

Constitution of the Louisiana High School Powerlifting Association

Established – March 12, 1983



LHSPLA
Louisiana High School Powerlifting Association

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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. The membership of this association shall consist of any full time athletic director, trainer, or any coach, including non-faculty coaches who have successfully completed the requirements of the LHSAA Coaches Education Certification Program. LHSPLA members must be employed by the school board and meet the requirements of the Coaches’ Rule as specified in the LHSAA Constitution. Members must be working with a high school team at a member school of the LHSAA. Members agree to be bound by the Constitution and By-Laws of both the LHSPLA and the LHSAA. 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 four (4) non-faculty (CECP) coaches. Each member schools principal must sign the school’s registration form to verify that the coaches listed are either members of the faculty/staff or are certified non-faculty coaches by the LHSAA for the association to accept the registration form. A valid registration form must be received by the association, along with a school’s annual dues by February 1st, one calendar month before each member schools regional competition. Member schools will be fined for failure to meet this due date. They will also not be allowed to participate at their respective regional meets until both the registration form and fine are received by the LHSPLA. The length of the fiscal year shall be from April 1st of the current year through April 1st the following year. 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

SECTION 2. The President, Vice President, Secretary, Treasurer, Director of Officials and At-Large Members shall be elected from members of the Association. Members shall make nominations from the floor at the general business meeting at their respective Regional Meets. 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, Secretary, Treasurer and Director of Officials will be done by secret ballot at the Division I and II State Business Meetings.

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 one (1) regional meet and 4 of the 6 meetings where the executive committee presides during the fiscal year:

- 1) Rulebook meeting in June (EC Members Only)
- 2) Semi-annual meeting in July (EC presides over General Business Meeting)
- 3) Thanksgiving Meeting in November (EC Members Only)
- 4) Executive Committee meeting held at State JV Meet Site (EC Members Only)
- 5) State Division II Business meeting (EC presides over General Business Meeting)
- 6) State Division I Business meeting (EC presides over General 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 Members-At-Large.

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. Minutes must be updated and returned to EC and Membership within 5 calendars days of EC or Business Meeting Dates.

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
- d) and other certification requirements.
- e) Keep records of and hold all certification tests from each regional director.
- f) Will collect payment for and distribute all blue LHSPLA Official's polo shirts to newly certified officials.
- g) Will be the final arbiter in all meet (Regional or State) assignment disputes.

- h) Will appoint 4 Regional Assignment Secretaries on an annual basis who will be responsible for the following duties:
- 1) Staffing their respective Regional Meets with referees, this includes weigh-in judges. (North/South/East/West).
 - 2) Either serve as or appoint head referee for their respective regional meet. (North/South/East/West)
 - 3) Inspect the lifting venue and complete the sections 1 and 2 of the LHSPLA regional/state meet setup standards compliance form making sure to obtain the proper signatures upon completion of the Pre-Meet and the Day of the Meet inspection process.
 - 4) Update and review regional results for any new regional records. Send list of updated Regional Records to the LHSPLA Vice-President and copies to LHSPLA President and Secretary.
 - 5) Process and complete all state record paper work at each assignment secretary's respective Regional meet. After completing state record paperwork, forward originals to LHSPLA Vice-President and copies to LHSPLA President and Secretary.
 - 6) Along with the other 4 Assignment Secretaries, staff the 3 sanctioned LHSPLA State Meets.
 - 7) Will make up the membership of the Rules Interpretation/ Meet Protocol Committee.
 - 8) Will promote the certification of new officials in their respective regions.
 - 9) Will get reimbursed for any out of pocket expenses they may occur while carrying out the duties of their position.
 - 10) Will receive a \$25.00 stipend from each host school in their region to staff all invitational meets within their respective regions.
 - 11) Will receive a \$50.00 in official's pay at their respective regional for carrying out their duties as the Regional Assignment Secretary.
 - 12) Update Regional Official's list as new officials are certified, report names of all newly certified officials to LHSPLA Director of Officials.
 - 13) Responsible for collecting Officials Code of Ethics and any other relative paper work that is deemed necessary for a certified LHSPLA Official to officiate at a sanctioned LHSPLA Meet.

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 16 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.

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. 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 9. The Executive Council shall hold 3 meetings, 1) Rulebook/Constitution Meeting in June to review proposed Rulebook and Constitutional amendments, 2) in November to review any issues prior to the beginning of the powerlifting season, and 3) 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 general business 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 3 –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 general business 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 general business 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. Voting on all proposals including rulebook changes, amending the constitution and Hall of Fame nominations will be done by show of hands.

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. All LHSPLA member schools must adhere to the due dates for required paperwork listed in section 26.of the LHSAA By-Laws – Powerlifting Pilot Program. Due dates are listed according to respective regional and state meet competition dates.

2011-2012 DATES	CALENDAR WEEK	ACTIVITY
Monday, November 28, 2011	22nd	1st Practice (Medical, parents' permission, and substance misuse forms must be on file.
Monday, January 2, 2012	27th	1st Regular Season Meet (Eligibility must be filed online.)
Wednesday, February 1, 2012	31st	LHSPLA Registration Form Due
Wednesday, February 15, 2012	33rd	LHSPLA Health Insurance/Meet Waiver Form/ LHSPLA Entry Form (Boys/Girls) Due – State JV Meet
Wednesday, February 22, 2012	34th	LHSPLA Health Insurance/Meet Waiver Form/ LHSPLA Entry Form (Boys/Girls) Due – Regional Meets
Wednesday, March 14, 2012	37th	Confirmation of Entries/State Meet Entry Fees Due – Division II State Meet
Saturday, March 24, 2012	38th	LHSPLA State Meet (Division II)
Wednesday, March 21, 2012	38th	Confirmation of Entries/State Meet Entry Fees Due – Division I State Meet
Friday, March 30, 2012 Saturday, March 31, 2012	39th	LHSPLA State Meet (Division I)

SECTION 2. 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 Entry Form (Boys/Girls) – no signature necessary, this document can be sent electronically or faxed
- (ii) LHSPLA Health Insurance/Meet Waiver Form – signed by Parent/Guardian. Medicaid number must be listed on form if it is listed by participant as his/her Health Insurance Provider.

SECTION 3. List of documents that are due at weigh-in:

- (i) LHSPLA Equipment Waiver – **signed by coach**

SECTION 4. Summary of Penalties

Fine for failure to file a team Meet Entry and LHSPLA Health Insurance/Meet Waiver Form in proper order one calendar week before Regional Meet - \$50

ARTICLE IX

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

Also, any Invitational meet that is hosted by a member school that meets the requirements listed below:

- a) must state their intentions to host a meet and have it placed on the LHSPLA Meet Calendar by no later than the last Friday in September.
- b) Host schools have paid the requisite \$100.00 sanctioning fee to the LHSPLA to put an invitational meet on the lifting calendar. The sanctioning fee is due by the first Friday in January.
- c) Member schools hosting sanctioned invitational meets agree to comply with the recommended meet set-up and clerical standards set forth in Article XII, Section 15 of the LHSPLA Constitution.

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:

LHSPLA Official's Payscale (Stipend) Table	
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 .40 cents a mile one-way for travel allowance. The LHSPLA will pay a maximum distance of 200 miles one-way for travel allowance. If a judge carpools to a meet with another judge then they will be given .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, East Regional, West Regional 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. Male LHSPLA Officials shall wear a pair of George Brand Khaki's from Wal-Mart, with pleated front and cuffs 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. This dress code is required for all male officials. Female officials must wear a khaki colored pant 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. 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. For accounting purposes, LHSPLA Officials will not be allowed to pay for any new LHSPLA Official's Polo by deducting the cost of the shirt from their meet stipend.

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 2011 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.

SECTION 4. Any successful State record lift will be followed by a cursory examination of the supportive equipment utilized during that lift to determine whether the supportive equipment used by the lifter is legal. If the supportive equipment is found to be illegal; the lifter will not get credit for the successful record lift, but in no case shall any previous lift be taken away unless the infraction was noticed, the coach was informed of the infraction and the infraction went uncorrected.

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.

NORTH	SOUTH	EAST	WEST
Bienville	Jefferson	Ascension	Acadia
Bossier	Lafourche	Assumption	Allen
Caddo	Orleans	E. Baton Rouge	Avoyelles
Caldwell	Plaquemines	E. Feliciana	Beauregard
Catahoula	St. Bernard	Iberville	Calcasieu
Claiborne	St. Charles	Livingston	Cameron
Concordia	St. James	St. Helena	Evangeline
Cathoula	St. John	St. Mary's	Iberia
DeSoto	St. Tammany	Tangipahoa	Jeff Davis
East Carroll	Terrebonne	W. Baton Rouge	Lafayette
West Carroll	Washington	W. Feliciana	Pointe Coupee
Franklin			St. Landry
Grant			St. Martin
Jackson			Vermillion
LaSalle			Vernon
Lincoln			
Madison			
Morehouse			
Natchitoches			
Ouachita			
Rapides			
Red River			
Richland			
Sabine			
Tensas			
Union			
Winn			

SECTION 3. Any member school that hosts an Invitational Powerlifting Meet must state their intentions to host a meet and have it placed on the LHSPLA Meet Calendar by no later than the last Friday in September. Host schools will pay a requisite \$100.00 sanctioning fee to the LHSPLA to put an invitational meet on the lifting calendar. The sanctioning fee is due by the first Friday in January. The sanctioning fee allows host schools to use certified LHSPLA's officials to judge and to help with the expedition of their meet. The payment of the sanctioning fee by a member school entitles the LHSPLA to use the invitational meet site as a certification venue for new officials. Member schools hosting sanctioned

invitational meets shall comply with the recommended meet set-up and clerical standards set forth in Article XII, Section 15 of the LHSPLA Constitution.

Failure to do so will forfeit the host schools opportunity to use properly certified and attired LHSPLA Judges to officiate their Invitational Meets.

SECTION 4. A \$20.00 entry fee per powerlifter must be paid by school check made payable to the LHSPLA the day of the regional weigh/check-in. 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.

The LHSPLA will only refund overpayments of entry fees or association dues by check. No cash refund transactions will take place. 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.
- D. Nominations from floor for the office of President, Vice-President, Treasurer, Secretary and Division I and II Members-at-Large, when applicable.

SECTION 6. All Regional Championships shall be contested on the first (1st) weekend in March. All regional meets will be contested as one day meets on Saturdays, with boys and girls teams competing at the same time. Girls flights will be contested before the boys flights at regional meets. LHSPLA Regional Meets can be contested over a two-day period if one of the following criteria is met: a) there are over 250 lifters in the meet, with at least 100 of those lifters being females. b) Over 250 lifters competed in the same region the previous calendar year. c) Two regions are combined for logistical reasons at an approved high school meet site. d) The LHSPLA Executive committee approves a two day meet based on information and estimated numbers prepared and presented by the meet director requesting permission to conduct a two day meet.

SECTION 7. No team or individual shall be permitted to participate, under any circumstances at any LHSPLA sanctioned meet without the presence of a faculty coach, or an approved LHSAA non-faculty coach from the school he/she represents. This includes the checking and weighing in process that occurs either the night before or the day of LHSPLA sanctioned meets. All coaches must visibly display their LHSPLA credentials to gain access to the platform areas at meets. Failure to do so will limit their access at meets to

the wrapping areas behind the platforms. They will not be allowed in the platform areas unless they are visibly displaying their LHSPLA credentials.

If the faculty coach or LHSAA non-faculty coach, serving as head coach is ejected from a contest and there are no other faculty coaches or LHSAA non-faculty coaches at the contest, a faculty member from the school shall be allowed to represent the school in the contest if he/she has written permission from the school principal. This written permission shall be shown to the head contest official before the faculty member can represent the school and coach the team.

By written mutual agreement signed by the principals of the two schools, one with a team and the other with no more than two individuals competing in a contest, at any time during the season, may agree on a faculty member or approved LHSAA non-faculty coach from either school to act as the school representative and coach for both schools in the sports of bowling, cross country, golf, track and field (indoor and outdoor), swimming, tennis, gymnastics, wrestling and powerlifting.

A school found in violation of this rule shall be penalized under the provisions of the "Penalty Code" contained in Section 6 of the LHSAA By-Laws

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) LHSPLA Health Insurance/Meet Waiver 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 Health Insurance/Meet Waiver Form from all student athletes. (see Appendage E)

SECTION 11. The State JV Meet will be held the week prior to the LHSPLA Regional Meet weekend on a rotating basis for each region. A \$15.00 entry fee per powerlifter must be paid by school check made payable to the LHSPLA the day of the State JV Meet. Each school participating in the State JV Meet must submit a list of participants 10 calendar days before the meet. Entry fees from State JV Meet will be turned over to the LHSPLA. 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, 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 wave uniform rule Section III, rule 1 a-d, for all lifters. The LHSPLA will pay all trophy cost and referees stipends, including travel for the State JV meet. The LHSPLA will be responsible for the cost of lodging official's at the State JV Meet. The LHSPLA will use the remainder of the funds from the entry fees from the State JV Meet 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.

The LHSPLA will only refund overpayments of entry fees or association dues by check. No cash refund transactions will take place. Host schools must fill out a financial report and return it to the LHSPLA President within one week of the completion of the State JV Meet. (see Appendage B)

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

SECTION 15. 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. Wrappers 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. All coaches in attendance at the meet must visibly display their LHSAA Coaches Card.

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. Clearly defined and marked area for trackers.

8. Warm-up Area that complies with LHSPLA Recommended Specifications
9. Weigh-in Areas that complies with LHSPLA Recommended Specifications
10. Weigh-In/Check-In – Starts/Ends On Time

11. MUST USE LHSPLA Documentation/Entry Fee/Waiver – Check in Forms for each team.

Required Meet Checklist:

1. Uniformed Security Officer present on site one hour before the start of the meet and will remain on duty during the duration of the meet.
2. Certified Medical Staff/Trainer/Safety Personnel on site during the duration of the meet.
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. Wrapper and Lifters Tags
9. Hospitality Room for Coaches Business Meeting, Meeting Room Pre-Meet Officials Meeting.
10. Supervised Entry Points– Lifters/Coaches Only - Spectators Only
11. Assigned Media Person to write pre-meet preview and submit post meet results and articles to local and regional newspapers.
12. 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) Insurance Forms/ Meet Waivers and Equipment Waiver 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, JV State 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. The Regional Assignment

Secretaries will assign meet personnel to inspect the meet set-up at the Regional level the night before to determine if the setup meets recommended LHSPLA guidelines. The Rules Interpretation/Meet Protocol Committee will assign judges to inspect the meet setup at the JV State and State Meet sites 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. **If the host school does not use the LHSPLA Documentation/Entry Fee/Waiver Check-in form, they will automatically have 5% deducted from their JV State, Regional or State Meet stipend.**

SECTION 16. 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 (LHSPLA Health Insurance/Meet Waiver Form from all student athletes.) 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. All fines must be paid in full at or before the State Meet.

SECTION 17. Admission price for all LHSPLA Regional Meets and the LHSPLA State JV Meet will be \$7.00. Children twelve (12) and under will not be charged admission to the LHSPLA Regional or State JV Meets. LHSAA Coaching Cards will be honored at all LHSPLA sanctioned meets.

ARTICLE XIII

STATE MEETS:

SECTION 1. No member school shall be allowed to compete at their respective state meet until they have cleared all fines with the association that deal with late entry fines.

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 the 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 show of hands 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 at the State meets business via show of hands and when applicable by secret ballot when voting for President, Vice-President, Treasurer, Secretary and Division I and II members-at-large.

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.
- l. Scholarship winners must apply be accepted and enrolled at an accredited 4 year college or Junior College within one academic year of being awarded an

LHSPLA scholarship. Failure to do so within this time period will forfeit that scholarship winner's scholarship award.

SECTION 4. The \$20.00 entry fee per powerlifter must be paid by school check made payable to the LHSPLA. The check for entry fees must be mailed to the respective Division I/II State Meet Director along by the established deadline (one calendar week prior to competition) in Rule 26.6.3 of the LHSAA By-Laws – Pilot Powerlifting Program. Entry fees from all 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 referee 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 (1st through 5th place) by classification
- b. Division II Boy's: 7-5-3-2-1 (1st through 5th place) by classification
- c. Division I Girl's: 7-5-3-2-1 (1st through 5th place) by classification
- d. Division II Girl's: 7-5-3-2-1 (1st through 5th place) by classification

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

7-5-3-2-1 (1st through 5th 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 Division I and II State Meets will be \$10.00. Children twelve (12) and under will not be charged admission to the LHSPLA Division I and II State Meets. LHSAA Coaching Cards will be honored at all LHSPLA sanctioned meets.

ARTICLE XIV

AMENDMENTS:

SECTION 1. The Constitution may be amended at one of the semi-annual general business 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 general business 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 can also be submitted electronically as long as they meet the time requirements for submission. (Appendage F)

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 (2011-12)

President – Steve Baronich (Episcopal Of Baton Rouge)
Vice-President – Reed Bueche (Catholic of Pointe Coupee)
Treasurer – Sam Beckwith (Broadmoor High School)
Secretary – Kelly Magendie – (Lutcher High School)
Director of Officials – Scott Stevens (Broadmoor High School)
North Regional Chairman – Jeremy Many (West Monroe High School)
South Regional Chairman – Daniel Hanlon (Pope John Paul High School)
West Regional Chairman – Eddie Bergeron (Church Point)
East Regional Chairman – Steve Baronich (Episcopal of Baton Rouge)
LHSPLA Member at Large (2A and below) – Darren Gremillion (Louisiana School for the Deaf)
LHSPLA Member at Large (5A - 3A) – Duane Urbina (Alexandria Senior High)
LHSPLA Counsel – Marlon Harrison
LHSPLA Rules Interpretation/Meet Protocol Committee – Casey Calderone, Derek Landry, James Gilley and Tyler Gerfers

APPLICATION FOR LOUISIANA HIGH SCHOOL
POWERLIFTING STATE RECORD

DATE OF APPLICATION: _____

COMPETITION (REGIONAL, STATE): _____

LIFTERS NAME: _____

WEIGHT CLASS: _____ BODYWEIGHT: _____

SCHOOL: _____

LIFT ATTEMPTED: (SQUAT, BENCH, DEADLIFT OR TOTAL) _____

AMOUNT LIFTED: _____

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

NAME	CERTIFICATION
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CHIEF JUDGE _____	- _____
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SIDE JUDGE _____	- _____
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SIDE JUDGE _____	- _____
------------------	---------

*MEET DIRECTOR _____	- _____
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*RECORDS CHAIRMAN

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.

*Meet Director or Records Chairman can sign for Verification *

(Appendage B)

LHSPLA REGIONAL MEET Financial Report

Host School _____

Regional Date _____

Regional _____

Refer to Article XII, Section 5 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 _____

LHSPLA STATE MEET Financial Report

Host School _____

State Meet _____

State Meet Date _____

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) 2011-12 LHSPLA REGISTRATION FORM

SCHOOL: _____

CLASSIFICATION: (CIRCLE ONE) 5-A 4-A 3-A 2-A 1-A B C

SCHOOL'S MAILING ADDRESS: _____

SCHOOL'S E-MAIL ADDRESS: _____

HEAD COACH: _____

CELL PHONE #: _____

WORK PHONE #: _____

HOME PHONE#: _____

E-MAIL ADDRESS: _____

ASSISTANT COACHES: _____

(PLEASE SIGNIFY WHETHER ASSISTANTS COACHES ARE FACULTY OR NON-FACULTY (CECP CERTIFIED COACHES))

PRINCIPAL'S SIGNATURE: _____

(PLEASE SIGNIFY WHETHER ASSISTANTS COACHES ARE FACULTY OR NON-FACULTY (CECP CERTIFIED COACHES))

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 (CECP CERTIFIED) ASSISTANT COACHES LISTED ON THIS FORM. REMEMBER EACH MEMBER SCHOOL CAN HAVE 1 HEAD COACH AND A MAXIMUM OF 4 ASSISTANTS

Section 3: Administration/Sportsmanship/Coaching/Supervision – LHSAA By-Laws

3.4.6 A school shall be limited to four non-faculty coaches per sport and not more than 24 non-faculty coach's total per school year.

A VALID REGISTRATION FORM MUST BE RECEIVED BY THE ASSOCIATION, ALONG WITH A SCHOOL'S ANNUAL DUES BY FEBRUARY 1ST, ONE CALENDAR MONTH BEFORE EACH MEMBER SCHOOLS REGIONAL COMPETITION:

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

SECTION 26 LHSAA BY-LAWS - POWERLIFTING PILOT PROGRAM

26.4.4: A TEAM MAY BE COACHED BY A FACULTY OR A CERTIFIED NON-FACULTY COACH. THE SCHOOL SUPERVISION RULE SHALL APPLY WHEN A TEAM PARTICIPATES IN AN INTERSCHOLASTIC MEET. IF A SCHOOL ENTERS NO MORE THAN TWO CONTESTANTS IN A MEET, THE STUDENT(S) MAY BE ACCOMPANIED BY A FACULTY COACH/REPRESENTATIVE, OR AN LHSAA CERTIFIED NON-FACULTY COACH FROM ANY OTHER SCHOOL/SCHOOL SYSTEM ENTERED IN THE MEET IF BOTH SCHOOLS' PRINCIPALS GIVE WRITTEN PERMISSION. THE WRITTEN PERMISSION SHALL BE PRESENTED TO THE MEET DIRECTOR PRIOR TO THE START OF THE MEET.

(APPENDAGE E)

ALL LIFTERS MUST SECURE SIGNATURE OF PARENT/GUARDIAN – FORM MUST BE COMPLETED USING AN INK PEN

LHSPLA HEALTH INSURANCE INFORMATION FORM

This form shall be turned into the meet director before participation in an LHSPLA sanctioned meet will be allowed. Schools with group policies may submit a letter with their group policy information with a certified list of covered students. **The meet director has discretion to permit participation to accommodate unique circumstances regarding policy information.**

I have read and understand the above information as it pertains to _____

Lifter's Name

participation in LHSPLA sanctioned meets for the 2011 Powerlifting Season. Sex: Male _____ Female _____

Address: _____ City: _____, La.

Date of Birth: _____ Currently attends the _____ grade at _____ High School

Is covered by (check one):

Regular/Indemnity _____ PPO _____ HMO _____ Point of Service _____ Medicaid _____
(Medicaid number must be listed on this form if that is the Insurance Provider of choice by the meet participant, form will be null and void without a correctly listed Medicaid Number)

Name of Insurance Company: _____

Name of Policyholder: _____

Policy Number: _____

Group Name or Number: _____

2012 LHSPLA MEET WAIVER

The undersigned, with full knowledge of the hazards and inherent risks of physical and mental injury involved in powerlifting competitions hereby release(s) all rights (known or unknown), claims, and interests for any injuries and/or damages against the LHSPLA, host schools, meet directors, judges, spotters, and loaders as a result of the named lifter participating in an LHSPLA sanctioned meet during the 2012 powerlifting season.

This waiver also releases the LHSPLA from any claims of liability (known or unknown) related to the results of a sanctioned LHSPLA meet being published on its website. A student may be identified by first name and/or first initial of the last name and the name of their school.

_____ Post my results on the LHSPLA web site. _____ Do not post my results on the LHSPLA web site.

I have read and understand all of the information listed above.

Lifter's Signature: _____ Date: _____

Parent or Guardian's Signature: _____ Date: _____

Coach's Signature: _____ Date: _____

