
7.25 POWERLIFTING

7.25.1 General Rules/Policies

- A. Classes** – There are three (3) classes for each gender: A/3A, 4A, 5A.
- B. Dates** – Practice may begin on Monday of Week #28.
- C. NMAA Rules Clinic** – The head coach from each declared powerlifting school must attend the online clinic between January 1st and January 15th. Failure to comply shall result in a \$100 fine to the school.
- D. Meet Limitation** – Each team/individual is limited to four (4) events prior to the state meet. Meets shall be dual, tri, quad or invite format.
- E. Rules** – Rules of the NMAA Powerlifting Rule Book are used unless otherwise noted in the Powerlifting Bylaws.
- F. Weight Classes**
 - 1. Girls' Weight Classes** – There shall be twelve (12) weight classes utilized for girls' powerlifting:
 - a.** 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 259, 259+
 - 2. Boys' Weight Classes** – There shall be twelve (12) weight classes utilized for boys' powerlifting:
 - a.** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
- G. Meet Software** – Schools shall be required to utilize “PowerScore” software for all certified varsity meets.

7.25.2 Officials

- A.** Officials working any NMAA sanctioned event must register through the Association. Schools are required to use a registered NMAA/NMOA official for regular season sanctioned events.
- B.** The use of a non-registered official for meets subjects the violating school to a fine. Fines/fees are determined by the Board annually.
- C.** For a meet to be considered for state qualification, a Head Judge must be assigned and present. This individual will certify/verify the results and serve in all roles as outlined by the NMAA Powerlifting Rulebook.
 - 1.** If two or more head coaches from the participating schools have completed the “Head Judge” requirements, they can fill this role.

7.25.3 State Meet

- A. Date** – The State Meet is held during week #40.
- B. Eligibility** – Participants must compete in a minimum of one (1) certified varsity meet to be eligible for state qualification.

C. State Qualification

- 1. Individuals** – Individuals shall be selected by highest total weight lifted during a certified varsity meet. If two lifters have the same qualifying total, the lighter lifter ranks above the heavier lifter. If two lifters have the same qualifying total and the same body weight, the result shall be considered a tie.
- 2. Teams** – Each team is eligible to submit a maximum of 12 lifters with no more than two (2) lifters per weight class for state selection. State rosters are due Monday, NMAA week #39.
- 3. Qualifying Numbers** – The top 8 lifters in each weight class will qualify.

D. Scoring and Awards

- 1.** Scoring as per the NMAA Powerlifting Rulebook.
- 2.** The number of places to be awarded in each classification shall be determined by the Board of Directors with input from the Powerlifting Sport Specific Committee.
- 3.** First, second and third place trophies will be presented for each classification based on total points accumulated.