

# NMAA POWERLIFTING 2024 RULES CLINIC



# LAYOUT OF PRESENTATION

- PREFACE
- WEBPAGE RESOURCES
- BYLAWS REVIEW
- GENERAL RULES OVERVIEW
- SQUAT/BENCH/DEADLIFT
- HOSTING A MEET
- ROUNDS SYSTEM
- ADDITIONAL INFORMATION



# PREFACE



# PREFACE

- As Powerlifting grows, it is imperative that judges assigned to each meet have thoroughly reviewed each certification criteria and are familiar with the rules of Powerlifting.
- Schools will still be depending largely on coaches and community members to judge and oversee events, so it is critical they are familiar with the technical aspects of a clean lift for all three lifts.
- Failure to flag incorrect lifts has the potential to:
  1. Provide false sense of confidence to qualifying lifters
  2. Send lifters to state who are not legitimately qualified



WEBPAGE

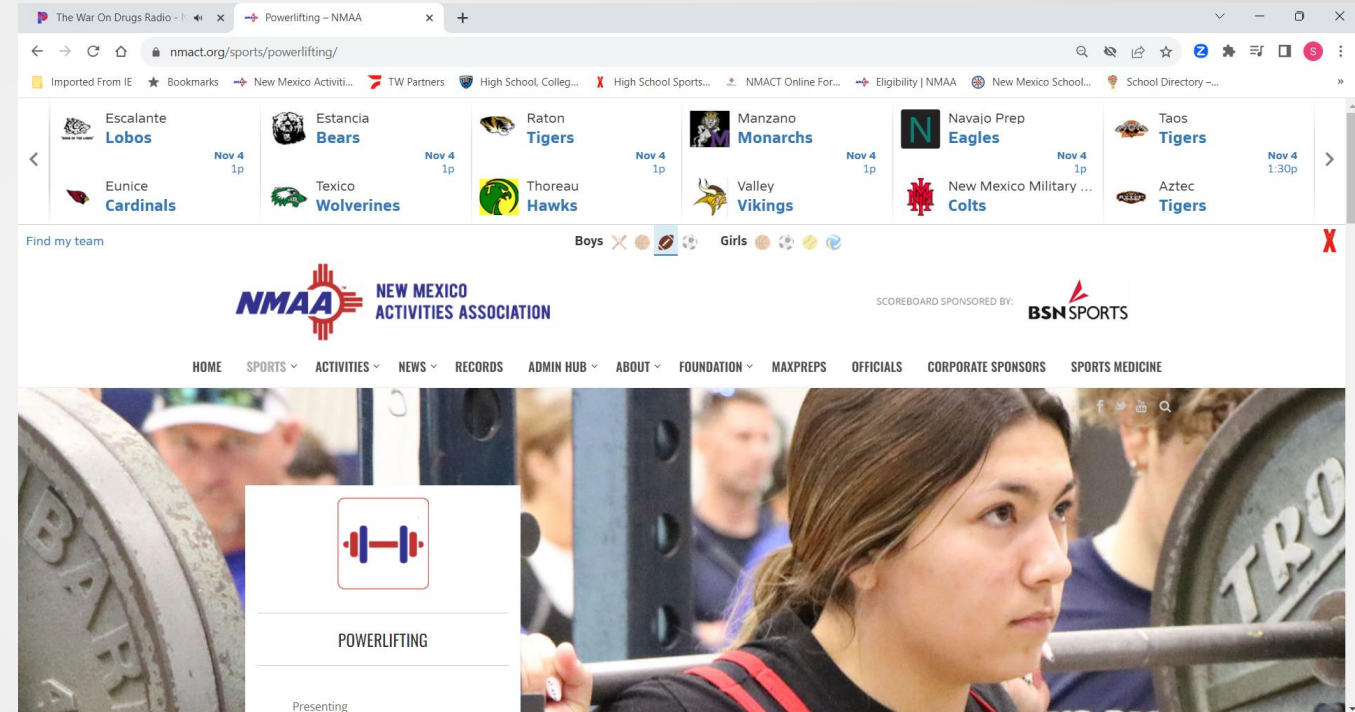
# Webpage

[www.nmact.org/sports/powerlifting](http://www.nmact.org/sports/powerlifting)



## ■ Resources to Review

- *Bylaws*
- *Rules Manual*
- *All Powerlifting Tutorials*
- *PowerScore Video Tutorials*
- *Meet Directors Video Tutorial*



# Important Dates

- **START DATE**
  - *January 8, 2024*
- **LAST CHANCE QUALIFYING WEEK**
  - *March 25 – 30, 2024*
- **STATE DECLARATIONS DUE**
  - *April 1, 2024*
- **STATE CHAMPIONSHIP**
  - *April 12 – 13, 2024*





# BYLAW UPDATES/REVIEW





# Competition Limits

- 4 Meet Limit
- A student athlete must compete in a minimum of 1 certified regular season meet to be state eligible.
- Cannot start until 3:00PM on a school day unless it's a consecutive-day meet that includes Saturday.



# Weight Classes

## BOYS (12)

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

## GIRLS (12)

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

- Schools are required to use registered NMAA/NMOA judges for all meets.
- Meets must have a “Head Judge” assigned to be considered for state qualification.
  - May also use two (2) or more head coaches who are “Head Judge” certified to serve in this role.
- Three (3) platform judges per platform are required.

# State Qualification



## Both Boys and Girls

- 3 Classes – A-3A, 4A, 5A
- Top 8 totals recorded at a certified regular season meet in each weight class will qualify to State
- Top 3 individuals in each weight medal
- Top 3 teams in each class earn a trophy



# State Qualification

- The lifter must compete in the weight class in which they qualified during the regular season.
  - If the lifter qualifies in more than one weight class, he/she must declare the weight they will compete in by the declaration date.
- A school can represent up to 12 lifters at the State Championship Event with no more than 2 lifters in each weight class.



# GENERAL RULES OVERVIEW

# What is Powerlifting

## Lifts:

- SQUAT
  
- BENCH
  
- DEADLIFT

## Score

- 3 attempts on each lift – 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**

# Judges (per platform)

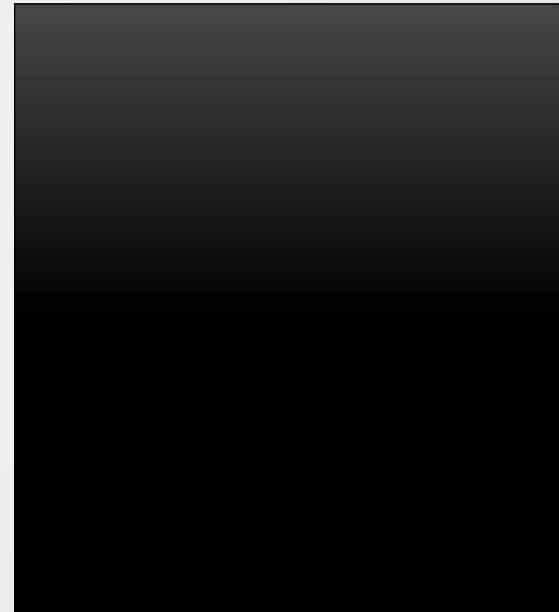
3 Judges

- Chief
- Side
- Side

Side Judge

Chief Judge

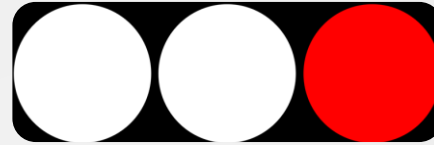
Side Judge





# Judges

Lights/Flags/Thumbs



Good Lift = Two Whites



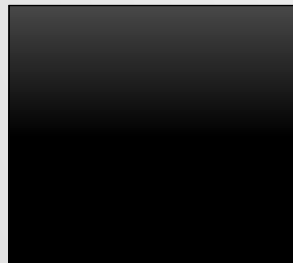
Chief Judge



Chief Judge



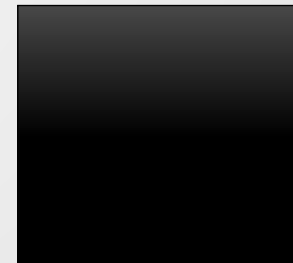
Side Judge



Side Judge



Side Judge



Side Judge





# 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 Commands (2)

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



# SQUAT



## *REASONS FOR DISQUALIFICATION OF LIFT*

- \*Failure to observe the Chief Judges Signals (commencement or completion)
- \*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.
- 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
- 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

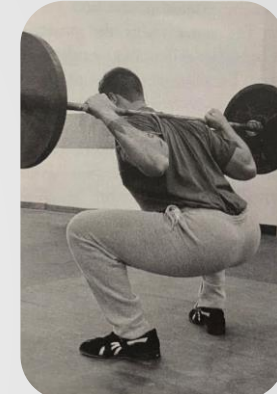
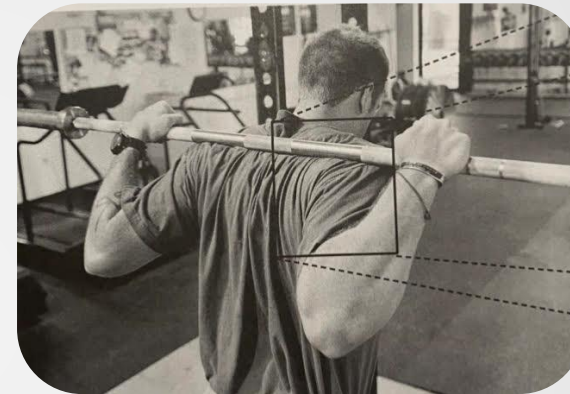
- Unintentional contact of elbows/bar supports is permitted if there is no support that might aid the lifter.
- Inadvertent steps prior to commencement / after completion of the lift is permitted.

# SQUAT (useful information)

## ■ BAR PLACEMENT

- *Low Bar (no lower than 3cm below top of rear deltoids)*
- *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 POINTS

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

## ■ Judges Commands (2)

1. Commencement of Lift: "PRESS"
2. 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

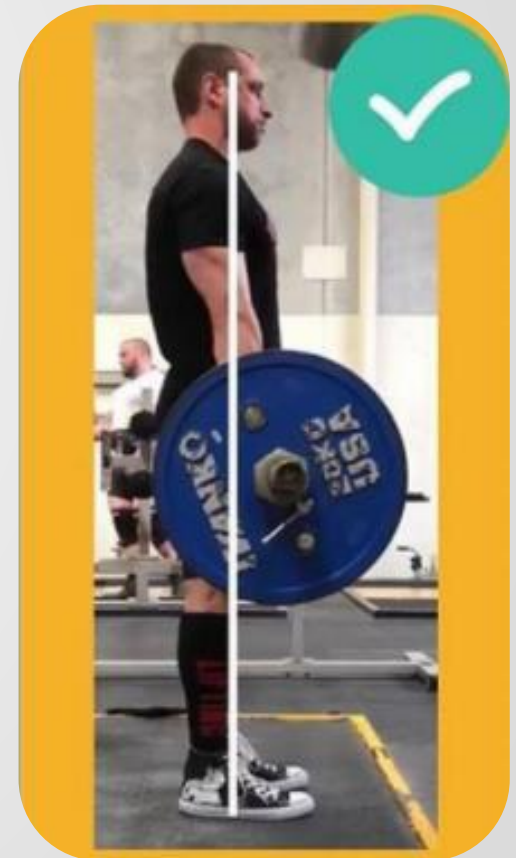
## ■ KEY POINT

- *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 (1)

- Commencement of Lift: No Command (start with hand up)

1. 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.



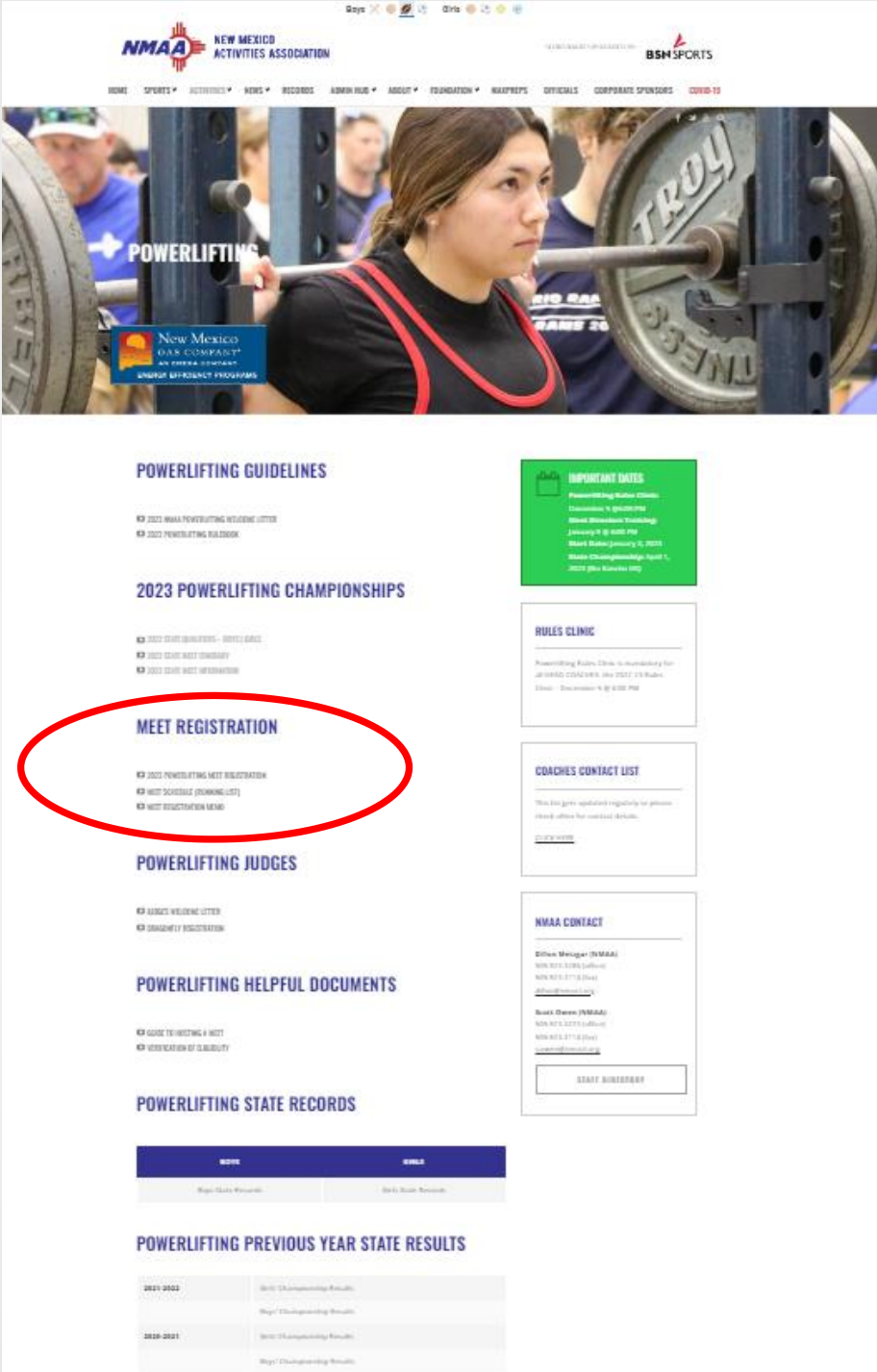
# HOSTING A MEET





# Sanctioned Meets

- 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.



The screenshot displays the NMAA (New Mexico Activities Association) website. At the top, there is a navigation menu with links for HOME, SPORTS, ACTIVITIES, NEWS, RECORDS, ADMIN HUB, ABOUT, FOUNDATION, MAKEUPS, OFFICIALS, CORPORATE SPONSORS, and COVID-19. Below the navigation is a banner image of a female powerlifter with a barbell on her shoulders. A blue box in the banner reads "New Mexico OUR COMMUNITY AN AFFIRMATION UNGROUP AFFRONT PROGRAMS".

The main content area is divided into several sections:

- POWERLIFTING GUIDELINES**: Includes links for "2023 NMAA POWERLIFTING WELDING LETTER" and "2023 POWERLIFTING RULEBOOK".
- 2023 POWERLIFTING CHAMPIONSHIPS**: Includes links for "2023 STATE CHAMPIONS - BOYS GIRLS", "2023 STATE MEET SUMMARY", and "2023 STATE MEET INFORMATION".
- MEET REGISTRATION**: This section is circled in red and contains links for "2023 POWERLIFTING MEET REGISTRATION", "MEET SCHEDULES (DRAFTING LIST)", and "MEET REGISTRATION FAQ".
- POWERLIFTING JUDGES**: Includes links for "2023 JUDGES WELDING LETTER" and "JUDGEMENT REGISTRATION".
- POWERLIFTING HELPFUL DOCUMENTS**: Includes links for "GUIDE TO WRITING A MEET" and "DEFINITION OF ELIGIBILITY".
- POWERLIFTING STATE RECORDS**: Includes a table with columns for "BOYS" and "GIRLS", and rows for "High School Records" and "State Records".
- POWERLIFTING PREVIOUS YEAR STATE RESULTS**: Includes a table with columns for "2021-2022" and "2020-2021", and rows for "Boys' Championship Results" and "Girls' Championship Results".

On the right side of the page, there are several informational boxes:

- IMPORTANT DATES**: A green box listing "Powerlifting Rules Clinic: December 4th 6:00 PM - 8:00 PM" and "State Championships April 1, 2023 (Boys) December 4th 6:00 PM".
- RULES CLINIC**: A white box with a blue header, providing details about the clinic.
- COACHES CONTACT LIST**: A white box with a blue header, providing contact information for coaches.
- NMAA CONTACT**: A white box with a blue header, providing contact information for the NMAA.



# Where to Start?

- View the GUIDE TO HOSTING A MEET 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**

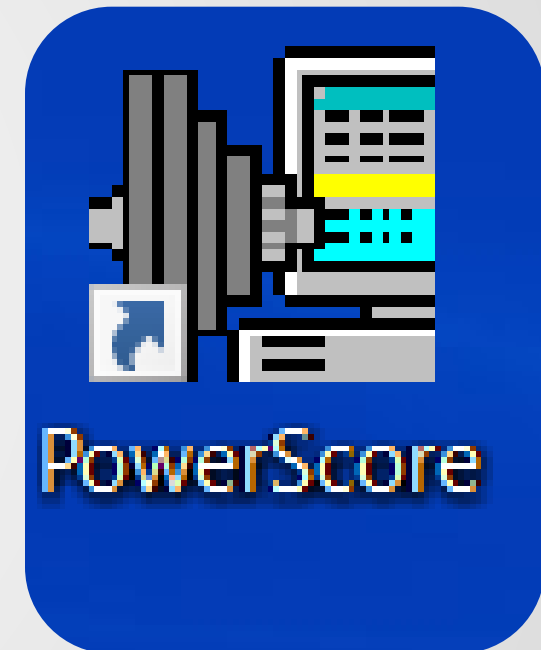
<u>Weight</u>	<u>Number</u>
2.5	2
5	2
10	4
25	2
45	10
100* <i>if available</i>	2
Collar or Clamp	2
Weight Tree <i>(each side of barbell)</i>	2
Bar Jack <i>*if available</i>	1
Squat Rack	1
Bench	1
<b><u>Additional Items</u></b>	
Load Chart <i>(one for each loader and one for chief judge)</i>	3
Judging 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 Software for all meets.
- Software Download link will be posted on the NMAA Powerlifting website.
- Host school meet directors are responsible for submitting meet result “Powerscore” files to the NMAA at the completion of their meet.
- Powerscore video tutorials are listed on the NMAA Powerlifting webpage.
- Event results and state standings will be posted on the Powerlifting webpage.





# ROUNDS SYSTEM



# 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



# 1:00

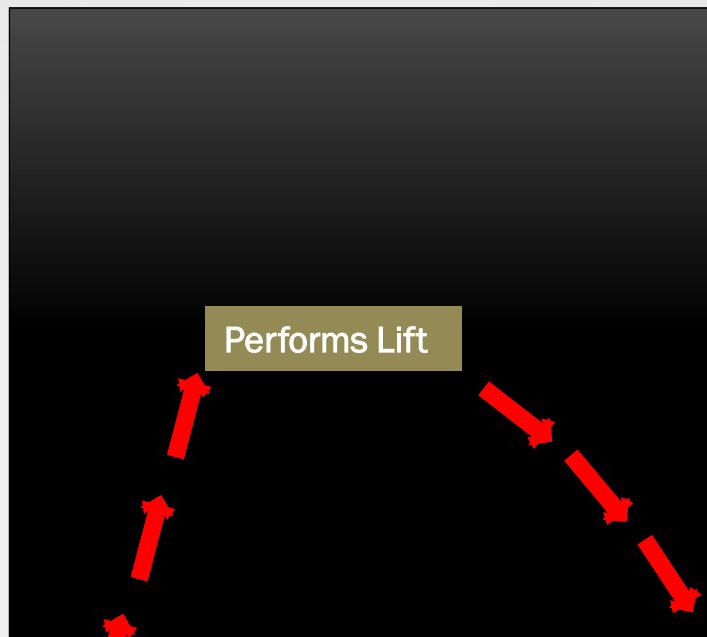
To perform lift after bar is loaded

Chief Judge

"Bars Loaded"

Side Judge

Side Judge



Card Organizer

Data Entry

E

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

2

1

5

4

6

3

NMAA EXPEDITOR FORM

NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_

CLASS \_\_\_\_\_ WT \_\_\_\_\_ PIN \_\_\_\_\_

SQUAT	1	2	3	BEST
Initial	Initial	Initial	Initial	Initial
BENCH	Initial	Initial	Initial	Initial
DEADLFT	Initial	Initial	Initial	Initial
				SUB
				TOTAL
LIFTER # _____	BUMP 1	BUMP 2		



# Bumps

- A lifter may bump (up or down in weight) to a weight IF:
  1. It is not less than the previous attempt
  2. Or less than what is loaded on the bar

*\*Once loaded, a weight cannot be taken off the bar.*
- Changes must be made and signed off by a coach prior to an individual being called to the bar once the bar is properly loaded for that lift.
- Only allowed 2 “Bumps” per athlete per meet.

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



# Bumps

- 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** – request to bump was before the bar was loaded.

- 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** – bumps can be up or down but can't be 1) lower than a previous attempt, 2) lower than what's already loaded on the bar and 3) must be requested before the bar is loaded for scheduled attempt.

# Bumps

- Example 3: 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** – request to bump must be before the bar is loaded.

- Example 4: In the round following an unsuccessful attempt at a 500 lb. deadlift, lifter A bumps to a 475 lb. third attempt.

**INCORRECT** – cannot bump down to a weight lower than the previous attempt.



# 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.



# TEAM/INDIVIDUAL COMPETITION



# Team Scoring

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

- 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

\*Powerscore will calculate this real-time. It is always best practice to print results from the summary page and post following bench press.



# 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 team points. If a “B” lifter places in the top 5 the points earned for that placing 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.
- If two or more lifters have the same total and the same weigh-in weight, the contest will be declared 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.





# WEIGH-INS



# Weigh-Ins

- 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 (undergarment(s), singlet, undershirt – socks optional)
- All weights **MUST** be recorded in PowerScore to the nearest tenth of a pound (220.0 is correct, 220 is not correct).
- Appointed school personnel and/or Head Judge shall conduct the weigh-in.



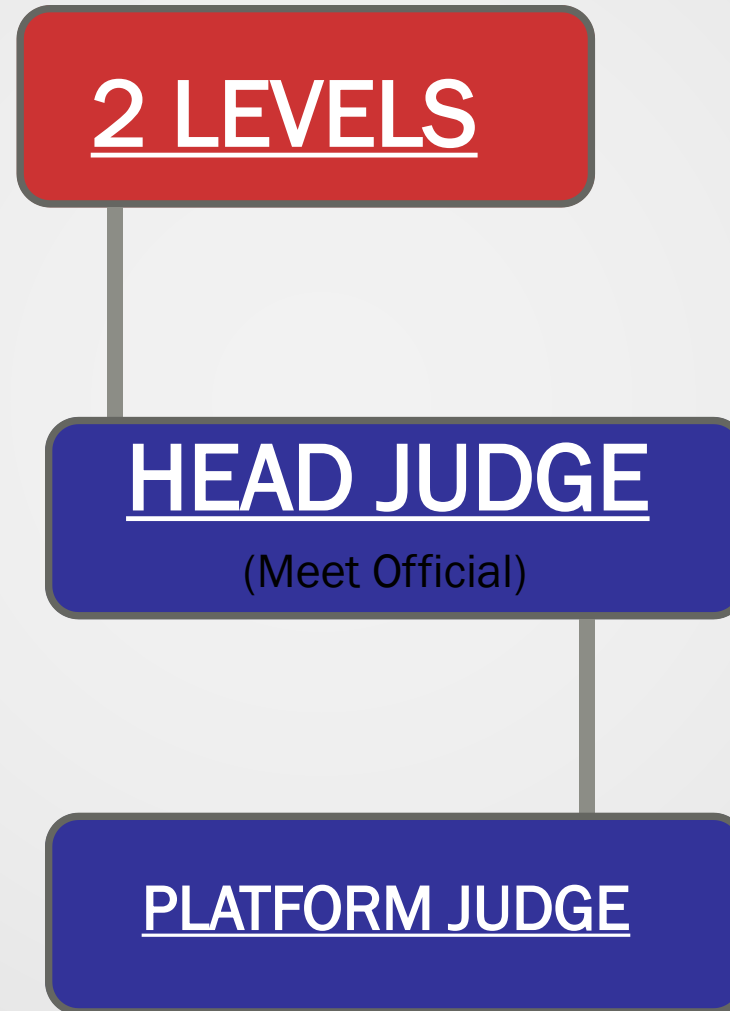
# Weigh-Ins

- Weight classes are not meant for weight cutting measures.
- Weight classes are designed for equity and fairness amongst competitors.
- Be mindful of your message to your athletes.



# JUDGES

# Judges





# HEAD JUDGE (Meet Official)

## REQUIREMENTS (4)

- ✓ 2024 Rules Clinic Video
- ✓ 2024 Powerlifting Rule Book Exam (85%)
- ✓ Meet Directors Tutorial
- ✓ Powerlifting Tutorial

## 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 (3)

- ✓ 2024 Rules Clinic Video
- ✓ 2024 Powerlifting Rule Book Exam (70%)
- ✓ Powerlifting Tutorial

## 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.





# Assigning Judges

- Schools hosting meets will be required to:
  1. Create their meet in the DragonFly system.
  2. Solicit, identify and confirm certified judges for their meet and send that list to the NMAA.
  3. NMAA will assign those individuals to the meet within DragonFly for school admin payment process.

*\*TBD – DragonFly may be able to give each AD assigner privileges to self-assign eligible judges. Stay tuned.*

# Judges (per platform)

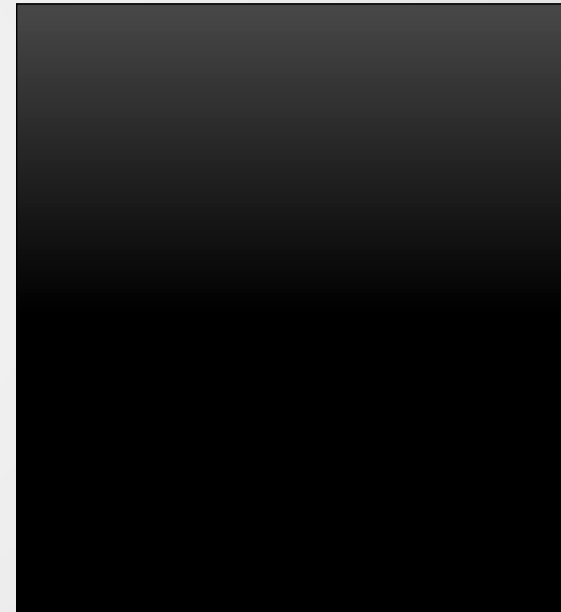
3 Judges

- Chief
- Side
- Side

Side Judge

Chief Judge

Side Judge



ATTIRE

# Attire



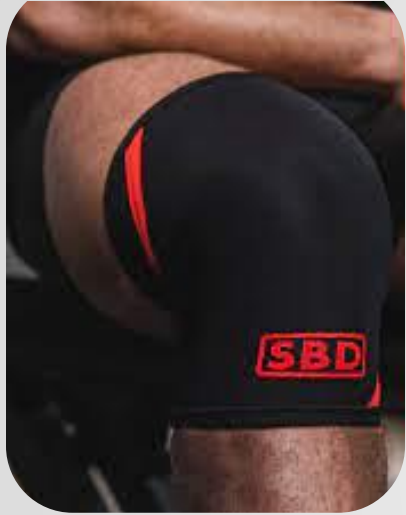
## Required

- Singlet with a T-shirt
  - ✓ Shirt must be .25" above the elbow
- Shoes
  - ✓ May include boots, sport shoes, gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole.
- Socks that cover the shin must be worn during the deadlift.



# Gear Do's and Don'ts

**YES**



**NO**





THANK YOU!