



IPF Rule Change on Knee Sleeves

11th March 2025

The IPF recently announced a rule change regarding knee sleeves and long leg singlets.

“The non-supportive lifting suit must conform to the following specifications:

(a) The suit shall be one-piece and form fitting without any looseness when worn. Lifters can wear approved long- legged singlets. Whichever type of singlet a lifter wears for squat, they must wear the same singlet throughout all disciplines.

(b) It is permitted to wear knee sleeves over a long sleeve singlet but not under the singlet. The Technical Controller will need to check that no knee sleeves are worn under the singlet. “

We as a federation had this as a motion at the 2020 AGM and I myself have pushed for allowances at National Level since then. We are proud that we as a Nation we were ahead of the curve in this and are very pleased to see the IPF make our sport more accessible for all athletes.

A handwritten signature in black ink, appearing to read "James Brincat-Smith".

James Brincat-Smith.

Chief Executive Officer

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