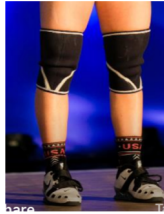


TECHNICAL CONTROLLER

1. Ensures that Field of Play and Sport Equipment are compliant.
2. Before the start of competition, the TC inspects the athlete's outfit and when necessary, enforces relevant rules.
3. During the course of competition ensures that only 3 people are allowed past the curtain during an athlete's lift, and that they stay in their designated space.
4. Ensures that the correct athlete, according to the Speaker's announcement, goes on to the stage. Check Bib Number.
5. Ensures that no one but the athlete handles the barbell during the execution of the lift.
6. **TC goes directly to the jury table in the event of a Jury Stop** and communicates any pertinent information between Jury, Speaker and Marshal.
7. TC communicates between Marshal and Speaker in a Tech Stop.
8. TC will receive Challenge Card from Coach/Team Official, instruct the Speaker & Timekeeper to stop the clock, and take the Challenge Card to the Jury. OR denies challenge because it was not submitted in the allowed time.

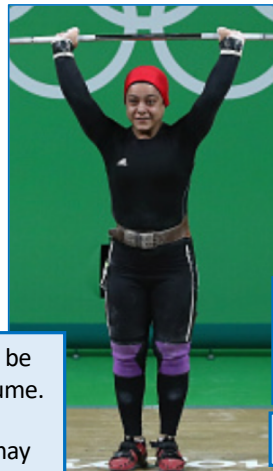


Knee Sleeves and/or Knee Wraps are allowed, but no metal or bone reinforcements.



No tape or substitutes are allowed within ten (10) cm of the elbow area. The ten (10) cm area consists of five (5) cm above and five (5) cm below the elbow.

Belt is 12cm/4.72 inches or LESS.



The unitard may only be worn under the costume. Must be: one or two pieces, tight fitting, may cover both elbows and knees, may be of any one color, no pattern or design permitted.



Only one t-shirt may be worn under the costume. The t-shirt must be collarless, not cover the elbows, may be of any color.

Athletes must wear sport footwear.

Costume may be decorated with athlete's name, nickname, club name, Member Federation, or national emblem.

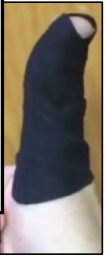


Bar is loaded to correct weight, free of blood, FOP is clean.

Personal electronic equipment is forbidden on the stage.

One pair of shorts may be worn only under the costume. Shorts must be tight fitting, not cover the knees, may be of any color. Shorts must be no longer than the costume.

Tape worn on fingers or thumb must not protrude in front of fingertips. Must be a visible separation between palm guard or glove.



Bandages may be worn on the inner and outer surface of the hands and may be attached to the wrist.

