



New Mexico Activities Association Powerlifting

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Powerlifting Coaches and Athletic Directors,

We are very excited to continue to expand powerlifting in the State of New Mexico! This is an exciting opportunity for our member schools as well as our student athletes.

There are a lot of changes happening this year with NMAA Powerlifting.

- The NMAA will host a physical boys/girls State Championship Powerlifting Meet on Friday April 8th and/or Saturday April 9th at Rio Rancho, High School (more information will be posted as we get closer to the season).
- For the 2022 Powerlifting season, virtual meets will continue to be allowed to further accommodate schools during this pandemic given that all NMAA Powerlifting Rules and Regulations are followed along with COVID restrictions outlined by the NMAA and The State of New Mexico.
- Dual Meets, Tri-Meets, and Invitational Meets between two or more schools will be permitted given all NMAA Powerlifting Rules and Regulations are adhered to along with the COVID restrictions outlined by the NMAA and The State of New Mexico.
- A standard procedure for judging will be implemented at the onset of the season to ensure all schools are judging their athletes with the same criteria and techniques.
- A virtual rules clinic will be provided for coaches and state judges prior to the 2022 season (date coming soon).
 - The clinic will provide guidance for hosting a meet, reviewing of the competition lift standards, rule changes, and any other pertinent information.
- There will be one classification for the 2022 season.
- Top 8 lifters per weight class will be selected to compete at the 2022 State Championships.
 - Team and individual awards will be received.

The 2022 rulebook will be updated with all new rules highlighted and posted on the NMAA Powerlifting Website at the sending of this letter.

<https://www.nmact.org/activities/activities-powerlifting/> .

NMAA Powerlifting and COVID

For the 2022 Powerlifting season, the following guidelines will be in effect for all NMAA virtual meets, dual meets, tri-meets, invitational meets, and the State Championship Meet.

1. It is recommended that all equipment contacted by the lifter (bar, bench, etc) will be disinfected between lift attempts.
2. Face coverings must be worn by lifters, judges, spotters/loaders, table workers, and support staff when indoors.
3. Schools must provide their own chalk.
4. There shall be no sharing of lifting attire (wrist wraps, knee sleeves, etc.)
5. Follow any additional indoor guidelines from your school district and/or local government entities.

Competition Dates for the 2022 season will be the following. (*results from at least one meet is required to be considered 'state eligible')

Start Date Jan. 3

- **Competition Week #1: Jan. 24-29**
- **Competition Week #2: Feb. 21-26**
- **Last Chance Qualifying Week #3: March 21-26**

The 2022 State Championship will be held **Friday April 8th** and/or **Saturday, April 9th** at Rio Rancho High School (more information will be posted as we get closer to the season).

We hope that everyone has a safe and successful 2022 Powerlifting Season. For NMAA Powerlifting information and updates, please monitor our website often.

<https://www.nmact.org/activities/activities-powerlifting/>.

We look forward to a great 2022 Season. Please do not hesitate to contact myself at (505) 252-5662 or at dillon@nmact.org or Scott Owen at s.owen@nmact.org

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