



**2019**

## **POWERLIFTING BULLETIN**

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- To access the 2019 POWERLIFTING By-laws, click on **“SPORTS”**, then **“POWERLIFTING”**, then under **Related Handbook Pages “POWERLIFTING STATE BULLETIN”**

# TABLE OF CONTENTS

• Sportsmanship.....	Page 2
• Regional Tournaments.....	Page 3-7
• State Tournament Information.....	Page 8-11
• Dates of Meet	
• Site	
• Admission	
• Meet Director	
• Concessions & Restrooms	
• Trainers	
• Coaches Meeting	
• Meet Schedule	
• Important Reminders & Rules.....	Page 12-18
• Awards	
• Appeals	
• Officials Furnished	
• Responsible for Scoring	
• Uniforms	
• Rules Briefing Info for Squat, Bench Press & Deadlift.....	Page 19-21
• Championship Souvenir Items.....	Page 22
• Corporate Sponsors.....	Page 23

# SPORTSMANSHIP

SPORTSMANSHIP

SPORTSMANSHIP

COURAGE COMPETITION DETERMINATION

SPORTSMANSHIP

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DETERMINATION COMPETITION PERSERVANE



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# **2019 LHSPLA REGIONAL MEET TIME SCHEDULES**

## **EAST, NORTH, SOUTH, WEST AND CENTRAL REGIONALS**



### **EAST REGIONAL POWERLIFTING MEET FEBRUARY 22-23, 2019**

**LHSPLA GIRLS' EAST REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 24<sup>TH</sup>, 2018**  
**AT WOODLAWN HIGH SCHOOL HOSTED BY WOODLAWN HIGH SCHOOL**

<u>GIRLS' &amp; BOYS' EARLY WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 23<sup>TH</sup>: 6:00 – 8:00 P.M.</u></b> GIRLS' & BOYS' P.E. LOCKER ROOM –IN GYM
<u>GIRLS' &amp; BOYS' REGULAR WEIGH-IN:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup> : 6:00-7:30 A.M.</u></b> GIRLS' & Boys' P.E. LOCKER ROOM - IN GYM
<u>GIRLS' &amp; BOYS' COACHES MEETING:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: A.M.</u></b> HOSPITALITY ROOM
<u>OFFICIAL'S MEETING:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: A.M.</u></b> HOSPITALITY ROOM
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: A.M.</u></b> CAFETERIA WARM UP ROOM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: A.M.</u></b> <b><u>WOODLANWN HIGH SCHOOL GYM</u></b>
<u>INVOCATION/ANTHEM:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: A.M.</u></b> WOODLAWN HIGH SCHOOL GYM
<u>GIRLS' &amp; BOYS' LIFTING STARTS:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: A.M.</u></b> WOODLAWN HIGH SCHOOL GYM
<u>GIRLS &amp; BOYS' AWARDS CEREMONY:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: AFTER LIFTING</u></b> WOODLAWN HIGH SCHOOL GYM

# **NORTH REGIONAL POWERLIFTING MEET**

## **FEBRUARY 22-23, 2019**

### **LHSPLA GIRLS' NORTH REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 24<sup>TH</sup>, 2018** **CALVARY BAPTIST HIGH SCHOOL**

<u>GIRLS' EARLY WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 23<sup>TH</sup>: 6:00 – 8:00 P.M.</u></b> GIRLS' P.E. LOCKER ROOM - OLD GYM
<u>GIRL'S REGULAR WEIGH-IN:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup> : 6:30-8:00 A.M.</u></b> GIRLS' P.E. LOCKER ROOM - OLD GYM
<u>GIRLS' COACHES MEETING:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:00 A.M.</u></b> HOSPITALITY ROOM
<u>OFFICIAL'S MEETING:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:00 A.M.</u></b> HOSPITALITY ROOM
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:00 - 8:45 A.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:45 A.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM
<u>INVOCATION/ANTHEM:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:55 A.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM
<u>GIRLS' LIFTING STARTS:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 9:00 A.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM
<u>GIRLS' AWARDS CEREMONY:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: APPROX. 1 P.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM

# **NORTH REGIONAL POWERLIFTING MEET**

## **FEBRUARY 22-23, 2019**

### **LHSPLA BOYS' NORTH REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 24<sup>TH</sup>, 2018** **CALVARY BAPTIST HIGH SCHOOL**

<u>BOYS' EARLY WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 6:00 – 8:00 P.M.</u></b> BOYS' P.E. LOCKER ROOM - OLD GYM
<u>BOYS' REGULAR WEIGH-IN:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 11:30-1:00 P.M.</u></b> BOYS' P.E. LOCKER ROOM - OLD GYM
<u>BOYS' COACHES MEETING:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:00 P.M.</u></b> HOSPITALITY ROOM
<u>OFFICIAL'S MEETING:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:00 P.M.</u></b> HOSPITALITY ROOM
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:00 - 1:45 P.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:45 P.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM
<u>INVOCATION/ANTHEM:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:55 P.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM
<u>BOYS' LIFTING STARTS:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 2:00 P.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM
<u>BOYS' AWARDS CEREMONY:</u>	<b><u>SATURDAY, FEBRUARY 24<sup>TH</sup>: APPROX. 6 P.M.</u></b> WEST MONROE HIGH SCHOOL OLD GYM

# **SOUTH REGIONAL POWERLIFTING MEET**

## **FEBRUARY 22-23, 2019**

### **LHSPLA GIRLS' SOUTH REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 24<sup>TH</sup>, 2018** **POPE JOHN PAUL II HIGH SCHOOL**

<u>GIRLS' EARLY WEIGH-IN:</u>	<b><u>THURSDAY, FEBRUARY 22<sup>RD</sup>: 6:00 – 8:00 P.M.</u></b> GIRLS' P.E. LOCKER ROOM - GYM
<u>GIRL'S REGULAR WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 6:30-8:00 A.M.</u></b> GIRLS' P.E. LOCKER ROOM - GYM
<u>GIRLS' COACHES MEETING:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 8:00 A.M.</u></b> HOSPITALITY ROOM
<u>OFFICIAL'S MEETING:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 8:00 A.M.</u></b> HOSPITALITY ROOM
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 8:00 - 8:45 A.M.</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 8:45 A.M.</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM
<u>INVOCATION/ANTHEM:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 8:55 A.M.</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM
<u>GIRLS' LIFTING STARTS:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 9:00 A.M.</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM
<u>GIRLS' AWARDS CEREMONY:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: APPROX. 1 P.M.</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM

# **SOUTH REGIONAL POWERLIFTING MEET**

## **FEBRUARY 22-23, 2019**

### **LHSPLA BOYS' SOUTH REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 25<sup>TH</sup>, 2017** **POPE JOHN PAUL II HIGH SCHOOL**

<u>BOYS' EARLY WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 24<sup>TH</sup>: 6:00 – 8:00 P.M.</u></b> BOYS' P.E. LOCKER ROOM - GYM
<u>BOYS' REGULAR WEIGH-IN:</u>	<b><u>SATURDAY, FEBRUARY 25<sup>TH</sup>: 6:30-8AM.</u></b> BOYS' P.E. LOCKER ROOM - GYM
<u>BOYS' COACHES MEETING:</u>	<b><u>SATURDAY, FEBRUARY 25<sup>TH</sup>: 8:00 AM.</u></b> HOSPITALITY ROOM
<u>OFFICIAL'S MEETING:</u>	<b><u>SATURDAY, FEBRUARY 25<sup>TH</sup>: 8AM</u></b> HOSPITALITY ROOM
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>SATURDAY, FEBRUARY 25<sup>TH</sup>: 8:00AM-8:45AM.</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>SATURDAY, FEBRUARY 25<sup>TH</sup>: 9AM</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM
<u>INVOCATION/ANTHEM:</u>	<b><u>SATURDAY, FEBRUARY 25<sup>TH</sup>: 9AM</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM
<u>BOYS' LIFTING STARTS:</u>	<b><u>SATURDAY, FEBRUARY 25<sup>TH</sup>: 9 AM.</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM
<u>BOYS' AWARDS CEREMONY:</u>	<b><u>SATURDAY, FEBRUARY 25<sup>TH</sup>: APPROX. 2 P.M.</u></b> POPE JOHN PAUL II HIGH SCHOOL GYM



# **WEST REGIONAL POWERLIFTING MEET**

## **FEBRUARY 22-23, 2019**

### **LHSPLA WEST REGIONAL POWERLIFTING MEET – FEBRUARY 23<sup>RD</sup> /24<sup>TH</sup>, 2018** **BEAU CHENE HIGH SCHOOL**

<u>GIRLS' EARLY WEIGH-IN:</u>	<u>FRIDAY, FEBRUARY 23<sup>RD</sup>: 6:00 – 8:00 P.M.</u>
<u>GIRL'S REGULAR WEIGH-IN:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 6:30-8:00 A.M.</u>
<u>GIRLS' COACHES MEETING:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:00 A.M.</u>
<u>OFFICIAL'S MEETING:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:00 A.M.</u>
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:00 - 8:45 A.M.</u>
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:45 A.M.</u>
<u>INVOCATION/ANTHEM:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 8:55 A.M.</u>
<u>GIRLS' LIFTING STARTS:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 9:00 A.M.</u>
<u>GIRLS' AWARDS CEREMONY:</u>	<u>SATURDAY, FEBRUARY 25<sup>TH</sup>: APPROX. 1 P.M.4</u>
<u>BOYS' EARLY WEIGH-IN:</u>	<u>FRIDAY, FEBRUARY 23<sup>RD</sup>: 6:00 – 8:00 P.M.</u>
<u>BOYS' REGULAR WEIGH-IN:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 11:30-1:00 P.M.</u>
<u>BOYS' COACHES MEETING:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:00 P.M.</u>
<u>OFFICIAL'S MEETING:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:00 P.M.</u>
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:00 - 1:45 P.M.</u>
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:45 P.M.</u>
<u>INVOCATION/ANTHEM:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 1:55 P.M.</u>
<u>BOYS' LIFTING STARTS:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: 2:00 P.M.</u>
<u>BOYS' AWARDS CEREMONY:</u>	<u>SATURDAY, FEBRUARY 24<sup>TH</sup>: APPROX. 6 P.M.</u>

# **CENTRAL REGIONAL POWERLIFTING MEET**

## **FEBRUARY 22-23, 2019**

**LHSPLA GIRLS' NORTH REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 22<sup>ND</sup>, 2018**  
**BOLTON HIGH SCHOOL**

<u>GIRLS' EARLY WEIGH-IN:</u>	<b><u>THURSDAY, FEBRUARY 21<sup>ST</sup>: 6:00 – 8:00 P.M.</u></b> P.E. LOCKER ROOM
<u>GIRL'S REGULAR WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 11:30-1:00 P.M</u></b> P.E. LOCKER ROOM
<u>GIRLS' COACHES MEETING:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 1:00 P.M.</u></b> HOSPITALITY ROOM
<u>OFFICIAL'S MEETING:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 1:00 P.M.</u></b> HOSPITALITY ROOM
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 1:00 - 1:45 A.M.</u></b> WEIGHT ROOM NEXT TO BOY'S GYM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 8:45 A.M.</u></b> BOLTON HIGH SCHOOL BOY'S GYM
<u>INVOCATION/ANTHEM:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 1:55 P.M.</u></b> BOLTON HIGH SCHOOL BOY'S GYM
<u>GIRLS' LIFTING STARTS:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 2:00 P.M.</u></b> BOLTON HIGH SCHOOL BOY'S GYM
<u>GIRLS' AWARDS CEREMONY:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: APPROX. 7 P.M.</u></b> BOLTON HIGH SCHOOL BOY'S GYM

# **CENTRAL REGIONAL POWERLIFTING MEET**

## **FEBRUARY 22-23, 2019**

**LHSPLA BOYS' NORTH REGIONAL POWERLIFTING MEET SATURDAY, FEBRUARY 24<sup>TH</sup>, 2019**  
**PINEVILLE HIGH SCHOOL**

<u>BOYS' EARLY WEIGH-IN:</u>	<b><u>FRIDAY, FEBRUARY 22<sup>ND</sup>: 6:00 – 8:00 P.M.</u></b> BOYS' P.E. LOCKER ROOM – BOY'S GYM
<u>BOYS' REGULAR WEIGH-IN:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 6:30-8:00 A.M.</u></b> BOYS' P.E. LOCKER ROOM - BOY'S GYM
<u>BOYS' COACHES MEETING:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 A.M.</u></b> HOSPITALITY ROOM
<u>OFFICIAL'S MEETING:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 A.M.</u></b> HOSPITALITY ROOM
<u>WARM-UP 1<sup>ST</sup> FLIGHT:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:00 - 8:45 A.M.</u></b> WEIGHT ROOM NEXT TO BOY'S GYM
<u>1<sup>ST</sup> FLIGHT LIFTERS REPORT TO PLATFORMS:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:45 A.M.</u></b> BOLTON HIGH SCHOOL BOY'S GYM
<u>INVOCATION/ANTHEM:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 8:55 A.M.</u></b> BOLTON HIGH SCHOOL BOY'S GYM
<u>BOYS' LIFTING STARTS:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: 9:00 A.M.</u></b> BOLTON HIGH SCHOOL BOY'S GYM
<u>BOYS' AWARDS CEREMONY:</u>	<b><u>SATURDAY, FEBRUARY 23<sup>RD</sup>: APPROX. 3 P.M.</u></b> BOLTON HIGH SCHOOL BOY'S GYM

**BAYOU REGIONAL POWERLIFTING MEET**  
**FEBRUARY 22-23, 2019**

LHSPLA BAYOU REGIONAL POWERLIFTING MEET – FEBRUARY 22<sup>ND</sup> /23<sup>RD</sup>, 2019  
ELLENDER HIGH SCHOOL

# 2018 LHSPLA STATE MEET



## Tournament Information

<b><u>Dates of State Meets</u></b>	<b><u>Sites</u></b>	<b><u>Meet Directors</u></b>
Thursday Morning, March 15, 2018 - Div. II & III (Class 4A, & 3A) Boys	Rapides Parish Coliseum	Alan LaCombe <a href="mailto:alan.lacombe@rpsb.us">alan.lacombe@rpsb.us</a> 337 250-3114
Friday Morning, March 16, 2018 - Div. I, II, III, IV, & V (Class 1A, 2A, 3A, 4A & 5A) GIRLS	Rapides Parish Coliseum	Alan LaCombe <a href="mailto:alan.lacombe@rpsb.us">alan.lacombe@rpsb.us</a> 337 250-3114
Saturday Morning, March 17, 2018 - Div. I, 1V, & V (Class 5A, 2A, & 1A) BOYS	Rapides Parish Coliseum	Alan LaCombe <a href="mailto:alan.lacombe@rpsb.us">alan.lacombe@rpsb.us</a> 337 250-3114

# **2019 LHSAA/LHSPLA DIVISION I-V STATE MEET TIME SCHEDULE**

## **DIVISIONS II and III Boys** **(Classes 3A-4A)**

**WEDNESDAY, MARCH 13<sup>TH</sup>, 2019**

Early Weigh-In – Division II & III Boys

6:00 - 8:00 p.m. – RAPIDES PARISH COLISEUM

**THURSDAY, MARCH 14<sup>TH</sup>, 2019**

Division II & III – Boys Regular Weigh-Ins: 6:30 - 8:00 a.m.

Division II & III – State Business Meeting – Hospitality Room: 8:00 a.m.

Division II & III – Boys Meet: 9:30 a.m. – RAPIDES PARISH COLISEUM

## **DIVISIONS I, II, III, IV, & V Girls** **(Classes 1A, 2A, 3A, 4A & 5A)**

**THURSDAY, MARCH 14<sup>TH</sup>, 2019**

Early Weigh-In – Division I, II, III, IV, & V Girls

6:00 - 8:00 p.m. – RAPIDES PARISH COLISEUM

**FRIDAY, MARCH 15<sup>TH</sup>, 2019**

Division I, II, III, IV, & V Girls Regular Weigh-Ins: 6:30 - 8:00 a.m.

Division I, II, III, IV, & V – State Business Meeting – Hospitality Room: 8:00 a.m.

Division I, II, III, IV, & V – Girls Meet: 9:30 a.m. – RAPIDES PARISH COLISEUM

**DIVISION I, IV, & V**  
**(Class 1A, 2A, & 5A)**

**FRIDAY, MARCH 15<sup>TH</sup>, 2019**

Early Weigh-In – Division I, IV, & V Boys  
6:00 – 8:00 p.m. – RAPIDES PARISH COLUSIEM

**SATURDAY 16<sup>TH</sup>, 2019**

Division I, IV, & V - Boys Regular Weigh-Ins: 6:30 – 8:00 a.m.  
Division I, IV, & V – State Business Meeting – Hospitality Room 8:00 a.m.  
Division I, IV, & V – Boys Meet: 9:30 a.m. – RAPIDES PARISH COULISEUM

THE PRESENTATION OF ACADEMIC ALL- STATE POWERLIFTERS WILL BE AT THE BEGINNING  
OF EACH RESPECTIVE MEET

# Important Reminders & Rules

## Awards

- **INDIVIDUAL AWARDS: LHSAA/LHSPLA STATE MEET**  
Medals will be awarded to the top 3 lifters in each weight class at the LHSAA/LHSPLA State Meet. Outstanding lifter trophies for the light and heavy platforms at both the boys' and girls' meet will be awarded in all Divisions (I – V). The size and make-up of the medals, individual trophies at the State Meets are to be made up to the prescribed specifications of the LHSAA Executive Committee.
- The girls' outstanding lifter trophies (Division I – V) at the state meet will be divided into the light and heavy platforms using the following criteria:  
  
Light Platform – 97 lb. – 148 lb. Weight classes  
Heavy Platform – 165 lb. – SHW Weight classes
- The boys' outstanding lifter trophies (Division I – V) at the state meet will be divided into the light and heavy platforms using the following criteria:  
  
Light Platform – 114 lb. – 165 lb. Weight classes  
Heavy Platform – 181 lb. – SHW Weight classes
- The Wilks Coefficient will be used to determine the Outstanding Lifter Award.

## Officials Furnished

- All lifting platforms will be staffed with highest rated certified LHSPLA meet officials. The head referee in charge will determine the order in which judges work at the LHSAA/LHSPLA state meet.

## Responsible for Scoring

- Official scorer for the meet will be Mary Ralston, Natchitoches Central High School

## Appeals

If deemed necessary, the Head Referee or Meet Director and the LHSPLA Executive Committee members present may temporarily suspend the progress of the competition and retire to consider a decision on a Formal Complaint. The Head Referee, Meet Director and the LHSPLA Executive Committee may enlist the help of the Chief Referees from each platform to consider the complaint. Once a decision has been made, it shall be considered final and there will be no right of appeal.

All decisions, rulings, or judgments by platform officials involving or relating to whether a lifter has complied with rules of performance are not appealable. The only appealable matters are those related to misloads, lifting order, clerical errors on overheads/expeditor sheets or lifting cards or complaint against the behavior of a person, persons, or team either taking part in the competition or person or persons associated with a team in the competition or warm-up area.

Any appealable matter described above or complaint must be immediately lodged in writing to the Chief Referee on the platform following the action.



- COACHES MUST REMEMBER TO CHECK ALL RESULTS AS THEY ARE POSTED.

## Uniforms

### APPROVED SUPPORTIVE EQUIPMENT

The list of approved supportive equipment listed below will be used as a guide in determining whether the supportive equipment utilized by a lifter is legal or not. This guide shall also be posted on the LHSPLA website.

Any successful State record lift will be followed by a cursory examination of the supportive equipment utilized in that lift to determine whether the supportive equipment utilized by the lifter is legal. If the supportive equipment is found to be illegal; the lifter will not get credit for the successful record lift, but in no case shall any previous lift be taken away unless the infraction was noticed, the coach was informed of the infraction and the infraction went uncorrected.

Inzer	Titan	Metal	Ken Anderson
Z-Suit	Squat Suits	Metal Squatter	KLA 2000 Gold Knee Wraps 2.0M
Champion Suit	Centurion Suits	Metal Viking Squatter	KLA 2000 Knee Wraps 2.0m
Hard Core Suit	Red Devil wraps	Metal Squatter v-type	THP Knee Wraps 2.0m
TRX Squat Suit	Signature Gold wraps	Metal Viking Squatter v-type	Max RPM Knee Wraps 2.0m
Megathrust Squat Suit	Titanium wraps	Metal King Squatter	Titanium Knee Wraps 2.0m
MAX DL Deadlift suit	Velocity Deadlift Suit	Metal King Squatter V-type	Signature Gold Knee Wraps 2.0m
Fusion Deadlift suit	Titan Fury Shirts	Metal Bencher	KLA 2000 Gold Wrist Wraps 18"
XDL Deadlift suit	Knee Wraps T.H.P. (with lettering or yellow stripe)	Metal Viking Bencher	THP Wrist Wraps 12"
Iron Wraps A and Z	Knee Wraps Max RPM (Black with green, pink or orange stripes)	Metal Viking Bencher X Type	THP Wrist Wraps 18"
Erector Shirt	Wrist Wraps T.H.P. (with lettering or yellow stripe)	Metal Viking Presser	KLA 2000 - 24" Lime Wrist Wraps
Sleeveless Erector Shirt	Wrist Wraps Max RPM (Black with green, pink or orange stripes)	Metal Presser	Max RPM Wrist Wraps 24"
Heavy Duty Erector Shirt	F6 Tornado Shirt	Metal Deadlifter	Max RPM Wrist Wraps 36"
Sleeveless Heavy Duty Erector Shirt	Fury NXG Plus SHP Bench Shirt	Metal Viking Deadlifter	Signature Gold Wrist Wraps 12 inch
Blast Shirt	Katana Shirts	Metal King Sumo Deadlifter	KLA 3000 Lime Wrist Wraps 36"
Heavy Duty Blast Shirt (HD)	Super Katana	Metal King Deadlifter	KLA 2000 Gold Wrist Wraps 24"
High Performance Heavy Duty Blast Shirt (HPPHD)	Super Katana low cut	Metal Blackline Wraps	KLA 2000 wrist wraps 18"
Extra High Performance Heavy Duty Blast Shirt (EHPHD)	Super Centurion	Metal Black Wraps	KLA 1000 Wrist Wraps 24"
Inzer	Titan	Metal	Ken Anderson
Phenom shirt	Spartan Suits	Metal Triple Blackline Wraps	Titanium Wrist Wraps 24"
The Wrath bench shirt	Titan Knee Sleeves	Mystical Wraps	KLA 3000 Wrist Wraps 24"
The Rage bench shirt	Titan Knee Sleeves – Yellow Jacket	Silver and Orange Wraps	KLA 4000 Double Super Heavy Plus Wrist Wraps 24"
Rage-X bench shirt	Titan Singlet	King Bencher	Titanium Wrist Wraps 36"
XB bench shirt	<b>ELEIKO</b>	King Presser	KLA 4000 Double Super Heavy Plus Wrist Wraps 36"
BOLT bench shirt	ELEIKO Knee Sleeves	King bencher x-type	KLA 1000 Wrist Wraps 18"
Wrist True Black Wrap	<b>REHBAND</b>	Metal Knee Sleeves	Max RPM Wrist Wraps 12"

Knees True Black Wrap	Rehband Knee Sleeves	Metal Singlets	Max RPM Wrist Wraps 18"
W30 Wraps	<b>SBD</b>	<b>Strengthshop</b>	THP Wrist Wraps 24"
W40 Wraps	SBD Knee Sleeves	Strengthshop Knee Sleeves	KLA 3000 Lime Wrist Wraps 24"
W50 Wraps	SBD Singlets	Strengthshop Singlets	KLA 2000 Wrist Wraps 36"
W60 Wraps	SBD Wrist Wraps		Signature Gold Wrist Wraps 18 inch
W70 Wraps	<b>Bukiya.net</b>		Signature Gold Wrist Wraps 24 inch
W80 Wraps	Oni Sleeves (Knee Sleeves)		Titanium Wrist Wraps 12"
INZER Singlets			Titanium Wrist Wraps 18"
			KLA 2000 Wrist Wraps 24"
			KLA 2000 Gold Wrist Wraps 36"
			THP Wrist Wraps 36"
			KLA 2000 - 36" Lime Wrist Wraps
			KLA 3000 Wrist Wraps 36"
			Signature Gold Wrist Wraps 30 inch

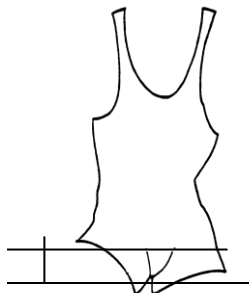
## • UNIFORM (LIFTING SUIT)

### • General Rule

A lifting suit shall be worn consisting of a one-piece full-length lifting suit of one-ply stretch material without any additional patches or padding. The straps shall be worn over the shoulders at all times while the lifter is on the platform. The lifting suit may not be made of any materials such as spandex. A t-shirt with a hemmed sleeve that does not extend below the elbow must be worn under the lifting suit or singlet when on the platform and during the execution of a lift.

If a lifter chooses to compete in a lifting singlet it is recommended that it meets the requirements listed in rule 2-B, 1 – 7. No singlet shall be worn that gives a lifter an unfair or competitive advantage over other lifters.

Length of leg  
from top seam  
of crotch = 6"



### • Specific Rules

- (1) The crotch panel shall be of one-ply for suits used in the squat and the deadlift.
- (2) A folded strap or a strap that has a piece of material added is legal on a suit as long as it does not increase the total thickness of the suit. Any suit that has been torn and has been subsequently repaired with an acceptable one-ply material should be legal as long as it does not increase the total thickness of the suit.
- (3) There shall be no obscene or profane markings on lifting attire worn on the platform or at the meet site.
- (4) The length of the leg shall not exceed 6 inches from the middle of the crotch to the edge of the leg length. This measurement should be taken when the suit is lying unworn on a table.
- (5) Any alterations to a suit, which exceed the established widths, lengths, or thickness previously mentioned, shall make a suit illegal for competition.
- (6) The suit may be any color or colors as long as such design does not prohibit platform officials from being able to judge the lift.
- (6) Lifting suits shall not be inverted (turned inside out), but may be worn in reverse (backwards). This is to insure compliance with the rulebook regarding double ply suits. Alterations that are made by the lifter that causes the suit to become

double ply and/or enhances or gives the lifter a competitive advantage over another because of that alteration are strictly prohibited.

- **Women's Specifications**

Women shall wear a one-piece suit of comparable design to the lifting suit as long as it meets all of the requirements described in Section III, C. Leotards with sleeves or high cut leg lines are not permitted.

- **Emblems, Logos, etc.**

Any emblem or logo may be worn on a lifting shirt, equipment, belt, and attire as long as it is not obscene or profane, or deemed as interfering with the platform referee's job of making decision as to the validity of a lift.

- **SHIRT**

- **General Rule**

Any type of t-shirt, jersey, or other type of shirt with a hemmed sleeve must be worn; all shirts shall be worn under the lifting suit or singlet. The shirt sleeve must remain above the elbow. The shirt shall be made of one-ply cotton, polyester, or a combination of the two. Bench shirts may be worn if they fit according to the general rule above. No shirts with cut off sleeves will be allowed.

- **Specific Rules**

It shall not be ribbed or consist of any rubberized materials, denim, or similar stretch materials.

- **Emblems, Logos, etc.**

See Section III, Rule 2, Article D.

- **SOCKS**

- Socks of any type or color, with any type of logo, emblem, etc. may be worn as long as no obscene or profane markings are present. It is permissible for lifters to wear more than one pair of socks.

- They shall not be so long that they touch any knee wrappings or one-piece knee cap supporter when in use.

- Full length stockings, tights or hose are strictly forbidden.

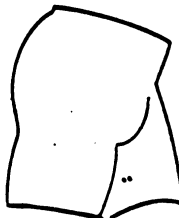
- Shin length socks must be worn to cover and protect the shins while performing the deadlift. The socks cannot extend higher than the crease in the knee joint at the back of the knee.

- **ATHLETIC SUPPORTER/BRIEFS**

An athletic supporter or standard cotton or nylon brief of a single-ply shall be worn under the lifting suit or gym shorts. Swimming trunks, spandex biking shorts or any other garment consisting of rubberized or stretch material is not permitted. The garment shall have no legs and cannot act as a girdle.



Legal brief



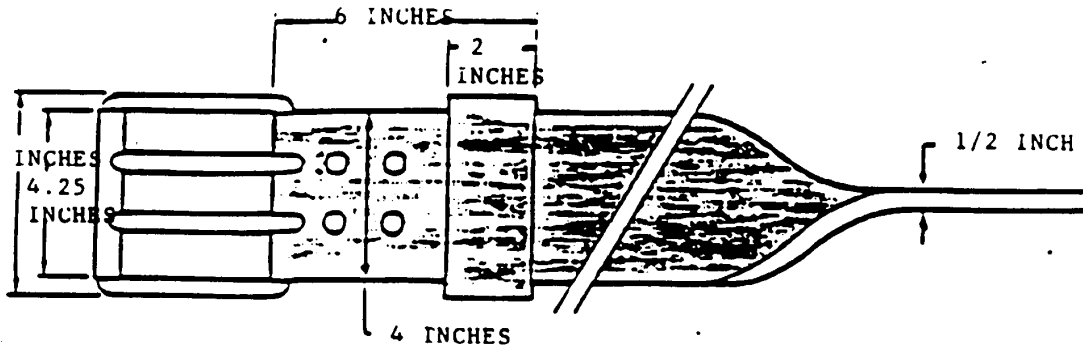
Illegal brief

- **WOMEN'S WEAR BENEATH THE LIFTING SUIT**

- **Under Garments**

Women shall wear protective briefs or panties as long as they are not deemed supportive in any way. Women may also wear a bra as long as it does not retain its shape when placed in an upright or flat position. Only one bra (layer of clothing) can be worn beneath a lifter's t-shirt or bench shirt. Hose or panty hose are not permitted.

- **BELT**



- A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.
- **Materials and Construction**
  - (1) The main body of the belt shall be made of leather or vinyl in one or more laminations, which may be glued and/or stitched together.
  - (2) It shall not have any additional padding, bracing, or supports of any material.
  - (3) Any type of buckle or fastener is permitted provided the underloop of the two ends of the belt does not exceed 4 inches.
  - (4) A leather tongue shall be attached close to the buckle by means of studs and/or stitching.
  - (5) One or two prong buckles may be used.

- **Dimensions**
  - (1) Maximum belt width - 4 inches.
  - (2) Maximum belt thickness - 1/2 inch.
  - (3) Maximum inside buckle width - 4 1/4 inches.
  - (4) Maximum outside buckle width - 5 inches.
- **Appropriate Emblems, Logo, Etc.**  
See Section III, Rule 2, Article D.

- **FOOT ATTIRE ON THE PLATFORM**

- **General**

Any type of uncleated or unspiked shoe or boots with a sole shall be worn.

- **Definition of Soles**

Shoes shall include boots, sport shoes, cross trainers or any foot covering that has a patterned molded sole.

- **WRAPS**

- **General Rule**

Wraps may be worn, however, only wraps or bandages of medical crepe or one-ply

commercially woven elastic that is covered with polyester, cotton or a combination of both materials is permitted. Bandages of rubber or rubberized substitutes are strictly forbidden. Virtually any type of fastening device is illegal except adhesive tape.

Only wraps from commercial manufacturers listed in Section III-1 of the LHSPLA Rulebook shall be permitted for use in all LHSPLA sanctioned meets. Knee Sleeves are now permitted for use at LHSPLA Sanctioned Meets

- Legal Use of Wraps
  - (1) Wrists - Wraps shall not exceed 3' 3" in length and 3" in width. A combination of two or more wrist wraps is forbidden.
    - (a) If wristbands are the wrap around style, the Velcro fastener cannot be so long that it completely encircles the wrist. Also if it has a thumb loop fastener, it cannot be secured around the thumb during the execution of the actual lift.
    - (b) A wrist wrap shall not extend beyond 4 inches above the center of the wrist joint and 3/4 inch below the center of the wrist joint. The total wrap cannot exceed 5 inches in length.
  - (2) Knees - Wraps shall not exceed 6' 6" in length. A knee wrap shall not extend over 6 inches above or below the center of the knee joint. The total wrap cannot exceed 12 inches.
- Illegal Use of Wraps
  - (1) Wraps shall not touch the socks or the lifters suit.
  - (2) Wraps shall not be used elsewhere on the body other than the knees and the wrist.

#### • EQUIPMENT WAIVER ENFORCEMENT AT MEETS

- Coaches will be required to inspect his/her team's own equipment (lifting suits, belts, and wraps). They will be required to sign a waiver verifying that all equipment that is being used by his/her team complies with Section III of this rulebook.
- If a lifter steps on the platform and is found to be wearing an illegal article or attire of illegal piece of equipment, whether intentional or not, he/she shall accept the consequences of violating LHSPLA rules on platform attire and equipment. The penalty is a warning for a minor infraction, and disqualification of a lift for a major infraction.
- If a lifter performs a lift in a grossly invalid piece of equipment or attire, the lift shall be disqualified and the lifter shall be warned. For minor infractions of attire and equipment the lifter shall be warned and the lift allowed on their first attempt. Repeated use of equipment and attire with minor infractions will result in any subsequent lifts being disqualified. Repeated use of illegal attire and equipment by the lifter shall be cause for disqualification from competition. A lifter, who is found guilty of a major equipment or attire infraction (intentional or unintentional) and uses the same illegal equipment or attire again, shall be disqualified. In no case shall a lift be allowed when a major infraction occurs.

#### • EXAMPLES OF MAJOR RULE INFRACTIONS: UNIFORMS AND EQUIPMENT

- (1) Wraps more than 1 foot over length.
- (2) Wearing two sets of wraps.
- (3) Use of two suits, two bench shirts, girdles, braces, reinforced double ply suits, or highly supportive underwear.
- (4) Use of oil, grease, jelly, lotion or other lubricant on legs.
- (5) Additional bracing or covering in or on the belt.

- (6) Use of elbow wraps.
- (7) Wearing obscene or profane apparel on the platform.
- (8) Wearing dirty or torn items on the platforms that are deemed to be an embarrassment to the sport.
- (9) Wearing items that have been rejected at that competition.
- (10) Wearing attire with illegal alterations.
- (11) Wearing a belt that is so long it is wrapped around the lifter and gives the effect of a double belt.
- (12) Any use of adhesive tape not approved by the Head Referee or Meet Director
- (13) Use of illegal substances on the lifter and/or the lifter's attire.
- (14) Illegal use of plasters (Band-Aids, bandages, etc.) that aid the lifter.
- (15) Wearing a football girdle, biker or compression shorts underneath the lifting suit.

- **EXAMPLES OF MINOR INFRACTIONS**

- (1) Wraps touching the socks.
- (2) Wraps a few inches too long.
- (3) Wearing a Belt that is over 4 inches wide.
- (4) Wearing more than one t-shirt.
- (5) Improperly attached wraps.
- (6) Straps on lifting suit not over the shoulders while lifting.
- (7) Knee wraps that extend more than 6 inches above or below the knee joint.
- (8) Using wraps with Velcro straps that gives joint support.
- (9) Using the thumb loop of a wrist wrap during the lift.
- (10) Wearing a shirt with sleeves past the elbow.
- (11) Wearing a shirt or t-shirt without a hem on the sleeve.
- (12) Wearing cleats.
- (13) Lifting in leotards.

- **PROHIBITED AND ACCEPTABLE ITEMS/ACCESSORIES**

Headbands, mouthpieces and hair ribbons are acceptable on the platform. Hats are strictly forbidden and may not be worn on the platform during the lifting. Items such as watches, costume jewelry, sunglasses are also unacceptable on the platform. Prescription eyewear (glasses) is acceptable on the platform.

- **USE OF SUBSTANCES ON THE LIFTER OR ON THE LIFTERS ATTIRE/EQUIPMENT**

- The use of water, oil, grease, baby powder or other lubricants on the body, costume or personal equipment is strictly forbidden.
- Pool hall chalk and magnesium carbonate are the only two substances that may be added to the body and attire.
- No foreign substances may be applied to the equipment or wraps. Stick- um and tough skin are also prohibited substances. They may not be applied to the skin, soles of shoes, or wraps.

## Championship T-Shirts

*State Championship T-shirts and other championship items will be available at the state meet.*



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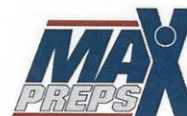
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