

COSTUME AND PERSONAL EQUIPMENT (Refer to APPENDIX A for Approved Gear)

Quick Reference Chart (See USPF Rules for actual specifications.)

Division	Non Supportive Single Ply Singlet	Supportive Single Ply Singlet	Multi Ply Singlet	Belt	Knee Sleeves	Knee Wraps	Wrist Wraps	Elbow Wraps	Bench Shirt	Undershorts aka "Groove Briefs"
Raw KS Division 3 (Original Raw)	Yes	No	No	Yes	Yes	No	Yes	No	No	No
**Raw KW Division 4	Yes	No	No	Yes	No	Yes *Must Wear	Yes	No	No	No
Single Ply (Division 1)	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes
Multi Ply (Division 2)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes Squat Only	Yes	Yes

*No Headgear, Hats, or any type of gloves allowed in any Division.

Raw KW (Knee Wraps) Division 4 is **ONLY available for Full Power and Single Lift Squat. ***Knee Wraps MUST be worn.***

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