



2021 LHSAA POWERLIFTING

State Championship Bulletin



SPORTSMANSHIP

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COURAGE COMPETITION DETERMINATION

PERSEVERANCE CELEBRATE DETERMINATION

SPORTSMANSHIP

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COURAGE CELEBRATE



COURAGE DETERMINATION PERSEVERANCE



COMPETITION COURAGE



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CELEBRATE CELEBRATE COURAGE PERSEVERANCE



PERSEVERANCE COMPETITION COURAGE

COMPETITION COURAGE



PERSEVERANCE CELEBRATE COURAGE SPORTSMANSHIP SPORTSMANSHIP SPORTSMANSHIP

2021 LHSPLA STATE MEET INFORMATION

DATE OF STATE MEETS	SITES	MEET DIRECTOR
Thursday Morning March 18, 2021 Div III-IV-V BOYS (Classes 1A,2A,3A)	ULM'S FANT-EWING COLISEUM	Jeremy Many jmany@opsb.net 318-366-4510 Todd Garvin todd.garvin@lincolnschools.org 318-381-7689
Friday Morning March 19, 2021 Div. I-II-III-IV-V GIRLS (Classes 5A, 4A,3A,2A,1A)	ULM'S FANT-EWING COLISEUM	Jeremy Many jmany@opsb.net 318-366-4510 Todd Garvin todd.garvin@lincolnschools.org 318-381-7689
Saturday Morning March 20, 2021 Div I - II BOYS (Classes 5A,4A)	ULM'S FANT-EWING COLISEUM	Jeremy Many jmany@opsb.net 318-366-4510 Todd Garvin todd.garvin@lincolnschools.org 318-381-7689
ADMISSION TO STATE MEET		
\$10 ADMISSION		

2021 LHSAA/LHSPLA DIVISION I-V STATE MEET SCHEDULE

DIVISIONS III, IV, & V BOYS

BOYS EARLY WEIGH-IN	WEDNESDAY, MARCH 17TH - 6:00 - 8:00 P.M. ULM'S FANT-EWING COLISEUM
BOYS' REGULAR WEIGH-IN	THURSDAY, MARCH 18TH - 6:30 - 8:00 A.M.
BOYS' STATE BUSINESS MEETING	THURSDAY, MARCH 18TH - 8:00 A.M. HOSPITALITY ROOM
BOYS' LIFTING STARTS	THURSDAY, MARCH 18TH - 9:30 A.M. ULM'S FANT-EWING COLISEUM

DIVISIONS I, II, III, IV & V GIRLS

GIRLS' EARLY WEIGH-IN	THURSDAY, MARCH 18TH - 6:00 - 8:00 P.M. ULM'S FANT-EWING COLISEUM
GIRLS' REGULAR WEIGH-IN	FRIDAY, MARCH 19TH - 6:30 - 8:00 A.M.
GIRLS' STATE BUSINESS MEETING	FRIDAY, MARCH 19TH - 8:00 A.M. HOSPITALITY ROOM
GIRLS' LIFTING STARTS	FRIDAY, MARCH 19TH - 9:30 A.M. ULM'S FANT-EWING COLISEUM

2021 LHSAA/LHSPLA DIVISION I-V STATE MEET SCHEDULE -CONTINUED-

DIVISIONS I & II BOYS	
BOYS' EARLY WEIGH-IN	FRIDAY, MARCH 19TH - 6:00 - 8:00 P.M. ULM'S FANT-EWING COLISEUM
BOYS' REGULAR WEIGH-IN	SATURDAY, MARCH 20ST - 6:30 - 8:00 A.M.
BOYS' STATE BUSINESS MEETING	SATURDAY, MARCH 20ST - 8:00 A.M. HOSPITALITY ROOM
BOYS' LIFTING STARTS	SATURDAY, MARCH 20ST - 9:30 A.M. ULM'S FANT-EWING COLISEUM

MEDIA / SCHOOL YEARBOOK

(Please read the LHSAA Media Policy found on the LHSAA Website)

MEDIA (Please read the LHSAA Media Policy found on the LHSAA Website) MEDIA Request media credentials online by visiting the Media Credential link on the LHSAA website. You can find the link to the credential application at lhsaa.org -> affiliations -> media resources -> apply for credentials. All credential requests must be submitted by the deadline. Upon credential approval, you will receive an email from Vincent Cacioppo containing information for the event. Please see page 23 of this document for a map of the media entrance for this event. For further assistance, contact Vincent Cacioppo at vcacioppo@lhsaa.org. Photos taken during an event may not be sold or used in any capacity outside of the purpose(s) of their school's yearbook and/or newspaper. The LHSAA has an exclusive photography contract with RomaPics.

SCHOOL YEARBOOK

The principal must complete the online form and request credentials. The principal must also submit a letter on school stationary authorizing the individual(s) to be credentialed. The purpose of the "School Yearbook/ Newspaper" credential is to permit a complimentary entrance into the event for which the person is gathering information. If the request is granted, one tournament pass will be issued for a yearbook and/or newspaper staff member with proper school identification

Photos taken during an event may not be sold or used in any capacity outside of the purpose(s) of their school's yearbook and/or newspaper. The LHSAA has an exclusive photography contract with RomaPics.

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 (HHPD)	Super Katana low cut	Metal Blackline Wraps	KLA 2000 wrist wraps 18"
Extra High Performance Heavy Duty Blast Shirt (EHPD)	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	ELEIKO	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	REHBAND	Metal Knee Sleeves	Max RPM Wrist Wraps 12"
Knees True Black Wrap	Rehband Knee Sleeves	Metal Singlets	Max RPM Wrist Wraps 18"
W30 Wraps	SBD	Strengthshop	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	Bukiya.net		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

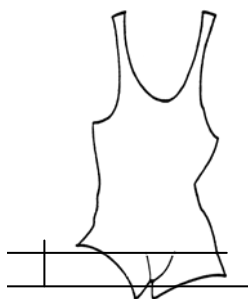
• UNIFORM (LIFTING SUIT)

• 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.

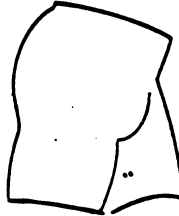
- Full length stockings, tights or hose are strictly forbidden.
- Shin length socks **must** be worn to cover and protect the shins while performing the deadlift. The socks cannot extend higher than the crease in the knee joint at the back of the knee.

- **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



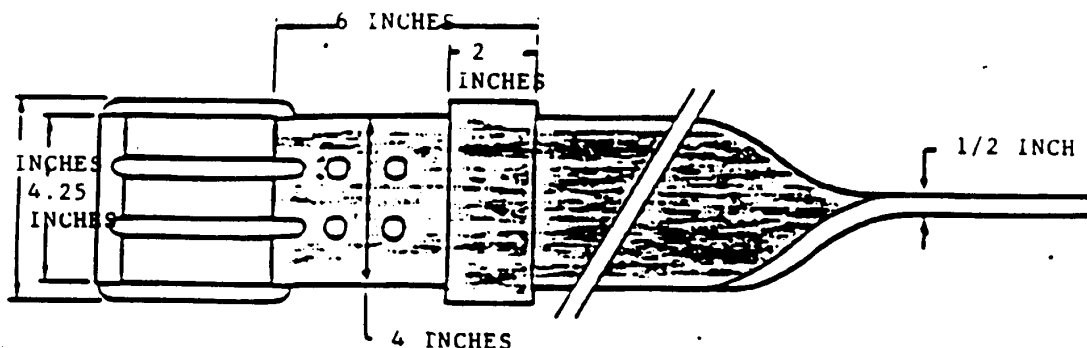
Illegal brief

- **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 – ½ 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 or 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. Stickum and tough skin are also prohibited substances. They may not be applied to the skin, soles of shoes, or wraps.

PLEASE HAVE THE LIFTING FLIGHT STAND DURING THE ROLL CALL AND RULES BRIEFING		
Rules Briefing Information for Squat Equipment	Rules Briefing Information for Bench Press Equipment	Rules Briefing Information of Deadlift Equipment
1. Must wear a lifting suit/singlet with straps up (cannot adjust them once on platform) 2. Must wear a Cotton T-shirt with hemmed sleeve. ONLY ONE SHIRT! 3. NO HATS OR JEWELRY!!! 4. Knee wraps, if utilized, cannot touch suit or socks. 5. Belt, if utilized, must be legal. 4 inch maximum width. Can be adjusted on platform.	8. Must wear a lifting suit/singlet with straps up with either a supportive Bench Press shirt of cotton t-shirt with hemmed sleeves. 9. Lifter may wear a belt outside of lifting suit/singlet. Can only adjust belt on the platform. Cannot get assistance once on the platform to adjust any equipment. 10. Thumb loop on wrist wraps, if utilized, cannot remain looped	1. Must wear lifting suit/singlet with straps up before getting on platform 2. Must wear a Cotton T-shirt with hemmed sleeve. ONLY ONE SHIRT 3. Belt, if utilized, must be legal. 4 inch maximum width. Can be adjusted on platform. 4. No boxer shorts or other shorts under lifting suit. 5. <u>Shin length socks must be</u>

6. No boxer shorts, or other shorts under lifting suit. 7. Footwear must have a molded sole. 1. Knee Sleeves are can be used.	around the thumb. 11. NO HATS, JEWELRY ON THE PLATFORM.	<u>worn to cover and protect the shins while performing the deadlift. Socks cannot extend higher than the crease in the knee joint in back of the knee.</u>
<u>NO HATS OR JEWELRY ON THE PLATFORM</u>	<u>NO HATS OR JEWELRY ON THE PLATFORM</u>	<u>NO HATS OR JEWELRY ON THE PLATFORM</u>
Commands - Verbal/Visual	Commands - Verbal/Visual	Commands - Verbal/Visual
To Initiate the Lift: Verbal - Squat, Visual - Downward motion of the hand by the Head Referee	To Initiate the Lift: Verbal - Press, Visual - Upward Movement of the hand by the Head Referee	To Initiate the Lift: No Verbal or Visual Command is given to initiate the Deadlift. Lifter initiates the lift when he/she is ready.
To Complete the lift: Verbal - Rack, Visual - Backwards motion of the hand by the Head Referee	To Complete the lift: Verbal - Rack, Visual - Backwards motion of the hand by the Head Referee	To Complete the Lift: Verbal - Down, Visual - Downward motion of the hand by the Head Referee.
Order of Completion of Lift:	Order of Completion of Lift:	Order of Completion of Lift:
1) Lifter has one minute to remove the bar from the racks after the <u>"bar loaded"</u> is given by the Head Referee on the platform. 2) When lifter is set in an erect position and knees locked with fingers wrapped around the bar, he will be given a <u>verbal squat</u> and visual command. 3) After receiving the squat command the lifter will: 4) without any foot movement, or locking or re-locking knees, descend with the weight with the bar in proper position on the lifter's back without any upward movement of the bar, break parallel, ascend with the weight without any bouncing movement at the bottom, without regression during the lift, and stand erect controlling the weight, with knees locked until a <u>verbal and visual signal is given to replace the bar in the rack.</u>	1) Lifter has one minute to assume a lifting position on the Bench and the <u>take the bar at arms' length</u> after the <u>"bar loaded"</u> is given by the Head Referee on the platform. 2) All fingers must be wrapped around the bar with proper spacing of the hands. 3) The bar is lowered to the chest by the lifter, paused and held motionless to the satisfaction of the head Judge on the lifter's sternum. 4) A verbal <u>PRESS</u> command and hand command is given to commence the lift. The bar must be evenly raised to an even lock out without any regression. 5) The lifter shall keep his (her) head, shoulders and buttocks on the bench, and feet must remain flat on the floor or assisted equipment during and at the completion of the lift. 6) Then, a <u>verbal and visual command will be given to rack</u> the	1. The lifter has one minute to initiate the lift after the <u>"bar loaded"</u> is given by the Head Referee on the platform. 2. The lifter will lift the bar without stepping forward or backward to an erect position with the knees locked and shoulders back. 3. There will not be any downward movement of the bar or supporting of thighs during the lift. 4. Once the lift is completed the head referee will give the DOWN command. Bar must be lowered with control to the floor without stepping forward or backward.

	weight.	
PLEASE HAVE THE LIFTING FLIGHT STAND DURING THE ROLL CALL AND RULES BRIEFING		
Rules Briefing Information for Squat	Rules Briefing Information for Bench Press	Rules Briefing Information of Deadlift
Reasons for Disqualification of Lift:	Reasons for Disqualification of Lift:	Reasons for Disqualification of Lift:
1) Failure to wait for the command to start 2) Double bouncing, or more than one recovery attempt at the bottom of the lift. 3) Failure to assume an upright position (knees locked) at the beginning or end of the lift. 4) Any lateral movement of the feet. Rocking back and forth on the feet between the ball and heel of the foot is permitted though. 5) Failure to break parallel on the squat attempt. 6) Change the position of the bar on the shoulders after starting the lift, Intentional or Unintentional. 6) Contact of elbows or upper arms with the legs. 7) Failure to make a bona fide attempt to return the bar to the racks. 8) Any dropping of dumping of the bar. 9) Failure to	(1) Failure to observe the referee's signal to start or complete the lift. (2) Failure to start the execution of the lift (receive the press command) within one minute after the "bar is loaded" signal is given by the Head Referee. (3) Any change in the lifters position on the bench after the signal to initiate the lift has been given (any movement of the head, shoulders, buttocks from their original points of contact with the bench, any movement of either foot, or lateral movement of the hands on the bar). (4) Heaving or bouncing the bar off the chest. Heaving or bouncing is defined as any downward movement of the bar after the PRESS command is given. Once the bar starts up, it may not descend in any way. (5) Allowing the bar to sink into the	1) Any downward movement of the bar during the uplifting. 2) Failure to stand erect with the shoulders held in an erect position. 3) Failure to initiate the execution of the deadlift within a one minute period after the Head Referee declares the bar is loaded and ready. 4) Failure to maintain the lifter's knees locked at the completion of the lift. 5) Supporting the bar on the thighs during the performances of the lift. <u>NOTE: Supporting the bar is defined as a secondary bending of the knees and a dropping of the hips (hitching).</u> 6) Stepping backwards or forwards. Rocking back and forth on the feet between the ball and heel of the foot is permitted though. 7) Lowering the bar before receiving the DOWN signal from the Head Referee. 8) Allowing the bar to return to the platform without maintaining control with both hands. 9) Making any attempt to lift the bar that allows it to rise and descend without having the plates themselves leave the platform.

<p>remove the bar from the racks</p> <p>) within the one minute period after the "bar is loaded" command is given by the Head Referee on the platform.</p> <p>) 10) Failure to use a closed grip during the execution of the lift.</p> <p><u>NOTE: Stopping of the bar during the ascent portion of the squat is not cause for disqualification of the lift. This also applies in the Bench Press and the Deadlift.</u></p> <p><u>NOTE: Intentional dropping or dumping of the bar may result in the lifter being disqualified from the meet.</u></p> <p><u>NOTE: Movement of the hands during the performance of the squat is not a cause for disqualification of the lift.</u></p>	<p>chest after receiving the referee's signal.</p> <p>(6) Any downward movement of either hand that occurs as the bar is pressed upward.</p> <p>(7) Any contact between the lifter's feet and the bench or its supports.</p> <p>(8) Deliberate contact between the bar and the bar uprights during the lift to make the press easier.</p> <p>(9) Failure to use a closed grip during the execution of the lift.</p> <p>(10) <u>After the bar is lowered to the chest the bar cannot rest more than 2 inches below the Xyphoid Process.</u></p>	<p>10) Failure to use a closed grip during the execution of the lift</p>
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Hotel	Room Rates	# of Rooms Available per Night	Comments
Comfort Suites 1401 Martin Luther King Jr Dr Monroe, LA 71202 Contact: Janie Russ Hotel Phone: 318-410-0145	2 Queen Beds: \$95 Kings: \$95	15 15	Release date prior to event: 3 Weeks All suites hotel – all rooms have full size sofa sleeper. micro-fridge, and much more). The rate is for one to four-person occupancy. <i>Complimentary Hot/Cold Breakfast</i>
Courtyard by Marriott 4915 Pecanland Mall Dr Monroe, LA 71203 Contact: Barbara Gregg Hotel Phone: 318-388-0034	Doubles: \$149.00 Kings: \$139.00	20 20	Release date prior to the event: 2 weeks In house restaurant
Fairfield Inn & Suites by Marriott 606 Mane Street West Monroe, LA 71292 Contact: Midge Singleton Office: 337.626.7000 Hotel Phone: 337-582-1160	Doubles: \$109.00	20	<i>Complimentary Hot Breakfast</i>
Hampton Inn & Suites 5100 Frontage Road Monroe, LA 71203 Contact: Janie Russ Hotel Phone: 318-343-6910	Doubles: \$119.00	20	The rate is for one to four-person occupancy We always look forward to hosting teams with this prestigious event. <i>Complimentary Hot/Cold Breakfast</i>
Hampton Inn 601 Mane Street West Monroe, LA 71292 Contact: Janie Russ Hotel Phone: 318-938-2800	Doubles: \$104.00 Kings: \$104.00	15 15	Release date prior to event: 3 Weeks The rate includes complimentary breakfast and is for one to four-person occupancy. <i>Complimentary Hot/Cold Breakfast</i>
Hilton Garden Inn 400 Mane Street West Monroe, LA 71292 Contact: Debbie Billings Hotel Phone: 318-398-0653	Doubles: \$109.00	40	<i>In House Restaurant</i>

Hotel	Room Rates	# of Rooms Available per Night	Comments
Holiday Inn Express Hotel & Suites 603 Constitution Drive West Monroe, LA 71292 Contact: Dayna Poppen Hotel Phone: 318-807-6000	2 Queen Beds: \$99.00 Kings: \$99.00 Suite \$114.00	20 5	Release date prior to event: 2 Weeks <i>Complimentary Hot/Cold Breakfast</i>
Home2 Suites 500 Mane Street West Monroe, LA 71292 Contact: Trupti Patel Hotel Phone: 318-322-8000	Kings: \$129.00	20	Pull-out sofa couch in king rooms <i>Complimentary Hot/Cold Breakfast</i>
Quality Inn & Suites 503 Constitution Dr West Monroe, LA 71292 Contact: Alexandra Ricketts Hotel Phone: 318-387-2711	Doubles: \$85.00 Kings: \$80.00 Suite \$105.00	25 25 4	Release date prior to event: 3 Weeks Roll-Away: \$10 Per night. Available in kings & suites only. <i>Complimentary Hot/Cold Breakfast</i>
Wingate Hotel & Suites 228 West Blanchard West Monroe, LA 71291 Contact: Brandy Trahan Office#: 337-499-4613 Hotel Phone: 318-387-7395	Doubles: \$99.00 Kings: \$89.00 King Suite: \$99.00	15 10 15	King suite has full size sleeper sofa. <i>Complimentary Hot/Cold Breakfast</i>
WoodSpring Suites 230 Blanchard St West Monroe, LA 71291 Contact: Brandy Trahan Office#: 337-499-4613 Hotel Phone: (318) 582-1610	Doubles: \$99.00 Kings: \$89.00	15 15	Extended Stay Hotel

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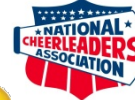
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