

#### Rule 8.1.4 – Protective clothing.

Protective clothing or elasticated/woven belts, with a Velcro, or similar, fastening, used to protect the skin and/or support the back, may be worn under the sport clothing subject to the judge's approval. If a metal or plastic buckle or similar is used to fasten the elasticated/woven belt this must be worn to the front.

No construction may be attached to the protective clothing or belt. *(Note; a cloth or rubber patch on the outside of the sports clothing (under the arm of the puller) to protect the clothing, is permitted)*

If a protective rigid belt is worn, the lumbar support should be in the correct position with the centre of the lumbar support in the centre of the back and the buckle or fastening at the front. When worn, either inside or outside of the sport clothing, the belt should not be moved from its original position, *(Note; elasticated/woven belts are to be worn under the sports clothing and rigid belts are to be worn on top (outside) of the sports clothing)*

if the belt is seen to be worn incorrectly (loose enabling movement), this will be classed as an infringement (locking). This may result in a caution. **Under no circumstances will the rope be permitted to run BETWEEN the protective clothing or belt and the pullers' body.** **Any protective clothing and/or belt should be made available for inspection by a judge at any time during a tournament.**

For a traditional leather belt, the lumbar support should not exceed a third if the length of the belt and each of the sections either side of the lumbar support should be approximately equal. The lumbar support should not be any wider than 150mm and the sections either side no wider than 60mm. The picture below is of a typical belt.



However, rigid belts made of a more modern material, such as those in the photographs below, with a similar maximum dimension of 150mm are considered acceptable.



## Definitions

1. An elasticated belt is a belt made of a material that stretches when pulled (at each end or a section) and increases its length by a noticeable amount and can be wrapped round the body more than once.
2. A rigid belt is a belt made of a material that does not stretch and hence shows no noticeable increase in length when pulled at each end. It is 'stiff' in the vertical direction and does not go around the body more than once.
3. A woven/cloth belt is made of a soft or flexible material and is intended to be wrapped around the body more than once but does not stretch.