



New Mexico
GAS COMPANY®
AN EMERA COMPANY

ENERGY EFFICIENCY PROGRAMS

2022 POWERLIFTING RULES CLINIC

TUESDAY, DECEMBER 7TH
6:00 PM

#COMPETE WITH CLASS



IMPORTANT DATES/ ANNOUNCEMENTS

Important Dates

- Start Date
 - *January 3rd*
- COMPETITION WEEK #1: Jan. 24 – 29
- COMPETITION WEEK #2: Feb. 21 – 26
- LAST CHANCE QUALIFYING WEEK #3: Mar. 21 – 26
- STATE CHAMPIONSHIP – FRIDAY, APRIL 8TH OR APRIL 9TH





Important Association Changes

- NMAA Rules and Regulations
 - *NMAA Activity Eligibility Requirements*
- In-Person Girls & Boys State Championship at Rio Rancho High School
- Dual Meets, Tri-Meets, and Invitationals between two or more schools will be permitted.
- A standard procedure for judging will be implemented at the onset of the season
 - *Rules Clinic*
- State Qualification
 - *Top 8 Per Weight Class*



LAYOUT OF PRESENTATION

- GENERAL RULES OVERVIEW
- SQUAT/BENCH/DEADLIFT
- RUNNING A MEET
 - Rounds system
- 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
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Lifter must weigh less than or equal to their actual weight or elect to lift in the next higher weight class

Judges

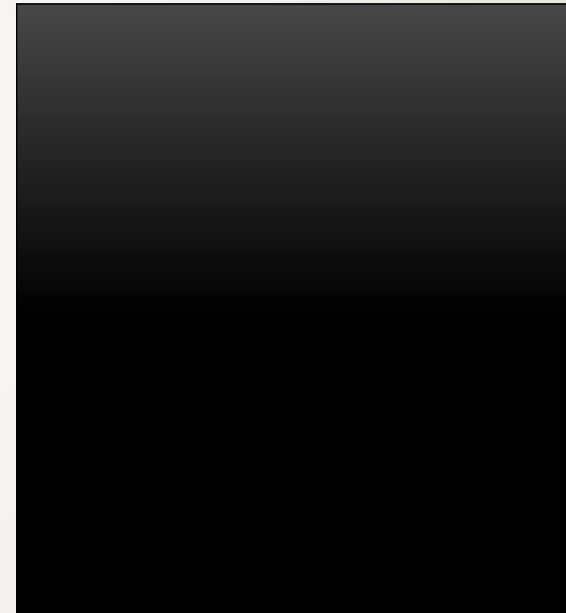
3 Judges

- Chief
- Side
- Side

Chief Judge

Side Judge

Side Judge



Judges

Lights/Flags/Thumbs

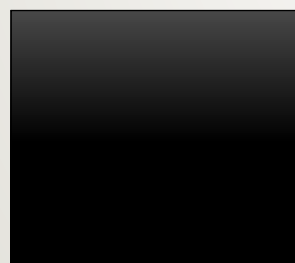
Good Lift = Two Whites



Chief Judge



Side Judge



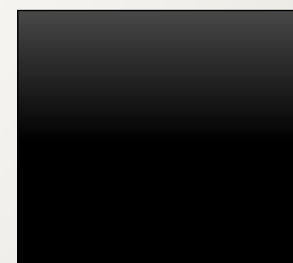
Side Judge



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

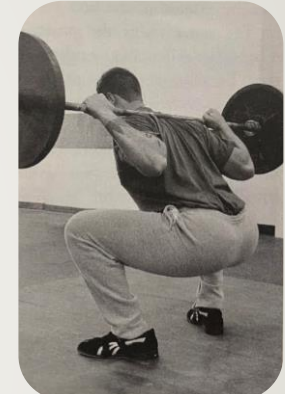
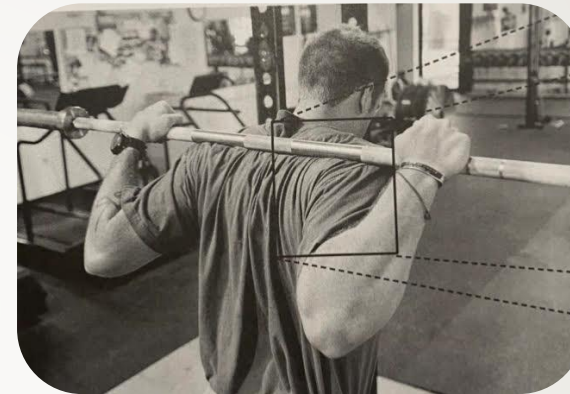
- Unintentional contact of elbows/bar supports is permitted if there is no support that might aid the lifter.
- Inadvertent steps after the prior to commencement/after completion of the lift is permitted.

SQUAT (useful information)

■ BAR PLACEMENT

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

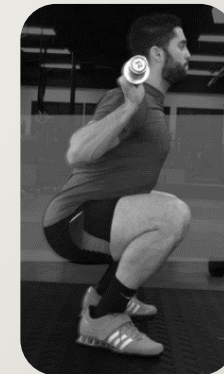
Low Bar



■ COACHING CUES

- *Coaching is allowed off the platform*
 - Calling your athletes "UP" is the general cue but is up to the Coach or individual.

High Bar



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 **MOTIONLESS** on the chest or abdominal area with a definite and visible pause.*
- *The bar must be pressed upwards with the **ELBOWS FULLY LOCKED**.*

■ Judges Command

- Commencement of Lift: “PRESS”
- Completion: “RACK” (backward movement of arm)

“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

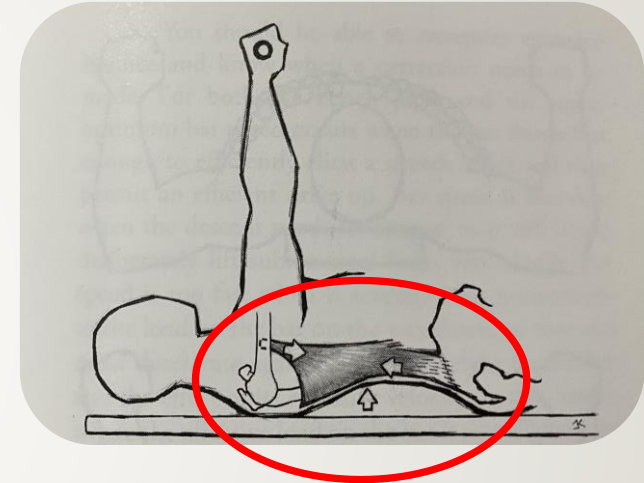
- Unintentional contact of bar supports is permitted if there is no support that might aid the lifter.
- The platform can be elevated through the use of a box or plate not exceeding 18” X 18” not higher than 7”
 - *The entire foot must be on the box or plate.

BENCH PRESS (useful information)

■ ARCHING THE BACK

- *Is permitted as long as the Head/Shoulders/Buttocks remain in contact with the bench with the feet flat.*

Arching the Back



■ Hand Placement

- *No further than 32" between forefingers.*
- *Thumb around and *Thumbless grips are permitted.*
 - **Though thumbless is permitted, it is not recommended.*

*Thumbless

Thumb Around



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

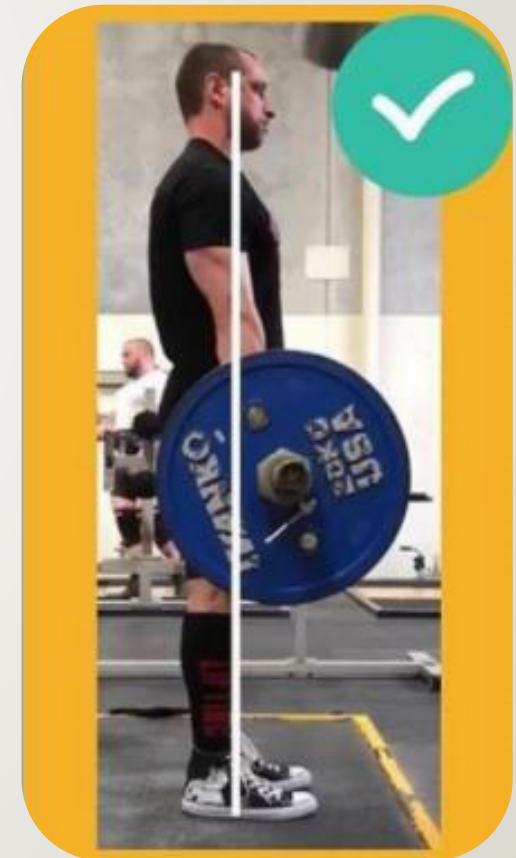
■ KEY POINT

- *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)

FULL LOCKOUT



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
- 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.



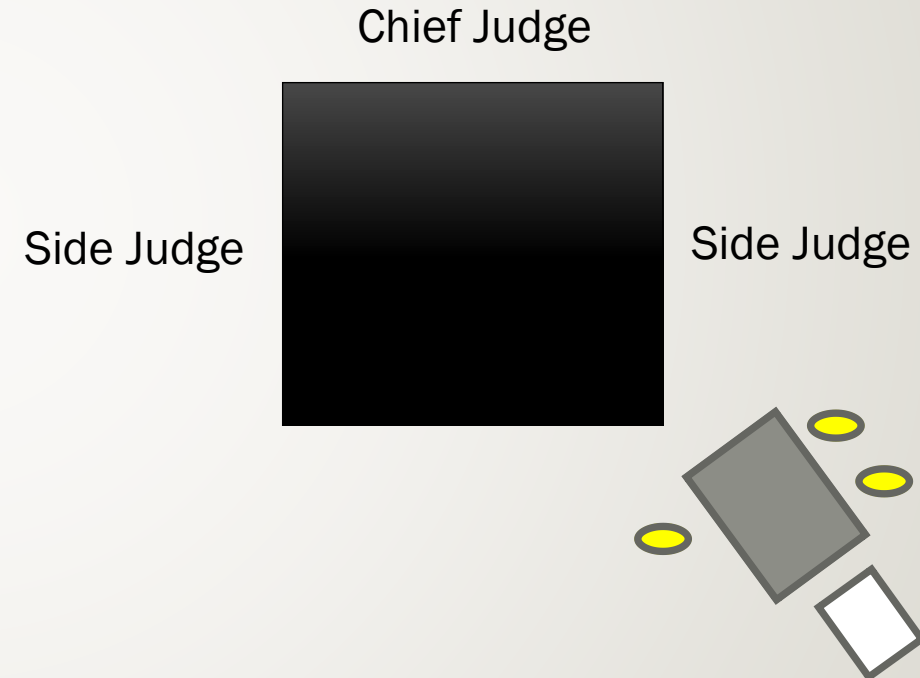
RUNNING A MEET

(ROUNDS SYSTEM)



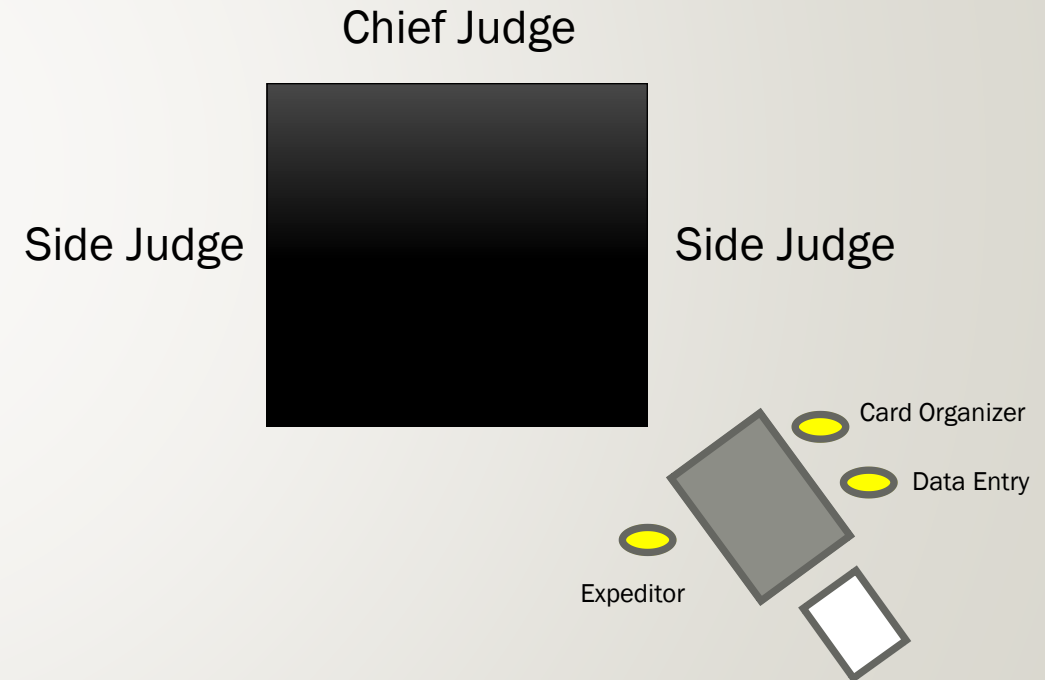
Rack Set Up

- **Platform** (flexible this year due to one school meets)
- **Squat Rack/Combo Rack**
- **Bench**
- **Plates per Rack**
 - ≈ 10 - 45 plates
 - 2 - 25lb plates
 - 4- 10lb plates
 - 2 - 5lb plates
 - 2 - 2.5 lb plates
- **Score Table**
- **Projector** (recommended)
- **Expeditor Cards**
- **Loader Chart**

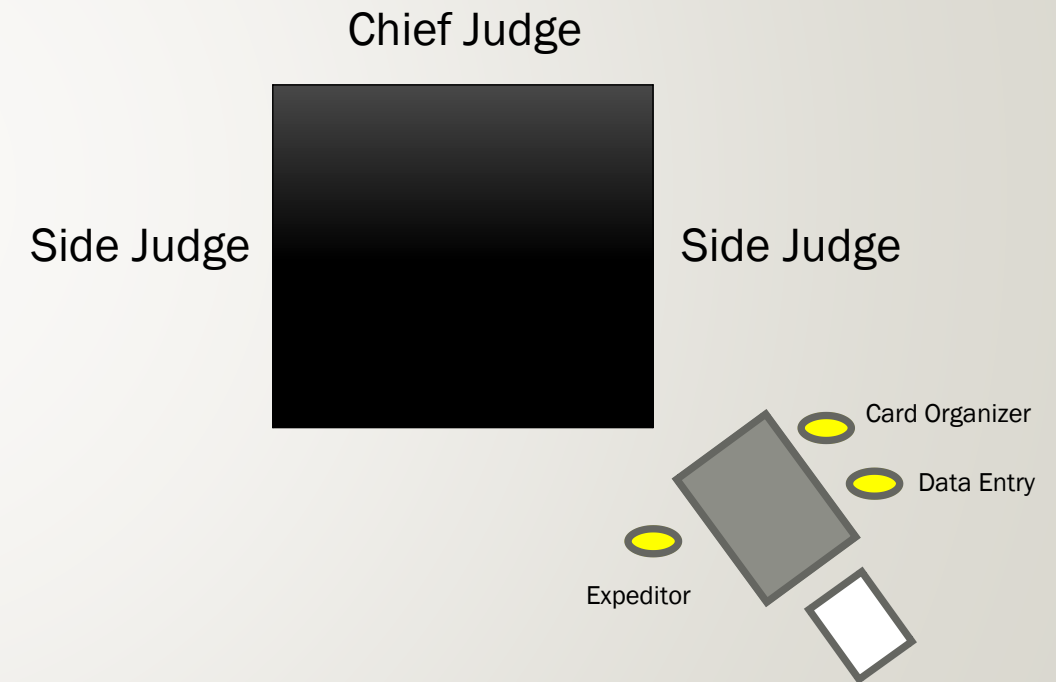
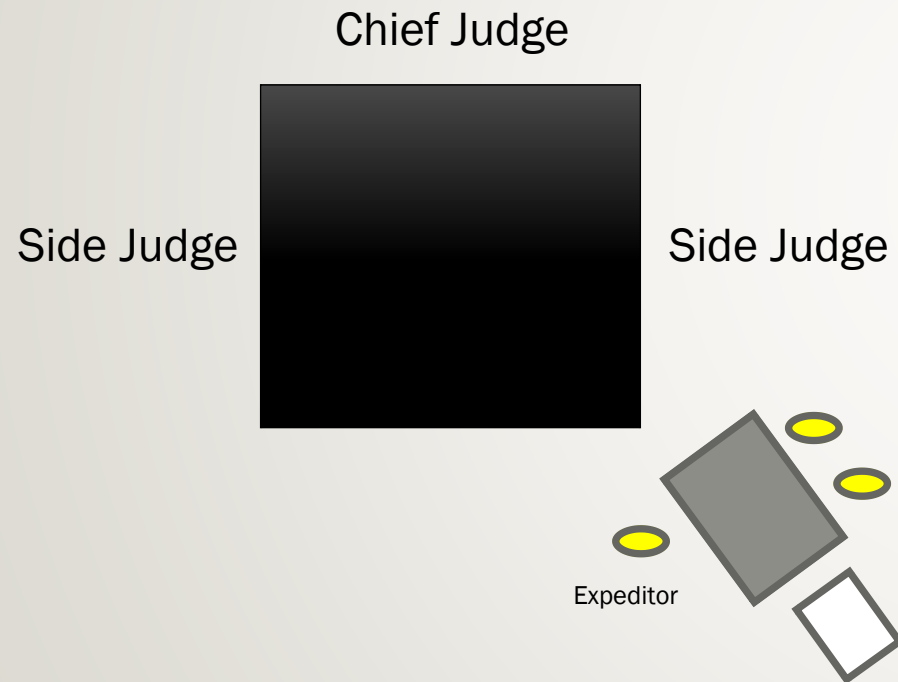


Rack Set Up/Personnel

- 3 Judges
 - Chief/Side/Side
- 2 Table Workers
 - 1 Data Entry Computer
 - 1 Card Organizer
- 1 Expeditor
 - Reads off lot numbers
 - Ex: "1 is up, 2 on deck, 3 in the hole"



Rack Set Up/Multiple Racks



Rack Set Up/Multiple Racks




Rack Set Up (Document Examples)



Expeditor Card

NMAAEXPEDITORFORM



NAME

SCHOOL

CLASS

WT

PIN

123BEST

SQUAT

InitialInitialInitialInitial

BENCH

InitialInitialInitialInitial

SUB

DEADLFT

InitialInitialInitialInitial

TOTAL

LIFTER #

BUMP 1

BUMP 2

Loader Chart

	45's	25's	10's	5's	2.5's			45's	25's	10's	5's	2.5's
55	0	0	0	0	0		295	2	1	0	1	0
60	0	0	0	0	1		300	2	1	0	1	1
65	0	0	0	1	0		305	2	1	1	0	0
70	0	0	0	1	1		310	2	1	1	0	1
75	0	0	1	0	0		315	2	1	1	1	0
80	0	0	1	0	1		320	2	1	1	1	1
85	0	0	1	1	0		325	3	0	0	0	0
90	0	0	1	1	1		330	3	0	0	0	1
95	0	0	2	0	0		335	3	0	0	1	0
100	0	0	2	0	1		340	3	0	0	1	1
105	0	1	0	0	0		345	3	0	1	0	0
110	0	1	0	0	1		350	3	0	1	0	1
115	0	1	0	1	0		355	3	0	1	1	0
120	0	1	0	1	1		360	3	0	1	1	1
125	0	1	1	0	0		365	3	0	2	0	0
130	0	1	1	0	1		370	3	0	2	0	1
135	0	1	1	1	0		375	3	1	0	0	0
140	0	1	1	1	1		380	3	1	0	0	1
145	1	0	0	0	0		385	3	1	0	1	0
150	1	0	0	0	1		390	3	1	0	1	1
155	1	0	0	1	0		395	3	1	1	0	0
160	1	0	0	1	1		400	3	1	1	0	1
165	1	0	1	0	0		405	3	1	1	1	0
170	1	0	1	0	1		410	3	1	1	1	1
175	1	0	1	1	0		415	4	0	0	0	0
180	1	0	1	1	1		420	4	0	0	0	1
185	1	0	2	0	0		425	4	0	0	1	0
190	1	0	2	0	1		430	4	0	0	1	1
195	1	1	0	0	0		435	4	0	1	0	0
200	1	1	0	0	1		440	4	0	1	0	1
205	1	1	0	1	0		445	4	0	1	1	0
210	1	1	0	1	1		450	4	0	1	1	1
215	1	1	1	0	0		455	4	0	2	0	0
220	1	1	1	0	1		460	4	0	2	0	1
225	1	1	1	1	0		465	4	1	0	0	0
230	1	1	1	1	1		470	4	1	0	0	1
235	2	0	0	0	0		475	4	1	0	1	0
240	2	0	0	0	1		480	4	1	0	1	1
245	2	0	0	1	0		485	4	1	1	0	0
250	2	0	0	1	1		490	4	1	1	0	1
255	2	0	1	0	0		495	4	1	1	1	0
260	2	0	1	0	1		500	4	1	1	1	1
265	2	0	1	1	0		505	5	0	0	0	0
270	2	0	1	1	1		510	5	0	0	0	1
275	2	0	2	0	0		515	5	0	0	1	0
280	2	0	2	0	1		520	5	0	0	1	1
285	2	1	0	0	0		525	5	0	1	0	0
290	2	1	0	0	1		530	5	0	1	0	1



Rounds System





1:00

To perform lift after bar is loaded

Chief Judge

"Bars Loaded"

Side Judge

Side Judge

Performs Lift

Informs table of next lift

Card Organizer

Data Entry

E

"5 is up, 3 is on deck, 1 in the hole"

Waits for next round

NMAA EXPEDITOR FORM			
NAME _____		SCHOOL _____	
CLASS _____	WT _____	PIN _____	
1		2 3 BEST	
SQUAT	Initial	Initial	Initial
BENCH	Initial	Initial	Initial
DEADLFT	Initial	Initial	Initial
TOTAL		SUB	
LIFTER # _____		BUMP 1 BUMP 2	



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 next attempt within 1:00 of previous attempt
 - A. The lifter must lift their declared weight
 - A. Exception "Bumps" only 2 allowed per meet



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 Meet
- Changes must be made 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”*



“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 finish the meet.
- *Openers (discussion)



Submitting Your Meet

- Visit the NMAA Powerlifting Website
 - <https://www.nmact.org/activities/activities-powerlifting/>
 - Find the “Official Scorecard”

**No later than 4:00 pm the following Monday of the Competition Week.*

Power Lifting- Coach

School *
Select Your School **#1. Select your school**

Week *
☐ Week #1: November 2 - November 8 **#2. Select competition week**
☐ Week #2: November 30 - December 6
☐ Week #3: January 4 - January 10
☐ Final Week: February 1 - February 7

Power Lifting- Official Scorecard

GUIDELINES

- No more than 12 entries per level
 - 12 Boys Varsity
 - 12 Boys Junior Varsity
 - 12 Boys C-Team
 - 12 Girls Varsity
 - 12 Girls Junior Varsity
 - 12 Girls C-Team**#3. Read all guidelines**
- No more than 2 entries per weight class
- Body weight shall be entered to the nearest tenth (.1) of a pound.

Once the form is submitted an email will be sent to your AD where they will verify lift weights and weigh-in weights.

PLEASE FOLLOW THE DIRECTIONS ABOVE

Add Athletes

Gender	Level	Weight Class	Body Weight	Name	Grade	Squat	Bench	Dead Lift	Total
There are no entries.									

#4. Add individual entries
(Max of 12 per level & no more than 2 per weight class at each level)

Add Entry

Your Name *
First Last

Athletic Director Name *
First Last

Athletic Director Email *

Submit

STATE MEET

QUALIFICATION/ INFORMATION

STATE MEET QUALIFICATION

- Top 8 lifters per weight class
- The lifter must compete in the weight class in which they qualified during the competition weeks.
 - If the lifter qualifies in more than one weight class, a declaration must be made on the Monday following the Last Chance Qualifying Week.
- No more than 2 lifters per school can be represented in each weight class.



Team Scoring

1st Place Finisher
= 7 Team Points

2nd Place Finisher
= 5 Team Points

3rd Place Finisher
= 3 Team Points

4th Place Finisher
= 2 Team Points

5th Place Finisher
= 1 Team Point

Highest Point Total will be
awarded State Champion



Regular Season Judges

NMAA Sanctioned Season/State Meet

Coaches as Judges

- Optional Registration through NMOA
 - Waived Registration Fee
 - Can be good for judging consistency across the State during Pre-State Meets
- Judge Requirements
 - Registration through DragonFlymax
 - Judges Rule Book Test
 - Offered through NFHS in your DragonFlymax profile



MISCELLANEOUS

Gear Do's and Don'ts

YES



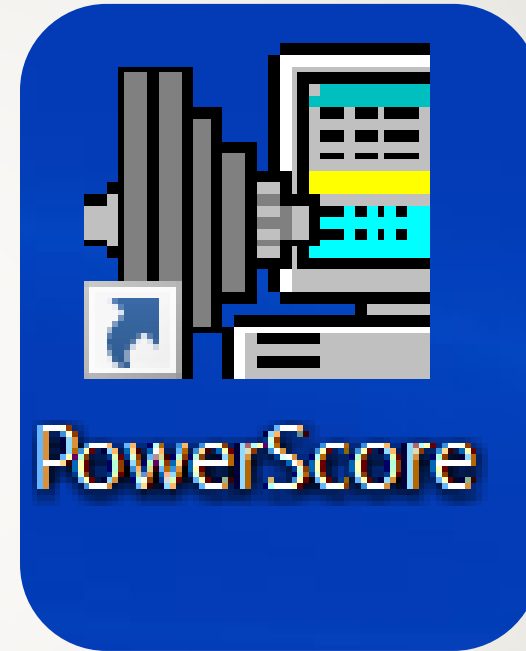
NO



Meet Software Examples



- POWER SCORE
 - Contact me for the download
 - Will be used at the State Meet
- OPEN LIFTER
 - www.openlifter.com
- LIFTING CAST
 - Liftingcast.com
- Tally Sheet
 - <https://www.nmact.org/activities/activities-powerlifting/>
- Or Build your own Excel Doc

[illegible]

A thick, black L-shaped decorative bar is positioned on the left side of the slide, starting from the top left and extending downwards.

THANK YOU!!

A thick, black L-shaped decorative bar is positioned on the right side of the slide, starting from the top right and extending downwards.