



***NMAA POWERLIFTING
GUIDE TO HOSTING A MEET
2023***

Guide To Hosting a Dual/Tri/Quad/Invite

1. Register your meet under the Meet Registration Tab on the NMAA Powerlifting Website.
2. Visit the *NMMA Powerlifting Rule book* 'Rounds System' section 1C.5. and Section 8 'Order of Competition' For Meet Guidance and Organization.
3. Ensure your platform has all the necessary equipment and personnel (see page 3 of this doc.)
4. Send out a meet invitation and lifter registration form to schools. (ex. on pg. 4)
5. During the weigh in process, or during meet registration, lifters need to declare their opening attempts on the expeditor cards before weighing in. (Example Expeditor cards found below pg. 5)
6. Group and organize weight classes by flights and platform assignments.
7. During the meet, between flights, use the expeditor cards to organize and enter the lifters attempts into your scoring system.
 - a. Ensure the scoring system is visible for competitors during competition for each platform (projector, promethean board, large screen, etc.)
8. After Bench Press, print and post the subtotals for each weight class separately on the wall for coaches and lifters to see. Do not start Deadlift without posting the subtotal (Squat & Bench) for each weight class.
9. After completion of the meet, you must submit your results by 4:00 PM the Monday following the meet to be considered in State Rankings.

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 & 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>
Expeditior	1
Marshal/Scorer	1-2
Projector & Screen or White Board	1
Pens/Wet Erase Markers/Dry Erase Markers	tbd

MEET INVITE FORM EXAMPLES

EXAMPLE #1 With Lifter Registration

<p style="text-align: center;">4th Annual Castleberry Lions Powerlifting Invitational Meet Head Girls Powerlifting Coach Yolanda Beasley [REDACTED] Cell Number [REDACTED] Head Boys Powerlifting Coach Joshua Wardlow [REDACTED]</p> <p>DATE: FEBRUARY 8, 2020 PLACE: Castleberry High School competition gym 215 Churchill Rd [REDACTED] [REDACTED]</p> <p>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: [REDACTED] [REDACTED] [REDACTED]</p>	<p>AWARDS: 1st -5th Individual medals 1st -3rd Team plaques</p> <p>MEET RULES: The meet will be conducted under the rules and regulations of the THSPA and THSWPA. Exceptions: Bumps only on deadlift.</p> <p>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+</p> <p>SCHEDULE: Weigh in 6:30am- 8:00am Judges meeting 8:15am- 8:30am Coaches meeting 8:30am- 8:45am Bars Loaded 9:00am</p>	<p>SCHOOL: _____ TEAM: _____</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>LIFTER</th> <th>WEIGHT CLASS</th> <th>LIFTER</th> <th>WEIGHT CLASS</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> <p>SCHOOL: _____ TEAM: _____</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>LIFTER</th> <th>WEIGHT CLASS</th> <th>LIFTER</th> <th>WEIGHT CLASS</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>	LIFTER	WEIGHT CLASS	LIFTER	WEIGHT CLASS																																									LIFTER	WEIGHT CLASS	LIFTER	WEIGHT CLASS																																								
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EXAMPLE #2 (without lifter registration)

2021 Bridgeport Bull Invitational Powerlifting Meet

Date: February 6, 2021

Location: Bridgeport Middle School (same campus as our Stadium)
702 17th Street
Bridgeport, TX 76426

Entry Fee: [REDACTED]

Mail check to: [REDACTED]

Entries: All entries, openers, and projected weight classes need to be submitted to me via **EMAIL** no later than Monday February 1, 2021. This will allow us to have the platforms set and openers in the computer before anyone arrives and ensure the meet begins promptly at 8:30 am.

Food: A concession stand will be open. | Meal plans are available for purchase at our concession stand for athletes. Cost is \$6/meal. Our Booster Club will serve lunch for coaches, judges, and workers.

(PLEASE HAVE YOUR ATHLETES PURCHASE THESE or purchase them for your teams, this is how we continue to host our meets).

Itinerary: Weigh-in 6:00 – 8:00 am
Judges Meet 8:00 am
Coaches Meet 8:15 am
Lifting Begins 8:30 am

Contact: [REDACTED]

EXPEDITOR FORM

NMAA EXPEDITOR FORM



NAME _____ SCHOOL _____

CLASS _____ WT _____ PIN _____

1 2 3 BEST

SQUAT

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Initial Initial Initial Initial

BENCH

--	--	--	--

Initial Initial Initial Initial

SUB

DEADLFT

--	--	--	--

Initial Initial Initial Initial

TOTAL

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LIFTER # _____

BUMP 1	BUMP 2

NMAA EXPEDITOR FORM



NAME _____ SCHOOL _____

CLASS _____ WT _____ PIN _____

1 2 3 BEST

SQUAT

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Initial Initial Initial Initial

BENCH

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Initial Initial Initial Initial

SUB

DEADLFT

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Initial Initial Initial Initial

TOTAL

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LIFTER # _____

BUMP 1	BUMP 2

Loading Chart Example:

Collars Negligible

#	45	25	10	5	2.5
45	Bar only				
50					1
55				1	
60				1	1
65			1		
70			1		1
75			1	1	
80			1	1	1
85			2		
90			2		1
95		1			
100		1			1
105		1		1	
110		1		1	1
115		1	1		
120		1	1		1
125		1	1	1	
130		1	1	1	1
135	1				
140	1				1
145	1			1	
150	1			1	1
155	1		1		
160	1		1		1
165	1		1	1	
170	1		1	1	1
175	1		2		
180	1		2		1
185	1	1			
190	1	1			1
195	1	1		1	
200	1	1		1	1
205	1	1	1		
210	1	1	1		1
215	1	1	1	1	
220	1	1	1	1	1
225	2				
230	2				1
235	2			1	
240	2			1	1
245	2		1		
250	2		1		1
255	2		1	1	
260	2		1	1	1
265	2		2		
270	2		2		1
275	2	1			
280	2	1			1
285	2	1		1	
290	2	1		1	1
295	2	1	1		

Chart displays 1 side of the barbell

#	45	25	10	5	2.5
300	2	1	1		1
305	2	1	1	1	
310	2	1	1	1	1
315	3				
320	3				1
325	3			1	
330	3			1	1
335	3		1		
340	3		1		1
345	3		1	1	
350	3		1	1	1
355	3		2		
360	3		2		1
365	3	1			
370	3	1			1
375	3	1		1	
380	3	1		1	1
385	3	1	1		
390	3	1	1		1
395	3	1	1	1	
400	3	1	1	1	1
405	4				
410	4				1
415	4			1	
420	4			1	1
425	4		1		
430	4		1		1
435	4		1	1	
440	4		1	1	1
445	4		2		
450	4		2		1
455	4	1			
460	4	1			1
465	4	1		1	
470	4	1		1	1
475	4	1	1		
480	4	1	1		1
485	4	1	1	1	
490	4	1	1	1	1
495	5				
500	5				1
505	5			1	
510	5			1	1
515	5		1		
520	5		1		1
525	5		1	1	
530	5		1	1	1
535	5		2		
540	5		2		1
545	5	1			
550	5	1			1

Created By:

