



UNITED STATES OLYMPIC & PARALYMPIC COMMITTEE

PERSONAL PERFORMANCE GEAR LIST

Designated Specialized Equipment

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INTRODUCTION

PURPOSE

The Personal Performance Gear List is a list of designated Specialized Equipment that gives athletes the right to use their apparel and/or equipment of choice during actual sport competitions at the Olympic Games, Paralympic Games, Pan American Games, Parapan American Games, and other protected competitions as defined in the USOPC Bylaws provided such use complies with the sport's International Federation's applicable policies.

The USOPC has the sole authority to determine what equipment constitutes as Specialized Equipment for each sport.

ATHLETE REQUIREMENTS

When using Specialized Equipment in competition, athletes must comply with all applicable policies including USOPC, International Olympic Committee (IOC), International Paralympic Committee (IPC), Panam Sports, and International Federation rules, regarding commercial markings, manufacturer identification, and other relevant rules regarding clothing and equipment.

The USOPC may require an athlete to cover logos on Specialized Equipment (other than manufacturers' logos complying with the IOC's Rule 50 or the equivalent provision for the Paralympic, Pan American and Parapan American Games) at events where a "clean venue" is required (e.g., Olympic or Paralympic Games, U.S. Team Trials, etc.).

DEFINITIONS

Specialized Equipment is equipment acknowledged by the USOPC as having a material effect on the performance of athletes, due to the specialized characteristics of the equipment.

Personal Performance Gear List is the list of Specialized Equipment designated by the USOPC to have a material effect on the performance of athletes, permitting athletes to choose what s/he wears or uses to compete in applicable sports and competitions.

ATHLETE SUPPORT

For questions and additional support regarding the Personal Performance Gear List and the designated specialized equipment, please visit/contact the following:

- **[USOPC Athlete Commercial Guidelines](#)**. Guidelines to assist athletes in understanding how they may work with commercial entities without giving non-USOPC sponsors improper commercial benefit of association with Team USA.
- **Athlete Ombuds** (ombudsman@usathlete.org, 719-866-5000) for cost-free, confidential, independent advice regarding athlete rights or responsibilities related to marketing, questions related to participation in protected competitions, or any other rule, policy, process or athlete agreement.
- **Your NGB and [Team USA Athletes' Commission Representative](#)**. For sport-specific questions regarding the personal performance gear list, and any requests to make modifications to the list.
- **USOPC Athlete Marketing** (athlete.marketing@usopc.org)



PERSONAL PERFORMANCE GEAR LIST

The following items have been designated by the USOPC as Specialized Equipment, allowing athletes to use their preferred apparel and equipment in protected competitions, including the Olympic, Paralympic, Pan American, and Parapan American Games.

SUMMER OLYMPIC & PAN AMERICAN SPORTS

Archery

General Equipment

- Sunglasses
- Quiver
- Shoes
- Tab
- Hat or Visor
- Finger sling

Archery Equipment - Arrow

- Points (for arrows)
- Inserts
- Arrows
- Nocks (for arrows)
- Vanes-feathers

Archery Equipment - Bow

- Riser
- Rest
- Limbs
- Clicker
- String
- Stabilizer
- Sight
- V-Bars
- Plunger

Artistic Swimming

- Nose clip
- Swim cap (Juniors – figures event)
- Black figure suit (Juniors – figures event)

Athletics (Track & Field)

- Shoes/spikes
- Gloves
- Undergarments (support)
- Joint & abdominal support/weight belt
- Vaulting pole
- Watch
- Sunglasses
- Throwing implements

Badminton

- Rackets

- Medical brace
- Shoes
- Sport glasses

Baseball

- Batting helmets
- Baseball bats
- Sunglasses
- Catcher's gear
- Wristbands
- Glove – batting
- Glove – fielding
- Protective gear
- Shoes/cleats

Basketball

- Shoes
- Braces

Bowling

- Bowling balls
- Ball grips and slugs
- Ball cleaners, polishers, and rejuvenators
- Shoes and sole revision kits
- Gloves
- Wrist, back, elbow and ankle braces

Boxing

- Mouthpiece
- Boxing shoes
- Boxing cup
- Headgear
- Eye contacts

Breaking

- Durags/Head Scarves
- Medical Brace
- Compression Sleeves
- Spin Gloves
- Shoes
- Spin Shirt/Spin Jacket
- Eyewear
- Beanies/Caps/Hats

Canoe/Kayak

All Disciplines

- Boat
- Paddle
- Spray skirt

Sprint

- Foot brace
- Rudder
- Sunglasses
- Seat

Slalom

- Dry suit
- Helmet
- Personal flotation device

Cycling

- Bicycle
- Pedals/shoes
- Helmet
- Shoe covers
- Skinsuit (applies only to timed track events and individual time trial road events)
- Sunglasses

Diving

- Swimsuit
- Wrist support

Equestrian

All Disciplines

- Saddle
- Bridle
- Breastplates
- Breeches
- Boots
- Gloves
- Bits
- Reins
- Riding whip
- Spurs
- Stirrups

Jumping (includes Eventing/Jumping)

- Protective horse boots
- Riding shirt with collar
- Riding jacket
- Helmet

Dressage (includes Eventing/Dressage)

- Riding shirt with stock tie
- Shadbelly riding jacket
- Helmet and top hat

Eventing/Cross-Country

- Safety vest
- Polo shirts
- Helmet

Fencing

- Mask
- Underarm protector
- Shoes
- Lamé (electronic vest)
- Fencing weapons
- Electronic body cords
- Jacket
- Fencing gloves
- Knickers (pants)

Field Hockey

- Stick
- Shoes
- Grip
- Orthopedic braces/insets
- Goalkeeper helmet
- Goalkeeper gloves
- Goalkeeper shorts
- Goalkeeper protective padding
- Goalkeeper leg guards and kickers

Golf

- Golf balls
- Golf clubs
- Golf gloves
- Footwear
- Eyewear

Gymnastics

Artistic

- Handgrips
- Chalk
- Wrist, elbow, knee, ankle guards/bands
- Socks (competition shoes)

Trampoline

- Chalk
- Socks (competition shoes)

Rhythmic

- Leotards, body suits
- Balls
- Ribbons with sticks
- Hoops
- Ropes
- Clubs
- Socks (competition shoes)

Judo

- Gi

Karate

- Gi
- Shin guard
- Fist pad
- Ladies' chest protector
- Mouthguard

Modern Pentathlon

Fencing

- Epee
- Shoes
- Gloves
- Mask
- Jacket
- Pants

Swimming

- Swimsuit
- Goggles

Riding

- Saddle

Shooting

- Pistol
- Ammunition
- Shooting glasses
- Shoes

Running

- Shoes/spikes

Racquetball

- Racquet
- Shoes
- Gloves
- Eye guards

Roller Sports

Figure

- Skates (includes boots, frames, wheels, bearings)

Hockey

- Skates (includes: boots, frames, wheels, bearings)
- Helmet
- Stick
- Padding (includes: hip, neck, shin, elbow, knee pads, gloves)
- Rowing
- Sunglasses
- Shell (racing boats)
- Oars (sculling and sweep)

Speed

- Skates (includes boots, frames, wheels, bearings)
- Eyewear
- Helmet

Rugby

- Scrumcap
- Shoulder pads
- Mouthguard
- Sports bras
- Compression gear
- Cleats
- Kicking tee

Sailing

- Boat
- Mast
- Boat shoe
- Sail
- Boom
- Spar
- Gloves
- Spinnaker poles
- Hiking harness
- Sunglasses
- Life jacket
- Wet suit

Shooting

All Disciplines

- Ammunition (shot shell, smallbore, and air gun)
- Shooting glasses
- Hearing protection

Shotgun

- Shooting shotgun
- Shooting shoes/boots
- Shooting vest
- Shooting inclement weather clothing

Pistol

- Shooting pistol
- Shooting shoes

Rifle

- Shooting rifle
- Shooting gloves
- Shooting sling
- Shooting jacket
- Shooting pants
- Shooting boots

Skateboarding

- Skateboard
- Wrist guards
- Helmet
- Gloves
- Elbow pads
- Eyewear
- Kneepads
- Shoes

Soccer

- Cleated shoes
- Goalkeeper gloves
- Shin guards

Softball

- Glove
- Batting glove
- Bat
- Shoes/cleats
- Sunglasses
- Catcher's chest protection
- Catcher's shin guards
- Catcher's skullcap/mask

Sport Climbing

- Harness
- Shoes
- Chalk bag and/or bucket
- Tape
- Kneepad(s)

Surfing

- Surfboard
- Board shorts (men & women)
- Wax
- Surfboard fins
- Leash
- Swimsuit (women)
- Wetsuit
- Booties
- Watch (ISA restrictions)
- Gloves
- Wetsuit hood
- Traction pads
- Rash guard

Squash

- Racquets
- Footwear
- Strings
- Protective eyewear
- Grips

Swimming

- Swimsuit
- Swim caps
- Goggles

Table Tennis

- Glue
- Rubber
- Racquet
- Playing shoes
- Blade

Taekwondo

- Belt
- Chest protection
- Dobok
- Mouthguard
- Headgear

Team Handball

- Shoes
- Protection pads/braces/injury treatment gear
- Mouthguards
- Compression shorts/undergarments
- Eye protection

Tennis

- Racquet
- Grips
- Shoes
- Sunglasses
- Glasses/optical enhancers
- String

Triathlon

- Swim/racewear
- Swim goggles
- Wetsuit
- Cycling shoes
- Bike (all bike components and bike computer)
- Bike helmet
- Sunglasses
- Running shoes

Volleyball

Beach

- Sunglasses
- Sand socks
- Hat/headband
- Competition apparel

Indoor

- Shoes

Water Polo

- None

Water Skiing

- Arm sling
- Skis
- Eyewear
- Bindings
- Gloves
- Fins
- Handles
- Wing
- Ropes
- Swimsuits
- Helmet
- Trick release
- Life jacket
- Wetsuits
- Braces (back, knee and neck)
- Speed suit
- Mouthpiece

Weightlifting

- Lifting belt
- Wrist wraps and knee sleeves
- Lifting shoes

Wrestling

- Shoes

SUMMER PARALYMPIC & PARAPAN AMERICAN SPORTS

Para Archery

- Arm guard
- Armband
- Arrow (all components)
- Bow (all components)
- Chest guard
- Eyewear
- Finger sling
- Hat/visor
- Prosthetics (all components)
- Quiver
- Release pouch
- Releases
- Spotting scopes/sights/binoculars
- Stools
- Tab
- Tri-pods
- Wheelchair (all components)

Wheelchair Basketball

- Shoes
- Wheelchair (all components)

Boccia

- Boccia balls
- Boccia ramp
- Body garments for support
- Communication device
- Gloves
- Hand towel
- Headstick/mouthstick/handstick
- Hydration container
- Portable ball holders
- Ramp extensions
- Sport assistant court seat
- Strapping
- Wheelchair (all components)

Para Athletics (Track & Field)

- Braces (all components)
- Eyewear
- Gloves
- Helmet
- Hydration container
- Joint and abdominal support/weight belt
- Prosthetics (all components)
- Racing chair (all components)
- Shoes/spikes
- Throwing chair (all components)
- Throwing implements
- Undergarment (support)
- Visually impaired tether
- Watch

Paracanoe

- Boat
- Eyewear
- Foot brace
- Hand equipment
- Paddle
- Personal flotation device
- Prosthetics (all components)
- Rudder
- Seat (includes adaptive equipment)
- Spray skirt
- Strapping

Para-Badminton

- Medical braces
- Prosthetics (all components)
- Rackets
- Shoes
- Sport glasses
- Wheelchair (all components)

Para-Cycling

- Bicycles (all components)
- Eyewear
- Handcycles (all components)
- Helmet
- Hydration equipment
- Prosthetics (all components)
- Shoe covers
- Shoes
- Skinsuit
- Tandem bicycles (all components)
- Tricycles (all components)

Para-Equestrian

- Adaptive binding
- Arm band
- Bits
- Blindfold/blacked out glasses/goggles
- Boots
- Breastplates
- Breeches
- Bridle
- Connecting rein bar
- Gloves
- Hard hand hold
- Helmet
- Neck strap
- Prosthetics (all components)
- Protective horse boots
- Reins
- Riding jacket
- Riding shirt with collar
- Riding shirt with stock tie
- Riding whip
- Saddle
- Seat saver
- Spurs
- Stirrups (all components)

Wheelchair Fencing

- Electronic body cords
- Fencing weapons (all components)
- Glove
- Knickers (pants)
- Lamé (electronic jacket/vest)
- Mask
- Shoes
- Underarm protector
- Wheelchair (all components)

Goalball

- Shoes

Para Judo

- Gi

Powerlifting

- Prosthetics (all components)
- Shoes
- Singlet
- Wrist wraps

Para Rowing

- Boat (all components)
- Chest straps
- Eyewear
- Leg straps
- Oars

Wheelchair Rugby

- Arm sleeves
- Belly binder/weight belt
- Clister/stickem
- Compression garments
- Gloves
- Hard prosthetic cover (arm amputee)
- Knee straps
- Shoes
- Wheelchair rugby sport chair (all components)

Para Sailing

- Boat (all components)
- Drysuit/wetsuit
- Eyewear
- Gloves
- Life jacket
- Safety harness
- Sails
- Shoes

Para Shooting

All disciplines

- Ammunition
- Compensating block
- Eyewear
- Headgear/visors
- Hearing protection
- Kneeling roll
- Prosthetics (all components)
- Shooting chairs (all components)
- Shooting glove
- Shooting shoes
- Shooting table
- Side/front blinders
- Wheelchair (all components)

Rifle

- Jacket
- Rifles
- Shooting pants
- Sling
- Support stand

Pistol

- Loading device
- Pistols

Soccer 7-a-Side (Football)

- Cleated shoes
- Goalkeeper gloves
- Shin guards

Para Swimming

- Cap
- Goggles
- Swimsuit

Para Table Tennis

- Glue
- Gloves
- Orthotic/AFO/brace (all components)
- Paddle/racket
- Prosthetics (all components)
- Rubber
- Shoes
- Wheelchair (all components)

Para Taekwondo

- Belt
- Dobok
- Headgear
- Mouthguard
- Protective guards (all types)

Wheelchair Tennis

- Eyewear
- Grips (including adaptive equipment)
- Racket string
- Tennis racket
- Wheelchair (all components)

Paratriathlon

- Arm slings
- Bicycle (all components)
- Bicycle computer
- Bicycle helmet
- Blackout glasses
- Crutches
- Cycling shoes
- Day chair wheelchair (all components)
- Eyewear
- Handcycle (all components)
- Hydration equipment
- Orthotic/AFO/brace (all components)
- Prosthetics (all components)
- Race uniform
- Racing wheelchair (all components)
- Running shoes
- Swim goggles
- Tandem bicycle (all components)
- Wetsuit
- Wheelchair gloves

Sitting Volleyball

- Shoes

WINTER OLYMPIC SPORTS

Biathlon

- Eyewear
- Ammunition
- Skis
- Boots
- Rifle and accessories (stock, sling, harness, barrel, action)
- Bindings
- Poles
- Wax
- Gloves

Bobsled & Skeleton

- Sled
- Shoes
- Helmet and visor
- Goggles
- Gloves
- Speedsuit (Skeleton only)

Curling

- Footwear
- Brooms
- Timing device
- Sliding device
- Gloves/mitts
- Pants/kilt

Ice Hockey

- Skates
- Jersey
- Goalie equipment (blocker, glove, leg pads, face protection)
- Stick
- Helmet/visor

Luge

- Sled
- Speedsuit
- Booties
- Gloves
- Spikes

Figure Skating

- Skates (includes boots and blades)
- Skate guards
- Clothing

Ski & Snowboard

- Bindings
- Boots
- Skis/snowboards
- Poles (ski only)
- Goggles (eyewear)
- Helmet

Speedskating

Short Track

- Skates (boots, blades)
- Helmet
- Skinsuit
- Eyewear
- Gloves

Long Track

- Skates (boots, clap mechanism, blades)
- Skinsuit
- Eyewear
- Gloves

Ski Mountaineering

- Skis
- Bindings
- Boots
- Ski Poles
- Skins
- Helmet
- Gloves
- Backpack
- Avalanche beacon
- Snow shovel
- Snow probe
- Crampons
- Ski cap
- Eyewear
- Base layers
- Wind layers

WINTER PARALYMPIC SPORTS

Para Bobsled & Skeleton

- Gloves
- Goggles
- Helmet/visor
- Shoes
- Speedsuit (skeleton only)

Wheelchair Curling

- Delivery stick
- Gloves
- Hot packs
- Pants
- Wheelchair (all components)

Sled Hockey (Ice Sledge Hockey)

- Gloves
- Goalie equipment (blocker, glove, leg pads, face protection)
- Helmet/visor
- Sleds
- Sticks (all components)

Para Alpine Skiing & Snowboard

- Adaptive equipment (includes outriggers, sit skis)
- Audio amplifier (for visually impaired athletes)
- Bindings
- Boots
- Gloves
- Goggles (eyewear)
- Helmet
- Mouthguards
- Orthotic/AFO/Brace (all components)
- Poles (Ski only)
- Prosthetics (all components)
- Skis/Snowboards

Para Nordic Skiing

Includes cross-country and biathlon

- Ammunition (biathlon only)
- Audio amplifier (for visually impaired athletes)
- Bindings
- Boots
- Gloves
- Goggles (Eyewear)
- Helmet
- Poles
- Rifle (all components, biathlon only)
- Skis (includes sit skis)
- Wax

REVISION HISTORY

Revision Date	Summary
December 2024	Added Ski Mountaineering as a new sport Removed "Singlets" from Weightlifting
July 2024	Added breaking as new sport.
April 2024	Added Table of Contents; added Introduction; revised terminology and document references; consolidated all sports specialized equipment into single document (previously Summer Olympic, Winter Olympic, Summer Paralympic & Parapan American, Winter Paralympic & Parapan American); renamed "Synchronized Swimming" to "Artistic Swimming."
January 2021	Added sport climbing, surfing, skateboarding as new sports.
December 2017	Added all paralympic sports; added rugby and golf as new sports; clarified cycling's skinsuit only applies to individual times track events and individual time trial road events.
October 2015	Removed "race suits" from bobsled.
September 2005	Initial publication.