

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

Quick Reference Charts (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
Preteen Raw	Yes	No	No	Yes	Yes	No	Yes	No	No	No

***NO** Headgear, Hats, or any type of gloves allowed in **ANY** Divisions.

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

~For High School Competitions Only~

Division	Non-Supportive Single Ply Singlet	T-Shirt Shorts (P.E. Attire)	Supportive Single Ply Singlet	Multi Ply Singlet	Belt	Knee Sleeves	Knee Wraps	Wrist Wraps	Elbow Wraps	Bench Shirt	Undershorts aka "Groove Briefs"
HS Raw Division A (See Division 3)	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No	No
HS Single Ply Division B (See Division 1)	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes
HS Multi Ply Division C (See Division 2)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes Squat Only	Yes	Yes

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

****T-Shirts & Shorts** allowed in all High School Divisions.