

NMAA POWERLIFTING
2023 MID-SEASON INFORMATION LETTER

Coaches,

Here are some important reminders that may be helpful:

IMPORTANT UPCOMING DATES:

March 13-18: Last Chance Qualifying Week
March 20: Final Varsity Roster of 12 & Weight Class Declarations Due by 4:00PM
March 22: State Qualifiers Posted
March 31: A/5A Girls & A/3A Boys State Championship (Itinerary is Posted)
April 1: 4A Boys & 5A Boys State Championship (Itinerary is Posted)

LAST CHANCE QUALIFYING WEEK: The Last Chance Qualifying week is March 13th – 18th. **All results from the Last Chance Qualifying week must be submitted by Saturday March 18th by 11:59PM.** For student athletes who qualify in multiple weight classes, weight declarations must be made by 4:00PM on Monday March 20th. If we do not hear from you and you have a lifter who is in the top 6 (Boys) and/or top 12 (Girls) in multiple weight classes, the lifter will be placed in the heavier weight class for State Competition.

QUALIFYING FOR STATE COMPETITION:

Each team can qualify a maximum of 12 lifters with no more than 2 lifters per weight class for the State Competition.

- You must declare the following on March 20th by 4:00PM (forms will be sent at the beginning of the Last Chance Week)
 - **Final Varsity Roster** (Max of 12 with no more than 2 Per Weight Class)
 - **Weight Class Declarations** (if the lifter has qualified in multiple weight classes)
 - *The lifter MUST have a varsity result in the desired weight class to be considered.*

Boys: Top 6 Lifters per weight class in each classification (A-3A, 4A, 5A) will qualify for the State Meet.

Girls: Top 12 Lifters per weight class in A-5A will qualify for the State Meet.

*In the event of a tie in total weight, the lighter lifter in the qualifying result ranks above the heavier lifter (relative strength).

Qualification Criteria in a Snapshot

- Varsity Team Rosters of 12 Lifters.
- Boys: Top 6 Lifters per weight class in each classification (A-3A, 4A, 5A), Girls: Top 12 lifters per Weight Class (A-5A).
- Tie Breaker: If two lifters have the same qualifying total the lighter lifter ranks above the heavier lifter (relative strength).
 - *Relative Strength Tie Breaker = Total Weight/Bodyweight from the qualifying result.*
 - *In the case of a tie in total weight and both competitors weigh the same, the result will be considered a tie.*

State Meet Individual Awards:

- Top three lifters in each weight class will receive a medal.

State Team Competition:

- Boys: Team champion in each classification (A-3A, 4A, 5A).
- Girls: Overall A-5A team champion & A-3A team champion.

**See rulebook Section 1.C.2 for team scoring.*

**In the case of a tie in team points, please see rulebook Section 1.C.3.*

Good luck with the remainder of the season!! Looking forward to seeing our lifters continue to make progress and compete!

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