

2023



# NMAA POWERLIFTING 2023 RULES CLINIC

12/5/2022 @ 6:00 PM



# IMPORTANT DATES/ ANNOUNCEMENTS

# Important Dates

- **START DATE**
  - *January 3<sup>rd</sup>*
- **MEET DIRECTORS TRAINING**
  - *January 9<sup>th</sup> @ 6:00 PM*
- **LAST CHANCE QUALIFYING WEEK**
  - *March 13 – 18*
- **STATE CHAMPIONSHIP**
  - *FRIDAY, MARCH 31 AND/OR SATURDAY, APRIL 1ST*





# Format Changes

- **State Qualifying Meets**
  - Must be in a Dual, Tri, Quad, or Invite Format
- **State Qualification Eligibility**
  - A student athlete must compete in a minimum of 1 regular season meet with a maximum of 4 regular season meets.
- **Meet Scheduling**
  - Schools can schedule meets anytime throughout the regular season
    - January 3<sup>rd</sup> – March 18<sup>th</sup>



# LAYOUT OF PRESENTATION

- GENERAL RULES OVERVIEW
- SQUAT/BENCH/DEADLIFT
- HOSTING A MEET
  - Rounds system
- WEIGH-IN'S
- TEAM/INDIVIDUAL COMPETITION
- JUDGES
- STATE MEET QUALIFICATION
- ADDITIONAL INFORMATION
- QUESTIONS

# GENERAL RULES OVERVIEW

# What is Powerlifting

## Lifts:

■ SQUAT

■ BENCH

■ DEADLIFT

## Score

- Best lift for each added together for a TOTAL.

■ Ex:

*Squat:*

| Att:1 |   | Att. 2 |   | Att: 3 |   |
|-------|---|--------|---|--------|---|
| 300   | ✓ | 320    | ✓ | 350    | ✓ |

*Bench:*

| Att:1 |   | Att. 2 |   | Att: 3 |   |
|-------|---|--------|---|--------|---|
| 205   | ✓ | 220    | ✓ | 245    | ✓ |

*Deadlift:*

| Att:1 |   | Att. 2 |   | Att: 3 |   |
|-------|---|--------|---|--------|---|
| 320   | ✓ | 350    | ✓ | 400    | ✗ |

LIFTER SCORE

= 945



# Weight Classes

## 12 TOTAL WEIGHT CLASSES

### BOYS

|     |     |     |     |     |     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 308 | SHW |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|

### GIRLS

|    |     |     |     |     |     |     |     |     |     |     |     |
|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 97 | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 259 | SHW |
|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|

Lifter must weigh less than or equal to their actual weight or elect to lift in the next higher weight class

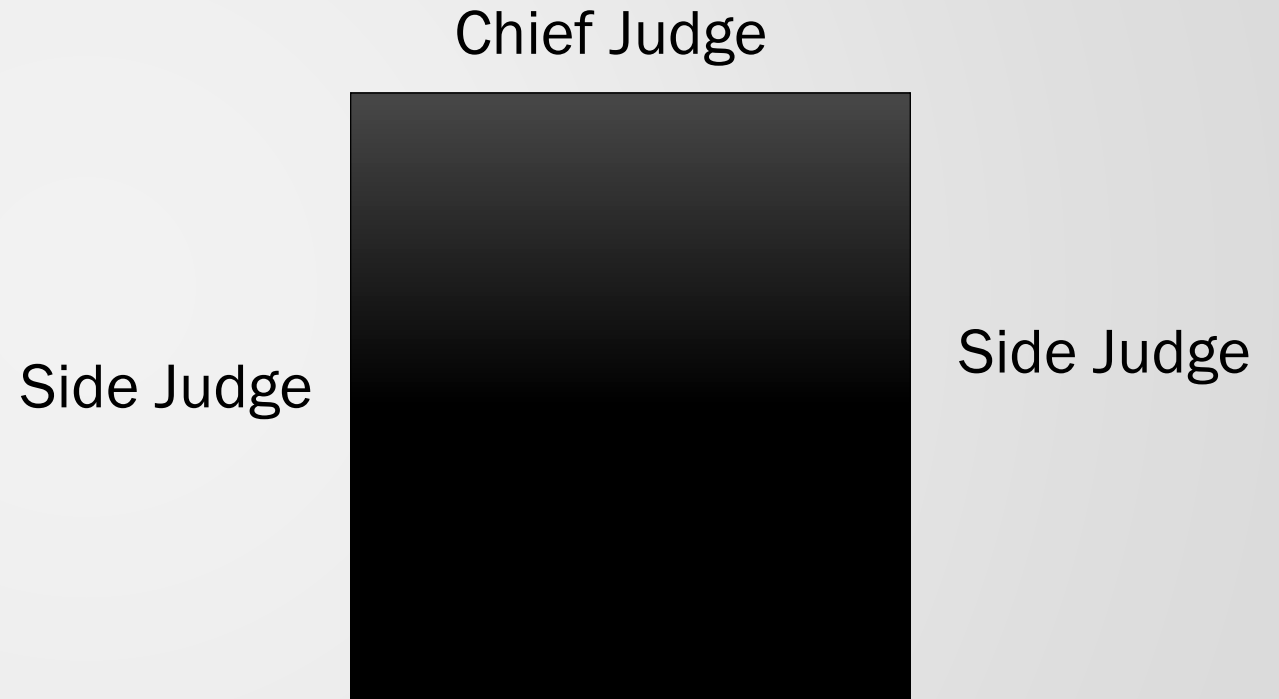
*Example: Lifter A weighs 146.4 – Must lift at 148 or can elect to lift at 165.*



## Judges (per platform)

3 Judges

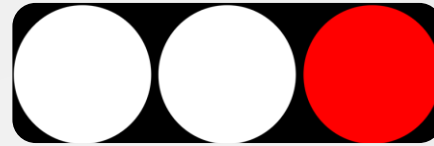
- Chief
- Side
- Side



# Judges

Lights/Flags/Thumbs

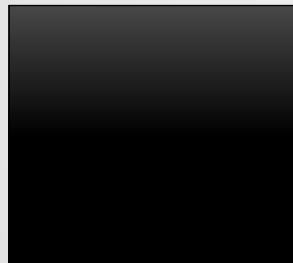
Good Lift = Two Whites



Chief Judge



Side Judge



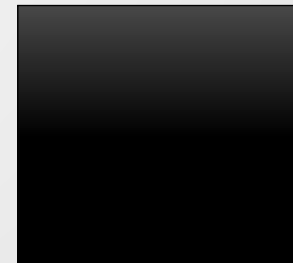
Side Judge



Chief Judge



Side Judge



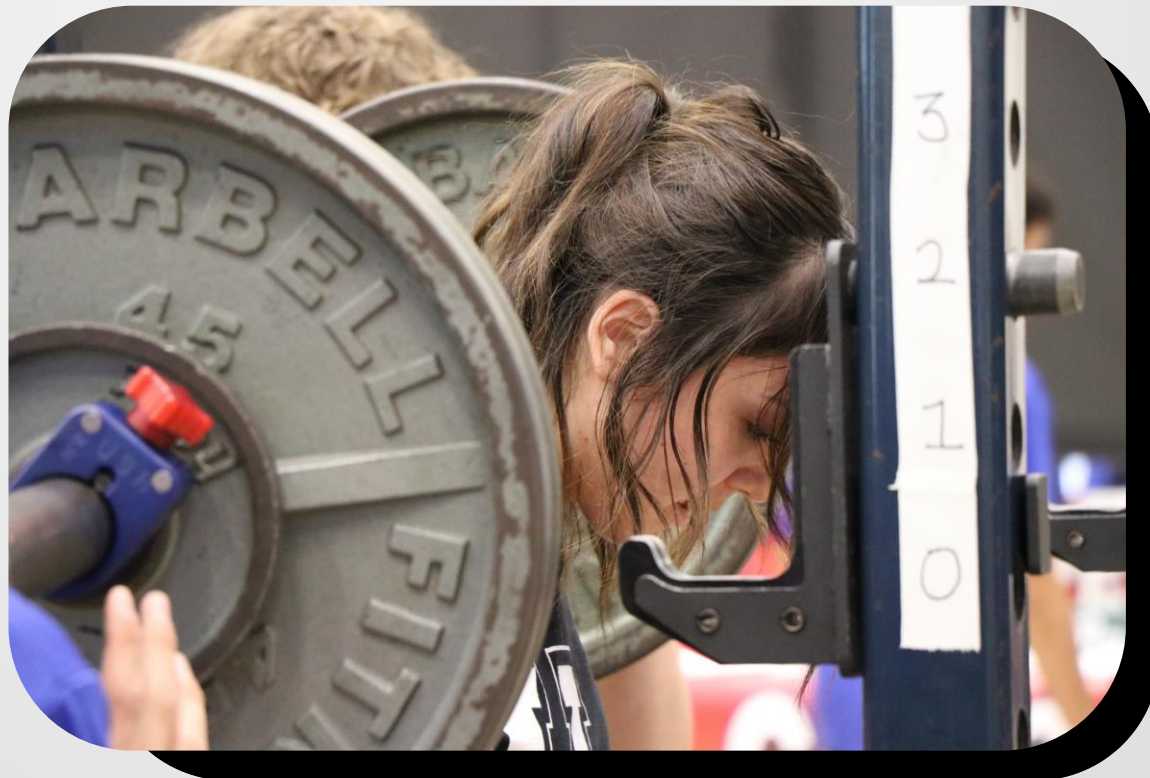
Side Judge



# SQUAT/BENCH/ DEADLIFT



# SQUAT



# SQUAT

## ■ KEY POINT

- *Must bend the knee and lower the body until the TOP SURFACE OF THE LEGS AT THE HIP JOINT IS LOWER THAN THE TOP OF THE KNEES.*

## ■ Judges Command

- Commencement of Lift: “SQUAT” (downward hand movement)
- Completion: “RACK” (backward movement of arm)





# SQUAT



## *REASONS FOR DISQUALIFICATION OF LIFT*

- Failure to observe the Chief Judges Signals (commencement or completion)
- Double bouncing (more than one ascending and descending motion through the lift)
- Failure to assume upright position (commencement/completion)
- Shifting of the feet laterally/backwards/forwards during the lift
- Failure to bend knees/lower body until the top surface of the legs at the hip joint is lower than the top of the knees.
- Changing bar position after commencement.
- Contact with the bar by spotters between judges' signals
- Failure to make a bona fide attempt to rack the barbell

### \*NOTES

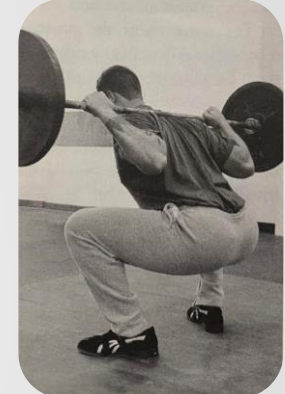
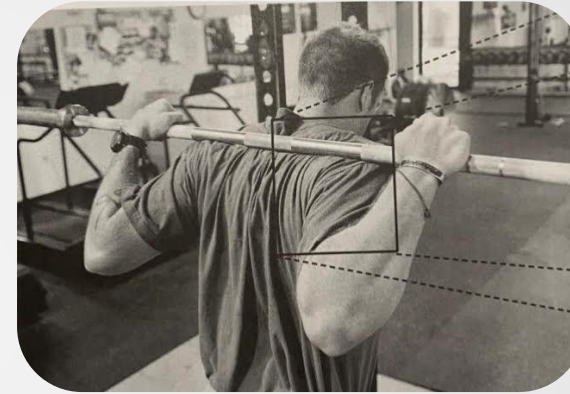
- Unintentional contact of elbows/bar supports is permitted if there is no support that might aid the lifter.
- Inadvertent steps after the prior to commencement/after completion of the lift is permitted.

# SQUAT (useful information)

## ■ BAR PLACEMENT

- *Low Bar*
- *High Bar*
  - \*Both are legal and acceptable

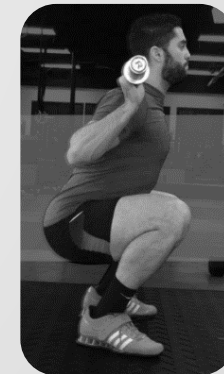
Low Bar



High Bar

## ■ COACHING CUES

- *Coaching is allowed **off** the platform*



# SQUAT (SPOTTERS)

-No less than 3 and no more than 5





# BENCH PRESS





# BENCH PRESS

## ■ KEY POINT(s)

- *The lifter must lower the bar and hold it MOTIONLES.*
- *The bar must be pressed upwards with the ELBOWS FULLY LOCKED.*

## ■ Judges Command

- Commencement of Lift: “PRESS”
- Completion: “RACK”

“MOTIONLESS”



FULL LOCKOUT





# BENCH PRESS



## *REASONS FOR DISQUALIFICATION OF LIFT*

- Failure to observe the Chief Judges Signals (commencement or completion)
- Any change in the elected position after the “Press” command and prior to the “Rack” command.
  - *Head/shoulder/buttocks breaking contact with the bench*
  - *Feet not remaining flat and or moving from their original point of contact*
  - *Lateral movement of hands on the barbell*
- Heaving, bouncing, or sinking the bar after the motionless pause when the “Press” command is given.
- Any downward movement of the bar during the Press.
- Pronounced uneven lockout during execution of the lift.
- Contact of the lifter's feet with the bench/supports
- Intentional contact with the bar by the spotters or receiving assistance.
- Bar contacting the belt.

### **\*NOTES**

- Unintentional contact of bar supports is permitted if there is no support that might aid the lifter.
- The platform can be elevated through the use of a box or plate not exceeding 18” X 18” not higher than 7”
  - \*The entire foot must be on the box or plate.

# Bench Press (SPOTTERS)

-No less than 3 and no more than 5



MIX GRIP HAND OFF



CLOSE PROXIMTY TO THE BAR. DO NOT  
TOUCH UNLESS NECESSARY





# DEADLIFT



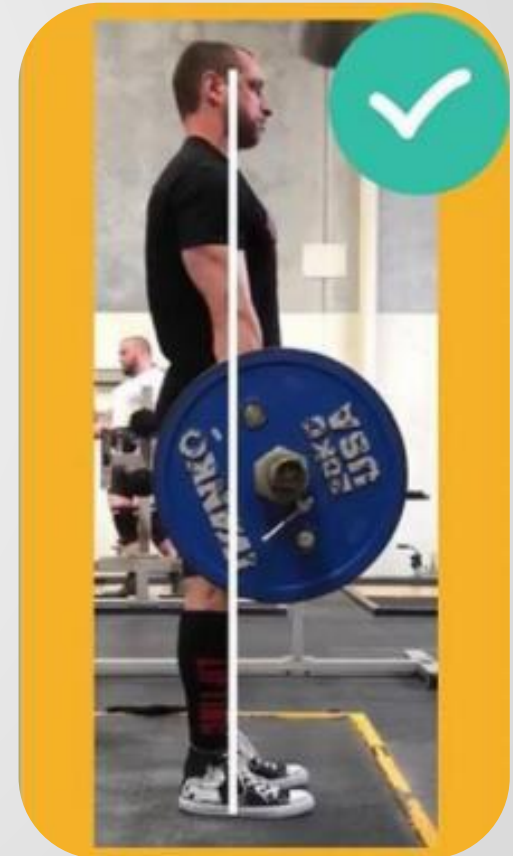
# DEADLIFT

## ■ KEY POINT

- *On completion of the lift, the knees, hips, and shoulders shall be locked in a straight position and the lifter is standing erect.*

## ■ Judges Command

- Commencement of Lift: No Command (hand up)
- Completion: “DOWN” (downward movement of arm)





# DEADLIFT



## *REASONS FOR DISQUALIFICATION OF LIFT*

- Failure to observe the Chief Judge's signals at the completion of the lift
- Any DOWNWARD movement of the bar before it reaches the final position prior to the "Down" command.
- Failure to stand erect with hips fully locked and shoulders in an upright position
- Failure to lock the knees at the completion of the lift.
- Supporting the bar on the thighs during the performance of the lift.
- Upward and downward "jerking" of the bar also known as "hitching"
- Stepping backward, forward, or lateral movement of the foot.
- Replacing the bar with downward force or dropping the bar.

### \*NOTES

- Rocking the feet between the ball and heel is permitted given the feet return the original position.
- Shaking under maximum exertion during the deadlift is not necessarily a cause for disqualification.



# DEADLIFT (useful information)

- Sumo vs Conventional
  - *Both stances are legal and permitted.*

Conventional



Sumo



# DEADLIFT (SPOTTERS)

-The spotter will stand behind the lifter, on or off the edge of the platform, to assist the lifter if they begin to lose control or fall.



# HOSTING A MEET

(DUAL, TRI, QUAD, INVITE)



# Sanctioned Meets

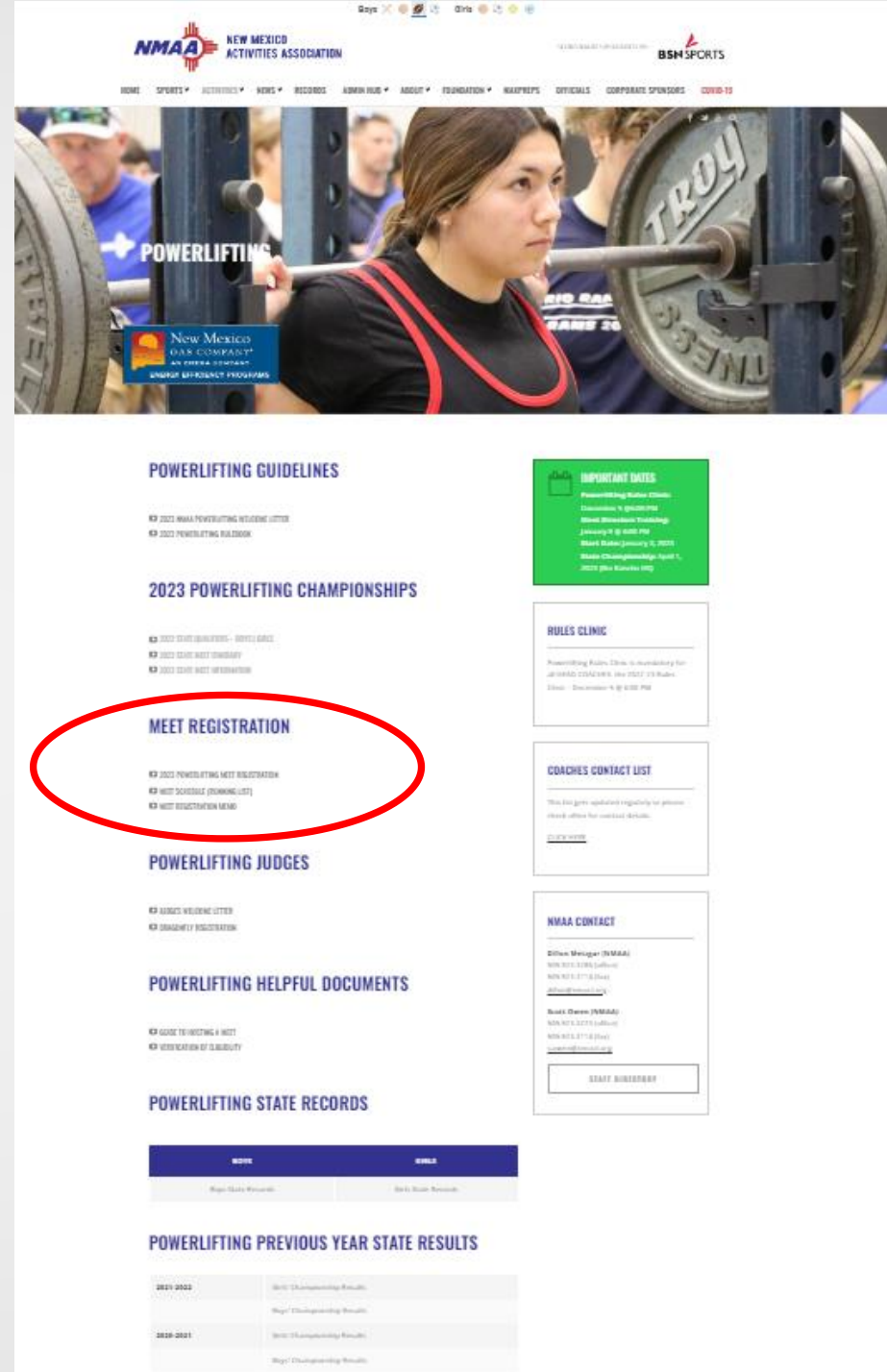
- Must be submitted through NMAA Website
- 2 or more schools (Dual, Tri, Quad, Invite)
- Must use the Rounds System
- Head Judge (Meet Official) Must be Present
  - \*This year only. If two or more head coaches from the participating schools have completed the “Head Judge” (Meet Official) requirements, they can fill this role.





# Where to Start?

- Each dual, tri, quad, and/or invite must be submitted through the “Meet Registration Form” on the website.
- The meet will then be posted to “Meet Schedule”
  - This is a running schedule so check often.





# Where to Start?

- “Coaches Contacts List”
  - A running list of current coaches' contacts is listed under the “Coaches Contact List”

The screenshot displays the NMAA website with a header featuring the NMAA logo and navigation links. A banner image shows a female powerlifter. The main content area includes sections for Powerlifting Guidelines, 2023 Powerlifting Championships, Meet Registration, Powerlifting Judges, Powerlifting Helpful Documents, and Powerlifting State Records. On the right sidebar, the 'COACHES CONTACT LIST' link is highlighted with a red circle. Below it is the 'NMAA CONTACT' section with contact information for Gilman Melinger and Buck Brown. At the bottom, there is a table for 'POWERLIFTING PREVIOUS YEAR STATE RESULTS' showing data for 2021-2022 and 2020-2021.

**POWERLIFTING GUIDELINES**

NEW 2023 NMAA POWERLIFTING WEIDING LETTER  
NEW 2023 POWERLIFTING RULEBOOK

**2023 POWERLIFTING CHAMPIONSHIPS**

NEW 2023 STATE CHAMPIONSHIPS - BOYS & GIRLS  
NEW 2023 STATE MEET STANDARD  
NEW 2023 STATE MEET INFORMATION

**MEET REGISTRATION**

NEW 2023 POWERLIFTING MEET REGISTRATION  
NEW MEET SCHEDULES (PENDING LIST)  
NEW MEET REGISTRATION INFO

**POWERLIFTING JUDGES**

NEW JUDGES WEIDING LETTER  
NEW JUDGES REGISTRATION

**POWERLIFTING HELPFUL DOCUMENTS**

NEW GUIDE TO MEETING A MEET  
NEW VERIFICATION OF ELIGIBILITY

**POWERLIFTING STATE RECORDS**

**COACHES CONTACT LIST**

This list gets updated regularly so please check often for contact details.  
[CLICK HERE](#)

**NMAA CONTACT**

**Gilman Melinger (NMAA)**  
NEW 801.3.7718 (office)  
NEW 801.3.7718 (fax)  
[Email: gm@nmaa.org](#)

**Buck Brown (NMAA)**  
NEW 801.3.7718 (office)  
NEW 801.3.7718 (fax)  
[Email: bb@nmaa.org](#)

[STATE BUREAU](#)

**POWERLIFTING PREVIOUS YEAR STATE RESULTS**

| YEAR      | BOYS   | GIRLS  |
|-----------|--|--|
| 2021-2022 | <a href="#">2021 Championship Results</a><br><a href="#">2021 Championship Results</a> | <a href="#">2021 Championship Results</a><br><a href="#">2021 Championship Results</a> |
| 2020-2021 | <a href="#">2020 Championship Results</a><br><a href="#">2020 Championship Results</a> | <a href="#">2020 Championship Results</a><br><a href="#">2020 Championship Results</a> |

# Where to Start?

- Send Your Meet Flyer
  - Send an invite to schools who may be interested in your meet.

**4<sup>th</sup> Annual  
Castleberry Lions Powerlifting  
Invitational Meet**

**Head Girls Powerlifting Coach Yolanda Beasley**

**Head Boys Powerlifting Coach Joshua Wardlow**

DATE: FEBRUARY 8, 2020

PLACE: Castleberry High School competition gym

215 Churchill Rd

Ft. Worth, TX 76114

**FEE:** \$325 PER TEAM AND \$30/ extra lifter (MAX 3 extra lifters)

A team is considered 5-11 lifters for a boys' team, and 5-12 lifters for a girls' team.

**CHECKS:** Make checks out to Castleberry High School Powerlifting.

**Attention:**

**AWARDS:** 1<sup>st</sup> -5<sup>th</sup> Individual medals

1<sup>st</sup> -3<sup>rd</sup> Team plaques

**MEET RULES:** The meet will be conducted under the rules and regulations of the THSPA and THSWPA. Exceptions: Bumps only on deadlift.

WEIGHT CLASSES:

Boys:

114,123,148,165,181,198,220,242,275,275+

Girls:

97,105,114,123,132,148,165,181,198,220,259,259+

SCHEDULE: Weigh in 6:30am- 8:00am

Judges meeting 8:15am- 8:30am

Coaches meeting 8:30am- 8:45am

Bars Loaded 9:00am

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

TEAM: \_\_\_\_\_

[illegible]

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

TEAM: \_\_\_\_\_

[illegible]

# Where to Start?

- Visit the Helpful Documents Page for a “Meet Checklist”.

## Platform Set Up

If hosting in a location where the sub-floor must be protected such as a school gym (Platform base= 4 (3/4 inch) plywood sheets size 4' X 8'; 2 rubber rectangular mats size 4' X 6' or similar. *Olympic Powerlifting Platforms are also permitted.*

### **Platform Items: \*per platform**

| <u>Weight</u>  | <u>Number</u> |
|--|---------------|
| 2.5  | 2             |
| 5  | 2             |
| 10   | 4             |
| 25   | 2             |
| 45   | 10            |
| 100* <i>if available</i>   | 2             |
| Collar or Clamp  | 2             |
| Weight Tree <i>(each side of barbell)</i>                          | 2             |
| Bar Jack <i>*if available</i>                                      | 1             |
| Squat Rack   | 1             |
| Bench  | 1             |
| <u>Additional Items</u>  |               |
| Load Chart <i>(one for each loader and one for chief judge)</i>    | 3             |
| Judging flags, sticks, or lights <i>(red &amp; white or green)</i> | 3             |
| Wire Brush   | 1             |
| Judge Chairs   | 3             |
| Towel  | 1             |
| Disinfectant Spray   | 1             |

### **Score Table Items:**

| <u>Item</u>                              | <u>Number</u> |
|--|---------------|
| Expeditor                                | 1             |
| Marshal/Scorer                           | 1-2           |
| Projector & Screen or White Board        | 1             |
| Pens/Wet Erase Markers/Dry Erase Markers | tbd           |

# PowerScore

Official Scoring Platform for  
all meets

Software Download Link coming  
to the Powerlifting website soon.



PowerScore 6.22.2 [C:\ProgramData\PowerScore\PowerScore.psd] Sample meet - all lifts - Boys Division  
Copyright 1996-2022 by Sandhill Software

Registration | Competition | Standings | Best Lifters | Best Lifts | Summary | Detail | Tools

Weight Class: 114, 123, 132, 148, 165, 181, 198, 220, 242  
All Divisions: SHW, 114 to 165, 181 to SHW, Unclassified, Bombed, Scratched, Disqualified, All Lifters

Sort By (1st click for normal sort, 2nd click to reverse sort order): Lifter No., Team, Lifter, BWT, Place, 1st Squat, 2nd Squat, 3rd Squat, Squat, 1st Bench, 2nd Bench, 3rd Bench, Bench Press, 1st Dead, 2nd Dead, 3rd Dead, Total Wt.

| Team       | Lifter              | Lifter No. | BWT    | Place | 1st Squat | 2nd Squat | 3rd Squat | Squat | 1st Bench | 2nd Bench | 3rd Bench | Bench Press | 1st Dead |
|------------|---------------------|------------|--------|-------|-----------|-----------|-----------|-------|-----------|-----------|-----------|-------------|----------|
| Kress      | Adame, Joseph       | 87         | 119    | 7     | 100       | 110       | ✓         | 120   | 120       | 120       | ✓         | 135         | 295      |
| Brownfield | Richards, Jason (B) | 39         | 117    | 4     | 120       | 135       | ✓         | 145   | 150       | 175       | ✓         | 175         | 315      |
| Lorenzo    | Sanchez, Joe        | 129        | 114    | 4     | 150       | 150       | ✓         | 150   | 140       | 140       | ✓         | 150         | 210      |
| Kress      | Zarate, Victor      | 83         | 111.5  | 3     | 150       | 160       | ✓         | 170   | 180       | 180       | ✓         | 185         | 240      |
| Sundown    | Perez, Ricardo (B)  | 2          | 114    |       | 155       |           |           | 0     | 100       |           |           | 0           | 275      |
| Brownfield | Rodriguez, David    | 31         | 132    | 5     | 170       | 190       |           | 210   | 155       | 155       | ✓         | 165         | 260      |
| Whiteface  | Castillo, Fermin    | 93         | 114.5  | 1     | 175       | 200       |           | 175   | 175       | 175       | ✓         | 175         | 300      |
| Brownfield | Sellers, Trent      | 32         | 120    | 6     | 180       | 200       |           | 180   | 150       | 165       | ✓         | 175         | 300      |
| Sundown    | Salazar, Joel       | 5          | 113    | 2     | 180       | 190       |           | 190   | 250       | 260       |           | 250         | 200      |
| Lockney    | Westbrook, Chase    | 56         | 125    | 2     | 185       | 195       |           | 300   | 100       | 120       |           | 130         | 230      |
| Sundown    | Kelton, Cory (B)    | 1          | 113.5  | 5     | 185       | ✓         |           | 185   | 150       |           |           | 0           | 250      |
| Lockney    | Martinez, Bubba     | 65         | 208    | 12    | 190       | 200       |           | 215   | 175       | 185       |           | 185         | 265      |
| Brownfield | Tells, Nathan       | 35         | 165.25 | 10    | 190       | 220       |           | 230   | 185       | 200       |           | 200         | 310      |
| Brownfield | Sellers, Dustin     | 28         | 145    | 13    | 190       | 215       |           | 225   | 130       | 135       |           | 135         | 220      |
| Plainview  | Sifuentes, Zach (B) | 108        | 143    | 11    | 190       | 200       |           | 200   | 140       | 150       |           | 150         | 250      |
| Brownfield | Gonzales, Joshua    | 30         | 132.25 | 8     | 190       | 200       |           | 210   | 135       | 150       |           | 160         | 230      |
| Smyer      | Garcia, Gilbert     | 113        | 130    | 3     | 190       | 210       |           | 225   | 120       | 130       |           | 140         | 290      |
| Sundown    | Beltran, Juan       | 7          | 127.5  | 4     | 190       | 205       | ✓         | 215   | 145       | 155       |           | 155         | 280      |
| Lockney    | Naranjo, Chano      | 57         | 119    | 5     | 190       | 200       | ✓         | 210   | 160       | 180       |           | 160         | 290      |

Full Screen | Print Competition Report (wall charts)... | Hide Coefficient Columns | Show Overhead | Refresh Overhead | Overhead Options...

Hide Squat attempts | Hide Bench Press attempts | Hide Dead Lift attempts

# ROUNDS SYSTEM



To perform lift after bar is loaded

The NMAA logo features the letters "NMAA" in a bold, blue, italicized sans-serif font. To the right of the text is a red circular emblem with a stylized sunburst or gear-like design. A small "TM" trademark symbol is located to the upper right of the emblem.


Side Judge

**Informs  
table of next  
lift**

Marshal

“5 is up, 3 is on deck, 1 in the hole”

Waits for next round

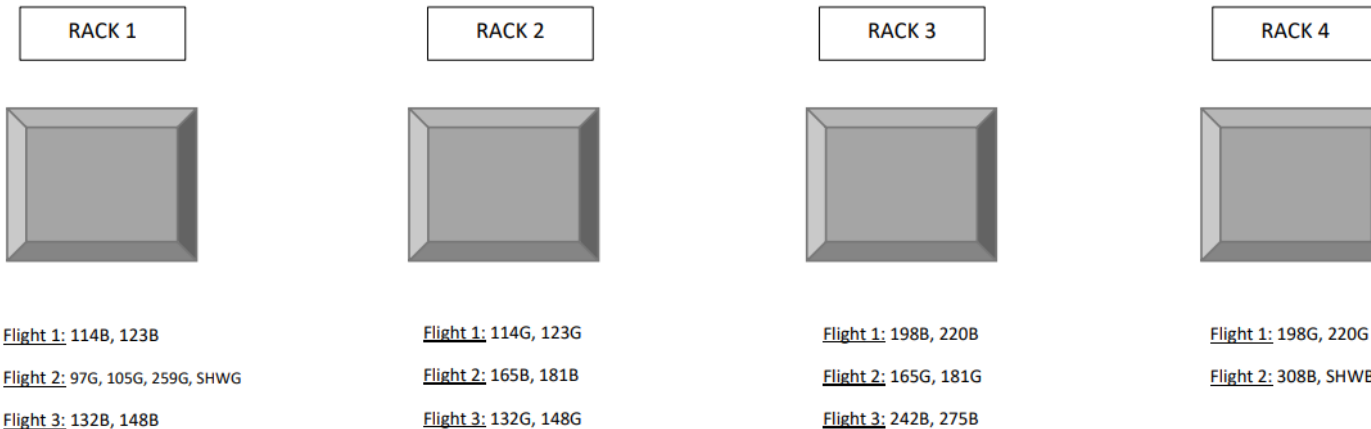
| <div style="display: flex; justify-content: space-between; align-items: center;"> <span>NMAA</span> <span>EXPEDITOR</span> <span>FORM</span> </div> <div style="text-align: right; padding-top: 10px;">  </div>   |          |           |         |         |             |          |           |   |      |   |         |         |         |         |
|---|----------|-----------|---------|---------|-------------|----------|-----------|---|------|---|---------|---------|---------|---------|
| NAME _____ SCHOOL _____   |          |           |         |         |             |          |           |   |      |   |         |         |         |         |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; border-bottom: 1px solid black;">CLASS _____</td> <td style="width: 25%; border-bottom: 1px solid black;">WT _____</td> <td style="width: 25%; border-bottom: 1px solid black;">PIN _____</td> <td colspan="2"></td> </tr> <tr> <td style="text-align: center; padding-top: 5px;">1</td> <td style="text-align: center; padding-top: 5px;">2</td> <td style="text-align: center; padding-top: 5px;">3</td> <td colspan="2" style="text-align: center; padding-top: 5px;">BEST</td> </tr> </table> |          |           |         |         | CLASS _____ | WT _____ | PIN _____ |   |      | 1 | 2       | 3       | BEST    |         |
| CLASS _____   | WT _____ | PIN _____ |         |         |             |          |           |   |      |   |         |         |         |         |
| 1   | 2        | 3         | BEST    |         |             |          |           |   |      |   |         |         |         |         |
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| SQUAT   | 1        | 2         | 3       | BEST    |             |          |           |   |      |   |         |         |         |         |
|   | Initial  | Initial   | Initial | Initial |             |          |           |   |      |   |         |         |         |         |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center;">BENCH</td> <td style="width: 25%; text-align: center;">1</td> <td style="width: 25%; text-align: center;">2</td> <td style="width: 25%; text-align: center;">3</td> <td style="width: 25%; text-align: center;">BEST</td> </tr> <tr> <td></td> <td style="text-align: center;">Initial</td> <td style="text-align: center;">Initial</td> <td style="text-align: center;">Initial</td> <td style="text-align: center;">Initial</td> </tr> </table>                 |          |           |         |         | BENCH       | 1        | 2         | 3 | BEST |   | Initial | Initial | Initial | Initial |
| BENCH   | 1        | 2         | 3       | BEST    |             |          |           |   |      |   |         |         |         |         |
|   | Initial  | Initial   | Initial | Initial |             |          |           |   |      |   |         |         |         |         |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center;">DEADLIFT</td> <td style="width: 25%; text-align: center;">1</td> <td style="width: 25%; text-align: center;">2</td> <td style="width: 25%; text-align: center;">3</td> <td style="width: 25%; text-align: center;">BEST</td> </tr> <tr> <td></td> <td style="text-align: center;">Initial</td> <td style="text-align: center;">Initial</td> <td style="text-align: center;">Initial</td> <td style="text-align: center;">Initial</td> </tr> </table>              |          |           |         |         | DEADLIFT    | 1        | 2         | 3 | BEST |   | Initial | Initial | Initial | Initial |
| DEADLIFT  | 1        | 2         | 3       | BEST    |             |          |           |   |      |   |         |         |         |         |
|   | Initial  | Initial   | Initial | Initial |             |          |           |   |      |   |         |         |         |         |
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| TOTAL   | 1        | 2         | 3       | BEST    |             |          |           |   |      |   |         |         |         |         |
|   | Initial  | Initial   | Initial | Initial |             |          |           |   |      |   |         |         |         |         |
| LIFTER # _____  |          |           |         |         |             |          |           |   |      |   |         |         |         |         |

# Flighting Example



- Where 10 or more lifters are competing at a rack, (“flights”) may be formed consisting of approximately equal numbers of lifters. (A flight can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the meet director.)

*\*EXAMPLE*



*\*This will look different for each meet. You can have as many, or as little flights/platforms as needed.*

| Flight | Platform1                                 | Platform 2                     | Platform 3                     | Platform 4                     |
|--------|---|--------------------------------|--------------------------------|--------------------------------|
| 1      | 114B,123B = <b>16 Lifters</b>             | 114G, 123G = <b>15 Lifters</b> | 198B, 220B = <b>16 Lifters</b> | 198G, 220G = <b>16 Lifters</b> |
| 2      | 97G, 105G, 259G, SHWG = <b>16 Lifters</b> | 165B, 181B = <b>16 Lifters</b> | 165G, 181G = <b>16 Lifters</b> | 308B, SHWB = <b>16 Lifters</b> |
| 3      | 132B, 148B = <b>16 Lifters</b>            | 132G, 148G = <b>16 Lifters</b> | 242B, 275B = <b>16 Lifters</b> |                                |

\*Flights are subject to change to expedite meet if necessary



# Rounds System

## Rule Book Section D

- A. The lifter shall have 3 attempts at each lift Squat/Bench/Deadlift
- B. First attempt in first round, second attempt in second round, third attempt in third round.
- C. Shall be governed by the increase in weight
- D. BAR CANNOT BE REDUCED IN WEIGHT ONCE "LOADED"
- E. Declare and INITIAL the next attempt within 1:00 of previous attempt
  - A. The lifter must lift their declared weight
    - A. Exception "Bumps"

# BUMPS

- A Lifter may bump (up or down in weight) to a weight if it is not less than a previous attempt, or less than what is loaded on the bar.\*
  - Once loaded, a weight cannot be taken off of the bar.
- Only allowed 2 “Bumps” Per athlete per meet
- Changes must be made and **signed off** by a coach prior to an individual lifter being called to the bar and the bar is properly loaded for that lift.

*\*Please see Rule Book Section D:3 “Weight Changes After Declaration”*

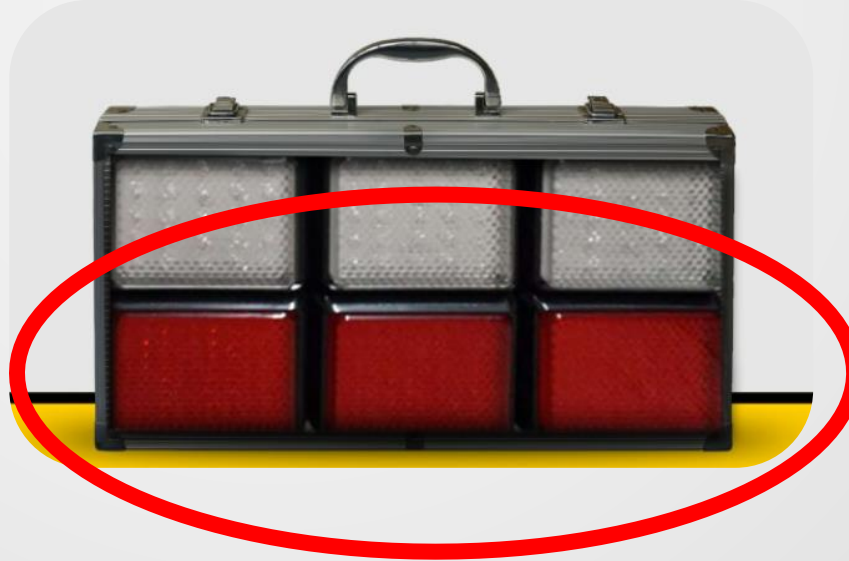
# BUMPS



- **Correct Example 1:** Lifters A, B, C, and D are all scheduled to attempt a 500 lb. deadlift. As lifter B is lowering the successful attempt, lifter C's coach bumps lifter C's attempt to 550 lbs. CORRECT INTERPRETATION of Item #6.2.
- **Correct Example 2:** Lifters A, B, and C are all scheduled to attempt a 500 lb. deadlift, while lifter D is scheduled to attempt a 550 lb. deadlift. As lifter D's coach sees that lifter C's attempt is unsuccessful, he bumps lifter D's attempt down to 500 lbs. CORRECT INTERPERTATION OF Item #6.
- **Incorrect Example 1:** Immediately after lifter A's attempt at a 500 lb. deadlift, the Chief Judge declares the bar loaded for lifter B. Lifter B's coach then approached the table about bumping up to a different weight. INCORRECT INTERPRETATION of Item #6.



# “Bombing Out”



# Bombing Out



- If a lifter fails on all three attempts in any given lift. The lifter will not be scored.
- The lifter may finish the meet at the discretion of the meet director.
- At the State Competition, the lifter will not be allowed to complete the meet.
- \*Openers (discussion)



# WEIGH-IN'S

# Weigh In's



- All Lifters must weigh-in prior to competition.
- Weigh-ins may occur no sooner than two hours prior to the start of competition.
- Lifters must weigh-in wearing the Competition Uniform.
- All weights **MUST** be recorded in PowerScore to the tenth of a pound (220.0 is correct, 220 is not correct).
- Appointed school personnel and/or Head Judge shall conduct the weigh in procedure.

# Weigh In's



- BE MINDFUL OF YOUR MESSAGE TO YOUR ATHLETES.
- WEIGHT CLASSES ARE DESIGNED FOR EQUITY AND FAIRNESS AMONGST COMPETITIORS.
- WEIGHT CLASSES ARE NOT MEANT FOR WEIGHT CUTTING MEASURES.





# TEAM/INDIVIDUAL COMPETITION

# Team Scoring



Point scoring for Team Competition at all events and the State Championship

- 1<sup>st</sup> Place – 7 Points
- 2<sup>nd</sup> Place – 5 Points
- 3<sup>rd</sup> Place – 3 Points
- 4<sup>th</sup> Place – 2 Points
- 5<sup>th</sup> Place – 1 Point

\*Power Score will calculate this real-time. It is always best practice to print results from the summary page and post following the Bench Press Event.





# Team/Individual Competition

- A school can enter up to 12 Varsity Lifters during competition with no more than 2 per weight class.
- “B” Lifters/Teams must be designated prior to the meet and approved by the meet director in advance.
  - “B” Lifters are eligible for individual awards but cannot receive the team points. If a “B” lifter places in the top 5 the points earned for that placing will vanish.

# Tie Breakers

## INDIVIDUAL COMPETITION

- If two or more lifters have the same total the lifter with the lighter weigh-in weight will be ranked higher. (relative weight)
- If two or more lifters have the same total and the same weigh in weight, the contest will be deemed a tie.

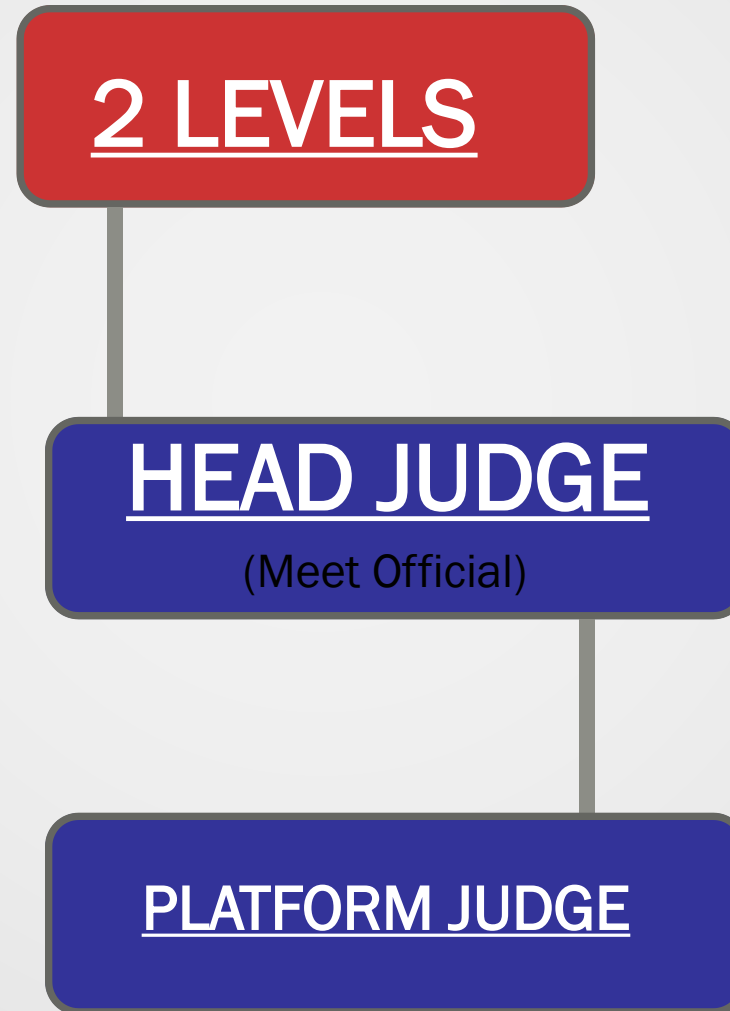
## TEAM COMPETITION

- If two or more schools have the same point total, the team with the greater number of first place finishers will be classified first, and so on throughout the five places.

# JUDGES



# Judges





# HEAD JUDGE (Meet Official)

## REQUIREMENTS

- ✓ Rules Clinic Attendance
- ✓ 2023 Powerlifting Rule Book Exam
- ✓ Meet Directors Training (Jan. 9)

## RESPONSIBILITIES

- Implement the Judges and Coaches Pre-Meet Meeting prior to commencement of the meet.
- Will ensure that all technical rules and formats are correctly applied at the event and at each platform.



# HEAD JUDGE (Meet Official)

## NOTES

- Can judge on the platform if necessary.
- Will be best suited to roam and oversee the event.
- Will ensure the platform judges are using the correct mechanics, applying technical rules, and following meet format (rounds system correctly).



# PLATFORM JUDGE

## REQUIREMENTS

- ✓ 2023 NMAA Rule Book Exam

## PERSONNEL

- ✓ Can be Coaching Staff, Volunteers, etc.

## RESPONSIBILITIES

- Ensure that technical rules and formats are correctly applied at the assigned platform.
- Oversee lifting activities and regulations at the assigned platform.
- Shall be responsible for determining clean lifts and ensuring technical rules outlined in section 4 are being adhered to.

# Judges (per platform \*review)

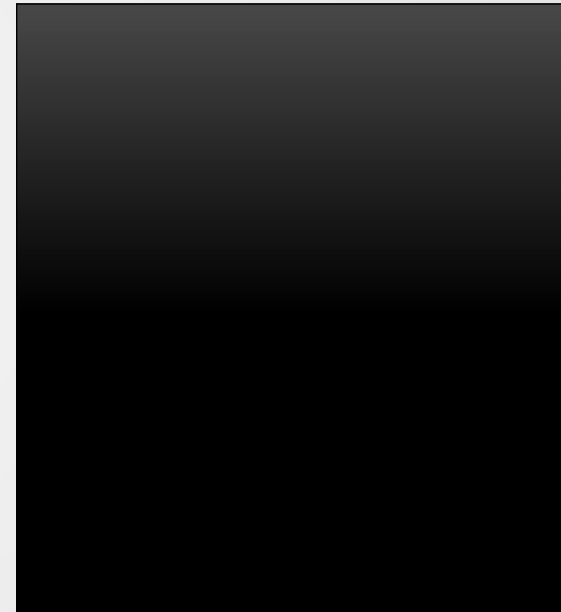
3 Judges

- Chief
- Side
- Side

Chief Judge

Side Judge

Side Judge





# STATE QUALIFICATION



# Qualification for State/Standings



## Girls

- Classification: A-5A
- Top 8 Totals in each weight class will qualify for the State Championship.
- Awards:
  - 1<sup>st</sup> through 3<sup>rd</sup> Place (Medal)
  - Overall Team Champion A-5A
  - A-3A Team Champion



## Boys

- Classification: A/3A  
4A  
5A
- Top 6 Totals in each weight class will qualify for the State Championship
- Awards:
  - 1<sup>st</sup> through 3<sup>rd</sup> Place in each classification (Medal)
  - Team Champion in Each Classification



# Qualification for State/Standings



- The lifter must compete in the weight class in which they qualified for during the regular season.
  - If the lifter qualifies in more than one weight class, a declaration must be made on the Monday following the Last Chance Qualifying Week (3/20)
- A school can represent up to 12 lifters at the State Championship Event with no more than 2 lifters in each weight class.



ATTIRE

# Attire



- Singlets with a T-Shirt
  - Shirt must be .25" above the elbow



\*Socks that cover the shin must be worn during the deadlift.

- Team T-Shirt Tucked into Shorts
- Shirt must be .25" above the elbow.
- If Shorts are worn in place of singlet, they must be above the knee.
  - (Non-Supportive Compression Shorts are permitted in lieu of shorts)





# Gear Do's and Don'ts

**YES**



7mm thick and 30 cm in length are permitted



Wrist Wraps



Prong Belt



Lever Belt



Chalk



Singlet

**NO**



Knee Wraps



Squat Suit



Ammonia



Bench Shirt



Velcro Belt



Baby Powder



Power Briefs

# QUESTIONS