



# New Mexico Activities Association Powerlifting

Powerlifting Coaches and Athletic Directors,

NMAA Powerlifting is back for the 2023 season! There are some exciting updates as we continue to grow High School Powerlifting in New Mexico. Powerlifting will remain a sanctioned activity for the 2023 season and will move to an NMAA sanctioned sport for the 2024 season. As we transition from “virtual”(single school) regular season competition, there are some important points outlined below that will be in place for the 2023 season.

The following are some points of emphasis for the 2023 season.

- A State qualifying meet must be in a dual, triangular, quad, or invite format. Virtual (single school) meets are no longer considered qualifying meets.
- For State qualification eligibility a student athlete must participate in a minimum of only 1 meet with a maximum of 4 regular season meets.
- Schools will now have the flexibility to host or attend meets throughout the competition season rather than set competition weeks.
- A Rules Clinic and Meet Director trainings will be provided via Zoom for coaches prior to the 2023 season.
  - The Rules Clinic (12/5/2022) will provide a review of competition rules, lift standards, rule changes, and any other pertinent information.
  - An additional Meet Directors Training (1/9/2022) will be available for schools who will be hosting duals, triangulars, quads, and/or invites.
- Classification and number of State Meet Qualifiers will depend on 2023 participation.
  - Please follow the link to the 2023 Coaches Contact Form to confirm participation.
    - <https://forms.gle/1jHWKGxHszpuJBp6>
  - Team and individual awards will be received at the State Championships.

## Meet Competition Regular Season

- **January 3<sup>rd</sup> – March 18<sup>th</sup>**
  - **Last week for a regular season competition: March 13<sup>th</sup> – March 18<sup>th</sup>**

**The 2023 State Championship** will be held on **Friday March 31<sup>st</sup> and Saturday April 1<sup>st</sup>** at Rio Rancho High School (more information will be posted as we near the State Competition).

For NMAA Powerlifting information and updates, please monitor our website often. The 2023 updated rule book will be posted at the sending of this letter <https://www.nmact.org/activities/activities-powerlifting/>.

We hope that everyone has a safe and successful 2023 Powerlifting Season! Please do not hesitate to contact me with any questions at (505) 252-5662 or at [dillon@nmact.org](mailto:dillon@nmact.org).

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