Shirt CX1 and CX2 (single-ply)  
Costume CX1 and CX2 (single-ply)  
Xtreme Power Wrist Wrap up to 1 M  
Genesis Power Knee Wrap up to 2.5 M  
Genesis Power Wrist Wrap up to 1 M  
Redline Power Knee Wrap up to 2.5 M  
Redline Power Wrist Wrap up to 1 M

**DARKSYDE IRONWEAR:**

Knee Wraps up to 2.5 M  
Wrist Wraps up to 1 M  
Power Belt Lever 10 cm / 10 mm

**DB GEAR:**

Wrist Wraps up to 1 M  
Power Belt Lever up to 10 cm / 13 mm

Non-Supportive Singlet  
Knee Sleeves up to 30 cm / 7 mm

**ELEIKO SPORTS:**

Knee Sleeves (Knee Support) up to 30 cm / 7 mm  
Power Belt both Lever and Prong

**ELITE FITNESS SYSTEMS (EFS/EliteFTS):**

EFS Knee Wraps up to 2.5 M  
Elitefts Knee Wraps up to 2.5 M  
EFS Wrist Wraps up to 1 M  
Elitefts Wrist Wraps up to 1 M  
EFS Knee Sleeves Sizes up to 4XL  
Elitefts Power Belts Single and Dual Prong and Lever  
Elitefts Non-Supportive Singlet

**EVOLUTIONIZE LIFT.NET:**

Knee Sleeves up to 30 cm / 7 mm  
Wrist Wraps up to 1 M  
Power Belts Single Prong and Lever

**GINNY'S POWER GEAR:**

Bench Shirt Denim (Multi Ply Only)  
Squat Suit Canvas (Multi Ply Only)

**GIRLSWHOPOWERLIFT (GWPL):**

All Wrist Wraps up to 1 M (including the Double Super Heavy 18 and 24 inch Wrist Wraps)

**GORILLA GANG FITNESS:**

All Wrist Wraps up to 1 M (including 'The Silverbacks')

**HYPER FORCE (Odd Haugen Presents, LLC):**

Knee Sleeves up to 30 cm / 7 mm  
Knee Wraps up to 2.5 M  
Wrist Wraps up to 1 M

**IAN MORRIS EQUIPMENT:**

Non-Supportive Rebound Singlet

**INZER ADVANCE DESIGNS:**

**Squat suits:**

- TRX Squat suit
- Hardcore Squat suit
- Z-Squat suit
- Champion Squat suit
- T-Rex Squat suit (multi-ply only)
- Leviathan Squat suit (multi-ply only)

**Bench shirts:**

- Rage Bench shirt

Rage-X Bench shirt  
Rage X Double Ply Bench shirt (multi-ply only)  
Phenom Bench shirt  
Phenom Double ply open back Bench shirt (multi-ply only)  
Super Duper Phenom Bench shirt (multi-ply only)  
Extra High Performance Heavy Duty Blast shirt (EHPHD)  
High Performance Heavy Duty Blast shirt (HPHD)  
Heavy Duty Blast shirt (HD)  
Standard Blast shirt  
Radical Denim Bench shirt (multi-ply only)  
Standard Denim Bench shirt (multi-ply only)  
Triple Denim Bench shirt (multi-ply only)

**Deadlift suits:**

MAX DL Deadlift suit  
Fusion Deadlift suit

**Knee Wraps: up to 2.5 M**

Gripper Knee Wrap  
True Black Knee Wrap  
Iron Knee Wraps Z  
Power Surge Redline Knee Wraps

**Wrist Wraps: up to 1 M**

Iron Wrist Wraps Z  
Power Surge Redline Wrist Wraps

**Briefs:**

Predator Brief (multi-ply only)  
Power Pants Brief (multi-ply only)

**Belts:**

Forever Lever Belt 10 cm / 10 mm and 13 mm  
Forever Prong Belt 10 cm / 10 mm and 13 mm  
Forever Tapered Lever Belt  
Forever Tapered Prong Belt  
PR Power Ratchet Belt (ratchet type belt)

**Singlets:**

Non-Supportive Power Singlet  
Non-Supportive Classic Singlet

**IRON BROS LLC:**

Wrist Wraps up to 1 M

**IRON REBEL POWER GEAR (formerly Rhino Power Gear):**

RHINO Knee Wraps up to 2.5 M  
RHINO Wrist Wraps up to 1 M  
Anaconda Knee Wraps up to 2.5 M  
Anaconda Wrist Wraps up to 1 M

Outlaw Knee Wraps up to 2.5 M  
Outlaw Wrist Wraps up to 1 M  
Raptor Knee Wraps up to 2.5 M  
Raptor Wrist Wraps up to 1 M  
All Non-Supportive Singlets  
All Knee Sleeves up to 30 cm / 7 mm  
All Elbow Sleeves up to 20cm / 7mm  
Iron Rebel Socks

**JBBOSS:**

Knee Wraps up to 2.5 M  
Wrist Wraps up to 1 M (including Heavy Duty 24-inch Wrist Wraps)

**KIWI Strength Powerlifting Gear (Australia):**

Knee Wraps up to 2.5 M  
Wrist Wraps up to 1 M  
Belts up to 10 cm / 13 mm  
Non-Supportive Singlets  
Knee Sleeves up to 30 cm / 7 mm

**LIFTINGLARGE:**

Knee Sleeves: Savage Knee Sleeves up to 30 cm / 7 mm (Green Seam and 1 ply White Crusher)  
Non-Supportive Basic Singlet  
Wrist Wraps Parallel Breaker Wrist Wraps up to 1 M (12-24-36-inches)  
Knee Wraps Parallel Breaker Knee Wraps up to 2.5 M  
Power Belts:  
    Pro Extreme Lever Belt 10 mm  
    Pro Extreme 1 Prong Belt 10 mm  
    Economy Lever Belt 10 mm  
    Economy 1 Prong Belt 10 mm  
    Economy 2 Prong Belt 10 mm  
    Competition Lever Belt 13 mm  
    Competition 1 Prong Belt 13 mm  
    Competition 2 Prong Belt 13 mm  
    Naked Leather Lifting Belt 1 Prong 6.5 mm  
    Black Polished Leather Power Belt – Lever 13 mm  
    Black Polished Leather Power Belt – 1 Prong 13 mm

**LIVE LARGE FITNESS:**

Non-Supportive Singlets  
Deadlift Socks (Long)

**MARATHON:**

Legacy equipment is approved but subject to inspection for compliance to current specifications

**MCDavid:**

Knee Sleeves up to 30 cm / 7 mm

**METAL GEAR (GOMETAL.COM):**

**Squat Suits:**

Metal King Squatter  
Metal King V-type Squatter  
Metal Viking V-type Squatter  
Metal Viking Squatter  
Metal Squatter V-Type  
Metal Squatter  
Metal Jack Squat Suit (multi-ply only)  
Metal Ace Squatter (multi-ply only)  
Metal Pro Squatter (multi-ply only)

**Bench Shirts:**

Metal King Presser  
Metal King X-Type  
Metal King Bencher  
Metal Viking Presser  
Metal Bash Single Ply Bench shirt  
Metal Viking Bencher X-Type  
Metal Viking Bencher  
Metal Bencher  
Metal Jack Bench shirt (multi-ply only)  
Metal Ace Shirt (multi-ply only)  
Metal King Bash Shirt (multi-ply only)  
Metal Bash Bench shirt (multi-ply only)  
Metal Viking Pro Bencher (multi-ply only)  
Metal Pro Bencher (multi-ply only)

**Deadlift Suits:**

Metal King Deadlifter  
Metal King Sumo Deadlifter  
Metal Viking Deadlifter  
Metal Pro Deadlifter  
Metal Deadlifter  
Metal Jack Sumo Deadlift suit (multi-ply only)  
Metal Jack Deadlift suit (multi-ply only)  
Metal King Sumo Pro Deadlifter (multi-ply only)  
Metal King Pro Deadlifter (multi-ply only)

**Knee Wraps:**

Metal Silver Knee Wraps (up to 2.5 M)  
Metal Silver Knee Wraps-Pro (up to 2.5 M)  
Mystical Black Knee Wraps (up to 2.5 M)  
Mystical Black Knee Wraps Pro (up to 2.5 M)  
Metal Black Knee Wraps (up to 2.5 M)  
Metal Triple Blackline Knee Wraps (up to 2.5 M)

**Wrist Wraps:**

Metal Silver Wrist Wraps up to 1 M  
Metal Black Wrist Wraps up to 1 M  
Metal Triple Blackline Wrist Wraps up to 1 M

**Briefs:**

Metal Jack Briefs (multi-ply only)  
Metal Ace Briefs (multi-ply only)  
Metal Viking Pro Briefs (multi-ply only)  
Metal Pro Briefs (multi-ply only)

**Singlets: Non-Supportive**

Metal 2 Color Singlet  
Metal Viking Singlet  
Metal Bench Singlet

**Belts:**

Metal Powerlifting Belt up to 10 cm / 13 mm

**Socks:**

Metal Deadlift Long Socks

**Shoes:**

Metal Powerlifting Shoes

**PIONEER PRODUCTS / GENERAL LEATHERCRAFT:**

Wrist Wraps up to 1 M  
Knee Wraps up to 2.5 M  
Power Belts (Prong, Lever and Bench)

**POWERBELLY:**

Knee Wrap Heavy Size up to 2.5 M  
Knee Wrap Super Heavy Size up to 2.5 M  
Knee Wrap Double Super Heavy Size up to 2.5 M  
Knee Wrap Triple Super Heavy Size up to 2.5 M  
Wrist Wraps up to 1 M

**OVERKILL:**

Bench Shirt Single Ply  
Bench Shirt Multi Ply  
Squat/Deadlift Suit Single Ply  
Power Briefs Multi Ply  
Squat/Deadlift Suit Multi Ply  
Wrist Wraps up to 1 M  
Knee Wraps up to 2.5 M

**REHBAND:**

Knee Sleeves up to 30 cm / 7 mm

**SBD:**

Non-Supportive Singlets  
Elbow Sleeves 20 cm / 7 mm  
Knee Sleeves 30 cm / 7 mm  
Wrist Wraps up to 1 M  
Knee Wraps up to 2.5 M

### **SCHIEK SPORTS:**

Knee Wraps up to 2.5 M  
Wrist Wraps up to 1 M  
Tommy Kono Knee Sleeves up to 30 cm / 7 mm  
Power Belt (Prong and Lever)

### **STRENGTH CARTEL:**

Wrist Wraps up to 1 M  
All Elbow Sleeves up to 20cm / 7mm

### **STRONGBOW STRENGTH:**

Wrist Wraps up to 1 M  
Knee Sleeves up to 30 cm / 7 mm

### **SUPER TRAINING PRODUCTS / Mark Bell Strong:**

Sling Shot Knee Wraps up to 2.5 M  
Sling Shot 36-inch Gangsta Wrist Wraps up to 1 M  
Strong Power Belt (Prong 10 cm / 13 mm)  
Sling Shot Singlet  
Sling Shot Elbow Compression Cuffs (aka Elbow Sleeves) up to 20 cm / 7 mm  
Strong Wrist Wraps (Short and Long) up to 1 M  
Strong Knee Sleeves up to 30 cm / 7 mm  
Superstar Strong Knee Sleeves (MB1) up to 30 cm / 7 mm  
Strong RAW Natural Powerlifting Belt 10 cm / 13 mm

### **THE STRONGHOUSE PROJECT:**

Knee Wraps up to 2.5 M (Zelus, BIA, Kratos and BMF)  
Wrist Wraps up to 1 M (Zelus, BIA, Kratos and BMF)  
Knee Sleeves (S-XXL)

### **TITAN SUPPORT SYSTEMS:**

#### **Squat Suits:**

Centurion and “Super” Centurion suits  
Spartan Squat suit  
Superior Squat suit  
Boss Squat suit (multi-ply only)

#### **Bench Shirts:**

F6 Bench shirt  
Fury Bench shirt  
Katana Bench shirt (including Spandex)  
Super Katana Bench shirt (including Low Cut Collar and Spandex)  
“Psycho” Evil Twin Bench shirt

#### **Deadlift Suit:**

Velocity Deadlift suit

#### **Knee Wraps: up to 2.5 M**

Max RPM Knee Wrap



Red Devil Knee Wrap  
THP Knee Wrap  
Titanium Knee Wrap  
Signature Gold Knee Wrap

**Wrist Wraps: Up to 1 M**

Max RPM Wrist Wrap  
Red Devil Wrist Wrap  
THP Wrist Wrap  
Titanium Wrist Wrap  
Signature Gold Wrist Wrap

**Briefs:**

BOSS Briefs (multi-ply only)  
Centurion Boxer Briefs (multi-ply only)  
Centurion Briefs (multi-ply only)  
Centurion Briefs (multi-ply only)  
Superior Boxer Briefs (multi-ply only)  
Superior Briefs (multi-ply only)

**Singlets:**

Titan El Loco singlet  
Titan F6 Singlet  
Titan Fury Singlet  
Titan International Patriot Singlet  
Titan International Patriot Two Tone Singlet  
Titan Katana Singlet  
Titan Singlet  
Titan Super Katana Singlet  
Titan Two Tone Singlet  
Titan Triumph Singlet  
Titan Classic Singlet

**Belts:**

Power Belts (Prong and Lever)

**Knee Sleeves:**

All Knee Sleeves except the Yellow Jacket are approved for the RAW division  
The Yellow Jacket Knee Sleeves are approved for Classic RAW, Single Ply and Multi Ply

**Elbow Sleeves:**

All Elbow Sleeves up to 20 cm / 7 mm (including RAW division)

**TOMMY KONO KNEE SLEEVES:**

Tommy Kono Knee Sleeves up to 30 cm / 7 mm

**TUFFWRAPS:**

Wrist Wraps up to 1 M (16-inch, 27-inch and 30-inch)  
Knee Sleeves 7mm are approved for Classic RAW, Single Ply and Multi Ply only, not RAW

**UNBREAKABLE GEAR:**

Knee Wraps up to 2.5 M (Contender, Annihilator, and Destroyer)

Wrist Wraps up to 1 M (Contender, Annihilator, and Destroyer)

Knee Sleeves up to 30 cm / 7 mm (RED design only)

Non-Supportive Singlet

Power Belts (Single Prong and Lever)

**VIRUS ACTION SPORT PERFORMANCE:**

Non-Supportive Singlets (all sizes)

**YICOMPETE / STRONGLIKEBULL:**

Knee Wraps up to 2.5 M

Wrist Wraps up to 1 M

Knee Sleeves up to 30 cm / 7 mm