

**LOUISIANA HIGH SCHOOL  
POWERLIFTING ASSOCIATION  
COACHING/RULES/INFORMATION  
CLINIC**

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## **The Louisiana High School Powerlifting Association (LHSPLA)**

**The LHSPLA promotes competitive drug free high school powerlifting for boys and girls throughout the state. The organization is in its 27<sup>th</sup> year of existence and is recognized as one of the best high school powerlifting organizations in the country. Each year teams from the LHSPLA always fair well at the High School, Open and Collegiate level meets around the country. Please visit our website at [WWW.LHSPLA.ORG](http://WWW.LHSPLA.ORG) for more facts and information about the Louisiana High School Powerlifting Association.**

**The LHSPLA offers the following:**

- 1) Competitive power meets throughout the state.**
- 2) Awards four \$250 dollar scholarships annually to two Division I and two Division II lifters from the state.**
- 3) Host clinics given by member schools.**
- 4) Runs and operates meets sanctioned and governed by the association's own Constitution and Rulebook.**
- 5) Sanctioned Regional meets throughout the state, which serve as qualifying meets for the LHSPLA Division I and II State Meets held annually on the first and second weekends in March.**
- 6) LHSPLA Hall of Fame located at Alexandria Senior High School.**
- 7) And finally, the association will provide any member school with equipment and meet management personnel to help host their own meets.**

## LHSPLA DIVISION I/II STATE MEET NUMBERS 2000-09

Year	Division I Meet			Division II Meet			Total Division I/II		
	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total
<b>2000</b>	<b>204</b>	<b>106</b>	<b>310</b>	<b>125</b>	<b>69</b>	<b>194</b>	<b>329</b>	<b>175</b>	<b>504</b>
<b>2001</b>	<b>204</b>	<b>119</b>	<b>323</b>	<b>123</b>	<b>64</b>	<b>187</b>	<b>327</b>	<b>183</b>	<b>510</b>
<b>2002</b>	<b>181</b>	<b>123</b>	<b>304</b>	<b>132</b>	<b>78</b>	<b>210</b>	<b>313</b>	<b>201</b>	<b>514</b>
<b>2003</b>	<b>170</b>	<b>132</b>	<b>302</b>	<b>119</b>	<b>80</b>	<b>199</b>	<b>289</b>	<b>212</b>	<b>501</b>
<b>2004</b>	<b>199</b>	<b>138</b>	<b>337</b>	<b>108</b>	<b>62</b>	<b>170</b>	<b>307</b>	<b>200</b>	<b>507</b>
<b>2005</b>	<b>221</b>	<b>122</b>	<b>343</b>	<b>124</b>	<b>77</b>	<b>201</b>	<b>345</b>	<b>199</b>	<b>544</b>
<b>2006</b>	<b>200</b>	<b>109</b>	<b>309</b>	<b>143</b>	<b>59</b>	<b>202</b>	<b>343</b>	<b>168</b>	<b>511</b>
<b>2007</b>	<b>201</b>	<b>128</b>	<b>329</b>	<b>131</b>	<b>53</b>	<b>184</b>	<b>332</b>	<b>181</b>	<b>513</b>
<b>2008</b>	<b>249</b>	<b>140</b>	<b>389</b>	<b>99</b>	<b>64</b>	<b>163</b>	<b>348</b>	<b>204</b>	<b>552</b>
<b>2009</b>	<b>250</b>	<b>128</b>	<b>378</b>	<b>126</b>	<b>68</b>	<b>194</b>	<b>376</b>	<b>196</b>	<b>572</b>

**LHSPLA  
REQUIRED  
DOCUMENTS  
2010**

# 2009 - 10 LHSPLA REGISTRATION FORM

SCHOOL: \_\_\_\_\_

CLASSIFICATION: \_\_\_\_\_

SCHOOL'S MAILING ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SCHOOL'S E-MAIL ADDRESS: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

ASSISTANT COACHES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NON-FACULTY ASSISTANTS: \_\_\_\_\_  
\_\_\_\_\_

WORK PHONE#: \_\_\_\_\_

HOME PHONE#: \_\_\_\_\_

CELL PHONE#: \_\_\_\_\_

PRINCIPAL'S SIGNATURE: \_\_\_\_\_

## **PLEASE MAKE ALL CHECKS PAYABLE TO LHSPLA**

PLEASE FILL OUT THIS FORM AND RETURN IT WITH YOUR SCHOOL'S ASSOCIATION DUES OF \$100 PLUS AN ADDITIONAL \$15 PER COACH FOR ALL NON-FACULTY ASSISTANT COACHES LISTED ON THIS FORM. REMEMBER EACH MEMBER SCHOOL CAN HAVE 1 HEAD COACH AND A MAXIMUM OF 4 ASSISTANTS; NO MORE THAN 2 OF THOSE ASSISTANTS CAN BE NON-FACULTY:

Louisiana High School Powerlifting Association  
P.O. Box 87151  
Baton Rouge, LA 70879

# LHSPLA HEALTH INSURANCE INFORMATION FORM

Injury claims that occur during a sanctioned meet are the responsibility of the individual participant and his/her health insurance provider. This form and a properly executed meet waiver shall be turned into the meet director before participation in a LHSPLA sanctioned meet. Schools with group policies may submit a letter with their group policy information with a certified list of covered students. The meet director may amend this policy at a LHSPLA sanctioned meet to accommodate unique circumstances.

I have read and understand the above information.

My child, \_\_\_\_\_ Date of Birth \_\_\_\_\_

Who currently attends \_\_\_\_\_ High School.

Is covered by:

Regular/Indemnity \_\_\_\_\_

PPO \_\_\_\_\_

HMO \_\_\_\_\_

Point of Service \_\_\_\_\_

Medicaid \_\_\_\_\_

Name of Insurance Company: \_\_\_\_\_

Name of Policyholder: \_\_\_\_\_

Social Security Number of Policyholder: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Policy Number: \_\_\_\_\_

Group Name or Number: \_\_\_\_\_

\_\_\_\_\_

Signature of Parent or Guardian

\_\_\_\_\_

Date



# LHSPLA OFFICIAL ENTRY FORM - BOYS

COACHES NAME:

HIGH SCHOOL:

CLASS:

SCHOOL ADDRESS:

E-MAIL:

CITY:

ZIP CODE:

PHONE# - SCHOOL:

HOME:

WEIGHT CLASS	LIFTER'S NAME	BODY WEIGHT	FIRST ATTEMPT		
			SQUAT	BENCH	DEAD
114 LB.					
114 LB.					
123 LB.					
123 LB.					
132 LB.					
132 LB.					
148 LB.					
148 LB.					
165 LB.					
165 LB.					
181 LB.					
181 LB.					
198 LB.					
198 LB.					
220 LB.					
220 LB.					
242 LB.					
242 LB.					
275 LB.					
275 LB.					
SHW					
SHW					

# LHSPLA OFFICIAL ENTRY FORM - GIRLS

COACHES NAME: \_\_\_\_\_

HIGH SCHOOL: \_\_\_\_\_

CLASS: \_\_\_\_\_

SCHOOL ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

CITY: \_\_\_\_\_

ZIP CODE: \_\_\_\_\_

PHONE# -- SCHOOL: \_\_\_\_\_

HOME: \_\_\_\_\_

WEIGHT CLASS	<b>LIFTER'S NAME</b>	BODY WEIGHT	FIRST ATTEMPT		
			SQUAT	BENCH	DEAD
97 LB.					
97 LB.					
105 LB.					
105 LB.					
114 LB.					
114 LB.					
123 LB.					
123 LB.					
132 LB.					
132 LB.					
148 LB.					
148 LB.					
165 LB.					
165 LB.					
181 LB.					
181 LB.					
198 LB.					
198 LB.					
220 LB.					
220 LB.					
SHW					
SHW					

## **LHSPLA EQUIPMENT WAIVER**

I the undersigned do hereby verify that I have inspected my teams lifting equipment, which includes their lifting suits, belts, and bench shirts, and have found them in compliance with the rules and regulations stated in Article III of the Technical Rules of the Louisiana High School Powerlifting Association. I also understand, that if one of my team members steps on the platform at an LHSPLA Regional or State Meet, and is found to be wearing an illegal article of attire or illegal piece of equipment, whether intentional or not. He/she shall accept the consequences of violating the LHSPLA rules on platform attire and equipment (See Article III, Section 9, B and C).

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Coach or School Representative

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School

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Competition (LHSPLA Regional or State)

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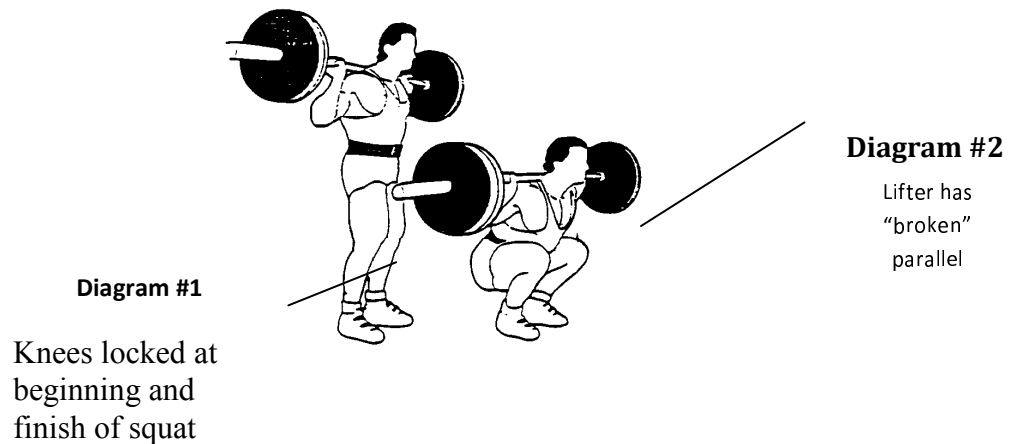
Date

# **RULES OF PERFORMANCE – SQUAT, BENCH AND DEADLIFT**

## IV. THE POWERLIFTS AND THE RULES OF PERFORMANCE

Let it be known that all LHSPLA Officials interpretations of the Rules of Performance for the Squat, Bench and Deadlift, are always done with the safety and welfare of the lifters, spotter/loaders and judges in mind.

### 1. SQUAT



#### A. Rules of Performance

- (1) After the Chief Referee signals that the bar is loaded, the lifter has one minute to get to the platform and remove the weight from the squat racks. After the lifter assumes a ready position and signals the Chief Referee that he is ready, he may then receive the visual and verbal command to initiate the lift – "Squat".
- (2) The lifter shall always assume an upright position with the knees locked and the bar not more than 1 inch below the top of the anterior deltoids. The bar should be horizontal across the shoulders with both hands in contact with the bar, feet flat on the floor. NOTE: The edge of the hands may be in contact with the collars, but the hands may not grasp the collars or discs.
- (3) After removing the bar from the racks the lifter shall move backwards and establish a position without the aid of the spotters to begin the execution of the squat. The lifter will not be given the visual and verbal command to start the execution of the lift until the lifter is motionless, erect with knees locked, and the bar properly positioned on the lifters shoulders. Side Judges shall provide a hand signal *if there is an infraction of a rule before and during a lift*. No red light shall be given by a Head Judge for not having knees locked at the beginning of the lift if this infraction is not supported by a signal from the side judges.
- (4) Upon receiving the commands to start the execution of the squat, the lifter shall bend the knees and lower the body until the lifter has broken parallel where the hip joint has descended below the top of the knee joint. The knees must be locked at the start and the completion of the lift. NOTE: Spotter/loaders may assist the lifter with the removing of the bar from the racks.

- (5) The lifter will recover at will and on his own from the bottom position of the squat without double bouncing or letting the bar descend after the initial movement upward. The bar may stop on the way up from the bottom position of the lift, but it may not descend once the upward motion has begun.
- (6) The signal to replace the bar shall consist of a backward motion of the referee's hand and the verbal command "rack". The lifter must make a bona fide attempt to return the bar to the rack. This is defined as one step towards the rack, only after this may the spotters/loaders assist the lifter.
- (7) Not more than 5 and not fewer than 3 spotter/loaders shall be on the platform at any time. Designated meet spotters may be replaced or augmented at the discretion of the Head Referee In-Charge or the approval of the Meet Director. NOTE: If the knees cannot be anatomically fully extended, the lifter should inform the referee before the lift. The lifter may ask the spotter/loaders to help him remove the bar from the racks. After that the spotter/loaders may not assist the lifter in any other way in reference to bar position, foot position, etc.
- (8) A lifter may be given another attempt with the same weight if a lift or attempt was missed due to an error made by a spotter/loader, failure of platform equipment, or disarrangement the platform. If this situation occurs in the middle of a round, the lifter will be given another attempt at the end of the round. If this occurs at the end of a round see Section VII, Article 15.
- (9) Lifters must use a closed grip during the execution of the Squat. False or Suicide grips will no longer be allowed in LHSPLA competitions.

B. CAUSE FOR DISQUALIFICATION

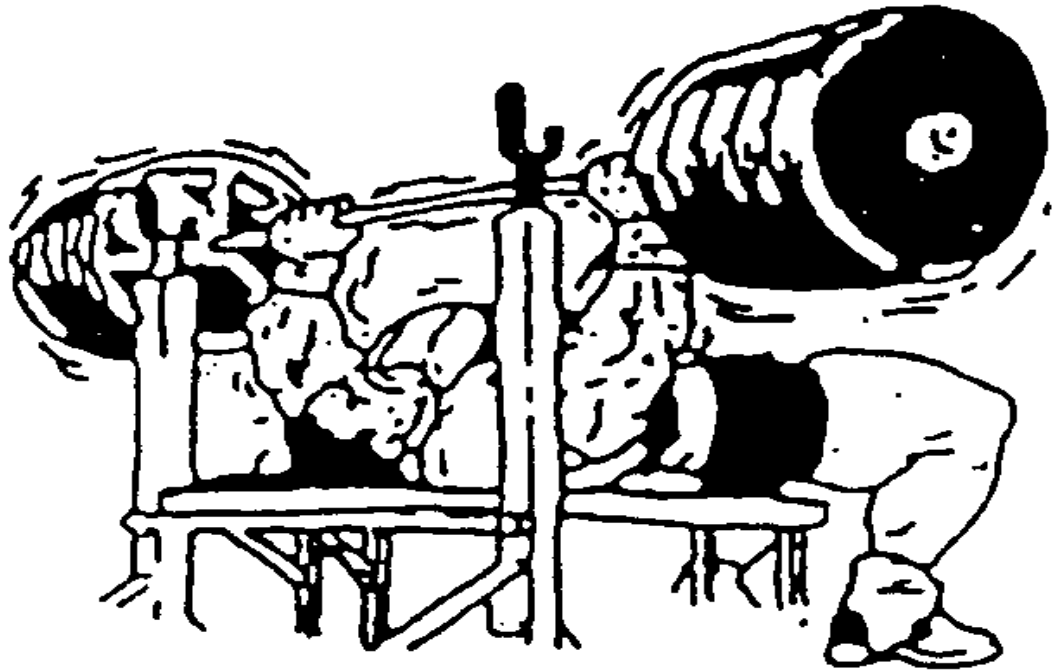
- (1) Failure to wait for the command to start.
- (2) Double bouncing, or more than one recovery attempt at the bottom of the lift.
- (3) Failure to assume an upright position (knees locked) at the beginning or end of the lift.
- (4) Any lateral movement of the feet. Rocking back and forth on the feet between the ball and heel of the foot is permitted though.
- (5) Failure to break parallel on the squat attempt.
- (6) Change the position of the bar on the shoulders after starting the lift, Intentional or Unintentional.
- (6) Contact of elbows or upper arms with the legs.
- (7) Failure to make a bona fide attempt to return the bar to the racks.
- (8) Any dropping of dumping of the bar.

- (9) Failure to remove the bar from the racks within the one minute period after the “bar is loaded” command is given by the Chief Referee on the platform.
- (10) Failure to use a closed grip during the execution of the lift.

NOTE: Stopping of the bar during the ascent portion of the squat is not cause for disqualification of the lift. This also applies in the Bench Press and the Deadlift.

NOTE: Intentional dropping or dumping of the bar may result in the lifter being disqualified from the meet.

NOTE: Movement of the hands during the performance of the squat is not a cause for disqualification of the lift.



## 2. BENCH PRESS

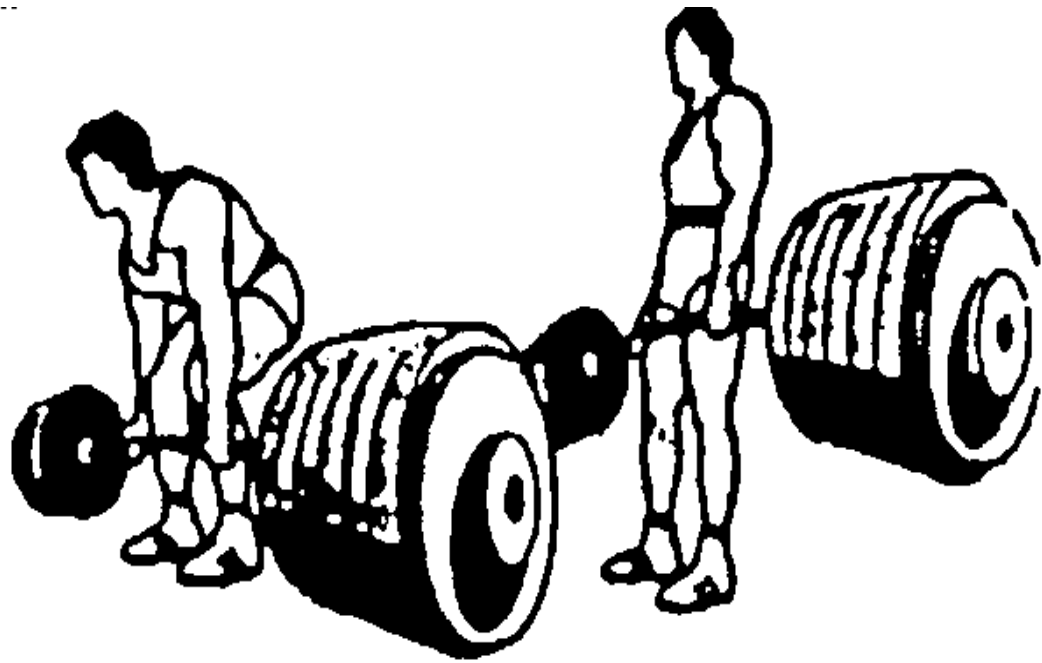
### A. Rules of Performance

- (1) The bench shall be placed on the platform with the bar rest closest to the Chief Referee.
- (2) The lifter will lie on his back and his head, shoulders and buttocks should all be in contact with the top surface of the bench. His shoes shall remain flat on the floor or built-up surface.
- (3) To achieve firm footing, the lifter may use plates, blocks, or other materials to build up the surface of the platform. Whatever method is chosen, the entire foot must be placed flat on the chosen plate, block, or surface.
- (4) Not more than 4 and not fewer than 2 spotter/loaders shall be on the platform at any one time. The lifter may enlist the help of the spotter/loader in removing the bar from the bench racks.
- (5) The spacing of the hands on the bar shall not exceed 32 inches.
- (6) Lifters must use a closed grip during the execution of the bench press. False or Suicide grips are not allowed in LHSPLA competitions.
- (7) After the " Bar is Loaded" signal is given by the Chief Referee, the lifter has one minute to receive the bar at a locked position before lowering the bar to his chest and await the referee's signal; the lifter may make any adjustments necessary without penalty before the "press" command is given by the Chief Referee.

- (8) The signal shall be the audible command PRESS and will be given when the bar is motionless on the lifter's chest. Side Judges shall provide a hand signal if there is an infraction of a rule before and during a lift.
- (9) After the signal to commence the lift has been given, the bar shall be pressed upward to straight arm length and held motionless until the audible command RACK is given.
- (10) The bar may stop during the press, but no downward movement is permitted.
- (11) Small pant belts may be used to keep the bench press shirt from riding up on the lifter.

B. Causes for Disqualification - Bench

- (1) Failure to observe the referee's signal to start or complete the lift.
- (2) Failure to start the execution of the lift (receive the bar at arm's length) within one minute after the "bar is loaded" signal is given by the Chief Referee.
- (3) Any change in the lifter's position on the bench after the signal to initiate the lift has been given (raising head, shoulders, buttocks from their original points of contact with the bench, any movement of either foot, or lateral movement of the hands on the bar).
- (4) Heaving or bouncing the bar off the chest. Heaving or bouncing is defined as any downward movement of the bar after the PRESS command is given. Once the bar starts up, it may not descend in any way.
- (5) Allowing the bar to sink into the chest after receiving the referee's signal.
- (6) Uneven lockout of the bar at the completion of the press. NOTE: Uneven constitutes more than the width of the bar at the top.
- (7) Any downward movement of either hand that occurs as the bar is pressed upward.
- (8) Any contact between the lifter's feet and the bench or its supports.
- (9) Deliberate contact between the bar and the bar uprights during the lift to make the press easier.
- (10) Failure to use a closed grip during the execution of the lift.
- (11) After the bar is lowered to the chest the bar cannot rest below the Xiphoid Process or bottom of the chest.



### 3. DEADLIFT

#### A. Rules of Performance

- (1) The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted without downward movement until the lifter is standing erect. The lifter will initiate or start the lift within one minute after the Chief Referee declares the bar is loaded. There is no signal given by the Chief Referee to start the execution of the Deadlift. Side Judges shall provide a hand signal *if there is an infraction of a rule before and during a lift.*
- (2) The lifter shall face the Chief Referee in front of the platform.
- (3) On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). The shoulders do not have to be thrust back past an erect position.
- (4) The Chief Referee's signal shall consist of the downward movement of the hand and the command DOWN. The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- (5) Any raising of the bar or any deliberate attempt to raise it shall count as an attempt.
- (7) Lifters must use a closed grip during the execution of the Deadlift. False or Suicide grips are not allowed in LHSPLA competitions

B. Causes for Disqualification

- (1) Any downward movement of the bar during the uplifting.
- (2) Failure to stand erect with the shoulders held in an erect position.
- (3) Failure to initiate the execution of the deadlift within a one minute period after the Chief Referee declares the bar is loaded and ready.
- (4) Failure to maintain the lifter's knees locked at the completion of the lift.
- (5) Supporting the bar on the thighs during the performances of the lift.

NOTE: Supporting the bar is defined as a secondary bending of the knees and a dropping of the hips (hitching).

- (6) Stepping backwards or forwards. Rocking back and forth on the feet between the ball and heel of the foot is permitted though.
- (7) Lowering the bar before receiving the DOWN signal from the Chief Referee.
- (8) Allowing the bar to return to the platform without maintaining control with both hands.
- (9) Making any attempt to lift the bar that allows it to rise and descend without having the plates themselves leave the platform.
- (10) Failure to use a closed grip during the execution of the lift