



### General

- Athletic shoes are required.
- Supportive bench press shirts will be allowed for competition.
- SONC approved logos: The only logos that are approved to be on any part of the uniform (other than the apparel trademark) are the local program stacked logo or the local program shield (see examples).



### Uniform

- A one-piece lifting suit must be worn by the athlete while competing.
  - A t-shirt must be worn underneath.
- Socks covering the chins must be worn in the deadlift.
- The local program accredited shield or stacked logo can be on the top, center chest of the suit.

### Price range for full uniform

- Price-Point: \$50-\$60
  - Includes lifting suit with embroidered logo.

### Recommended Vendors

- Will Enterprise
- Champion
- GIE Corporation
- Adidas (can be found on Amazon)

### Uniform Examples

