

**Constitution of the Louisiana High School Powerlifting Association**

Established – March 12, 1983



**LHSPLA**  
**Louisiana High School Powerlifting Association**

## TABLE OF CONTENTS

ARTICLE I	Name of Organization	1
ARTICLE II	Creation of the Organization	1
ARTICLE III	Membership	1
ARTICLE IV	Dues	1
ARTICLE V	The Executive Council	1
	Section 1: Composition	1
	Section 2: Nomination/Election Regular	2
	Section 3: Compensation/Expected Attendance	2
ARTICLE VI	Duties of Executive Council	2
	Section 1: Duties of the President	2
	Section 2: Duties of the Vice-President	3
	Section 3: Duties of the Secretary	3
	Section 4: Duties of the Treasurer	3
	Section 5: Duties of the Director of Officials	3
	Section 6: Duties of Regional Directors	3
	Section 7: Duties of the Members-At-Large	4
	Section 8: Duties of the Historian	4
	Section 9: Control of Association	4
	Section 10: Meeting Frequency	4
ARTICLE VII	Semi-Annual Meetings	4
	Section 1: Date	4
	Section 2: Quorum	4
	Section 3: Order of Business	5
ARTICLE VIII	Eligibility	5
	Section 1: Eligibility Form	5
	Section 2: Fine for Non-Compliance	5
	Section 3: Required Documents - Pre-Meet	5
	Section 4: Required Documents – Weigh-In	5
	Section 5: Summary of Penalties	6
ARTICLE IX	Sanctioned Meet	6
ARTICLE X	Referees	6
	Section 1: Test	6
	Section 2: Administration of Test	6
	Section 3: Upon Passing the Test	6
	Section 4: Passing Grade – Test/Practicum	6
	Section 5: Waiting Period	6
	Section 6: Official’s Stipends	6
	Section 7: Official’s Dress Code	7
	Section 8: Required Age	7
	Section 9: Other Recognized Certifications	7
	Section 10: Official’s Code of Ethics	8

ARTICLE XI	State Records	9
	Section 1: Setting State Records	9
	Section 2: Recognition of State Records	9
	Section 3: Posting a Total	9
ARTICLE XII	Regional Championships	9
	Section 1: Creation of Regions	9
	Section 2: Parish Designation	9
	Section 3: Exception Rule for the Louisiana School for the Deaf	10
	Section 4: Entry Fees for Regional Meets	10
	Section 5: Regional Business Meeting	10
	Section 6: Regional Completion Date	10
	Section 7: Faculty/Staff Representation	10
	Section 8: Payment of LHSPLA Dues and Completion of Requisite Forms and Documents	10
	Section 9: State Meet Qualification	11
	Section 10: Required Documents for State JV Meet	11
	Section 11: State JV Meet	11
	Section 12: Extra Lifters	11
	Section 13: Regional Meet Results	11
	Section 14: Hardship Petition	11
	Section 15: Use of Tobacco Products	11
	Section 16: Meet Set-Up Standards	11
	Section 17: Late Entry Fees	13
ARTICLE XIII	State Meets	13
	Section 1: Completion of Requisite Forms/Documents and Clearing of Fines	13
	Section 1 (a): Date and Sites	13
	Section 2: Alternative Sites	14
	Section 3: LHSPLA Scholarships	14
	Section 4: Entry Fees	15
	Section 5: Judge's Worker Order	15
	Section 6: Use of Rated Officials	15
	Section 7: Recognition of Class Champions and State Meet Divisions	15
	Section 8: Scoring at State Meet	15
	Section 9: Scoring at Regional Meets	15
	Section 10: Use of Tobacco Products	15
	Section 11: Late Entry Fees	16
	Section 12: Admission to State Meet	16
ARTICLE XIV	Amending Process	16
	Section 1: Amending the Constitution	16
ARTICLE XV	LHSPLA Hall of Fame	16
	Section 1: Submission of Nomination	16
	Section 2: Hall of Fame Nominee Categories	16
	Section 3: Review of Nominations by Executive Committee	16
	Section 4: Waiting Period after failed endorsement	16
	Section 5: Required Vote to Endorse	17

## Appendages

Appendage A	State Record Application
Appendage B	Regional Financial Report
Appendage C	State Meet Financial Report
Appendage D	LHSPLA Registration Form
Appendage E	LHSPLA Insurance Information Form

**CONSTITUTION**  
**OF THE**  
**LOUISIANA HIGH SCHOOL POWERLIFTING ASSOCIATION**

**ARTICLE I**

**NAME:** The name of the organization shall be “The Louisiana High School Powerlifting Association”.

**ARTICLE II**

**CREATION OF ORGANIZATION:** This organization was created with the consent of a representative group of coaches on March 12, 1983.

**ARTICLE III**

**MEMBERSHIP:** The membership of this Association shall consist of those schools that participate on the regional level in their respective region. Members agree to be bound by the Constitution and by-laws of the LHSPLA.

**ARTICLE IV**

**DUES:** The annual membership fee shall be One Hundred and NO/100 (\$100.00) Dollars for all member schools. An additional Fifteen and 00/100 (\$15.00) will be levied to member schools for each non-faculty assistant coach that is listed on the schools LHSPLA Registration Form. Each member school can list 1 head coach and a maximum of 4 assistant coaches on their registration form. Each member school will only be allowed two (2) non-faculty coaches. Each member schools principal must sign the school’s registration form to verify that the coaches listed are acceptable by the school and for the association to accept the registration form. If a valid registration form is not provided to the association by the day of each respective school’s regional competition, they will not be allowed to participate. The length of the fiscal year shall be from the first Saturday in March of the current year through the first Saturday in March of the following year. (State Meet to State Meet) Each member school, upon payment of annual dues, is allowed one vote in the policies of the organization and is entitled to all the privileges of an active member.

**ARTICLE V**

**THE EXECUTIVE COUNCIL:**

SECTION 1. The Executive Council shall consist of the following elected for the following terms:

- A. President- 2 year term-no term limit
- B. Vice-President- 2 year term-no term limit

- C. Secretary- 2 year term-no term limit
- D. Treasurer- 2 year term-no term limit
- E. Director of Officials- 2 year term-no term limit
- F. Regional Directors- 1 year term-no term limit
- G. Member-at-Large (Division I)- 1 year term-no term limit
- H. Member-at-Large (Division II)- 1 year term-no term limit
- I. Historian – 1 year term – no term limit

SECTION 2. The President, Vice President, Secretary, Treasurer and At-Large Members shall be elected from members of the Association. Members shall make nominations in an open meeting from the floor. Elections for the Division I and Division II At-Large Members shall be by standing vote at the respective Division I and Division II business meetings. Elections for the President, Vice President and Secretary and Treasurer will be done by ballots sent out to the membership.

SECTION 3. Executive committee members will be reimbursed for map mileage one-way and any other expenses they incur in completing their duties as members of the executive committee. Executive committee members are expected to perform their duties at the following LHSPLA Executive Committee functions: Attend at least two (2) regional meets and 4 of the 6 executive committee meetings held during the fiscal year:

- 1) Rulebook meeting in June
- 2) Semi-annual meeting in July
- 3) Thanksgiving Meeting in November
- 4) Executive Committee meeting held at State JV Meet Site
- 5) State Division II Business meeting
- 6) State Division I Business meeting

Each Executive Committee member will receive .40 (forty-cents) a mile reimbursement when they travel from outside of the metropolitan area where a committee meeting, regional or state meets are held. If they are accompanying their team to a meet, Executive Committee members will not be reimbursed for their map mileage one-way. If any member of the Executive Committee fails to meet these attendance/duty requirements without due cause, they will be removed from the Executive Committee. Committee members will be replaced in the following way: 1) nominations from remaining Executive Committee members, 2) majority vote of the Executive Committee. Committee Members who must meet attendance requirements are: President, Vice-President, Secretary, Treasurer, Director of Officials, Division I and Division II State Meet Directors.

## **ARTICLE VI**

### **DUTIES OF EXECUTIVE COUNCIL:**

SECTION 1. It shall be the duty of the President to a) appoint all committees, as there is a demand for, and perform the other executive duties pertaining to said office, and make known publicly said duties, b) preside over Executive Committee meetings, c) approve and sign off on all expenditures over \$250.

SECTION 2. It shall be the duty of the Vice President to a) perform the duties of the President in the absence of the President and b) seek out annual corporate sponsorship for the association c) order, purchase and distribute all Medals, Trophies and Certificates for all Regional and State Meets and d) verify, update and keep all Regional and State Records.

SECTION 3. It shall be the duty of the Secretary to:

- a) Maintain and print a current roster of member schools
- b) In charge of correspondence for the Executive Committee and the Association
- c) Update any Rulebook and Constitution changes
- d) Record and keep a record of all meeting minutes.

SECTION 4. It shall be the duty of the Treasurer to:

- a) Attend to all finances of the Association in the following manner, upon Authorization by executive council,
- b) Acquire insurance for all association meets,
- c) Disperse payments to regional and state officials,
- d) Approve all expenditures under \$250. All expenditures above \$250 must have the signature of the President and Treasurer
- e) Collect and record all membership dues,
- f) Render semi-annual financial statements to the president
- g) Make financial report to the Association at the annual meeting. Have copies available for all members.
- h) Disperse all LHSPLA Scholarship funds to recipient's respective colleges.

SECTION 5. It shall be the duty of the Director of Officials to:

- a) Keep a current roster of all state certified officials.
- b) Assign officials for all Regional and State Meets.
- c) Determine the certification criteria for state officials. Including updating written test and other certification requirements.
- d) Keep records of and hold all certification tests from each regional director.

SECTION 6. It shall be the duty of the Regional Directors to perform the duties pertaining to said office, and make known publicly said duties.

- a) Host the regional meets and all pertaining duties lined out in Article XII, Section 15 of the LHSPLA Constitution
- b) Promote certification of new officials in his/her region and administer certification test(s) as submitted by the Director of Officials.
- c) Provide a regional meet financial report within two weeks after the completion of their respective Regional Meets.
- d) Forward regional meet results, either by conventional mail or electronic mail, to all Executive Committee members within one week of the completion of there respective regional meet.
- e) Provide updated documentation of new regional records within one week of the completion of his/her respective regional meet.

**SECTION 7. Duties of the Members-At-Large**

One member-at-large shall be elected from each Division. The Division I and II Members-At-Large will be responsible for a) promoting the LHSPLA to all 5-a to 3-a (Division I) and 2-A and Below (Division II) schools in the state, b) contacting all Division I and II schools that are not current members of the LHSPLA by mail, electronic mail or by phone to recruit them to become member schools and c) act as a liaison between the LHSPLA Executive Committee and the Division I and II member schools.

**SECTION 8.** It shall be the duty of the historian to record the history of the organization.

**SECTION 9.** The Executive Council shall have complete control and management of the Association's affairs, funds and property.

During the interim of the semi-annual general business meetings of the LHSPLA, the Executive Council, with a quorum of at least five (5) members voting, shall be empowered to pass all rules and constitutional provisions and make all appointments necessary and proper for conducting official business for this Association.

**SECTION 10.** The Executive Council shall hold 4 meetings, 1) Rulebook/Constitution Meeting in June to review proposed Rulebook and Constitutional amendments, 2) one in conjunction with the LHSAA Coaches Association meeting in July, 3) in November to review any issues prior to the beginning of the powerlifting season, and 4) at the site of the JV State Meet to review any State Business meeting agenda items which include, Hall of Fame Nominations, Scholarship nominations and proposals that will be brought before the membership at the Division I and II State Business Meetings or more frequently upon the call of the President. In some cases meetings will be held electronically through e-mail when extenuating circumstances make it a necessity.

**ARTICLE VII**

**SEMI-ANNUAL MEETINGS:**

**SECTION 1.** There will be semi-annual meetings of the membership of the Association. One meeting will be held before the Division I and Division II State Meets are contested. The other will be held at the LHSCA coaching clinic in July. This meeting will take place one night during the 4 –day convention. This will allow members schools input on any changes that they would like to see made. Proposals can be put forward and changes to the rulebook and constitution can be made at this meeting and at the business meeting at the State Meet, as long as they are turned in under the criteria stated in Article XIV, Section 1 of the LHSPLA constitution.

**SECTION 2.** A quorum at the semi-annual meeting at the Division I and II State meets shall consist of the active member's present along with the executive committee members. A quorum at the semi-annual meeting at the LHSCA Coaches Clinic shall also consist of the member's present which must include at least five (5) members of the executive committee, due notice having been given.

SECTION 3. The usual order of business is as follows:

- A. Roll Call by President
- B. Financial Report by Treasurer
- C. Reports by Regional Directors, Members-At-Large
- D. Report by Committees Unfinished Business
- E. New Business (Includes Hall of Fame/Scholarships/Awarding State Meet Sites)
- F. Election of New Officers
- G. Adjournment

## ARTICLE VIII

**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.

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 and athletic director, when applicable, in blue ink:**

- (i) LHSPLA Eligibility List form – **has to be signed by school's principal and AD**
- (ii) LHSPLA Registration Form – **has to be signed by school's principal**
- (iii) LHSPLA Insurance Information Form – **signed by Parent/Guardian**
- (iv) 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:**

- (i) LHSPLA Equipment Waiver – **signed by coach**
- (ii) LHSPLA Meet Waiver – **signed by parent/guardian and coach**

SECTION 5. Summary of Penalties

Fine for failure to file a team Meet Entry, Insurance and Eligibility Forms in proper order one calendar week before Regional Meet - \$50

## ARTICLE IX

SANCTIONED MEET: Any Regional or State Meet Competition which has been submitted to the LHSPLA President and placed on the LHSPLA meet calendar.

## ARTICLE X

### REFEREES:

SECTION 1. The Association will adopt a 100 question "True" and "False" test to qualify LHSPLA officials only.

- A. This will allow each region the opportunity to build up a pool of LHSPLA qualified judges.
- B. Said test will be the property of the Association.

SECTION 2. Regional directors who have passed the test, appointed certified LHSPLA officials, the Association's President, if he has passed the test, on the night prior to the Invitational Meets will administer said test.

SECTION 3. Upon passing the written test, a prospective LHSPLA judge must sit in the chair the same and or next day and complete a practicum at the same Invitational where he/she has taken the official's test.

SECTION 4. 90% correct answers on the written test and practicum are necessary to pass the test and become certified.

SECTION 5. Any person who fails the LHSPLA state judges must wait six (6) months to retake the test.

SECTION 6. A stipend will be paid to all LHSPLA certified judges for working at meets. The amount of the pay stipend will be based on each individual official's years of experience:

Years of Experience	Stipend
0 – 5 Years	\$35.00
6 – 10 Years	\$40.00
11 – 15 Years	\$45.00
16 – 20 Years	\$50.00
Above 20 Years	\$55.00

Judges who drive their own vehicle to meets will be given a .40 cents a mile one-way for

travel allowance, if a judge carools to a meet with another judge then they will be given a .20 cents a mile one-way for travel allowance. At two-day meets, judges are required to judge both days of the meet to receive overnight lodging at the meet hotel. Judging assignments for regional meets will be based on each individual judge's geographic proximity to regional meet sites. Judges must commit to work at any LHSPLA sanctioned meet by the Wednesday before a meet to help with the process of setting a meet work schedule and attaining lodging for them. If a judge misses the Wednesday deadline for the association to set-up lodging for them, they become financially responsible for their own lodging and will not be reimbursed by the association.

Because professionalism, the high level of responsibility, and the role of active Participation is intricately interwoven into the standards and involvement of an interscholastic high school event, anyone who volunteers and/or is assigned to officiate any LHSPLA Invitational, Regional, and/or State Meet and does not fulfill their commitment shall be suspended for one (1) meet. Suspension is defined as working the next available meet, whether by volunteering or being assigned, without pay.

Also, judges working at two day meets will be given a \$15 per diem to cover the cost of their day one meal after the meet Judges must judge at least two LHSPLA sanctioned meets (North Regional, South Regional, Central (counts as 2) or the JV State Meet) for them to be considered for any State Meet assignments. Uncertified judges will not be allowed judge at any LHSPLA sanctioned meet.

#### SECTION 7. LHSPLA Officials dress code.

It is recommended that male/female LHSPLA Officials shall wear a pair of Khaki's of the style/design designated by the association) with a blue LHSPLA Official's polo with the LHSPLA logo on the left chest and a pair of comfortable brown or black dress shoes, no tennis shoes. (No Cargo Pants or Corduroy 2010 season) This dress code will be required starting with the 2011 LHSPLA season. Solid brown or black belt required. New Officials will be able to purchase an LHSPLA Official's Polo from the Director of Officials for \$25.

#### SECTION 8. All prospective LHSPLA judges must be at least 18 years of age or older.

SECTION 9. The LHSPLA will recognize and grandfather in judges in good standing with the following certifications: IFP Category I, IPF category II, USAPL National Referee, USAPL State Referee.

SECTION 10. Official's Code of Ethics – to be completed by every LHSPLA that Officiates an LHSPLA sanctioned event during the 2010 season.

**POWERLIFTING OFFICIALS CODE OF ETHICS**

Powerlifting officials at an interscholastic athletic event are participants in the educational development of students. As such, they must exercise a high level of independence and responsibility. The purpose of this Code is to establish guidelines and parameters for ethical standards of conduct for powerlifting officials, and procedures to address any violation of the Code.

**Powerlifting officials** shall master, understand, and be able to implement the rules of powerlifting and the mechanics necessary to enforce the rules. This authority shall be exercised in a fair, impartial, firm, and controlled manner.

**Powerlifting officials** shall take an active role in the prevention of drug, alcohol and tobacco use when in contact with student athletes.

**Powerlifting officials** shall dress neatly and in accordance with the custom dress, and shall comport themselves in a manner consistent with the high standards of the profession.

**Powerlifting officials** shall be punctual and professional in the fulfillment of his/her obligations.

**Powerlifting officials** shall remain mindful that their conduct influences the respect that student athletes, coaches and the public hold to this profession.

**Powerlifting officials** shall, at all times, while enforcing the rules of the sport, remain aware of the inherent risk of injury that competition poses to student athletes. Where appropriate, officials shall inform event management of conditions or situations that appear unreasonably hazardous.

**Powerlifting officials** shall exchange challenges from coaches in a cordial matter and correct tone before, during and after the powerlifting meet has concluded.

**Powerlifting officials** shall exert their influence to enhance sportsmanship by spectators, and coaches.

Official: \_\_\_\_\_

Years of Experience \_\_\_\_\_ Date \_\_\_\_\_

LHSPLA Executive Committee Representative: \_\_\_\_\_

Date \_\_\_\_\_

## ARTICLE XI

### STATE RECORDS:

SECTION 1. A state record may only be set by having three (3) LHSPLA recognized referees in the chairs during the execution of the record attempt. The judges must pass the lift and an official state record application sheet must be filled out and sent to the Association President and Historian. (See Appendage A)

- A. LHSPLA "recognized referees" are:
- a. International Powerlifting Federation officials
  - b. USAPL Federation officials
  - c. LHSPLA high school certified powerlifting officials

SECTION 2. A state record may only be officially recognized and set at one of the LHSPLA Regional Meets or at the LHSPLA State Championship Meet. State records cannot be set at Invitational Meets.

SECTION 3. An athlete who breaks a record must post a total for the meet.

## ARTICLE XII

### REGIONAL CHAMPIONSHIPS:

SECTION 1. Four regions shall be created within the state for the purpose of qualifying for the State Meet.

SECTION 2. Said regions shall be designated as North - South - East - West Regions and consist of the following parishes to clarify for each school as to what region they must compete in to qualify their lifters for the State Meet.

<u>NORTH</u>	<u>SOUTH</u>	<u>EAST</u>	<u>WEST</u>
Bienville	Jefferson	Ascension	Acadia
Bossier	Lafourche	Assumption	Allen
Caddo	Orleans	Avoyelles	Beauregard
Caldwell	Plaquemines	E. Baton Rouge	Calcasieu
Catahoula	St. Bernard	E. Feliciana	Cameron
Claiborne	St. Charles	Iberville	Evangeline
Concordia	St. James	Livingston	Iberia
DeSoto	St. John	Pointe Coupee	Jeff Davis
East Carroll	St. Tammany	St. Helena	Lafayette
Franklin	Tangipahoa	St. Mary's	St. Landry
Grant	Terbonne	W. Baton Rouge	St. Martin
Jackson	Washington	W. Feliciana	Vermillion
LaSalle			Vernon
Lincoln			
Madison			
Morehouse			

Natchitoches  
Ouachita  
Rapides  
Red River  
Richland  
Sabine  
Tensas  
Union

SECTION 3. The only exception to Section 2 of Article XII will be made for the Louisiana School for the Deaf (East Region). Because of extenuating circumstances that sometime occurs because of the nature of the school. The Louisiana School for the Deaf will be allowed to lift in a different region if there school calendar does not allow them to lift on the same weekend that the East Regional will be held.

SECTION 4. Entry fees for all Regional Meets shall be set at \$20 per lifter. Entry fees from Regional meets will be turned over to the LHSPLA. The LHSPLA will pay all trophy cost and referees stipends, including travel for all Regional meets. The LHSPLA will be responsible for the cost of lodging official's at Regional competitions. The LHSPLA will use the remainder of the funds from the entry fees from Regional Meets to offset any expenses that the association may incur to insure the proper running of the business of the association. Host schools retain all gates, concessions, t-shirt sales and any other promotional fees.

Host schools must fill out a financial report and return it to the LHSPLA President within one week of the completion of each Regional Meet. (see Appendage B)

SECTION 5. At each Regional Meet, the following items shall be decided upon (in a Regional Meeting or some other manner in which the interest of the majority is represented) and sent to the Association President:

- A. Where and when the next Regional Championship will be held
- B. Elect a Regional Chairman who will be responsible for sending regional results to the President.
- C. Regional results shall be forwarded to all other regional directors.

SECTION 6. All Regional Championships shall be completed no later than the second (2nd) weekend in February.

SECTION 7. A member of the faculty/staff of their respective school must represent each team.

SECTION 8. No member school shall be allowed to compete at their respective regional meets until they have taken care of the following items:

- a) Paid their annual dues and have turned in an LHSPLA Registration Form.  
(see Appendage D)
- b) Eligibility Forms are received in proper order.
- c) LHSPLA Regional Meet Waivers from all student athletes.

d) LHSPLA Proof of Insurance Form from all student athletes. (see Appendage E)

SECTION 9. The top three (3) finishers in each weight class at the Regional meets will 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). In Division II, the top three (3) finishers in each weight class will automatically qualify for the Division II State Meet. Also, the next three lifters in each Division II classification, 2-A and 1-A and below, in each weight class will qualify for the Division II State Meet (Classification Qualifying).

SECTION 10. No member school shall be allowed to compete at State JV Meet until they have received the following documentation:

- a) LHSPLA State JV Meet Waivers from all student athletes.
- b) LHSPLA Proof of Insurance Form from all student athletes. (Appendix F)

SECTION 11. The State JV Meet will be held prior to State Meet on a rotating basis for each region. Entry fees will be \$15 per lifter. No team trophies will be awarded. Outstanding lifter trophies will be awarded and certificates will be awarded to 1st - 5th place finishers in each weight class. Schools will be allowed to bring as many lifters as they wish. Any lifters, including seniors who did not qualify at the regional level, plus any other lifters from member schools who meet the eligibility requirements set forth by the LHSPLA in Article VIII of the constitution, are eligible to lift in the JV State Meet. The LHSPLA will waive uniform rule Section III, rule 1 a-d, for all lifters.

SECTION 12. No "extra" lifters shall be allowed on a team at a Regional Championship.

SECTION 13. Results of all Regional Meets will be sent to each Regional Director within 10 working days.

SECTION 14. If a lifter knows ahead of time that he/she will not be able to compete on the prescribed day of their respective regional meet, they are allowed to file a hardship petition to the LHSPLA Executive Committee. This petition must state the reason(s) why a lifter cannot lift on the day of his/her prescribed regional meet. This petition must be submitted to the LHSPLA President at least 4 weeks before the date of their respective regional competition. The LHSPLA Executive Committee will make a ruling on the petition to either: a) let the lifter lift at the regional venue the day prior to their respective regional, b) modify the lifting order/schedule of that particular lifter on the day of the regional meet as to help them to complete their attempts on all lifts in an expeditious manner, or c) not allow the lifter to compete at all based on the information submitted to the Executive Committee in their petition. All schools that fail to file a hardship petition within the proper time frame must pay a \$75 fee to have a lifter lift early at a regional meet.

SECTION 15. The use of all tobacco products is prohibited at all LHSPLA sanctioned Meets.

SECTION 16. All LHSPLA State and Regional Meets will have a standard lifting area set-up. Each meet site must set up their lifting area as close as they can to the standards shown

in the diagram in Section II, 1-a of the LHSPLA Rulebook. This set up is being done to clear the lifting areas around the platforms as to help with the expedition of the meet, the safety of the lifters and to help the judges have a clear line of site.

There will be a minimum of 4 and a maximum of 6 platforms at all regional and state meets. Coaching tags must be distributed and clearly marked to keep non-essential team members and personal off of the platforms and out of the lifting area.

Each regional and State meet site shall comply with the following recommended meet set-up and clerical standards the day before, the day of and after each sanctioned meet:

Meet Lifting Area Checklist:

1. Meet Floor Plan that complies with recommended LHSPLA specifications
2. Platform: Size, Surface and Marked Boundaries that comply with recommended LHSPLA specifications
3. Bars, Plates and Collars that comply with recommended LHSPLA specifications
4. Squat Racks and Bench Presses that comply with recommended LHSPLA specifications
5. Judging lights that comply with recommended LHSPLA Specifications
6. Loading Charts, Wire Brushes, Towels, Alcohol Wipes on Platform
7. Warm-up Area that complies with LHSPLA Recommended Specifications
8. Weigh-in Areas that complies with LHSPLA Recommended Specifications
9. Weigh-In/Check-In – Starts/Ends On Time
10. Documentation/Entry Fee/Waiver – Check in Forms for each team

Required Meet Checklist:

1. Security
2. Medical Staff/Trainer/Safety Personnel on Site
3. 2 computers and printers – Extra Paper, Print Cartridges, Available Copying Machine
4. Overhead sheets, Overhead projectors,
5. LCD projectors and laptops at each table if using meet scoring program.
6. Extra overhead projectors and sheets
7. Grease pencils, Expeditor sheets
8. Coaching Tags, Lifters Tags
9. Hospitality Room – Meeting Room
10. Entry Point– Lifters/Coaches Only - Spectators Only
11. Meet Liaison – this person will review all team entry fees, team fines, etc. with LHSPLA Treasurer or other EC Member at the beginning of the meet. All team information, Association Dues (If applicable) Eligibility/Insurance Forms/Equipment Waivers/Meet Waivers must be sorted in Alphabetical order by team members last name, boy then girls before they will be reviewed by the LHSPLA representative.

Meet Director Clerical Checklist:

1. Organize all team data to be checked during the meet.
2. Provide a regional meet financial report within two weeks after the regional meet.
3. Forward regional meet results, either by conventional mail or electronic mail, to all

4. Executive Committee members within one week of the completion of their respective regional meets.
5. Provide updated documentation of new regional and state records within one week of the completion of respective regional meet and forward them to the Vice-President.
6. Collect all Scholarship and Hall of Fame Nominations and forward them to the President
7. Collect all proposed amendment changes to the Constitution and forward them to the President.
8. Provide a regional meet financial report within two weeks of the completion of the regional meet.

Each school that hosts a regional or state meet will receive 15% of the entry fees to offset any expenses incurred in complying with the recommended set-up and clerical standards set forth in this article and the LHSPLA rulebook. Two members of the Executive Committee, using the prescribed meet checklist, will do an inspection of the Regional, JV State or State Meet site the night before to determine if the setup meets recommended LHSPLA guidelines. Another inspection will take place the day of the meet, using a prescribed meet checklist to see if the Regional, JV State or State Meet site meets recommended LHSPLA standards. A clerical checklist will be completed with the help of the Meet Liaison, appointed by the meet director, to determine if all clerical duties have been performed according to the recommended standards of the LHSPLA. The Association will deduct 1% of a schools 15% stipend for every meet checklist item that they do not meet.

SECTION 17. Entry forms for all Regional's and the JV State and State meets must be postmarked at least 10 days before and received at least one calendar week before the meet. Entry forms can be sent electronically via e-mail, all other forms (Eligibility, Insurance) must be postmarked and mailed at least 10 days before and received by the meet director at least one calendar week before Regional Meet is contested. Properly completed Meet Waivers may be turned in the day of the meet. All fines must be paid in full at or before the State Meet.

### **ARTICLE XIII**

#### **STATE MEETS:**

SECTION 1. No member school shall be allowed to compete at their respective state meet until they have taken care of the following items:

- a) Cleared all fines with the association that deal with late entry fines and improper Eligibility paper work.
- b) LHSPLA Division I or II State Meet Waivers from all student athletes.
- c) LHSPLA Proof of Insurance Forms from all student athletes. (Appendix F)

SECTION 1(a). The Division I and II State meets will rotate between sites in North and South Louisiana. The Division I State Meet will be contested at a Division I school located in the north or the west regions during even numbered years and at a Division I school located in the east or the south regions during odd numbered years. The Division II State meet will be held at a Division II School located in the South or the East regions during even numbered years and at a Division II school in the north or the west regions during odd

numbered years. If no division II school in the regions able to submit a bid for the Division II state meet submit a bid, then any Division I school in the regions able to submit a bid may submit a bid to host the meet. Medals will be awarded to all 1st – 3rd place finishers at the Division I and II state meets. All 4th and 5th place finishers will receive certificates. Outstanding lifter trophies will be awarded to the respective outstanding lifters on the light and heavy platforms at the respective state meets. Outstanding lifter trophies for the light and heavy platforms at the boys meet will be called the Mike Desadier and the Dr. Billy Jack Talton awards respectively. The Outstanding lifter trophies for the light and heavy platforms at the girls meet will be called the Duane Urbina and Steve Baronich award respectively. 1st - 3rd place team trophies will be awarded to 1st – 3rd place teams in all classifications. Coach of the year plaques will be awarded to each 1st place teams coach. Team scoring will be based on Article XIII, Section 8 of the LHSPLA Constitution.

Proposals and association business will be taken care of at business meetings at each respective state meet. Discussion of proposals will still take place, voting for proposals or changes to the constitution will be done by secret ballots distributed at the business meetings. The final results will be tallied after the Division I State business meeting. All Hall of Fame nominations will be submitted and discussed at both of the state meet business meetings. Voting will take place after the State meets via ballots sent by mail. Meet qualifying and scoring procedures will not change.

The LHSPLA State JV meet will be held prior to State Meet on rotating basis for each region. Certificates will be awarded for all 1st – 5th place winners in all weight classes at the JV State Meet. Outstanding lifter trophies will be presented to the top boy and girl lifter on the light and heavy platforms in each respective meet. No team scoring will occur.

SECTION 2. Alternative sites can be chosen by the membership if other cities are willing to host said meets.

SECTION 3. The LHSPLA will annually award four (4) \$250 scholarships to deserving students from its member schools. Two (2) of the scholarships will be awarded to a deserving boy and girl from Division II schools at the Division II State business meeting. Two (2) other \$250 scholarships will be awarded to a deserving boy and girl from Division I schools at the Division I state business meeting. The scholarships will be awarded based on a majority vote of the member schools present at both state business meetings. Scholarship applications must be turned in to the Meet Director at each school's respective Regional Meet.

Criteria for Application:

- a. Member schools can have more than one scholarship applicant.
- b. Four students will be awarded \$250 scholarships.
- c. Only Seniors can apply.
- d. Student must have least a 2.0 GPA.
- e. Student must have a financial need.
- f. A paragraph from the applicant must be submitted (100 word minimum).

- g. Two paragraphs must be submitted on behalf of the applicant (100 word minimum). One from the applicant's coach and one from a faculty member of the applicant's school.
- h. School's LHSPLA dues must be paid in full by 2nd week in February.
- i. Application must be returned by date of applicant's respective Regional Meet.
- j. Scholarship will be awarded upon receipt of enrollment acceptance from respective college or university of winning applicant.
- k. Scholarship monies will be sent directly to the colleges or universities where the winners are accepted and enrolled at for the fall semester following their Senior year in high school.

SECTION 4. The entry fee for the LHSPLA Division I and II State Meets will be \$20 per lifter. Entry fees from all three state meets will be turned over to the LHSPLA. The LHSPLA will pay all trophy cost and referees stipends, including travel for all State meets. The LHSPLA will be responsible for the cost of lodging official's at state competitions. The LHSPLA will use the remainder of the funds from the entry fees from the State Meets to offset any expenses that the association may incur to insure the proper running of the business of the association. Host schools retain all gates, concessions, t-shirt sales and any other promotional fees.

Host schools must fill out a financial report and return it to the LHSPLA President within one week of the completion of each State Meet. (see Appendage C)

SECTION 5. The head official in charge will determine the order in which judges work at the State Meet.

SECTION 6. The LHSPLA will use the highest rated officials that can be secured for the State and Regional Meets.

SECTION 7. The State Meet will recognize State Champions in 5 classes: 5-A, 4-A, 3-A, 2-A and 1-A and below. The State Meet will also be divided into two divisions:

- a. Division I will consist of Class 5-A, 4-A and 3-A.
- b. Division II will consist of Class 2-A, 1-A and below.

SECTION 8. The State Meet shall be scored using the following guidelines:

- a. Division I Boy's: 7-5--3-2-1 (1<sup>st</sup> through 5<sup>th</sup> place) by classification
- b. Division II Boy's: 7-5-3-2-1 (1<sup>st</sup> through 5<sup>th</sup> place) by classification
- c. Division I Girl's: 7-5-3-2-1 (1<sup>st</sup> through 5<sup>th</sup> place) by classification
- d. Division II Girl's: 7-5-3-2-1 (1<sup>st</sup> through 5<sup>th</sup> place) by classification

SECTION 9. Regional Meets will be scored using the following guidelines.

7-5-3-2-1 (1<sup>st</sup> through 5<sup>th</sup> place) – all weight classes and divisions

SECTION 10. The use of all tobacco products is prohibited at all LHSPLA sanctioned Meets.

SECTION 11. The state meet director(s) will charge a \$50 late fee for all entries not confirmed by the given deadline date. Confirmation of entries for the State meets must be postmarked at least 10 days before and be received at least one calendar week before the meet. Entries can be sent electronically via e-mail as long as they are received at least one calendar week before the meet. If a member school is fined, they can pay the fine on or before the date of their respective schools state meet. All fines must be cleared with the association before a member schools team will be allowed to compete in a State Meet.

SECTION 12. Admission price for the State Meet will be \$5. Children under school age will not be charged admission.

#### **ARTICLE XIV**

##### **AMENDMENTS:**

SECTION 1. The Constitution may be amended at one of the semi-annual meetings of the Association, a two-third's vote being necessary to amend the Constitution. However, no amendment or change shall be considered at the semi-annual meetings of the Association unless submitted, in writing, to a Regional Director at a schools respective Regional meet or in writing to the President, at least two weeks (10 working days) before the semi-annual meetings.

#### **ARTICLE XV**

##### **LHSPLA HALL OF FAME:**

SECTION 1. Hall of Fame nomination forms must be submitted to a Regional Director at a schools respective Regional meet or at least two weeks (10 working days) before the semi-annual meetings at the LHSPLA State Meets. Scanned Hall of Fame nomination forms cans also be submitted electronically as long as they meet the time requirements for submission.

SECTION 2. Hall of Fame Nominees can fall under the following categories: Team, Individual Lifter, Coach or Administrator. All nomination forms must be filled out completely and turned in within the time requirements for submission. Teams and individual lifters must adhere to a 5 year waiting period before they can be nominated.

SECTION 3. All Hall of Fame nominees will be reviewed by the LHSPLA Executive Committee at a meeting that coincides with the LHSPLA JV State Meet. After discussing the nominees, the Executive Committee shall decide by majority vote whether or not to put a Hall Of Fame nominee before the membership for approval (Article VI, Section 9). No more than 3 nominations per year will be put up before the membership for their approval.

SECTION 4. There will be a two (2) year waiting period before a nominee can be nominated again if the Executive Committee fails to endorse a HOF nominee. There will be a one (1) year waiting period before a nominee endorsed by the Executive Committee can come up before the membership for a vote.

SECTION 5. A 2/3 vote of the membership is necessary for an endorsed nominee to be elected into the LHSPLA HOF at the LHSPLA State Meet Business Meetings.

## **EXECUTIVE COMMITTEE MEMBERS (2009-10)**

President – Steve Baronich (Episcopal Of Baton Rouge)  
Vice-President – Brandon Bankston (Zachary High School)  
North Regional Chairman – Josh Chovanec (Louisiana Tech University)  
South Regional Chairman – Daniel Hanlon (Pope John Paul High School)  
Central Regional Chairman (East/West Combined) – Eddie Bergeron (Church Point)  
Division I/II State Meet Director – David Dykes (Central High School)  
LHSPLA Member at Large (2A and below) – Randy Johnson (Ascension Episcopal)  
LHSPLA Member at Large (5A - 3A) – Duane Urbina – Alexandria  
Treasurer – Kristen Guidry (Episcopal of Baton Rouge)  
Secretary – Kelly Magendie – (Lutcher High School)  
Historian – Brandon Bankston – (Zachary High School)  
Director of Officials –Chris Ledoux (Walker High School)

(APPENDAGE A)

APPLICATION FOR LOUISIANA HIGH SCHOOL  
POWERLIFTING RECORD

DATE OF APPLICATION: \_\_\_\_\_

COMPETITION (REGIONAL, STATE): \_\_\_\_\_

LIFTERS NAME: \_\_\_\_\_

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

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

LIFT ATTEMPTED: (SQUAT, BENCH, DEADLIFT, TOTAL) \_\_\_\_\_

WEIGHT LIFTED: \_\_\_\_\_

THIS LIFT WAS PERFORMED SATISFACTORILY AT AN LHSPLA REGIONAL OR STATE COMPETITION WITH THREE (3) LHSLPA RECOGNIZED JUDGES IN THE CHAIRS. WE, THE UNDERSIGNED, VERIFY THAT THIS APPLICATION HAS MET THE CRITERIA FOR BEING CONSIDERED A NEW LOUISIANA HIGH SCHOOL POWERLIFTING ASSOCIATION RECORD AS WITNESSES BY OUR SIGNATURE.

CERTIFICATION

CHIEF JUDGE \_\_\_\_\_ - \_\_\_\_\_

SIDE JUDGE \_\_\_\_\_ - \_\_\_\_\_

SIDE JUDGE \_\_\_\_\_ - \_\_\_\_\_

MEET DIRECTOR \_\_\_\_\_ - \_\_\_\_\_

ATHLETE \_\_\_\_\_ - \_\_\_\_\_

LHSPLA RECOGNIZED OFFICIALS:

IPF CATEGORY I

IPF CATEGORY II

USAPL NATIONAL REFEREE

USAPL STATE REFEREE

LHSPLA STATE

**PLEASE RETURN THIS DOCUMENT TO A MEMBER OF THE LHSPLA EXECUTIVE COMMITTEE.**

(Appendage B)

## LHSPLA REGIONAL MEET Financial Report

Host School \_\_\_\_\_

Regional Date \_\_\_\_\_

Regional \_\_\_\_\_

Refer to Article XII, Section 4 of the LHSPLA Constitution

Total Number of Lifters _____ X \$20 = \$ _____ Total Entry Fees
Total Entry Fees _____ X 15% = \$ _____ Regional Stipend

**Please send checks to:** Louisiana High School Powerlifting Association  
P.O. Box 87151  
Baton Rouge, LA 70879

\_\_\_\_\_  
Signature - Host Principal

\_\_\_\_\_  
Signature - Regional Director

Date \_\_\_\_\_

(Appendage C)

## LHSPLA STATE MEET Financial Report

Host School \_\_\_\_\_

State Meet \_\_\_\_\_

<b>State Meet Date</b> _____
---------------------------------

Refer to Article XIII, Section 4 of the LHSPLA Constitution

Total Number of Lifters _____ X \$20 = _____ Total Entry Fees
Total Entry Fees \$ _____ X 15% = \$ _____ State Meet Stipend

**Please send checks to:** Louisiana High School Powerlifting Association  
P.O. Box 87151  
Baton Rouge, LA 70879

\_\_\_\_\_  
Signature - Host Principal

\_\_\_\_\_  
Signature - State Meet Director

\_\_\_\_\_  
Date

(APPENDAGE D)

# 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

(APPENDAGE E)

# 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

