

# 2024 NMAA Powerlifting Rulebook



***All 2024 Changes Highlighted in Yellow***

**NEW MEXICO ACTIVITIES ASSOCIATION POWERLIFTING**  
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## **Section 1 – General Rules of Competition**

### **A. General Rules**

1. All "three-lift competitions" must include and be performed in the sequence of the squat, then bench press, and concluding with the deadlift.
2. Competition takes place between lifters in categories defined by bodyweight.
3. Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward the competition total.
4. The winner of a category shall be the lifter who achieves the highest total in pounds (lbs). The remaining lifters shall be ranked in descending order based upon their total.
5. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter. If both competitors weigh the same, the contested placing will officially be declared a tie.

### **B. Bodyweight Categories**

1. The following weight classes will be utilized:  
  
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
2. To be eligible for a given weight class, lifters shall weigh less than or equal to the weight class limit but may elect to lift in the next higher weight class.
3. No allowance will be given for required attire during the weigh-in.

### **C. Team Competition**

1. Each team is allowed a maximum of twelve competitors spread throughout the range of the twelve weight classes. There must not be more than two competitors from any one team in the same bodyweight category. Schools may enter "A" or "B" teams if approved by the meet director in advance, but each will be designated at weigh-in and will compete as separate teams. Those competitors designated as "B" team will be eligible for all individual awards but cannot receive the team points. If a "B" lifter places in the top 5 the points earned for that placing will vanish.
2. Point scoring for team competition shall be 7, 5, 3, 2, 1 respectively for the first five places in any bodyweight category. Places are awarded on the TOTAL weight lifted in the three lifts: Squat, Bench Press, and Deadlift.
3. In the case of a tie in team points, the team having the greater number of first places will be ranked first. In the case of a tie between two teams having the same number of first places, the team having the most second places will be classified first, and so on throughout the five places.
4. An NMAA Sanctioned meet must consist of at least two (2) schools.

5. A *Head Judge* must be present and sign all meet results at the conclusion of each qualifying meet. If this criterion is not met, the meet will not be considered for State qualification.

\*NOTE: If a head judge is not available, two head coaches who are NMAA/NMOA registered *Head Judges* may serve in this role.

6. **Rounds System, Bar Loading Progression, and Weight Changes After Declaration**

***\*Note: The rounds system must be followed for all NMAA Sanctioned meets***

- a. Once official lifting has commenced, the lifter shall have three attempts on each lift. (Squat/Bench/Deadlift)
- b. Each lifter will take their first attempt in the first round, their second attempt in the second round and their third attempt in the third round.
- c. Where 10 or more lifters are competing at a rack, ("flights") may be formed consisting of approximately equal numbers of lifters. (A flight can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the meet director.)
- d. All rounds shall be governed by the order of increase in weight; therefore, the lifting order will change from round to round. The order of lifting is always from the lowest to the highest weight. In the event of two lifters choosing the same weight, the lifter who weighs less will go first.
- e. The bar is loaded progressively. The lifter requiring the lightest weight will lift first. The bar cannot be reduced in weight once a lift has been performed with the weight announced. Weight can be lowered within a round if an error in loading occurs (see section 8.B)
- f. Second and third attempts shall be submitted **and signed** within one minute of the lifter's prior completed attempt. If no attempt is given within one minute of the lifter's prior completed attempt, the lifter's subsequent attempt shall be increased by 5 lbs.
- g. If unsuccessful with an attempt, lifters must wait until the next round before they can make another attempt at the same weight or decide to go up in weight.
  1. Once the weight is declared, the lifter may not go down in weight.
  2. If there are three unsuccessful attempts at a lift, the lifter will be disqualified from official scoring. (The lifter can be allowed to finish the meet at the discretion of the meet director.)
- h. ALL ATTEMPTS IN THE SECOND AND THIRD ROUNDS SHALL BE EQUAL OR GREATER THAN THE PREVIOUS ATTEMPTS.
- i. If a lifter is following themselves in the order of lifting, after completion of the initial lifts there will be a 3-minute allowance prior to calling the bar ready. The lifter will then have one minute in which to start the attempt.
- j. A break of five minutes may take place between the completion of one lift and the commencement of another. (i.e., between the squat and the bench press, and between the bench press and the deadlift.

- k. The heaviest successful lift and total shall be recorded and submitted to the NMAA for official recording purposes.

## 7. WEIGHT CHANGES AFTER DECLARATION

- a. After an original declaration of weight attempt, a lifter will be allowed to change (“bump”) the weight on a second and third attempts during the competition. Each lifter will be allowed **a maximum of two weight changes throughout the course of the meet**. These 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. 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, weight cannot be taken off the bar.

1. 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.*
2. 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 lower than a previous attempt and must be requested before the bar is loaded.*
3. 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.*
4. 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.*

## **Section 2 – Equipment and Specifications**

### **A. Lifting Surface**

1. All lifts shall be performed on a flat, firm, nonslip, level surface.
2. Loose fitting rubber mats or similar loose fitting sheeting materials are not permitted.
3. Interlocking rubber mats or solid rubber mats similar to plywood sheets are permitted as long as they adhere to the specifications listed in 2.A.1.

### **B. Bars**

1. Only those bars that meet all specifications may be used. The bar shall not be changed unless it is bent or damaged. It is allowable to change to a deadlift bar during that event.
2. Bars shall be straight and well knurled or grooved and shall conform to the following dimensions:
3. Total overall length not to exceed 7.6 ft.
4. The bar must have a center section of knurls or grooves if used for squats.
5. Distance between the collar faces must not be less than 4.297 ft.
6. Diameter of the bar is not to exceed 1 ¼ “or be less than ¾”.
7. Weight of the bar and collars are to be
  - i. 45 pounds if using negligible weight plastic collars or spring collars
  - ii. 55 pounds if using 5-pound collars
  - iii. 55 pounds if using 2.5-pound collars in combination with 2.5 pound discs
  - iv. 50 pounds if using a 2.5-pound collar without discs
8. Diameter of the sleeve is to be 2”.

### **C. Discs**

1. Only discs that meet all specifications may be used.
2. Discs shall conform as follows:
3. All discs used in competition must weigh within .25% of their correct face value.
4. The hole size in the middle of the disc may be a maximum of 2.25” to a minimum of 2”.
5. All discs must be clearly marked with their weight.
6. All discs must be loaded in sequence of heavier discs innermost with the small discs in descending weight arranged so that the referees can read the numbers of each disc.
7. The first and heaviest disc loaded on the bar must be loaded face in, with the rest of the discs loaded face out as weight is loaded.
8. The diameter of the largest disc shall be no more than 20”.

**D. Collars**

1. Collars shall always be used in competition.
2. Collars may weigh 5 pounds each, 2 ½ pounds each, or be negligible weight if they are used in matched pairs and combined weight of the collars and bar are consistent with specifications above for "Bar".

**E. Squat Racks & Combo Squat/Bench Press Racks**

1. Squat racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotters/loaders. It may consist of a one-piece unit, or two separate stands designed to hold the bar in a horizontal position.
2. The squat rack shall be designed to adjust.
3. Height adjustments must be at incremental stages not to exceed 2 inches.
4. All hydraulic racks must be capable of being secured at the required height by means of pins.

**F. Bench**

1. The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:
2. Length: Not less than 4 ft. and shall be flat and level.
3. Width: 11" in. to 12.25" in.
4. Height: 16 in. to 18 in. measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
5. Minimum width between insides of bar rest shall be 4'.
6. There shall be a diameter machine marking (rings on bar for proper hand spacing), or the bar taped, to measure 32 in. between markings or tape.

## **Section 3 – Uniform and Personal Equipment**

### **A. Uniform**

1. Lifters shall wear a T-shirt in conjunction with a singlet consisting of material that is non-supportive.
  - a. Supportive is defined as the type of material used in the construction of the garment.
  - b. Squat/Deadlift Suits, Bench Shirts, or Lifting Briefs shall not be permitted.
2. T-shirt sleeves must remain at least .25" above the elbow but shall not be pushed or rolled up. No cut off sleeves or tank tops will be allowed.
3. The uniform must be school approved and shall not have any pockets, buttons, zippers, or reinforced collars or seams.

### **B. Undergarments**

1. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under the singlet or shorts.
2. Undergarments must be legless.
3. All female lifters shall wear a sports bra that completely covers their breasts.
4. Undergarments designed to increase lifts are not allowed (ex. Lifting briefs, squat suit etc.)

### **C. Socks**

1. Any type of socks of any color and with any type of logo, emblem, etc. are permitted if no obscenity or profanity is visible.
2. It is acceptable for lifters to wear more than one pair of socks at the same time if they choose to do so.
3. Socks may not extend beyond the bottom of the kneecaps.
4. Shin length socks must be worn to cover and protect the shins while performing the deadlift.
5. Full length leg stockings, tights, or hose are strictly forbidden.

### **D. Belt**

1. Competitors may wear a belt. If worn, it shall be on the outside of the uniform.
2. Materials and construction:
  - a. The main body shall be made of leather in one or more laminations which may be glued and/or stitched together.
  - b. It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminations of the belt.



- c. Any type of buckle or fastener is permitted, including lever fasteners, provided the under loop of the two ends of the belt does not exceed 4".
  - d. If a leather belt is used, the tongue loop shall be attached by means of studs and/or stitching.
  - e. Belts with Velcro strapping are not permitted
  - f. A one or two prong buckle may be used.
3. Dimensions:
- a. Width of belt maximum of 4 inches
  - b. Thickness of belt maximum of .5 inches
  - c. Outside width of buckle maximum of 5 inches

#### **E. Shoes or Boots**

1. Lifting shoes or boots may be worn.
2. 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.
3. Heels shall not extend laterally beyond the upper edge of the shoes.
4. Shoes with metal spikes or metal cleats are not permitted.

#### **F. Wraps/Sleeves**

##### **1. Wrist Wraps**

- a. Wraps not exceeding 39" in length and 3" in width may be worn. Alternately, wrist bands not exceeding 4" width may be worn. A combination of the two is forbidden.
- b. If wrist bands are wrap around style, they may have a thumb loop, but the loop shall not be over the thumb during the actual lift.
- c. A wrist wrap shall not extend beyond 4" above and 1" below the center of the wrist joint, not exceeding a total of 4.75" in both directions.

##### **2. Knee Sleeves**

- a. Single Ply Knee Sleeves that are no more than 7mm thick and 30 cm in length are permitted. Knee Sleeves can consist of a single layer of neoprene or stretch fabric.

##### **3. Elbow Sleeves**

- a. Elbow sleeves are prohibited.

**G. Bandages**

1. Two layers of bandages or band-aids may be worn by the lifter during the performance of all three lifts if medically necessary. However, plasters, bandages or band-aids may not be used as aids to the lifter in the performance of the lift or in holding the bar.
2. The lifter or medical personnel may apply bandages or wraps to bodily injuries in a fashion that would not grant the lifter an undue advantage.
3. The use of kinesiology tape (KT tape) or similar tapes is not allowed.

**H. Head Gear**

1. Rubber bands and bobby pins may be worn to hold hair.

**I. General Equipment Rules**

1. The use of oil, grease or other lubricants on the body, uniform or personal equipment is strictly forbidden. Chalk and magnesium carbonate may be used. No baby powder may be used.
2. No foreign substances may be applied to any wrapping material or equipment. This includes “stick-type” sprays.
3. Hats, bandanas, watches, hair decorations, and jewelry are prohibited and may not be worn on the platform during competition.
4. The uses of substance like ammonia caps, smelling salts, etc. are prohibited.

**J. Disqualifying Personal Equipment**

1. Elbow or knee wraps.
2. Use of wrist wraps which exceed permissible length.
3. Illegal belt.
4. Use of improper footwear.
5. Use of lifting suit/bench shirt/knee wraps/or other supportive garments.
6. Power briefs.
7. Any additions such as body wraps, towel inserts, bracing, etc.
8. Presence of oil, grease, liquids, or lubricants other than chalk.

## **Section 4 – Powerlift and Performance Rules**

### **A. Squat**

1. The lifter shall face the front of the platform.
2. Not more than five and not less than three spotters/loaders shall be on the platform at any time.
3. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotters/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
4. The lifter shall not hold the collars, sleeves or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the sleeves. After removing the bar from the squat racks or the mono-lift, the lifter must move backwards by taking one or more steps to establish the proper starting position. The lifter shall assume an upright position with the top of the bar not more than 3cm below the **top of the rear** deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked.
5. The lifter shall wait in this position for the Referee's signal. The signal shall be given as soon as the lifter is motionless with knees locked and the bar properly positioned. The Referee's signal shall consist of a downward movement of the arm and the audible command "SQUAT".
6. Upon receiving the Referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
7. The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the Referee will give the signal to replace the bar.
8. The signal to replace the bar will consist of a backward motion of the hand and the audible command "RACK". The lifter must then make a bona fide attempt to return the bar to the racks.
9. For reasons of safety the lifter will be requested to "Re-Place" the bar, together with a backward motion of the arm, if after five seconds they are not in the correct position to begin the lift.
10. **Causes for Disqualification of a Squat**
  - a. Failure to observe the Chief Judge's signals at the commencement or completion of the lift.
  - b. Double bouncing or more than one descending or ascending motion throughout the lift.
  - c. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
  - d. Any shifting of the feet laterally, backwards or forwards, during the performance of the lift.

- e. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
- f. Changing the position of the bar across the shoulders after the commencement of the lift.
- g. Contact with the bar by the spotter/loaders between the referee's signals.
- h. Contact of elbows or upper arms with the legs, slight contact is permitted if there is no supporting that might aid the lifter.
- i. Failure to make a bona fide attempt to return the bar to the racks.
- j. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- k. Deliberate or intentional contact between the bar and the bar-rest supports during the lift. However, unintentional contact that did not assist the lifter is not reason to turn down the lift.
- l. If a lifter inadvertently steps in any direction after the completion of the lift, and after the rack command has been given, it is not reason to reject the lift.
- m. Any intentional dropping or dumping of the bar.
- n. Profanity on the platform.

## **B. Bench Press**

1. The lifter must lie on their back with head shoulders and buttocks in contact with the flat bench surface. This position must be maintained throughout the lift. Shoes must be flat on the floor. The position must be maintained between the "Press" and "Rack" signals.
2. To achieve firm footing, the lifter may use plates or blocks, not exceeding 7" in height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 18" x 18".
3. The hands must grip the bar with a "thumbs around" grip.
  - a. Reverse grip and thumbless grip will not be permitted.
4. The maximum distance between the lifters index fingers using an offset grip may never exceed 32 inches between the forefingers.
5. Not more than five, and not less than three spotters / loaders shall assist the lifter on the platform. The lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift off must be to arm's length. The lifters coach or teammate may be enlisted in removing the bar from the racks but may not coach or encourage the lifter in any way during the attempt while on the platform.
6. When a center spotter is used, the chief judge may have to adjust to get an optimal view of the lifter.
7. After removing the bar from the racks or receiving it from the spotter / loaders, the lifter shall show full lock-out of both elbows.

8. For reasons of safety, the lifter will be requested to “Re-Place” the bar, together with a backward motion of the arm, if after five seconds they are not in the correct position to begin the lift.
9. Once the lift has begun, the lifter must lower the bar and hold it motionless on the chest or abdominal area. At no time may the bar come in contact with the lifter's belt.
10. Once the bar is motionless on the chest or abdominal area, the audible command “PRESS” will be given. The bar must be pressed upwards with elbows fully locked. Any pronounced or exaggerated uneven lockout of the bar is not allowed.
11. When the bar is held motionless in this position the audible command "RACK" is given. The spotters / loaders may assist the lifter in returning the bar to the rack.

## **12. Causes for Disqualification of a Bench Press**

- a. Failure to observe the Chief Judge's signals at the commencement for completion of the lift.
- b. Any change in the elected lifting position after the “Press” command but prior to the “Rack” command that results in the lifter's head, shoulders, or buttocks breaking contact with the flat bench surface, the lifter's feet not remaining flat on the floor or moving from their original point of contact on the floor, lateral movement of the hands on the bar, or opening and closing the hands on the bar.
- c. Heaving, bouncing, or sinking the bar after it has been motionless on the chest or abdominal area, and the “PRESS” command has been given.
- d. Any pronounced uneven lockout of the arms during the execution of the lift.
- e. Any downward movement of the bar in the course of being pressed out.
- f. Failure to press the bar to full extension of the arms (arms straight, elbows locked) at the completion of the lift.
- g. Intentional contact with the bar by spotter / loaders.
- h. Any contact of the lifter's feet with the bench or its supports.
- i. Deliberate or intentional contact between the bar and the bar-rest supports during the lift. However, unintentional contact that did not assist the lifter is not reason to turn down the lift.
- j. The bar coming in contact with the lifting belt.
- k. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- l. Receiving assistance (e.g adjusting the belt, body position, etc.) from any person before or during the performance of the lift.
- m. Double bouncing or more than one descending or ascending motion throughout the lift.
- n. Profanity on the platform

**C. Deadlift**

1. The lifter shall face the front of the platform.
2. The lifter has one attempt to complete the lift. Any rising of the bar to the point where all the plates come off the floor on either or both sides will be considered a bona fide attempt.
3. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands. The lifter can start the lift at any time. Once started, it must be lifted without any downward movement until the lifter is standing erect.
4. On completion of the lift, the knees, hips, and shoulders shall be locked in a straight position and the lifter is standing erect.
5. The Referee's signal shall consist of a downward movement of the hand and the audible command "DOWN". The signal will not be given until the bar is held motionless and the lifter is in the finished position.
6. The lifter will return the bar to the platform with both hands and under control. \*Hands must remain in contact with the bar until it touches the floor.

**7. Causes for Disqualification of a Deadlift**

- a. Failure to observe the Chief Judge's signals at the commencement or completion of the lift.
- b. Any downward movement of the bar before it reaches the final position, prior to the "Down" command.
- c. Failure to stand erect with the hips fully locked forward, and the shoulders in an upright, erect, and locked position.
- d. Failure to lock the knees straight at the completion of the lift.
- e. Supporting the bar on the thighs during the performance of the lift.
- f. Upward and downward "jerking" of the bar commonly known as "hitching".
- g. Resting and sliding the bar up the thighs or ramping.
- h. Stepping backward, forward, or lateral movement of the foot, although rocking the foot between ball and heel is permitted.
- i. After the "Down" command, the bar must be returned to the platform with both hands on the bar without any force or propelling of the bar downward.
- j. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- k. Any intentional dropping or dumping of the bar.

- I. Should the bar settle as the lifter's shoulders come back (slight downward motion) should not be reason to disqualify the lift.

**Note:** Shaking of the body under maximum exertion during the deadlift is not necessarily a cause for disqualification.

- m. Any intentional dropping or dumping of the bar.

## **Section 5 – Weighing In**

### **A. Weighing-In of the Competitors**

1. All lifters must weigh-in prior to competition.
2. Weigh-ins may occur no sooner than two hours prior to the start of competition.
3. Lifters shall weigh-in wearing a competition uniform along with a suitable legless undergarment which completely covers the buttocks and groin area. Female lifters shall also wear a sports bra which completely covers their breasts.
4. For sanitary reasons, a lifter is allowed to leave their socks on during weigh-ins or may place a small paper towel on the scale to protect the feet.
5. All weigh-ins will be done on a certified calibrated pound scale accurate **to the tenth of a pound**. All **weights MUST be recorded to the tenth of a pound**.
6. Appointed School Personnel and/or Head Judge shall conduct the weigh-in procedure. All recorded weights will be verified by the present Head Judge.
7. The Head Judge along with coaches are required to validate the specs of all lifters' gear to be worn while lifting.



## **Section 6 – Personnel Responsibilities**

### **A. Head Judge**

1. Will ensure that all technical rules and format are correctly applied and shall be appointed prior to each meet.
2. Responsible for holding Judges and Coaches Pre-Meeting prior to commencement of the meet.
3. Shall ensure the safety/legality of the equipment, uniform, and any personal equipment.
4. If a serious mistake occurs in the judging which is contrary to the technical rules, the head judge along with the meet director may take appropriate action to correct the mistake. They may, at their discretion, grant the lifter a further attempt.

*\*See section 7 for Judge Responsibilities*

### **B. Platform Judges**

1. Platform Judges shall oversee lifting activities and regulations at the assigned rack.
2. Platform Judges shall only allow three (3) attempts per lift once official lifting has commenced.
3. Platform Judges shall be responsible for determining clean lifts and shall only qualify lifts to score if the lift meets the technical rules outlined in Section 4.

*\*See section 7 for Judge Responsibilities*

### **C. Meet Director**

1. Shall ensure spotter/loader requirements are met for each lift.
2. Meet Director's shall ensure the safety/legality of the equipment used.
3. Shall submit all results by the Monday following the meet by 4:00 PM.

### **D. Coaches**

1. Shall ensure the safety/legality of the uniform and any other personal equipment.

### **E. Spotter/Loader**

1. Except for the deadlift, which requires one back spotter, there shall be no less than 3 and no more than 5 spotters / loaders on the platform during the execution of the bench press and squat.
2. When the lifter prepares for the next attempt, the spotter / loaders may assist the lifter in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt (i.e. during the period of time that elapses between the commencement and completion signals). The only exception to this rule being that if the lifter is in jeopardy and likely to result in injury to the lifter, the spotter / loaders may, either at the request of the Referee or the lifter, or it is obvious to the spotter / loader the lifter is in serious trouble and is at risk of possible injury, step in and relieve the lifter of the bar.

3. If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of their own, he may be awarded another attempt at the discretion of the platform judges at the end of the round.
4. There shall never be any unnecessary movement around the bar or platform that could distract the lifter.

#### **5. Squat**

- a. While back spotting for the squat, the hands should never be around the lifter's side protruding out the front or holding the chest. The spotter should be directly behind the lifter with their arms bent up at the elbows just behind the lifter's back, hand height approximately just below the lifter's arm pits. The spotter's body should follow the lowering and raising of the lifter's body during the lift. Should the lifter get into trouble the back spotter will then immediately come under the lifter's arm pits with their arms, taking control of the lifter while returning to the rack. The side spotters should stabilize the weights during the process. If the back spotter has their arms protruding under the lifter's arms and the lifter suddenly dumps the weight for whatever reason, this could result in very serious injury to the back-spotter's arms or wrists.
- b. During the performance of the squat there may be up to five spotters/loaders on the platform.
- c. Spotters are not allowed to encourage or coach the lifter.

#### **6. Bench**

- a. While spotting for the bench, all spotters must keep both hands in close proximity to the bar. They must also never be distracted from the lifter during their lift, keeping their eyes on the bar.
- b. The center handoff man must lift the bar to full arms extension.
- c. The center spotter shall remain on the platform and lifter in case of emergency, so they may assist with the bar. \*If a coach or teammate is the center spotter, there must be no coaching or encouraging from the center spotter while on the platform.

#### **7. Deadlift**

- a. A bar loader apparatus shall not be left directly behind the lifter on or off the platform where the lifter could lose their balance during the lift, or pass out after, and fall on it. The center spotter / loader during the deadlift should stand directly behind the lifter on, or just off the edge of the platform to assist the lifter should they start to lose control or fall.
- b. Spotters are not allowed to encourage or coach the lifter.

**8. Platform / Bars**

- a.** The first plate must always be loaded facing in, all others will be loaded facing out, followed by the required collars.
- b.** The platform is to be kept free from any objects being set on or near it at all times. This includes plates of any size, water bottles, snacks, towels, brushes, etc.
- c.** The collars must be tightened during every load, this includes spinning and tightening the inside collar so there are no gaps between any plates or the bars inside collar.
- d.** The deadlift bar will be wire brushed and wiped down prior to the start of each flight or upon the lifters request.
- e.** Should any lifter, coach, official, or spotter / loader see any blood or other foreign material on the bar or platform, the meet must be stopped immediately so the bar or platform can be properly sanitized.

## **Section 7 – Judges**

### **A. General Rules**

1. There shall be three in number, the Chief Judge (or center referee) and two side judges.
2. In all three lifts the Chief Judge must sit off to one side of the lifter, never in the center of the platform.
3. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will manually (flags, thumbs up or thumbs down, or lights) announce their decisions. **Two** white flags, **Two** white lights, or **Two** thumbs up are required for a qualifying lift.
4. Before the contest, the three platform judges shall jointly ascertain that:
  - a. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
  - b. The lifter's uniform and personal equipment comply with the rules in all respects. If the lifter's uniform does not conform, it must be corrected before the lifter enters the platform.
5. During the contest, the three platform judges must jointly ascertain that the weight of the loaded bar is accurate.
6. The platform judges shall disqualify a lifter if it is determined the lifter made a purposeful attempt to cheat.

### **B. Signals Required for the Three Lifts**

**Note:** The Chief Judge is responsible for giving the necessary signals for all three lifts.

#### **1. Squat**

- a. Commencement: A visual signal consisting of a downward movement of the arm together with the audible signal of the command "SQUAT".
- b. Completion: A visual signal consisting of a backward movement of the arm together with the audible command of "RACK".

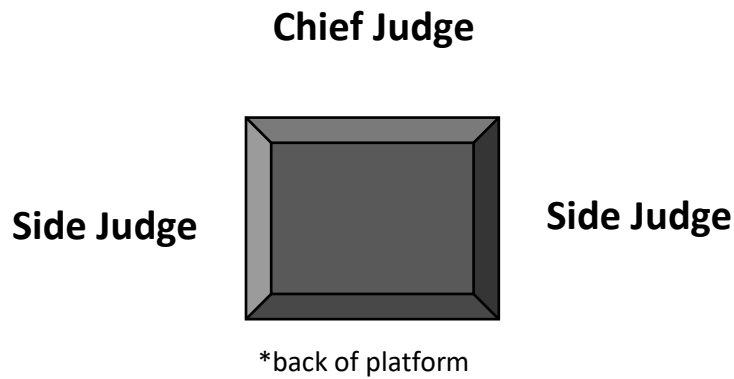
#### **2. Bench press**

- a. Commencement: No signal required
- b. Intermediate: Audible command "Press." If the lifter is deaf, the Chief Judge will tap the lifter on the shoulder to press.
- c. Completion: A visual signal consisting of a backward movement of the arm toward the referee, together with the audible command of "RACK".

**3. Deadlift**

- a. Commencement: No signal required.
- b. Completion: A visual signal consisting of a downward movement of the arm together with the audible command of "DOWN".

**Judge Set-Up/Cues**



**Judge Cues:**

Lift	Commencement	Completion
Squat	A visual signal consisting of downward movement of the arm together with the audible command "Squat"	A visual signal consisting of a backward movement of the arm together with the audible command "Rack."
Bench Press	Audible Command "Press."	A visual signal consisting of a movement of the arm towards the judge together with the Audible command of "Rack."
Deadlift	No Signal Required	A visual signal consisting of a downward movement of the arm with the audible command of "Down."

**A. Judge Conduct**

1. A judge shall not attempt to influence the decisions of other judges.
2. The Chief Judge may consult with side judges, a rules committee, or any other official as necessary to expedite the competition.
3. The Head Judge will ensure that all technical rules are correctly applied. A Head Judge must be appointed for all sanctioned events. (see section 6 for description)
4. All meet judges must be certified by the NMOA and registered through the NMOA.
5. A rules committee may be formed to ensure that the technical rules are correctly applied and to consider any reviewable matters. Decisions made by the rules committee shall be considered final. If no rules committee is appointed, the responsibility of the rules committee will rely on the Head Judge and Meet Director.
6. When a coach believes a non-technical error has occurred during a lifter's attempt (misloads, lifting order, bumps, clerical errors on lifting cards, or overheads/expeditor sheets, etc.), they may approach the marshal's table to request the platform be stopped to discuss the matter with the Chief Judge who shall enlist the assistance of the Head Judge or Rule Committee, if necessary.
7. Non-technical errors not addressed immediately and before the initiation of the next lifter's attempt on that platform, may be dismissed by the Chief Judge or Rules Committee.
8. Decisions, rulings, or judgements by platform officials involving or relating to whether a lifter has complied with the technical rules are not reviewable.
9. The Rules Committee may, by a majority vote, replace any judge whose decisions prove to be inconsistent with the technical rules and regulations outlined in the NMAA Rulebook. The judge concerned must have received a warning prior to any action of dismissal.
10. All results are final at the conclusion of the meet.

## **Section 8 – Order of Competition**

### **A. Order of Competition**

#### **1. The Meet Director will appoint the following officials:**

- a. Speaker/Announcer
- b. Expeditor
- c. Timer Keeper (can be Chief Judge if necessary)
- d. Marshal
- e. Scorers
- f. Spotters/Loaders
- g. Additional officials may be appointed as required (athletic trainers, doctors, paramedics, etc.)

#### **2. Responsibility of the officials are:**

- a. **The Speaker/Announcer** acts as the Master of Ceremonies, announces the onset of the meet, any platform changes that are arranged to expedite the meet, important announcements, and awards ceremony if applicable.
- b. **The Expeditor** is responsible for the efficient running of the assigned platform. The Expeditor arranges the attempts chosen by the lifters in an orderly fashion dictated by weight. The expeditor will announce the weight required for the next attempt and the name/number of the lifter. When the bar is loaded and the platform cleared for lifting, the Chief Judge will indicate the fact to the expeditor, who will in turn announce that the bar is loaded and call the lifter to the platform. Attempts announced by the expeditor should then be displayed upon some type of scoreboard or projection screen erected in a prominent position for each platform.
- c. **The Timekeeper** is responsible for accurately recording the time lapse between the announcement that the bar is ready; and the lifter starting the attempt. The Timekeeper is also responsible for recording the time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. Refer to Item D, this section.
  1. The lifter is allowed one minute in which to start the attempt after the bar has been called ready for the attempt. If the lifter does not start their attempt within this time allowance, the timekeeper will call time and the Chief Judge shall give the audible command “Rack” or “Down” depending on the lift. The lift will be declared “No Lift” and the attempt forfeited. When the lifter touches the bar within the prescribed time allowance, the clock will be stopped. However, if the lifter touches the bar in an attempt to stop the clock and disengage the bar to adjust the uniform, belt, or to receive instructions from their coach, the Chief Judge will declare a “No Lift”.
  2. If a lifter is following themselves in the order of lifting, after completion of her initial lift there will be a 3-minute allowance prior to calling the bar ready. The lifter will then have one minute in which to start the attempt.

3. Once a clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of a lift, or at the discretion of the Chief Judge. It is of great importance that the lifter or the coach check the height of the squat racks prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the racks must be made within the lifter's one-minute time allowance unless the required adjustment is due to an error by a meet or platform official.
  4. The definition of the start of an attempt depends upon the particular lift being performed. In the squat and the bench press, the start is to coincide with the judge's commencement signal.
- d. **The Marshals** are responsible for collecting the **weight and signature** of the required attempts from the lifters or their coaches and passing the information without delay to the Scorer. The Lifter will approach the Marshal immediately after an attempt and request the weight required for the next attempt. The lifter is allowed one minute between completing the attempt and informing the score table of the weight required for their next attempt.
  - e. **The Scorers** are responsible for accurately recording and displaying the progress of the competition.
  - f. **The Spotter/Loaders** are responsible for loading and unloading the bar, adjusting squat racks or benches as required, cleaning the bar or platform at the request of the Chief Judge, and generally ensuring that the platform is always maintained and presents a neat and tidy appearance. At no time shall there be less than two or more than five spotter-loaders on the platform. When the lifter prepares for an attempt on squat or bench, the spotter/loaders may assist him in removing the bar from the racks. However, they should not touch the bar from the commencement command until the completion command. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter/loaders may, either at the request of the Chief Judge or the lifter, step in and relieve the lifter of the bar. If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of their own, the lifter may be awarded another attempt at the same weight at the discretion of the judges at the end of the round.
3. During the competition, only the lifter and the coach, members of the rules committee, officiating judges and spotter/loader will be allowed around the platform. During the execution of a lift, only the lifter, spotter/loaders and the judges are permitted to be present on or in contact with the platform.
    - a. Teammates or coaches filling the role of spotter/loader on squat, bench or deadlift will be considered platform workers and are prohibited from coaching or encouraging the lifter
    - b. Coaches are allowed to encourage their lifters from the sides and back of the platform only and must not:
      1. Be in contact with the platform at any time during the execution of the lift,
      2. Obstruct the judges view of the lifter,
      3. Or impede the normal flow of competition.



- c. Coaching is not allowed from the front/head (Chief Judge side) of the platform. Coaching or encouraging from a location inconsistent with those specified or while in contact with the platform may, at the discretion of the judges; result in “no lift”.
- d. The lifter and or coach may adjust the belt on the platform if the adjustment is made within the one-minute time limit.
- e. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
- f. Other than the initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself for an attempt.
- g. If during the competition, a lifter suffers injury, the official doctor or athletic trainer has the right of examination. If the doctor or athletic trainer considers it inadvisable for the lifter to continue, the doctor or athletic trainer may, in consultation with the rules committee, insist upon the lifter retiring from the competition. The coach must be officially informed of such a decision.
- h. Any lifter or coach, who by reason of misconduct upon or near the competition platform is likely to discredit the sport, which includes profanity or unprofessional conduct toward and official, may be disqualified at the discretion of the platform judges or rules committee. The coach or lifter must be officially informed of the disqualification. There must be a majority of judges, at the platform, that agree that the coach's or lifter's actions are worthy of disqualification. This rulebook will serve as the first and only warning.
- i. Matters of review are subject to the rules committee if such a committee is appointed. All decisions are final.
- j. A break of five minutes may take place between the completion of one lift and the commencement of another, i.e., between the squat and the bench press, and between the bench press and the deadlift.
- k. The Head Judge will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the Speaker. The decision will be given to the Expeditor or Speaker who will make the appropriate announcement.

## **B. Errors in Loading**

1. If the bar is loaded lighter than the weight originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the erroneous light attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
2. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
3. If the loading is not the same on each side, any change occurs on the bar or discs during the execution of the lift, or the platform is disarranged and the lift is successful, the lifter may take the attempt or elect to take the attempt again. If the original attempt is not successful, the lifter will be granted a further attempt.

4. If the expeditor makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Head Judge will make the same decisions as for errors in loading.
5. If for any reason it is not possible for the lifter or coach to remain in the vicinity of the platform to follow the progress of the competition and the lifter misses the attempt because the expeditor omitted to announce the lifter at the appropriate weight, then the weight will be reduced as necessary, and the lifter allowed to take the attempt at the end of the round.