

Please find below information that will be useful to you when lining up all of your paperwork for your respective Regional Meets.

Membership Requirements

- Annual Association Dues are \$100
- Registers 1 Head Coach and 4 Assistants (only 2 assistant coaches can be non-faculty)
- [Registration Form](#)
- **Registration forms must be postmarked at least 10 days prior and received at least one calendar week before your regional meet.**

Meets, Entry Fees, Etc.

Venues used to qualify for the LHSPLA Division I or II State Meets

- South Regional – Pope John Paul High School, Slidell, LA - January 30th, 2010 – **Forms for this meet Eligibility Forms, Registration and Entries for this meet must be postmarked by January 20th, 2010 and must be received by January 22nd, 2010**
- Central Regional (East/West Combined) - Church Point High School, Church Point, LA – February 5th/6th, 2010 – **Forms for this meet Eligibility Forms, Registration and Entries for this meet must be postmarked by January 26th, 2010 and must be received by January 29th, 2010**
- North Region – Louisiana Tech University, Ruston, LA February 13th, 2010 – **Forms for this meet Eligibility Forms, Registration and Entries for this meet must be postmarked by February 3rd, 2010 and must be received by January 6th, 2010**

Entry Fees

- \$20 Per Lifter
 - Max 11 Boy, 11 Girl lifters per team
 - No more than 2 team members in the same weight class
 - Teams can have fewer than 11 lifters on them
- Entry Fees offset the costs of Trophies and Awards, Meet Officials and other association operating costs.

How Do You Qualify for the State Meet?

The top three (3) finishers in each weight class at the Regional meets automatically qualify for the State Meet.

Also, the next (3) three lifters in each Division I classification, 5-A, 4-A and 3-A, in each weight class will qualify for the Division I State Meet. (Classification Qualifying for both Boy and Girl Lifters)

In Division II, the top three (3) finishers in each weight class automatically qualify for the Division II State Meet.

Also, the next three lifters in each Division II class, 2-A and 1-A and below, in each weight class will qualify for the Division II State Meet. (Classification Qualifying for both Boy and Girl Lifters)

Eligibility Requirements – Filing Eligibility

ELIGIBILITY: The LHSPLA will use the same eligibility criteria as called for in Article I of the by-laws of the Louisiana High School Athletic Association.

SECTION 1. Regional Directors must receive a properly completed LHSPLA Eligibility List Form postmarked at least 10 days before and **must** be received at least one calendar week before Regional meets. Member schools **only** have to file an LHSPLA Eligibility List Form (Appendage F) for the members of their teams and possible alternates that will compete at a Regional qualifying meet. LHSPLA member schools will have to send in an LHSAA Eligibility Form for Special Education Students to register their special education students. **In all cases, the school's principal must sign these forms (in blue ink), verifying the eligibility of each student athlete listed on these forms.**

SECTION 2. Teams will be fined using the penalty standards set below. **Teams cannot fax in any eligibility information and their school's principal must sign all eligibility documentation.** If a team does not pay their fine and fails to produce an updated or amended eligibility list, signed by the school's principal in proper order, by the date of the state meet, their team members will not be allowed to lift.

Eligibility Requirements – Filing Eligibility

SECTION 3. List of documents that must be postmarked at least 10 days before and **must** be received one calendar week before Regional meets, all documents **must be**

completed in ink and signed by the school's principal in blue ink:

- LHSPLA Eligibility List form – **has to be signed by school's principal, AD and Coach**
- LHSPLA Registration Form – **has to be signed by school's principal**
- LHSPLA Insurance Information Form – **signed by Parent/Guardian** , if your school has a policy that covers all your athletes, on school letterhead, create a letter stating that fact with all the insurance information listed on it, then list the names of the children that will be participating in that letter. Children can also copy the front and the back of their individual insurance cards and staple it to the LHSPLA Insurance information form. In all cases, documentation needs to be filled out in ink and signed by parent/guardian.
- LHSPLA Entry Form (Boys/Girls) – no signature necessary, this document can be sent electronically or faxed.

SECTION 4. List of documents that are **due at weigh-in**, **all documents must be**

completed in ink and either signed by the lifters coach or parent/guardian:

- LHSPLA Equipment Waiver – **signed by coach**
- LHSPLA Meet Waiver – **signed by parent/guardian and coach**

~ SUMMARY OF PENALTIES ~

Fine for failure to file a Meet Entry, School Registration, Insurance and Eligibility

Forms in proper order postmarked at least 10 days before and received one

calendar week before the Regional Meet - \$50

Required Documentation

The following forms must be sent to the Regional Director postmarked at least 10 days prior and received at least one calendar week before your respective regional meet in proper order:

Eligibility Documentation

- Completed LHSPLA Eligibility List Form

You only have to register the students using the LHSPLA Eligibility List Form that are going to lift or might be an alternate for your team. LHSPLA Eligibility List Form is located on the LHSPLA website.

LHSPLA Eligibility Form

LHSPLA Eligibility List Form – has to be signed by school's principal and Athletic Director and Coach.

LHSPLA Registration Form – has to be signed by school's principal

LHSPLA Insurance Information Form – signed by Parent/Guardian

LHSPLA Entry Form (Boys/Girls) – no signature necessary

Send Eligibility Information and Forms directly to your Regional Director.

If your required forms or not filled out properly your school will get fined. (\$50.00 fine if they are late, another \$50.00 fine is they are filled out improperly)

All forms must have the required signatures on them (Principal or Coach) to be accepted as properly completed.

Other Required Paperwork Items

- Meet waivers – must be turned in at the weigh-in, individual lifters cannot weigh-in until their meet waivers are received by meet management. Must be signed by the Parent/Guardians and Coach – Faxed Copies WILL NOT be accepted.
- Equipment Waivers – can either be mailed in with entries or turned in at the weigh-in. Must be filled out properly and signed by the Head Coach.
- Entries – All entries must be postmarked at least 10 days prior to the date of the Regional meet and be received at least one calendar week before the meet. (\$50.00 fine if they are late)
- Each team can have up to 11 boy or girl lifters.
 - A team can be made up of fewer than 11
 - No more than two (2) lifters per weight class
 - Lifters can change weight classes at the weigh-in, but must lift in the same weight class that they qualify in at the state meet.