



Powerlifting Pre-Meet Procedures

1. Contact the Meet Director of the host the day before or morning of the game to check on arrival time, directions to the gym, and if any special arrangements are needed.
2. Arrive at the school at least 30 minutes prior to weigh in: must be held no sooner than two hours prior to the start of the competition. (Review Section 5 of the NMAA Rule Book: *Weighing In*).
3. Inspect equipment and floor for safety and adherence to the NMAA Powerlifting Rule Book (Review Section 2 of NMAA Rule Book: *Equipment and Specifications*).

PRE-MEET JUDGE CONFERENCE

Schedule the Judges Meeting at least 30 minutes prior to the onset of the meet.

- Personnel: Head Judge and all Platform Judges Only
1. Chief Judge Command Review
 - a. SQUAT
 - i. **"Squat"**
 1. Commencement: A visual signal consisting of downward movement of the arm together with the audible command "Squat"
 - ii. **"Rack"**
 1. Completion: A visual signal consisting of a movement of the arm towards the judge together with the Audible signal of the command "Rack".
 - b. BENCH PRESS
 - i. **"Press"**
 1. Commencement: Audible command "Press"
 - ii. **"Rack"**
 1. Completion: A visual signal consisting of a movement of the arm towards the judge together with the Audible signal of the command "Rack."
 - c. DEADLIFT
 1. Commencement: No Signal
 - ii. **"Down"**
 1. A visual signal consisting of a downward movement of the arm with the audible command "Down."
 2. Rules Review
 - a. SQUAT
 - i. Key Point: The lifter must bend the knees and lower the body until the top surface of the hip joint is lower than the top of the knees.
 - ii. (**Physical demonstration of correct criteria*)
 - b. BENCH
 - i. Key Point: The lifter must lower the bar and hold it motionless on the chest or abdominal.
 - ii. Following the press command, the bar must be pressed upwards until the elbows are fully locked.
 1. (**Physical demonstration of correct criteria*)

- c. DEADLIFT
 - i. Key Point: The knees, hips and shoulders shall be locked in a straight position and the lifter is standing erect.
 - 1. **(Physical demonstration of correct criteria)*
- 3. Uniform Review
 - a. Uniform and Personal Equipment (Review Section 3: *Uniform and Personal Equipment*)
 - i. Key Points:
 - 1. T-Shirt in Conjunction with a Singlet tucked inside the singlet
 - a. T-Shirt must be .25" above the elbow.

Discuss Common Causes of Disqualifications for each lift

Discuss Disqualification Apparel: Section 3.J in Rule Book

Discuss Spotters/Loaders Roles and expectations

PRE-MEET COACHES CONFERENCE

Immediately following the Judges Meeting, coaches are included in the room with the Judges.

- Personnel: Meet Director, Head Judge, Platform Judges, All Coaches

MEET DIRECTOR

1. Discuss any unique facility accommodations
 - a. Who is allowed on the floor
 - b. How to access the floor for lifters and coaches
 - c. Where is the warmup-room located along with warmup-room expectations
 - d. Important Locations/Personnel
 - i. Location of Athletic Trainer
 - ii. Concession
2. Meet Itinerary
 - a. Meet commencement time ("Bars Loaded")
 - b. How many flights
 - c. Weight Class Assignments by Platform
 - d. National Anthem/Pledge of Allegiance etc.
 - e. Break for Lunch Time by Rack
 - i. After squat or after bench
 - f. When and where results will be posted
 - i. Following Bench and Prior to Deadlift
3. Awards
 - a. Will awards be presented and when
 - i. Rolling awards or after event all together

4. Behavior Expectations
 - a. Platform Behaviors (See Section 8.3)
 - b. Behavior of the lifters on the platform
 - c. Behavior towards the Judges
 - i. Coaches, Lifters, and Parents
 - d. Discuss any facility/district behavior expectations

Introduce Head Judge

HEAD JUDGE

1. Lifter Apparel Discussion (See Uniform Review above and overview of Section 3 of NMAA Powerlifting Rule Book).
2. Rules Review (see Judges Rules Review Above)
 - a. Commands
 - b. Lift Criteria
 - c. Common Causes for Disqualification for Each Lift
3. Behavior Expectations
 - a. Behavior on Platform A.3.H
 - b. Error in loading and Spotting Procedures

MEETING ADJOURNED, BEGIN TO PREPARE FOR COMMENCEMENT OF THE MEET.