

2011-12 Technical Rules Of
The Louisiana High School Powerlifting Association
Edited By
The Louisiana High School Powerlifting Association
Executive Committee, November 2011

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I. GENERAL RULES

1. COMPETITION:

The Louisiana High School Powerlifting Association (LHSPLA) recognizes the following lifts, which shall be taken in all three-lift competitions conducted under the sanction of the LHSPLA:

Lifts and Sequence

1. Squat 2. Bench Press 3. Deadlift

NOTE: A combination of the best lift in each of the above three lifts (excluding fourth attempts) will constitute the TOTAL.

2. STATE AND REGIONAL CHAMPIONSHIP MEETS:

The LHSPLA conducts and sanctions the following meets and maintains State Records for:

The North, South, East, and West Regional Championship Meets and the State High School Powerlifting Championships.

The JV State Meet is also a sanctioned LHSPLA event.

3. STATE RECORDS:

The LHSPLA recognizes and registers State and Regional Records for the athletes that meet the age and scholastic eligibility requirements set forth in Article VIII of the LHSPLA constitution. New State Records can only be officially attempted or broken at an LHSPLA Regional (North, South, East, or West) or at the LHSPLA Division I or II State Meet. An athlete must post a total at the meet where they break the record, or the record will not be recognized.

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.

There shall be no fourth (4th) attempts allowed to tie or break total records. All total records must be broken within the nine (9) competitive attempts of the three lifts contested (Squat, Bench and Deadlift) in a powerlifting meet.

4. BODY WEIGHT CATEGORIES:

A. Recognized titles for each weight category:

1.	Men	
	up to 114.5lbs.	181.8 lbs.
	123.5 lbs.	198.3 lbs.
	132.3 lbs.	220.3 lbs.
	148.8 lbs.	242.5 lbs.
	165.3 lbs.	275.5 lbs.
		Over 275.5 lbs.
2.	Women	
	up to 97 lbs.	148.8 lbs.
	105.8 lbs.	165.3 lbs.
	114.5 lbs.	181.8 lbs.
	123.5 lbs.	198.3 lbs.
	132.3 lbs.	220.3 lbs.
		Over 220.3 lbs.

5. COMPOSITION OF A TEAM

Each men's team is allowed a maximum of 11 competitors spread throughout the range of the eleven (11) bodyweight categories and each women's team is allowed eleven (11) competitors spread throughout the range of the eleven (11) bodyweight categories for women. There shall not be more than two competitors from any one team in any particular bodyweight category. All teams shall be officially registered with the LHSPLA to engage in team competition.

6. POINT SCORING AT THE REGIONAL AND STATE CHAMPIONSHIP MEETS:

All LHSPLA Regional Competitions: Point scoring shall be: 7-5-3-2-1 for the first five places in each weight class. See Article XIII, Sections 7 & 8 of the LHSPLA constitution for scoring divisions at the State High School Meet.

7. TEAM AND INDIVIDUAL WEIGHT CLASS AWARDS: STATE AND REGIONAL MEETS

A. TEAM AWARDS: LHSPLA STATE MEET

Team awards shall be given to the State Champion, the State Runner-Up, and the 3rd place team in each classification (5A - 1A and below) at the State Meet. In case there is a tie between two teams in the same classification, the team having the largest number of first place finishers will be ranked first. If a tie still occurs, the team having the greater number of 2nd place finishers shall be declared the winner. Each lifter participating in the State Championship Meet will receive a certificate of participation. The size and make-up of the team trophies at the State Meets are to be made up to the prescribed specifications of the

LHSPLA Executive Committee. See Rule V, Section 9 for more clarification.

B. TEAM AWARDS: LHSPLA REGIONAL MEETS

Trophies will be given to the top three teams, no matter what classification, at Regional competitions. The size and make-up of the team trophies at the Regional Meets are to be made up to the prescribed specifications of the LHSPLA Executive Committee.

C. INDIVIDUAL AWARDS: LHSPLA STATE MEET

Medals will be awarded to the top 3 lifters in each weight class at the LHSPLA State Meet. Certificates will be handed out to the 4th and 5th place finishers in each weight class. 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 awards respectively. The size and make-up of the medals, individual trophies and certificates at the State Meets are to be made up to the prescribed specifications of the LHSPLA Executive Committee.

The girls' outstanding lifter trophies at the state meet will be divided into the light and heavy platforms using the following criteria:

Light Platform – 97 lb. – 148 lb. Weight classes
Heavy Platform – 165 lb. – SHW Weight classes

The boys' outstanding lifter trophies at the state meet will be divided into the light and heavy platforms using the following criteria:

Light Platform – 114 lb. – 165 lb. Weight classes
Heavy Platform – 181 lb. – SHW Weight classes

D. INDIVIDUAL AWARDS: LHSPLA REGIONAL MEETS

The top three lifters in each weight class will receive a medal. The 4th and 5th place finishers in each weight class will receive certificates. Also the outstanding lifters on the light and heavy platforms will be presented outstanding lifters awards. The size and make-up of the individual awards at the Regional Meets are to be made up to the prescribed specifications of the LHSPLA Executive Committee.

8. ROUND SYSTEM

It is recommended that the Round System be used at all meets, as it is more expedient for the lifters and meet administrators.

9. POUND WEIGHT IN LHSPLA SANCTIONED COMPETITIONS

All LHSPLA State and Regional meets shall be conducted with pound weights. Said weights should be uniform in make and size. Bars used in LHSPLA competitions should also be uniform 45 pound Olympic weightlifting bars with sufficient knurling.

10. ATTIRE

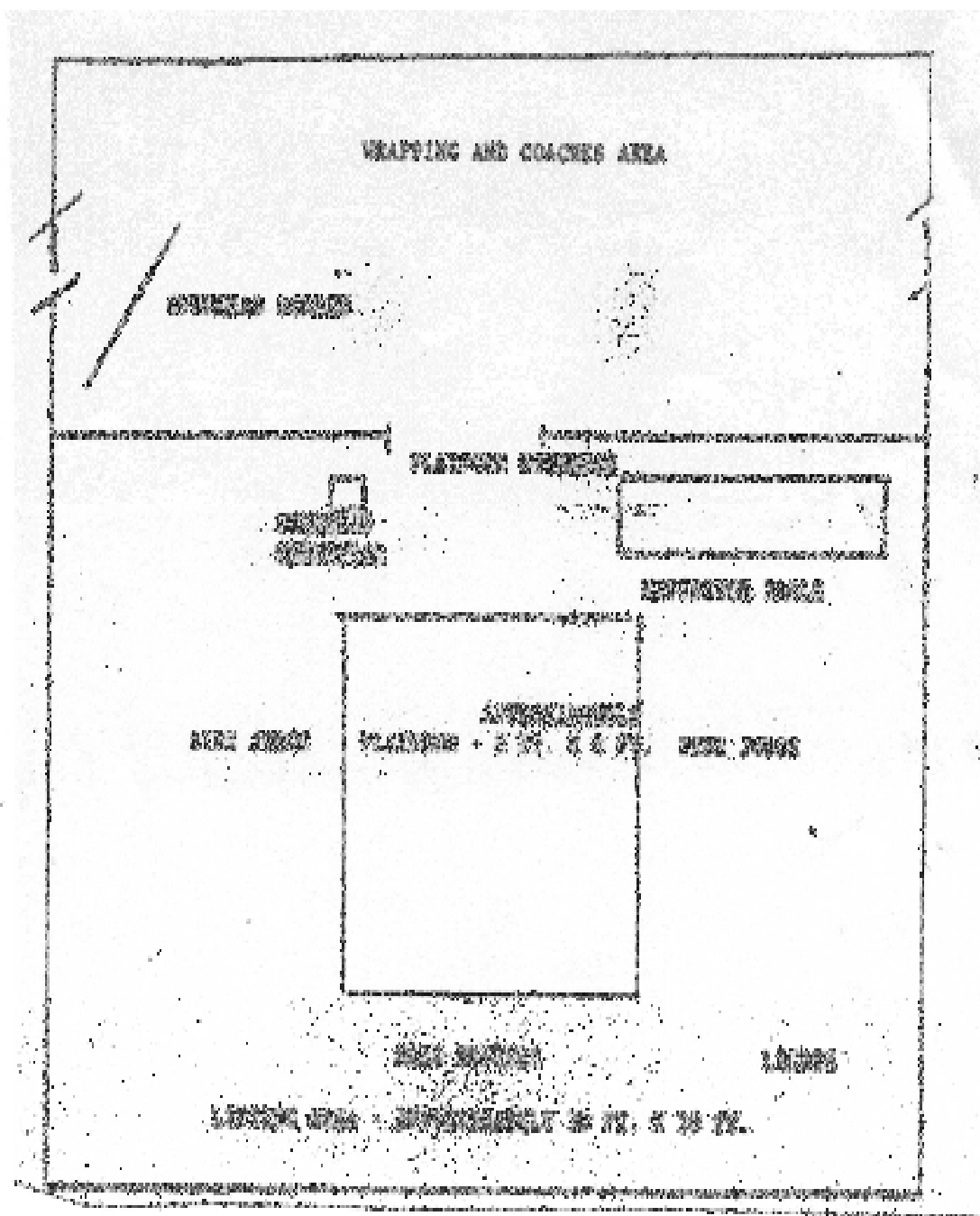
Lifters in LHSPLA meets should have the option of lifting in either a one-piece lifting suit or singlet. A shirt with a hemmed sleeve that does not go past the elbow must be worn. With either attire, shoes with a molded sole are mandatory

11. TEAM ROSTER SUBMISSION AT A MEET

Each team will submit a team roster to the Regional Meet Director at the weigh-in before they will be allowed to weigh-in their team. Only the lifters listed on this roster will be allowed to lift in the Regional Meet. No new names may be added to this roster after the weigh-in has started.

II. EQUIPMENT AND SPECIFICATIONS

1. PLATFORM



A. Size

It is recommended that all lifts shall be performed on a platform measuring 8 ft. x 8 ft. for a minimum (Regional Meets) and up to 12 ft. X 12 ft. for a maximum. (State Meet)

B. Surface

It is recommended that the surface of the platforms shall be firm, non-slip, and level, and shall not exceed 4 inches in height from the surrounding floor. No discernable seams are permitted in the general vicinity of the lifter. All actual lifting (where the lifter stands) shall be on a 4 X 8 ft. sheet of plywood (or equivalent rubber mat).

C. Boundaries of the Lifting Area

The boundaries of the lifting area should be clearly marked for the benefit of the coaches, officials, and spotters. This can be done with broad tape, barriers of flags or rope, etc. This determines the vicinity of the platform, or the area in which there can be **NO COACHES** or **NO SPECTATORS!!!**

D. No one is allowed on the platform except the lifter, the designated loaders and or spotters, the platform referees, and other meet officials. Any cleaning, mopping, brushing, or adjusting on the platform shall be handled solely by these official personnel unless otherwise designated by the Chief Referee or Meet Director.

2. BARS AND DISCS

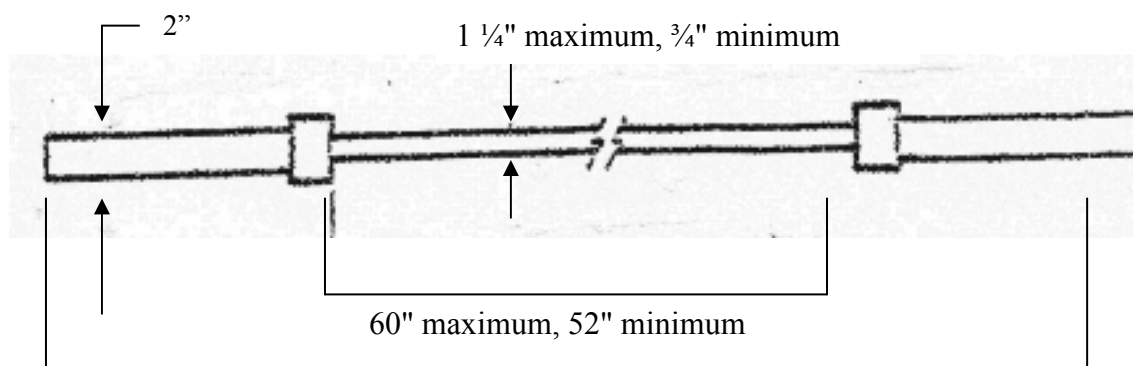
A. General Description

It is recommended for all powerlifting contests organized by the LHSPLA, only disc barbells are permitted. The use of bars or discs that do not meet the recommended specifications will invalidate the contest or any records accomplished.

B. COMPETITION BAR:

General Rule on Type of Bar allowed

It is recommended that competition bars be of the Olympic type, and not the standard exercise bar.



The total length of the bar is not to exceed 7' 6"

C. Bar Specifications

It is recommended that the bar be straight, well knurled or grooved, and conform to the following dimensions for the State LHSPLA Meet and all LHSPLA Regional Meets.

- (1) Total length not to exceed 7' 6".
- (2) Distance between the collar faces shall not be less than 52 inches or more than 60 inches.
- (3) Diameter of the bar shall not exceed 1 1/4" or be less than 3/4".
- (4) When using collars the weight of the bar and collars shall be 55 pounds and when using speed collars the weight of the bar and collars shall be 45 pounds.
- (5) Diameter of the sleeve shall be 2".
- (6) Center knurling on the bar should be approximately 6" wide with approximately 5" of unknurled bar on either side. Knurling should be 12-14 lines per inches, pointed (not flattened) and free from all paint, chrome, nickel, or other materials.

D. Plate Specifications

- (1) It is recommended that all plates on lifting platforms should be of the same make and manufacturer, especially at the LHSPLA State Championship Meet. Ex. All York plates, Standard.
- (2) Plates shall include the following weight sizes: 2 1/2 pound, 5 pound, 10 pound, 25 pound, 35 pound, 45 pound, and 100 pound.
- (3) For record purposes, lighter plates, 1 1/4 pound, may be used for breaking existing records.
- (4) Each plate shall have its weight clearly marked and shall be loaded in the following sequence: Heaviest plate innermost with the lighter plates in descending order.
- (5) The first and heaviest plates shall be loaded on the bar facing in, with the rest of the plates loaded facing out in descending order.

E. Collars: Use and Specifications

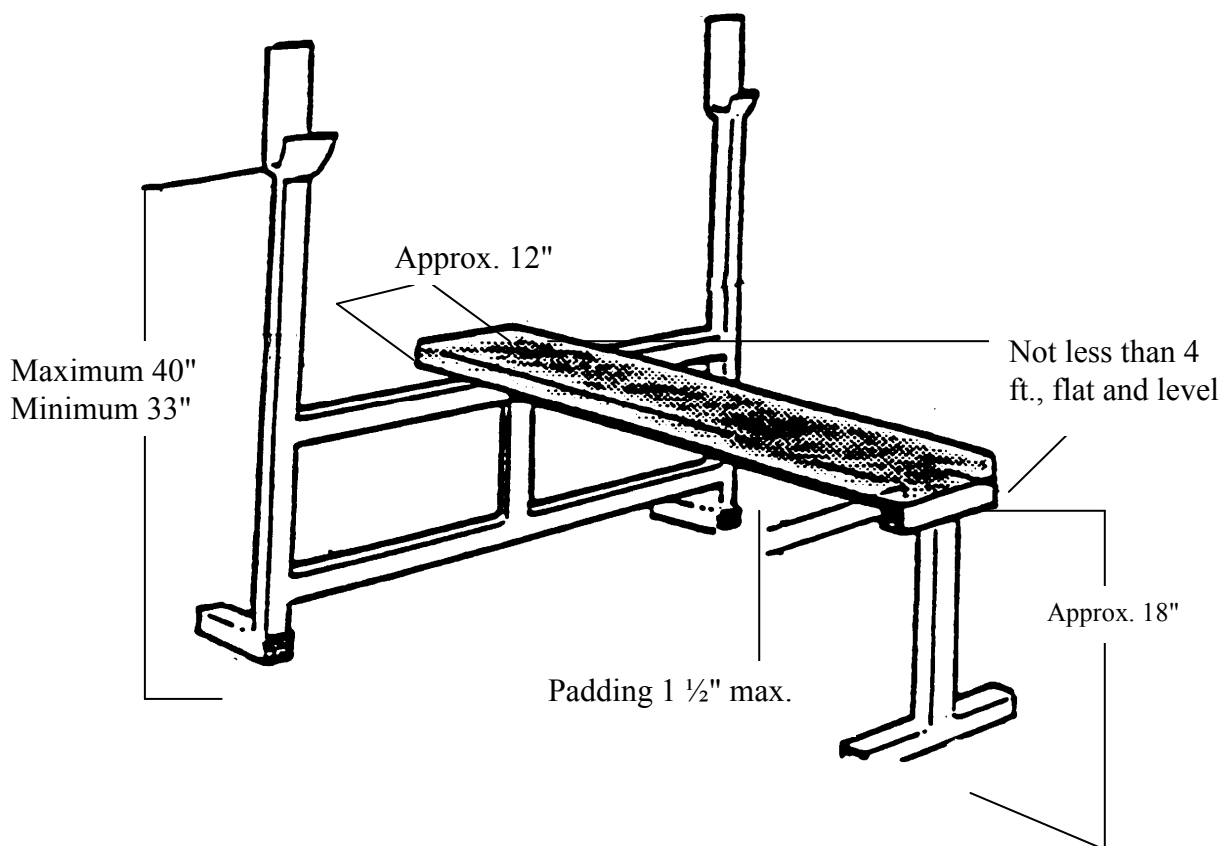
- (1) It is recommended that collars or speed collars be used in competition,

and tightened away from the discs, if requested by the lifter.

- (2) It is recommended that the collars weigh 5 pounds each when used or 0 pounds of negligible weight when using speed collars with the standard power bar.
- (3) Collars or speed collars are required to be in place during all competition lifts except when the minimum weight of 45 lbs. is being attempted by a lifter during a meet.

3. SQUAT RACKS

- A. It is recommended that the Squat racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter-loaders.
- B. It is recommended that the squat racks shall be designed to adjust from a minimum height of 39 inches in the lowest position, to a maximum height of 66 inches in the highest position.
- C. It is recommended that the height adjustment shall be at incremental stages not to exceed 2 inches.
- D. It is recommended that all hydraulic racks shall be capable of being secured at the required height by means of pins.
- E. Referring to rack width setting, OUT means the racks are near the collars of the bar and IN means the racks are near the 32 inch bar markings.
- F. It is recommended that the approved type of squat racks or power racks also be used in the warm-up room provided and used in the warm-up room.



4. BENCH

- A. It is recommended that the bench be of sturdy construction for maximum stability and recommended it conforms to the following dimensions:
- (1) Length: Not less than 4 feet, flat and level.
 - (2) Width: Approximately 12 inches.
 - (3) Height: Approximately 18 inches measured from the floor to the top surface of the bench without being depressed or compacted. The height of the uprights on adjustable and non-adjustable benches shall be a minimum of 40 inches measured from the floor to the bar rest position.
 - (4) Maximum width between the inside of the bar rests shall be 3 ft., 7 inches.
- B. It is recommended that the approved type bench also be used in the warm-up room.

5. LIGHTS

- A. A system of lights shall be provided whereby the referees can make known their decisions.
- B. Each referee will control a white and a red light representing a good lift or no lift, respectively.
- C. The lights can be arranged horizontally or vertically as long as they are in sight of the expeditors and the officials working at the scoring table.
- D. If the wires are set up to light up together, the Chief Referee on the platform should be in charge of the master switch.
- E. If the lights are not wired to light up simultaneously. Each referee should make his/her decision and turn the light on when the bar makes contact with the rack (when being replaced) in the squat and the bench press, and when the bar makes contact with the platform (after the completion of the lifters attempt) in the deadlift. For uniformity, the lights should be turned off at the same time when the lifter leaves the platform.
- F. For emergency purposes (electrical breakdown), the referees will be provided with small white (good lift) and red (bad lift) flags to indicate their decisions or if they do not have flags they will give a visual “thumbs up” for a good lift or “thumbs down” if the judge decides that a lift is not successful.

III. COSTUME AND PERSONAL EQUIPMENT

1. APPROVED SUPPORTIVE EQUIPMENT

The list of approved supportive equipment on the USAPL website will be utilized as a guide to assist the LHSPLA in determining whether the supportive equipment utilized is legal BUT, the LHSPLA shall be the final arbiter as to whether the supportive equipment is legal or not. This guide shall be posted on the LHSPLA website.

Any successful State record lift will be followed by a cursory examination of the supportive equipment utilized in that lift to determine whether the supportive equipment utilized 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.

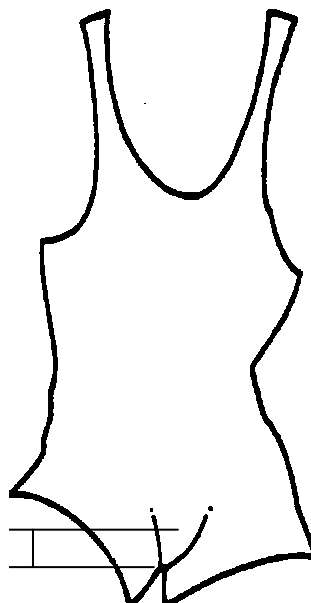
2. COSTUME (LIFTING SUIT)

A. General Rule

A lifting suit shall be worn consisting of a one-piece full-length lifting suit of one-ply stretch material without any additional patches or padding. The straps shall be worn over the shoulders at all times while the lifter is on the platform. The lifting suit may not be made of any materials such as spandex. A t-shirt with a hemmed sleeve that does not extend below the elbow must be worn under the lifting suit or singlet when on the platform and during the execution of a lift.

If a lifter chooses to compete in a lifting singlet it is recommended that it meets the requirements listed in rule 2-B, 1 – 7. No singlet shall be worn that gives a lifter an unfair or competitive advantage over other lifters.

Length of leg from
top seam of crotch
= 6"



B. Specific Rules

- (1) The crotch panel shall be of one-ply for suits used in the squat and the deadlift.
- (2) A folded strap or a strap that has a piece of material added is legal on a suit as long as it does not increase the total thickness of the suit. Any suit that has been torn and has been subsequently repaired with an acceptable one-ply material should be legal as long as it does not increase the total thickness of the suit.
- (3) There shall be no obscene or profane markings on lifting attire worn on the platform or at the meet site.
- (4) The length of the leg shall not exceed 6 inches from the middle of the crotch to the edge of the leg length. This measurement should be taken when the suit is lying unworn on a table.
- (5) Any alterations to a suit, which exceed the established widths, lengths, or thickness previously mentioned, shall make a suit illegal for competition.
- (6) The suit may be any color or colors as long as such design does not prohibit platform officials from being able to judge the lift.
- (7) Lifting suits shall not be inverted (turned inside out), but may be worn in reverse (backwards). This is to insure compliance with the rulebook regarding double ply suits. Alterations that are made by the lifter that causes the suit to become double ply and/or enhances or gives the lifter a competitive advantage over another because of that alteration are strictly prohibited.

C. Women's Specifications

Women shall wear a one-piece suit of comparable design to the lifting suit as long as it meets all of the requirements described in Section III, C. Leotards with sleeves or high cut leg lines are not permitted.

D. Emblems, Logos, etc.

Any emblem or logo may be worn on a lifting shirt, equipment, belt, and attire as long as it is not obscene or profane, or deemed as interfering with the platform referee's job of making decision as to the validity of a lift.

3. SHIRT

A. General Rule

Any type of t-shirt, jersey, or other type of shirt with a hemmed sleeve must be worn; all shirts shall be worn under the lifting suit or singlet. The shirt sleeve must remain above the elbow. The shirt shall be made of one-ply cotton, polyester, or a combination of the two including tight or loose fitting school issued shirts made of dri-fit fabric or something similar. Bench shirts may be worn if they fit according to the general rule above. No shirts with cut off sleeves will be allowed.

B. Specific Rules

It shall not be ribbed or consist of any rubberized materials, denim, or similar stretch materials.

C. Emblems, Logos, etc.

See Section III, Rule 2, Article D.

4. SOCKS

A. Socks of any type or color, with any type of logo, emblem, etc. may be worn as long as no obscene or profane markings are present. It is permissible for lifters to wear more than one pair of socks.

B. They shall not be so long that they touch any knee wrappings or one-piece knee cap supporter when in use.

C. Full length stockings, tights or hose are strictly forbidden.

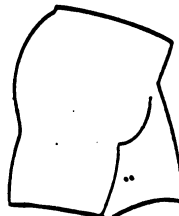
D. Shin length socks may be worn to cover and protect the shins while performing the deadlift. The socks cannot extend higher than the crease in the knee joint at the back of the knee.

5. ATHLETIC SUPPORTER/BRIEFS

An athletic supporter or standard cotton or nylon brief of a single-ply shall be worn under the lifting suit or gym shorts. Swimming trunks, spandex biking shorts or any other garment consisting of rubberized or stretch material is not permitted. The garment shall have no legs and cannot act as a girdle.



Legal brief



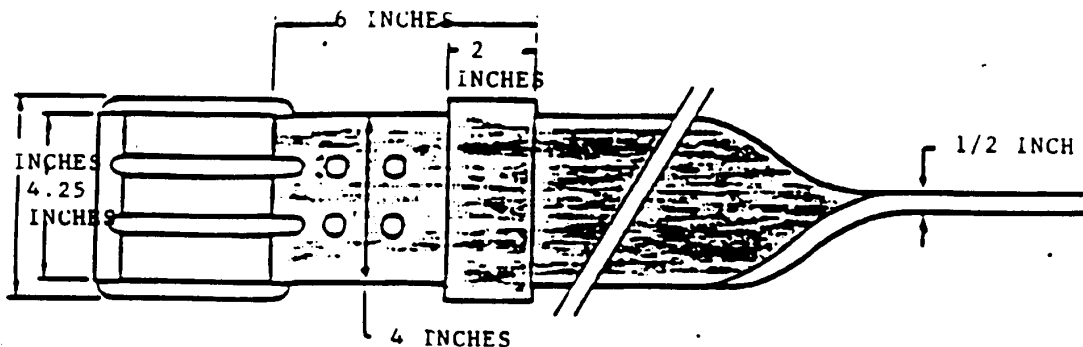
Illegal brief

6. WOMEN'S WEAR BENEATH THE LIFTING SUIT

A. Under Garments

Women shall wear protective briefs or panties as long as they are not deemed supportive in any way. Women may also wear a bra as long as it does not retain its shape when placed in an upright or flat position. Only one bra (layer of clothing) can be worn beneath a lifters' t-shirt or bench shirt. Hose or panty hose are not permitted.

7. BELT



A. A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.

B. Materials and Construction

- (1) The main body of the belt shall be made of leather or vinyl in one or more laminations, which may be glued and/or stitched together.
- (2) It shall not have any additional padding, bracing, or supports of any material.
- (3) Any type of buckle or fastener is permitted provided the underloop of the two ends of the belt does not exceed 4 inches.
- (4) A leather tongue shall be attached close to the buckle by means of studs and/or stitching.
- (5) One or two prong buckles may be used.

C. Dimensions

- (1) Maximum belt width - 4 inches.
- (2) Maximum belt thickness – ½ inch.
- (3) Maximum inside buckle width - 4 1/4 inches.
- (4) Maximum outside buckle width - 5 inches.

D. Appropriate Emblems, Logo, Etc.

See Section III, Rule 2, Article D.

8. FOOT ATTIRE ON THE PLATFORM

A. General

Any type of uncleated or unspiked shoe or boots with a sole shall be worn.

B. Definition of Soles

Shoes shall include boots, sport shoes, cross trainers or any foot covering that has a patterned molded sole.

9. WRAPS

A. General Rule

Wraps may be worn, however, only wraps or bandages of medical crepe or one-ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials is permitted. Bandages of rubber or rubberized substitutes are strictly forbidden. Virtually any type of fastening device is illegal except adhesive tape.

B. Legal Use of Wraps

- (1) Wrists - Wraps shall not exceed 3' 3" in length and 3" in width. A combination of two or more wrist wraps is forbidden.
 - (a) If wristbands are the wrap around style, the Velcro fastener cannot be so long that it completely encircles the wrist. Also if it has a thumb loop fastener, it cannot be secured around the thumb during the execution of the actual lift.
 - (b) A wrist wrap shall not extend beyond 4 inches above the center of the wrist joint and 3/4 inch below the center of the wrist joint. The total wrap cannot exceed 5 inches in length.
- (2) Knees - Wraps shall not exceed 6' 6" in length. A knee wrap shall not extend over 6 inches above or below the center of the knee joint. The total wrap cannot exceed 12 inches.

C. Illegal Use of Wraps

- (1) Wraps shall not touch the socks or the lifters suit.
- (2) Wraps shall not be used elsewhere on the body other than the knees and the wrist.

10. EQUIPMENT WAIVER ENFORCEMENT AT MEETS

- A. Coaches will be required to inspect his/her team's own equipment (lifting suits, belts, and wraps). They will be required to sign a waiver verifying that all equipment that is being used by his/her team complies with Section III of this rulebook.
- B. If a lifter steps on the platform and is found to be wearing an illegal article or attire of illegal piece of equipment, whether intentional or not, he/she shall accept the consequences of violating LHSPLA rules on platform attire and equipment. The penalty is a warning for a minor infraction, and disqualification of a lift for a major infraction.
- C. If a lifter performs a lift in a grossly invalid piece of equipment or attire, the lift shall be disqualified and the lifter shall be warned. For minor infractions of attire and equipment the lifter shall be warned and the lift allowed on their first attempt. Repeated use of equipment and attire with minor infractions will result in any subsequent lifts being disqualified. Repeated use of illegal attire and equipment by the lifter shall be cause for disqualification from competition. A lifter, who is found guilty of a major equipment or attire infraction (intentional or unintentional) and uses the same illegal equipment or attire again, shall be disqualified. In no case shall a lift be allowed when a major infraction occurs.
- D. Equipment Waiver

LHSPLA EQUIPMENT WAIVER

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

Coach or School Representative

School

Competition (LHSPLA Regional or State)

Date

11. EXAMPLES OF MAJOR RULE INFRACTIONS: COSTUME AND EQUIPMENT

- (1) Wraps more than 1 foot over length.
- (2) Wearing two sets of wraps.
- (3) Use of two suits, two bench shirts, girdles, braces, reinforced double ply suits, or highly supportive underwear.
- (4) Use of oil, grease, jelly, lotion or other lubricant on legs.
- (5) Additional bracing or covering in or on the belt.
- (6) Use of elbow wraps.
- (7) Wearing obscene or profane apparel on the platform.
- (8) Wearing dirty or torn items on the platforms that are deemed to be an embarrassment to the sport.
- (9) Wearing items that have been rejected at that competition.
- (10) Wearing attire with illegal alterations.
- (11) Wearing a belt that is so long it is wrapped around the lifter and gives the effect of a double belt.
- (12) Any use of adhesive tape not approved by the Head Referee or Meet Director
- (13) Use of illegal substances on the lifter and/or the lifter's attire.
- (14) Illegal use of plasters (Band-Aids, bandages, etc.) that aid the lifter.
- (15) Wearing a football girdle, biker or compression shorts underneath the lifting suit.

12. EXAMPLES OF MINOR INFRACTIONS

- (1) Wraps touching the socks.
- (2) Wraps a few inches too long.
- (3) Wearing a Belt that is over 4 inches wide.
- (4) Wearing more than one t-shirt.
- (5) Improperly attached wraps.
- (6) Straps on lifting suit not over the shoulders while lifting.

- (7) Knee wraps that extend more than 6 inches above or below the knee joint.
- (8) Using wraps with Velcro straps that gives joint support.
- (9) Using the thumb loop of a wrist wrap during the lift.
- (10) Wearing a shirt with sleeves past the elbow.
- (11) Wearing a shirt or t-shirt without a hem on the sleeve.
- (12) Wearing cleats.
- (13) Lifting in leotards.

13. PROHIBITED AND ACCEPTABLE ITEMS/ACCESSORIES

Headbands, mouthpieces and hair ribbons are acceptable on the platform. Hats are strictly forbidden and may not be worn on the platform during the lifting. Items such as watches, costume jewelry, sunglasses are also unacceptable on the platform. Prescription eyewear (glasses) is acceptable on the platform.

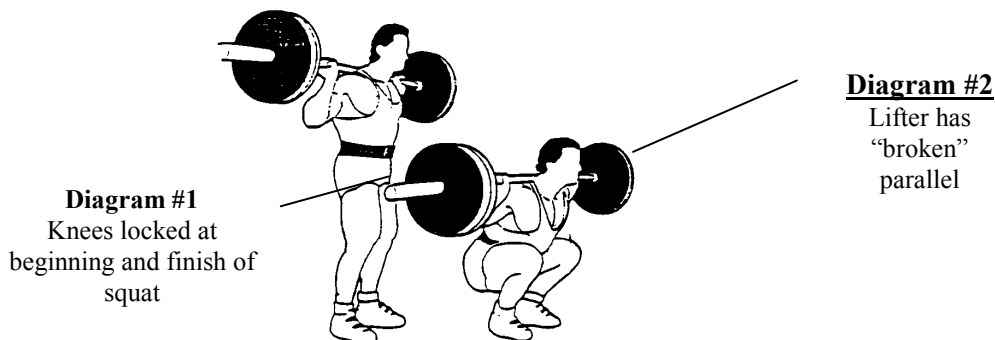
14. USE OF SUBSTANCES ON THE LIFTER OR ON THE LIFTERS
ATTIRE/EQUIPMENT.

- A. The use of water, oil, grease, baby powder or other lubricants on the body, costume or personal equipment is strictly forbidden.
- B. Pool hall chalk and magnesium carbonate are the only two substances that may be added to the body and attire.
- C. No foreign substances may be applied to the equipment or wraps. Stick-um and tough skin are also prohibited substances. They may not be applied to the skin, soles of shoes, or wraps.

IV. THE POWERLIFTS AND THE RULES OF PERFORMANCE

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

1. SQUAT



A. Rules of Performance

- (1) After the Head Referee signals that the bar is loaded, the lifter has one minute to get to the platform and remove the weight from the squat racks. Safety is the primary concern when lifters are executing this lift. Once the lifter is under the bar and removes the weight from the squat racks, the lifter cannot be timed out. From that point, if any referee determines that the lifter poses a danger to himself/herself, the referees, and/or spotters or loaders before the lifter attempts to execute the lift, the lifter shall be requested to re-rack the weight and re-initiate his/her attempt. Time to execute the lift shall not expire during this period, and no penalty shall be imposed on the lifter. Once the REFEREE determines that the lifter is in a position to execute a safe attempt, he shall give a verbal and visual (downward motion of hand) command to allow the lifter to begin the lift. After the lifter assumes a ready position and signals the Head Referee that he/she is ready, he/she may then receive the verbal and visual (downward motion of hand) command to initiate the lift – "Squat"; however if a lifter fails to make a bona fide attempt, penalty shall be imposed which includes possible disqualification of the attempt.
- (2) The lifter shall always assume an upright position with the knees locked and the bar not more than 1 inch below the top of the anterior deltoids. The bar should be horizontal across the shoulders with both hands in contact with the bar, feet flat on the floor.

NOTE: The edge of the hands may be in contact with the collars, but the hands may not grasp the collars or discs.

- (3) After removing the bar from the racks the lifter shall move backwards and establish a position without the aid of the spotters to begin the execution of the squat. The lifter will not be given the visual and verbal command to start

the execution of the lift until the lifter is motionless, erect with knees locked, and the bar properly positioned on the lifters shoulders. Side Referees shall provide a hand signal *if there is an infraction of a rule before and during a lift*. No red light shall be given by a Head Referee for not having knees locked at the beginning of the lift if this infraction is not supported by a signal from the side judges.

NOTE: Spotter/loaders may assist the lifter with the removing of the bar from the racks.

- (4) Upon receiving the commands to start the execution of the squat, the lifter shall bend the knees and lower the body until the lifter has broken parallel where the hip joint has descended below the top of the knee joint. The knees must be locked at the start and the completion of the lift.

NOTE: Spotter/loaders may assist the lifter with the removing of the bar from the racks.

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

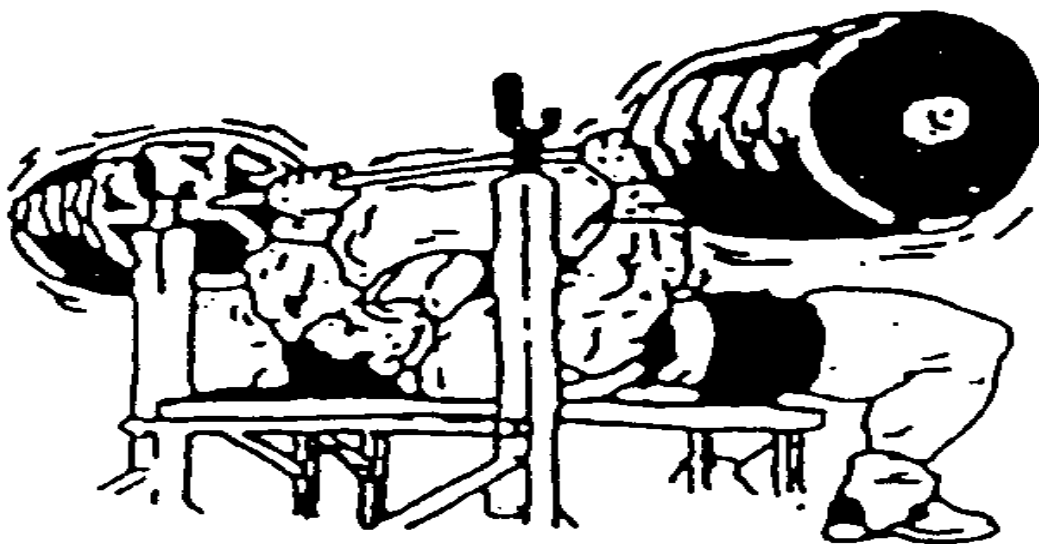
B. CAUSE FOR DISQUALIFICATION

- (1) Failure to wait for the command to start.
- (2) Double bouncing, or more than one recovery attempt at the bottom of the lift.
- (3) Failure to assume an upright position (knees locked) at the beginning or end of the lift.
- (4) Any lateral movement of the feet. Rocking back and forth on the feet between the ball and heel of the foot is permitted though.
- (5) Failure to break parallel on the squat attempt.
- (6) Change the position of the bar on the shoulders after starting the lift, intentional or unintentional.
- (7) Contact of elbows or upper arms with the legs.
- (8) Failure to make a bona fide attempt to return the bar to the racks.
- (9) Any dropping or dumping of the bar.
- (10) Failure to remove the bar from the racks within the one minute period after the “bar is loaded” command is given by the Head Referee on the platform.
- (11) Failure to use a closed grip during the execution of the lift.

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

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

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



2. BENCH PRESS

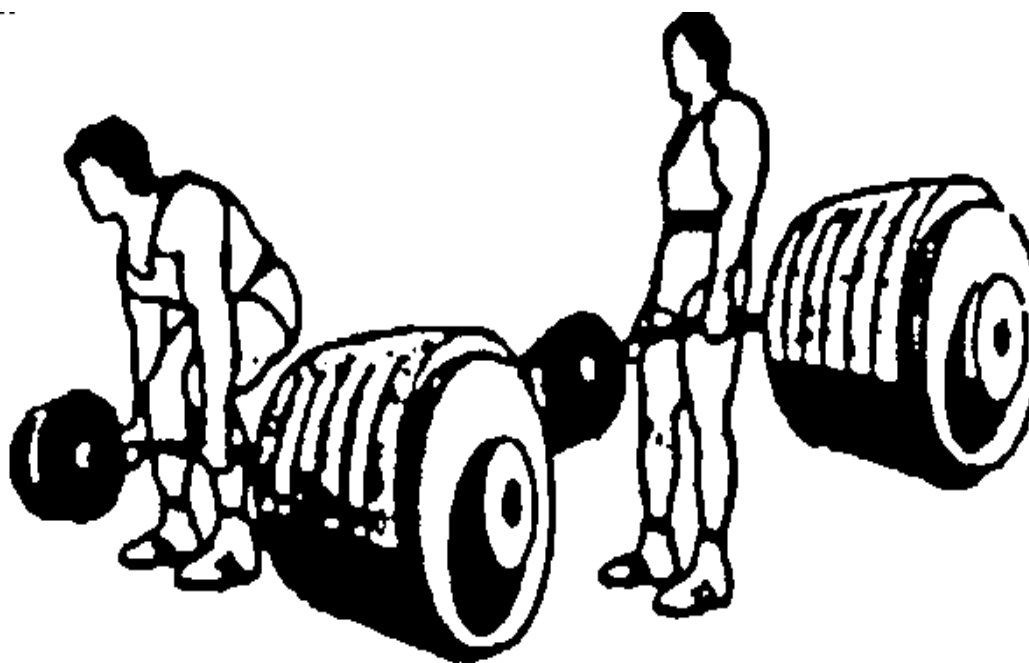
A. Rules of Performance

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

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

B. Causes for Disqualification - Bench

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



3. DEADLIFT

A. Rules of Performance

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

B. Causes for Disqualification

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

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

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

V. WEIGHING IN

1. LHSPLA 24 HOUR RULE

The LHSPLA allows weigh-ins to occur at specified times the afternoon or night before any Regional competition and State Championship Meet. The Meet Director will be responsible for setting up weigh-in times and notifying each coach about these specified weigh-in times.

2. DURATION OF WEIGH-IN SESSIONS

Specification of Weigh-In times at LHSPLA Meets

If specified on the entry blank, additional weigh-in sessions of any duration may be conducted during the 24 hour period before the lifting session begins: however, during the last 2 ½ hours before the start of the competition, a standard weigh-in session of 1½ hours will be used. This session will end 1 (one) hour prior to the start of the meet.

3. WEIGH-IN PROCEDURE

A. Where and Who May Attend

At Regional and State competitions teams shall weigh-in all at the same time to expedite the weighing-in process and to help meet management to keep track of all teams entered in that particular competition. Only team members who have been designated to lift shall be weighed-in. Any individual lifter's body weight shall not be made public until all lifters competing in the meet have finished weighing in.

** A listing of bodyweight category limits shall be posted near the scale.

It is recommended that only electronic scales be utilized to correspond to the LHSPLA weight classes and that only the weight classes sanctioned by the LHSPLA **are clearly exhibited** at the weigh-in. This will avoid any confusion as to the proper weigh-in class in case of a tie, and insure an orderly process for weighing in.

B. Lifter Requirements

Lifters must be weighed in the nude or in standard underwear (briefs for men, bra and panties for women). The weigh-in procedure shall ensure that lifters are weighed in by officials or knowledgeable non-referee representatives of their own sex appointed by the Regional or State Meet Directors.

C. Who Must Be Present At the Weigh-In

The only personnel that will be allowed in the weigh-in room or area at Regional and State Meets are: a) the meet personnel who are conducting the weigh-in, b) the team members who are listed on the team roster at Regional Meets and lifters from each respective team who qualify to lift at a State Meet and c) one coach from the team that is currently being weighed-in. There are no exceptions. This is to insure that all lifters are properly supervised, that the lifter correctly reports to the weigh-in official his weight class, and that all necessary documents are executed for that lifter. Male or female coaches with opposite sex lifters shall notify the weigh-in official immediately. There must be at least a 10 ft. buffer between the scale and the next person in line waiting to weigh-in.

4. DETERMINING THE ORDER OF LIFTING

In all LHSPLA meets the order of lifting in individual weight classes shall be determined by bodyweight. When two lifters in the same weight class are attempting the same weight; then the lifter with the lighter bodyweight will lift ahead of the heavier lifter attempting the same weight. If the two lifters have the same bodyweight, then the lifting order will be determined by alphabetical order.

5. EXPLANATION OF OFFICIALLY MAKING WEIGHT

A. Each lifter may be (officially) weighed only once. Only those lifters whose body weights are heavier or lighter than the limits of the bodyweight category that they are trying to get into are allowed to return to the scales. After a lifter makes weight, the weigh-in official will write the lifter's bodyweight in ink on their lifting card, then both he/she and the Official in charge of the weigh-in must initial his/her expeditor card in ink in the space provided. After doing so he/she must surrender the expeditor card to the Official in charge of that weigh-in. A second official stationed outside the weigh-in area will then re-check a team's lifting cards with its coach to insure consistent application of the weigh-in procedure and to insure accessibility inside and outside of the weigh-in area. The second weigh-in Official posted outside the weigh-in area shall require the teams coach to certify that the weights and weight classes on the cards for their team members are correct by initialing the expeditor card in the space provided.

B. Lifter's Responsibility when Making Weight

A lifter may try to make weight as many times as necessary until the weigh-in time expires. When a lifter does not want his/her weight officially recorded, the lifter is responsible to tell the official weighing in the lifters that they are simply checking their weight. The lifter is also responsible for telling the official weighing in the lifters that they are on the scale for an official recording of their body weight.

C. Illegal Re-Weigh

If a lifter enters a particular weight class, steps on the scales and officially makes weight within the upper and lower limits of the weight category, they will not be allowed to reweigh under any circumstances.

6. A LIFTER WHO IS TOO HEAVY FOR THE CLASS DECLARED (REGIONAL TEAM COMPETITION)

A lifter who is too heavy for the class entered may move into the next higher category, provided that not more than one lifter from his/her team is already entered in that category. This will only be allowed at Regional Meets. At the State Meet a lifter must lift in the weight category that he/she qualified in at the Regional Meet.

7. WHEN LIFTERS HAVE A TIE IN THEIR TOTALS

A. Re-Weigh Procedures

If the two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person.

B. Lifters Re-Weighing the Same

If both lifters weigh the same after re-weighing, they shall then share the placing and each will receive an award. The two lifters in question will tie for that place position in the competition and split the points for that place and the next order place for team points.

8. SCORING AT REGIONAL AND STATE MEETS

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

Regional Meets will be scored using the following guidelines.

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

9. BREAKING TIES IN TEAM POINTS BETWEEN ONE OR MORE TEAMS

At both the regional and state level of team competition, if there is a scoring tie between one or more schools, the team with the higher number of 1st place finishers will be awarded the higher place. If a tie still exists, then the team with the higher number of 2nd place finishers will be awarded the higher place. This tiebreaker will be utilized up to and including a team's 5th place finisher, if necessary to break the tie in a team score. If this does not resolve the

problem, then total team bodyweight coefficient should be utilized.

10. LIFTER INFORMATION TO BE PRESENTED AT THE WEIGH-IN AND ALLOWABLE ATTEMPT CHANGES

A. Conventional bar Progression

The lifter shall declare opening attempts for all three lifts (squat, bench press, and deadlift) at the time of the weigh-in. Lifters shall be responsible for checking their squat rack heights and foot blocks for the bench press prior to the start of the competition.

B. The minimum acceptable opening attempt for all three lifts (squat, bench press and deadlift) shall be 45 lbs.

11. THE ROUNDS SYSTEM AS RECOMMENDED FOR LHSPLA MEETS

A. First attempts for all three lifts shall be given at the weigh-in and can be changed within the last 15 minutes of the starting time of the meet or a flight. After the meet has started, the 15 minute time period to change a lift before the starting time of the next flight is defined as anytime before the start of the 3rd attempt of the flight currently being contested. ** A lifter is permitted one change of weight on the first attempt of each lift. **

B. Second attempts for all three lifts shall be submitted prior to the start of the second round. If no attempt is given within 1 minute of the completed attempt, the lifter will be warned, and, if an attempt still is not given within 5 attempts of the completed attempt, the lifter shall forfeit his/her subsequent attempt (2nd or 3rd attempts).

C. Only the second and third attempts in the deadlift may be changed. ** Each of these attempts may be changed twice. ** **2ND AND 3RD ATTEMPTS CAN ONLY BE CHANGES IF THE PREVIOUS ATTEMPT IS SUCCESSFUL.** The changes of weight may be higher or lower than the lifter's previously submitted attempts. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his/her previously submitted weight. All attempts shall conform to increasing order when the attempts of two lifters are the same. After the expeditor has recorded the 2nd or 3rd attempt for the squat and bench press, it cannot be changed. Lifters may select any increase in weight for their second and third attempts (5 lb. increase is the minimum).

D. All attempts shall be given to the expeditor. All attempts shall be recorded with the expeditor prior to the start of a round. The last lifter in a round has a maximum of one (1) minute in which to submit his/her attempt without forfeiture.

E. When it is apparent that a lifter will be following himself/herself from one round to another, the lifter shall be given 3 minutes to declare their next attempt. Then after the "bar loaded" command is given by the Head Referee on the platform, they have one (1) minute to commence the execution of the lift when they follow themselves.

- F. All repeat attempts due to a scorekeeper's error, misloading, or for any other reason shall be performed at the end of the round in which that error occurred. If the error occurs with the last lifter in a round, the lifter shall be given a three (3) minute delay before repeating the lift.
- G. All rounds shall be governed by the order of increase in weight: therefore, the lifting order will change from round to round. The order in lifting is always from the lowest to the highest weight, and with regard to a lifter's bodyweight for duplicating attempts.
- H. All attempts in the second and third rounds shall be equal to or greater than the previous attempts.
- I. An increase of 5 pounds may be taken for any attempt.

VI. MEET OFFICIALS AND ORDER OF COMPETITION

1. OFFICIALS TO BE APPOINTED

A. By the Regional/State Meet Director

- (1) Speaker/Announcer
- (2) Expeditor(s)
- (3) Scorers, Computer Operator
- (4) Spotters/Loaders
- (5) Overhead Expeditor
- (6) Platform Managers
- (7) Warm-Up Room Supervisor
- (8) Head Referee-In-Charge, Referees
- (9) Weigh-In Officials
- (10) Records Processors
- (11) Marshall

2. JURISDICTION OF MEET OFFICIALS

It is recommended that powerlifting officials shall take jurisdiction over all LHSPLA sanctioned meets once all officials have entered the meet area premises. From that point forward, all announcements regarding meet administration, coordination, and facilitation shall be conducted by the designated powerlifting official. This will insure that pre-flight rules meetings, singing of the national anthem and/or pledge will be executed without interruption.

3. PERSONS/OFFICIALS ALLOWED ON THE PLATFORM

A. During the competition taking place on a platform or stage, only the lifter and his coach with his visibly displayed LHSPLA credentials, the Referee-In-Charge, Officiating Referees, and the spotter/loaders will be allowed on or around the platform. During the execution of a lift, only the lifter, spotter/loaders, and the referees are permitted on the platform. Coaches shall remain outside the designated lifting area, and shall position themselves either at the back right or left corner of the platform during the lift.

B. There shall be at least 1 adult (high school graduate) at the expeditor table at all regional and state level competition.

4. PERSONS/COACHES ALLOWED IN WRAPPING AREA

Only one coach and one wrapper shall be allowed per team to assist a team's lifters in each platform wrapping area. This is to avoid the massive congestion in the waiting area, and allow more control and facilitation for the platform expediter and meet workers.

5. ADJUSTING EQUIPMENT WHILE ON THE PLATFORM

A lifter shall not wrap or adjust his costume while on the platform. The lifter may adjust his/her belt on the platform.

6. PROGRESSIVE LOADING OF THE BAR

In normal competition, the bar is loaded progressively and the lifter requiring the lightest weight is first in the lifting order. The weight of the bar, except in rare circumstances, cannot be reduced once a lift has been performed at that weight. It is necessary for a lifter or his/her coach to observe the progressive loading of the bar and be ready to make his/her attempt at the chosen weight. Use of the Round System allows quick and orderly loading of the bar and expedites the competition.

7. ORDER OF LIFTERS TAKING THE SAME WEIGHT

A. Use of Bodyweight to Determine the Lifting Order

When two or more lifters declare their wish to take the same weight, their lifting order will be determined by bodyweight (the lighter lifter will lift ahead of the heavier lifter taking the same attempt). If two lifters are taking the same weight and have the same bodyweight, their lifting order will then be determined by alphabetical order according to their last names.

B. Attempt Priority Rule

When using the progressive loading system, a lifter taking his/her first attempt shall precede lifters taking their second and third attempts with the same weight. In the Rounds System, all first attempts are taken in Round One, second attempts in Round Two, and third attempts in Round Three. Any Fourth Attempts for record purposes shall be performed at the end of the Third Round. Any record attempts within the first three rounds shall be taken in its normal round. ** A Fourth Attempt for record purposes will be allowed if a lifter's Third Attempt was successful and their Fourth Attempt is within 10% of the weight of their successful Third Attempt. **

8. MINIMUM AMOUNT OF WEIGHT INCREASE BETWEEN SUCCESSFUL ATTEMPTS

A. Standard Procedure

In LHSPLA recognized competitions, the weight of the barbell shall always be a multiple of 5 pounds. The progression must be at least 5 pounds between successful attempts.

B. Exception Procedure for Record Attempts

The only exception to the rule requiring a 5 lb. minimum increase between attempts is for State Record attempts. The weight may be increased for a record attempt by 2 1/2 pounds. This will only be allowed for fourth attempts. If the lift is successful, the attempt will not be scored as part of that lifter's total, but he/she will be given credit for the State or Regional Record that they broke on the Fourth Attempt. For Fourth Attempts over 2 1/2 lbs. refer to Article VI, Section 5, Part B.

There shall be no fourth (4th) attempts allowed to tie or break total records. All total records must be broken within the nine (9) competitive attempts of the three lifts contested (Squat, Bench and Deadlift) in a powerlifting meet.

C. Allowance of Record Attempts

LHSPLA records can only be officially attempted or broken at the North, South, East and West Regional Meets and at the LHSPLA Division I and II State Championship Meets. An athlete who breaks a record must post a total.

D. State Records – Simultaneous Breaking of Records at Different Regions.

In all cases the lighter lifter shall acquire the record. At the respective regional meets, it shall be made clear that all records are not final until all calculations and reconciliations have been completed, and in no case, shall this announcement be made publicly. This should be noted in the business meeting with the coaches. This point becomes moot at the State Meet level of competition.

9. LOADING ERRORS AND INCORRECT ANNOUNCEMENTS BY THE SPEAKER

A. Responsibility for Corrective Action

The Meet Director or the Head Referee shall be responsible for corrective action when loading errors or incorrect announcements by the Speaker occur. His/Her decision will be given to the speaker who shall make the appropriate corrected announcement.

B. Examples of Errors in Loading and Proper Correction Measures

- (1) If the bar is loaded to a lighter weight than requested by the lifter.
If the lift is successful - (a) the lifter may accept the attempt, or (b) the lifter may take the attempt again at the proper weight.
If the lift is not successful - (a) the lifter shall be granted an additional attempt at the originally requested weight. The attempt will be given at the end of the Round.

- (2) If the bar is loaded to a heavier weight than originally requested.
If the lift is successful - (a) the lifter shall be granted the attempt. The weight on the bar shall be reduced if subsequent lifters require a lesser weight.
If the attempt is not successful - (a) the lifter shall be granted an additional attempt at the originally requested weight. The attempt will be given at the end of that particular Round.
- (3) Whether or not the loading on each side of the bar is correct, any change occurs on the bar or discs during the execution of the lift, or the platform is disarranged.
If the lift is successful - (a) the lifter may accept the attempt or elect to take the attempt again.
If the attempt is unsuccessful - (a) the lifter shall be granted a further attempt at the end of the round.
- (4) If the speaker makes a mistake by announcing a weight lighter or heavier than requested by the lifter.
The Meet Director or Referee-In-Charge shall be solely responsible for taking action.
- (5) If a lifter misses his/her attempt because of the speaker omitted announcing his/her at the appropriate weight, the weight shall be reduced as necessary and the lifter shall be allowed to take his/her attempt at the end of that particular round.

10. DISQUALIFICATION FOR FAILURE TO SUCCESSFULLY MAKE AN ATTEMPT IN EACH OF THE THREE CONTESTED LIFTS

Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition and the lifter shall not be allowed to continue participating in the meet. Any records set shall be null and void.

11. ALLOWABLE SPOTTER AID

Other than the initial removal of the bar from the racks, the lifter shall not receive any verbal or physical help from the spotter/loaders in positioning himself/herself for an attempt.

12. LIFTER TIME ALLOTMENT FOR REMOVAL FROM THE PLATFORM FOLLOWING AN ATTEMPT

At the completion of an attempt, the lifter shall leave the platform within 30 seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.

13. DISQUALIFICATION PROCEDURE FOR MISCONDUCT

- A. Any coach, assistant coach or lifter who by reason of his/her misconduct, within the lifting area, that discredits the sport, shall be subject to disqualification based on the discretion of the senior referee on the platform. Any misconduct by a coach, assistant coach or lifter that occurs outside of the lifting area will also be subject to disqualification at the discretion of any certified meet official. The team coach or school representative shall be officially informed of the disqualification. The disqualified coach, assistant or lifter must leave the competition area.

No team shall be disqualified because of actions of a lifter. However, if two or more lifters commit misconduct or incites other team members to commit misconduct, the entire team shall be warned of such misconduct. In *any* of the above cases, the misconduct shall be documented and reported to the school's principal for further action. (LHSAA Sportsmanship Rules)

- B. Slapping or hitting a lifter above the neck and shoulders, by use of the hand or any other object, will not be allowed. Any conduct or actions of this nature can lead to disqualification of a lifter or coach.

14. APPEALS OR COMPLAINT PROCEDURE

- A. Rule for Presentation of Appeals or Complaints

All appeals against a referees decisions, complaints regarding the progress of the competition, or complaints against the behavior of any person or persons taking part in the competition shall be made in writing to the Head or Referee-In-Charge or the Meet Director. The Coach or Assistant Coach of the team shall lodge the appeal or complaint. This shall be done immediately following the action for which there is a complaint or appeal.

- B. Chief Referee or Meet Directors Authority for Formal Complaints

If deemed necessary, the Head Referee or Meet Director and the LHSPLA Executive Committee members present may temporarily suspend the progress of the competition and retire to consider a decision on a Formal Complaint. The Head Referee, Meet Director and the LHSPLA Executive Committee may enlist the help of the platform referees to consider a complaint. Once a decision has been made, it shall be considered final and there will be no right of appeal.

15. BREAK TIME BETWEEN EACH CONTESTED LIFT

A compulsory break of 5 minutes shall take place between the completion of one lift and the commencement of another (i.e. between the squat and the bench press and between the bench press and the deadlift).

16. PROHIBITION OF ATTEMPT CHANGE WHEN THE LIFTER IS CALLED TO THE PLATFORM

When the bar is loaded correctly to the weight requested, the lifter's name has been called, and the clock has been started, the lifter shall not be permitted to change his/her attempt.

17. RECOMMENDED SIZE OF FLIGHTS USING THE ROUNDS SYSTEM

- A. When using the Rounds System, the number of lifters in a flight should be no more than 15 and no fewer than 10.
- B. When fewer than 10 lifters are in a flight, it may be necessary to add time to the flight for each vacancy below 10 lifters to give the participants in the small flights ample time to recover and to prepare for their next attempts.

VII. REFEREES

1. DESIGNATION OF THE HEAD REFEREE-IN-CHARGE

- A. For service at the LHSPLA State Meets, the Head Referee-In-Charge, shall be chosen by the Meet Director, with the approval of the membership at the coaches meeting held before the start of all the lifting sessions at LHSPLA State Meets.
- B. At the Regional Meet level it is the responsibility of the Meet Director to appoint the most qualified referee available at the meet to serve as the Head Referee-In-Charge. The name of the person in this position should be announced at the Regional business meeting prior to the start of the lifting session.

2. DUTIES OF THE HEAD REFEREE-IN-CHARGE

The Head Referee-In-Charge shall handle all matters pertaining to refereeing assignments, conduct, disputes and rules interpretations and will work with the Meet Director, who will have the responsibility for the technical direction of the meet.

3. DESIGNATION OF PLATFORM REFEREES

The chair referees shall be three in number; the Head Referee (center), and the two side referees.

4. OFFICIAL'S MEETINGS BEFORE MEETS

In order to insure that powerlifting meets uniformly start on time, it is recommended that the power meet's business meeting and official's meeting be held separately and simultaneously. The Director of Official's, when present at the meet, shall conduct the officials meeting or it will be conducted by an official, designated by the Director of Officials in his absence. The highest ranking Executive Committee member present at the meet, without a team competing, shall conduct the meets business meeting. The recommended time allotment should be 8:15 – 8:30 a.m. – Meet Business and Official's Meeting, 8:30 - 8:45 a.m. – Warm-up for lifters. 8:45 a.m. – lifters report to platforms for rules briefings. The four (4) regional coordinators are responsible to insure these timelines are effectuated.

5. DUTIES OF THE HEAD REFEREE

The Head Referee is responsible for giving the necessary signals for all three lifts, and is in charge of the platform and all decisions regarding loading errors.

6. JURISDICTION OF MEET OFFICIALS

It is recommended that powerlifting officials shall take jurisdiction over the meet once all officials have entered the meet area premises. From that point forward, all announcements regarding meet administration, coordination, and facilitation shall be conducted by the designated powerlifting official. This will insure that pre-flight rules meetings, singing of the national anthem and/or pledge will be executed without interruption.

7. PROCEDURE FOR ANNOUNCING THE PLATFORM REFEREES DECISION

Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decision by activating the lights. White for a good lift and red for no lift.

8. SIGNALS REQUIRED FOR THE THREE LIFTS

<u>Lift</u>	<u>Commencement</u>	<u>Completion</u>
Squat	A visual signal consisting of a downward movement of the arm together with the audible command "SQUAT."	A visual signal consisting of a movement of the arm towards the referee with the audible command "RACK."
Bench Press	Audible command "PRESS". If the lifter is deaf, the Head Referee may give a visual signal to the lifter.	A visual signal consisting of a movement of the arms towards the referee together with the audible command "RACK."
Deadlift	No signal required.	A visual signal consisting of a movement of the arm together with the audible command "DOWN".

9. UNWITNESSED LIFT

Recommended Procedure when a Referee is inadvertently prevented from viewing the lift in progress

During the lift, if a spotter(s) unintentionally gets in the way of a referee's view of the lift so that he does not actually see the lift, the referee should give the lifter a white light and warn the spotter.

10. DUTIES OF THE REFEREES

A. Prior to the Contest, Referees Shall Ascertain That:

- (1) The platform and competition equipment complies in all respects with the rules by inspecting the bar, the discs for weight discrepancies, and discarding defective equipment.
- (2) The scales work correctly and are accurate.
- (3) The lifters weigh-in within the given time limits set up by the Meet Director.
- (4) The lifters' costumes and personal equipment comply with the rules in all respects if an equipment inspection is conducted.

B. During the Contest the Referees Shall Assure That:

- (1) The weight of the loaded bar agrees with the weight announced by the speaker or the weight shown on the overhead. All three referees shall be issued loading charts for this purpose.
- (2) That while on the platform the lifters costume and personal equipment are legal and within the rules give in Section III.

11. LIFTER NOTIFICATION OF INFRACTION(S)

If a lifter receives a red light(s) for a lift, the lifter may send his coach or go in person to the Head Referee and request the reason for the red light(s). The Head Referee shall investigate and inform the lifter or coach why the red light(s) was given. A lifter requesting additional information to the Head Referee's investigation and response must immediately leave the platform and go to the Head Referee-In-Charge for further clarification.

12. NON-INFLUENCE OF REFEREES TOWARD EACH OTHER

A Referee shall not attempt to influence the decisions of the other referees. They shall not veto or overrule each other. For apparent reasons, all three judging lights shall be activated at the same time.

13. ACCEPTABLE REFEREE COMMUNICATION

The Head Referee may consult with the side referees, Head Referee-In-Charge or any other official as necessary to expedite the competition, or to correct faults. There shall be absolutely no communication between officials and parent (s) unless the coach is a parent. This conduct is unprofessional, and only invites unnecessary and potential conflicts. If a coach has a question, the issue should be addressed by the head judge after discussion with the side referees out of the presence of the coach and/or lifter who has raised the issue.

14. OFFICIAL'S PROFESSIONAL CONDUCT AND PROTOCOL AT MEETS

If an official determines that another official, either on his platform or on the lifting floor is not conducting himself/herself professionally, it shall be that official's responsibility to report that conduct to the president, vice-president, director of officials, regional coordinator, and/or elected members at large. This hierarchy is illustrative and not intended to be controlling.

If any member of the executive committee has a team or lifter competing at a meet, he/she are prohibited from wearing the referee uniform or any identification regarding their status with the LHSPLA. Moreover, if an official has consented to officiate at a meet, that official is prohibited from coaching, wrapping knees, pulling straps and/or shirts etc. during the entire meet to avoid the appearance of impropriety on his/her part.

15. REFEREE DUTIES AFTER THE COMPETITION

After the competition, the three referees shall sign the official score sheets, record certificates, and any other documents requiring a signature.

16. ON-DECK REFEREE INSPECTION

Visual inspection of lifters in the On Deck area will be done by a referee appointed for this purpose. No lifter who is preparing to lift after his name has been called should be stopped from lifting due to alleged attire or equipment violation or a score keeping error. A lifter should be warned after completion of the lift for a minor attire infraction. A lifter's second attempt will not be allowed if they are found to have committed the same minor infraction. If a lifter is guilty of the same minor infraction on their 3rd attempt, meet management has the right to disqualify said lifter from the meet. If a lifter has committed a major attire or equipment violation, the lift will be disqualified. If a lifter commits a second major attire or equipment, meet management has the right to disqualify said lifter from the meet.

17. LOADING ERROR

If a loading error occurs, the lifter shall be withheld from lifting, while the bar is reloaded and the time clock restarted. The lifter shall not be penalized. If the lifter requests, he/she may retake the attempt at the end of the round.

18. TIMEKEEPER - DUTIES

The sole concern of the Timekeeper (platform expeditor) is the accurate running of the clock. The clock is not started until after the Head Referee signals that the bar is loaded and ready, and the lifter has been called to the platform. If a lifter follows himself/herself at the end of a round, three (3) minutes shall be given with warnings at two (2) minutes and one (1) minute. After the three (3) minute period is over the lifter has a one (1) minute time frame to initiate the execution of a lift (Squat, Bench and Deadlift) that is outlined in Section IV of this rulebook, The Powerlifts And The Rules of Performance. If the Timekeeper sees that the lifter is apparently unaware of time running out, it is permissible to communicate to the lifter how many seconds remain.

19. REFEREE'S ATTIRE

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.

20. OFFICIAL'S STIPEND

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

LHSPLA Referee's Pay Scale (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

Referees who drive their own vehicle to meets will be given a .40 cents a mile one-way for travel allowance, if a referee carools to a meet with another referee then they will be given a .20 cents a mile one-way for travel allowance. At two-day meets, referees are required to referee both days of the meet to receive overnight lodging at the meet hotel. Refereeing assignments for regional meets will be based on each individual referee's geographic proximity to regional meet sites. Referees 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 referee 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 referee 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, referees working at two day meets will be given a \$15 per diem to cover the cost of their day one meal after the meet referees 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 referees will not be allowed judge at any LHSPLA sanctioned meet.