

LHSPLA/LHSAA Powerlifting Rules Clinic

2024-2025



2024-2025 Executive Committee

President – Joe Ryan - Denham Springs High School

Vice-President –Wade Hooper – Dutchtown High School

Secretary – Sarah Wages – Ruston High School

Treasurer – Jeff Daniel – Parkview Baptist

Director of Officials – Kamilah Todd - Southside High School

North Regional Member-At-Large – Obie Sims - West Monroe High School

South Regional Member-At-Large – John Burford - Covington High School

East Regional Member-At-Large – David White - Holden High School

West Regional Member-At-Large – Alan Bryant - Lake Arthur High School

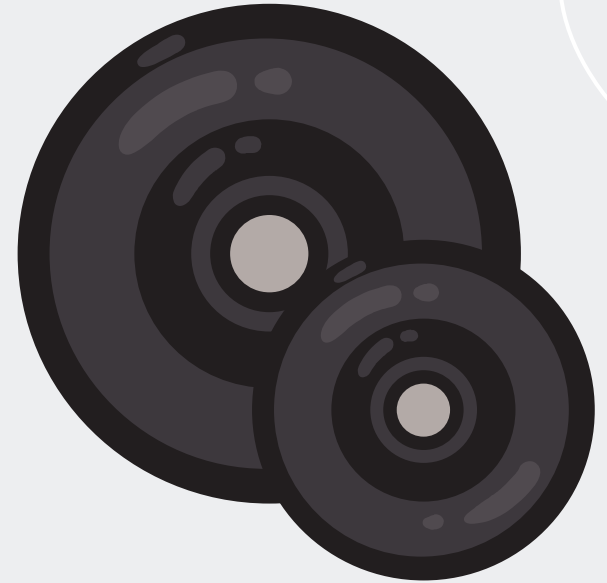
Central Regional Member-At-Large – Derek Toro - Leesville High School

Bayou Regional Member-At-Large – Kelly Magendie – Lutchter High School

LHSPLA Counsel – Marlon Harrison

Agenda

- All About the LHSPLA
- Info for All Meets
- Health & Insurance Waiver
- Regional Meets
- State Meet
- Constitutional and Rulebook Changes



The Louisiana High School Powerlifting Association



How the LHSPLA Operates

- Meets are contested and governed by the LHSPLA's Constitution and Official Rulebook
 - Find both at www.lhspla.net
- Lifters compete in safe/well-regulated meet conditions
- Sportsmanship is a high priority
- Certification program for officials

LHSPLA Membership Provides:

- Annual Scholarship Awards
- Allows multi-sport athletes a chance to compete
- Serves as a recruiting base for collegiate Powerlifting programs throughout the state of Louisiana
- Recognizes Regional and State Records for both Boy and Girl lifters
- Put on Clinics such as this one to provide information/coaching tips and official certification opportunities to its member schools.
- Maintains Association Website – www.lhspla.net



LHSPLA Membership Requirements

- Annual Association Fees are \$200
- Registration forms must be received by 12/6/24
- Must be signed by your school principal
- Registers -
 - 1 Head Coach and 5 Assistants -OR-
1 Head Coach for Boys Team and 1 Head Coach for Girls Team and 4 assistants
 - No more than 6 total coaches and no more than 4 can be non-faculty.
- All non-faculty coaches must be CECP certified and registered with the LHSAA. They must meet the requirements of the Coach's Rule listed in the LHSAA Handbook.
 - A certificate of completion of NFHS Fundamentals of Coaching must be emailed to the secretary by 12/6/24.

LHSPLA Meet Participation

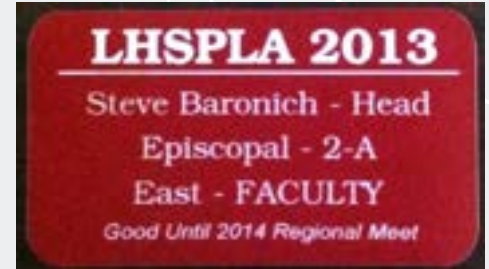
All schools are ineligible to compete at ANY LHSPLA Meet until their school's LHSPLA Registration form has been received in good order, along with annual Registration Fee and verified via email by the LHSPLA Secretary.

Constitution Article IV.03 - Registration Fee

Any returning member school who does not register their team in proper order and knowingly competes in an LHSPLA sanctioned meet will be fined \$500.00 and forfeit their team's opportunity to compete at the invitational, regional and state level for the remainder of the LHSPLA's calendar year. Any new member school that does not register their team in proper order and knowingly competes in an LHSPLA sanctioned meet will also be fined \$500.00 but will still be allowed the opportunity to compete at sanctioned invitationals for that calendar year but will also forfeit their school's opportunity to compete at the regional and state level.

LHSPLA Membership - Credentials

- Coaching Credentials should be displayed at all Sanctioned Tri, Invitational, Regional, and State Meets.
- New Credentials will be distributed at Regional Meets.
- LHSPLA distributes credentials based on the coaches listed on 2024-2025 Registration Forms.
- Any additions or deletions must occur on a registration form signed by the school principal. Those can be emailed to the secretary. After 12/13/24, any coaches added will only receive temporary credentials.



Article IV, Section 4.05: Amending LHSPLA Registration Forms

- Schools that choose to amend (add or delete coaches) their registration forms in any way after the December 6th due date will be charged a \$50.00 processing fee. This fee must be paid before they will receive any additional coaching credentials for their school.

FINES

PLEASE NOTE AND MEET ALL DEADLINES!

Section 4.06: Summary of Penalties and Fines

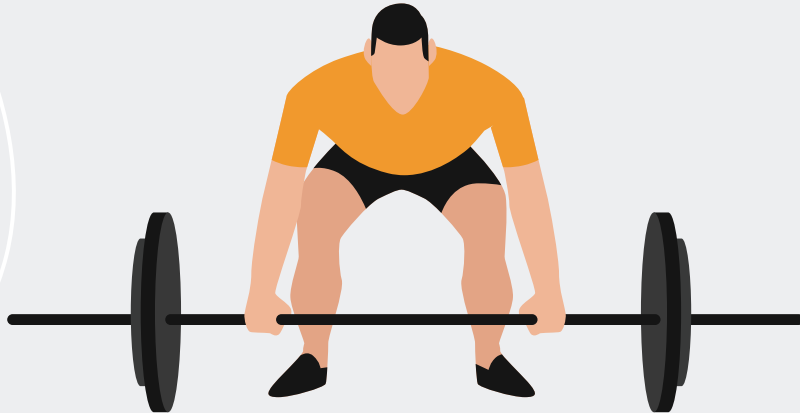
The fine for failure to meet any type of LHSAA/LHSPLA entry or paperwork deadline that is laid out in any article of the LHSPLA Constitution is \$50.00.

Additional fines can be levied based on:

- 1) Limits set in specific articles of the LHSPLA Constitution, or
- 2) If a member school commits multiple offenses dealing with paperwork procedures, and
- 3) Failure to comply with a specific paperwork deadline request from the Executive Committee.

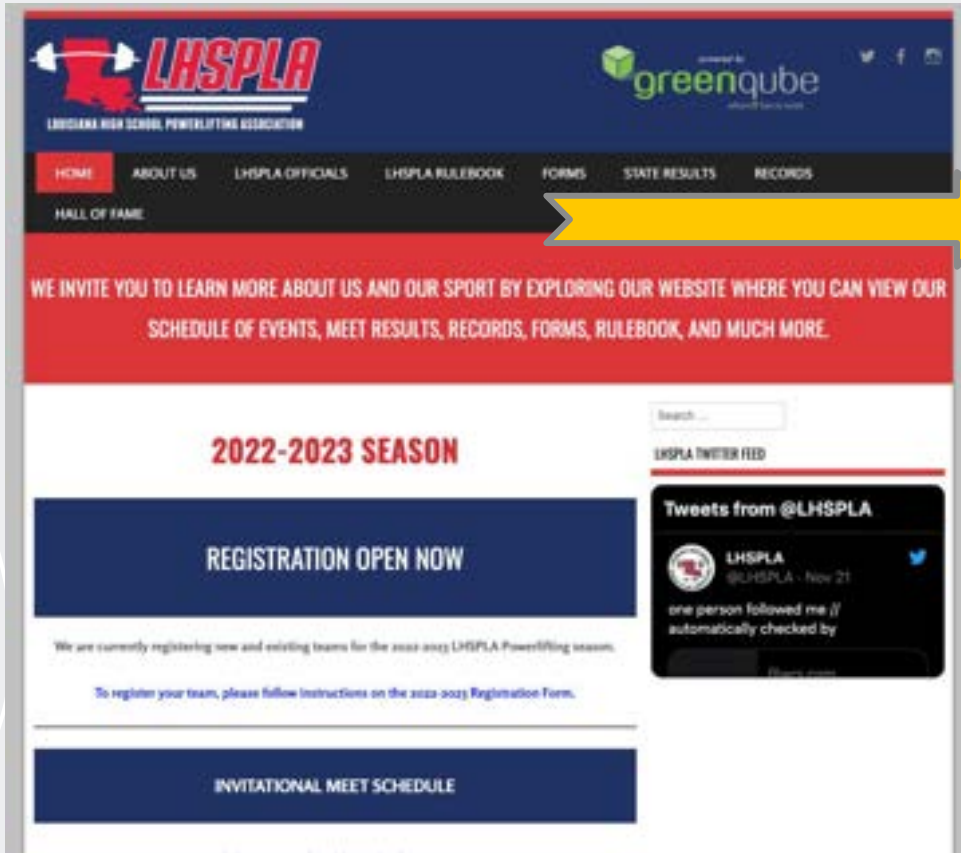
Powerlifting Sport Season

This calendar is located in the Constitution on page 6 and on the homepage of lhspla.net. You may also click it to view a copy in Google Docs.



LHSPLA Important Dates - 2024-2025		
2024-2025 Dates	CALENDAR WEEK	ACTIVITY
Sunday, August 11, 2024 - Saturday, November 23, 2024	6th - 20th	Weight training/conditioning permitted. No practice/contests allowed
Sunday, November 24, 2024	21st	1st Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.)
Friday, December 6, 2024	22nd	LHSPLA Registration Forms/Fees Due All schools are ineligible to compete at ANY LHSPLA Meet until their school's LHSPLA Registration form has been received in good order, along with annual Registration Fee and verified via email by the LHSPLA Secretary.
Sunday, December 15, 2024	24th	1st Regular Season Meet (Eligibility must be filed online)
Monday, January 6, 2025	27th	Deadline for submitting GPAs online for seniors for All-Academic
Wednesday, February 12, 2025	32nd	Entries/Intent to Enter <u>GISL</u> Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Wednesday, February 19, 2025	33rd	Entries/Intent to Enter <u>SOIS</u> Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Saturday, February 22, 2025	33rd	Girls LHSPLA Regional Meets North - Ruston South - Covington East - St. Joseph's West - Lake Arthur Central - Pineville Bayou - TBD
Saturday, March 1, 2025	34th	Boys LHSPLA Regional Meets North - North Desoto South - Covington East - Catholic West - Sam Houston Central - Leesville Bayou - TBD
Tuesday, March 18, 2025	37th	Entries to State Meet Due
Wednesday, March 26, 2025	38th	State Meet - Pontchartrain Center, Kenner, La
Thursday, March 27, 2025	38th	State Meet - Pontchartrain Center, Kenner, La
Friday, March 28, 2025	38th	State Meet - Pontchartrain Center, Kenner, La
Saturday, March 29, 2025	38th	State Meet - Pontchartrain Center, Kenner, La
Sunday, March 30, 2025 - End of School	39th - 45th	Weight training/conditioning permitted. No practice/contests allowed.
Sunday, May 18, 2025	46th	Summer Rules Begin

LHSPLA.net



Forms - any paperwork needed like Health & Insurance Waiver and Meet Entry Forms

Full Meet Schedule is located on the Main Page

The background is a dark grey color. It features several white, hand-drawn style lines that form abstract, organic shapes. On the left side, there is a large, curved line that starts near the top and curves downwards. Below it, there is a smaller, more complex shape with multiple curves. On the right side, there is a large, flowing line that starts from the bottom and curves upwards and to the left. In the center, the text "Meet Protocols for ALL Meets" is written in a bold, yellow, sans-serif font. The word "ALL" is in all caps and is slightly larger than the other words. The text is positioned to the right of a small, white, irregular shape that looks like a speech bubble or a thought bubble.

Meet Protocols for ALL Meets

LHSPLA Rulebook and Constitution

Please review the complete LHSPLA Rulebook and Constitution on hspla.net.

The following information is provided for your cursory understanding and to review the most common situations. It is not intended to provide all relevant, complete information about each topic or possible meet scenario.

Meet Entry Forms

- Entry Forms are available on lhspla.net + Forms
- Meet directors will share due date and time for entry form submission.
- It is **IMPERATIVE** that coaches complete the form according to the instructions!
- Lifter Names on entry forms **MUST** match LHSAA rosters. No nicknames!
- Grade level for each lifter is **REQUIRED**.
- Lifter Names must be entered in this format:

LAST NAME, FIRST NAME

(ALL CAPS)

***Double check spelling**

Weighing In

Weigh Ins will be conducted at ALL meets this season.

From the LHSPLA Rulebook Section V. Weighing In

- 24 hour weigh in period is allowed
- A list of bodyweight categories should be posted near the scale.
 - [Link to chart on lhspla.net → Forms](#)
- An electronic (digital) scale is recommended.
- Lifters must be weighed in the nude or in standard underwear (briefs for men, bra and panties for women).
- The head coach or his/her designee must be present with the team.
- For invitational, dual/tri meets, an opposing coach, his/her designee, or LHSPLA official may weigh in lifters.
- When recording body weight, a decimal must be included!

Weight Classes

Girls
97 lbs and under
105.8 lbs
114.5 lbs
123.5 lbs
132.3 lbs
148.8 lbs
165.3 lbs
181.8 lbs
198.3 lbs
220.3 lbs
Over 220.3 lbs

Boys
114.5 lbs and under
123.5 lbs
132.3 lbs
148.8 lbs
165.3 lbs
181.8 lbs
198.3 lbs
220.3 lbs
242.5 lbs
275.5 lbs
Over 275.5 lbs

Meet Protocol

Order of Competition

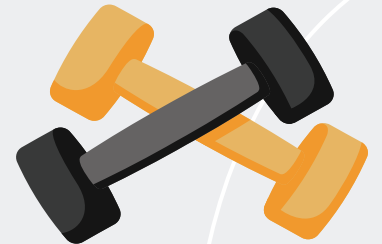
- Squat, Bench Press, Deadlift

Rounds System

- The order of lifting is from lightest attempt to heaviest attempt. Attempts in the 2nd and 3rd round must be equal to or higher than the 1st attempt. Attempts must increase by a minimum of 5 lbs.

Lifting Order

- When two lifters attempt the same weight, the lifter of lighter bodyweight attempts first.



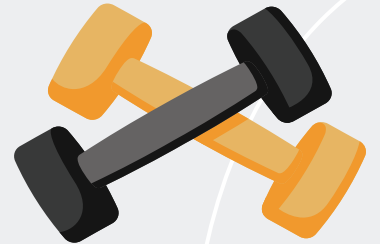
Meet Protocol

Openers/Changing Openers

- Openers are submitted on the entry form. Openers can be changed one time for each lift within the last 5 minutes before the meet or flight begins.

Submitting Next Attempts

- Next attempts must be submitted to the table within 1 minute of completing the lift.
- If no attempt is turned in, a lifter will repeat the weight of a missed lift or increase by 5 lbs for a successful lift.



Meet Protocol

Change Rule - Deadlifts

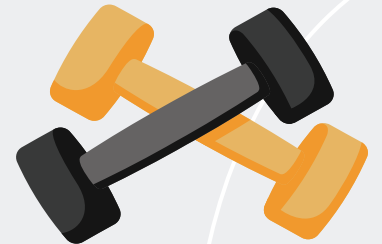
- Second and third attempts in deadlift may be changed.
- Each may be changed twice.
- A change can only be made if a lifter has one successful deadlift attempt.
- The change can never be lower than the lifter's previous attempt.
- The change must conform to the progressive loading of the bar.
- Second and third squat and bench press attempts cannot be changed.

Allowable Personnel near the Platform

- ONE credentialed coach is allowed in the coaching area.

Appeal Process

- Appeals must be made in writing to the head official and/or Meet Director.



Lifting Gear & Equipment

Lifters Must Wear:

- Lifting suit or singlet
- Bench shirt or regular t-shirt with sleeves
- Appropriate footwear
- Socks - Knee socks are **REQUIRED** when deadlifting for **ALL MEETS**.
- Tri/Invitational Meets can waive the suit/singlet requirement and allow lifters to wear shorts instead. See the rulebook for details.

Optional Gear/Equipment:

- Belt
- Knee Sleeves or Knee Wraps
- Wrist Wraps

Examples of Equipment Infractions:
Rule III, Section L and M - LHSPLA Rulebook



Lifting Suit



Bench Shirt



Deadlift Socks

Belt



Knee Wraps



Knee Sleeves

LHSPLA - Rules of Performance

- **Squat**
 - Rules of Performance
 - Causes for Disqualification of lift
- **Bench Press**
 - Rules of Performance
 - Causes for Disqualification of lift
- **Deadlift**
 - Rules of Performance
 - Causes for Disqualification of lift



Meet Disqualification - LHSAA Policy

It is the coach's responsibility to report any DQ to the LHSAA.

5.11.6 Player ejected from a contest in a sport for unsportsmanlike conduct:

1. First offense – the player shall receive, through the school, an official warning.

Additional Penalty: Any student-athlete who is ejected from an LHSAA sanctioned contest shall be required to take the NFHS Coach Education/Certification Program elective course – Sportsmanship-It's Up to You. The course shall be viewed within three (3) school days of the ejection. Failure to complete the course within three days of the ejection shall result in the student-athlete being ruled ineligible to participate in an interscholastic contest until the course is completed. The certification of course completion shall be sent to the LHSAA office. There is no cost for this course. Allowing an ejected student-athlete to participate in violation of this rule shall result in the school being prohibited from playing in a home and/or away contest(s) with the head coach in attendance until the ejected student completes the sportsmanship course.

Meet Disqualification - LHSAA Policy

It is the coach's responsibility to report any DQ to the LHSAA.

5.11.6 Player ejected from a contest in a sport for unsportsmanlike conduct:

CONTINUED:

2. Second offense – the student-athlete shall be placed on probation. The student-athlete shall be suspended and ruled ineligible to participate at any level through the next regularly scheduled contest at that level, including postseason play. Allowing a suspended student-athlete to participate in violation of this rule shall result in the application of Rule 5.11.3.

3. Third offense – the student-athlete shall be suspended from participating in the same sport for the remainder of the season.



LHSPLA Health Insurance & Meet Waiver Form

ONE Waiver for ALL Meets

ALL LIFTERS MUST SECURE SIGNATURE OF PARENT/GUARDIAN – FORM MUST BE COMPLETED USING AN INK PEN

LHSPLA/LHSAA Health Insurance Information Form 2022-2023

This form shall be turned into the Meet Director before participation in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet will be allowed. Schools with group policies may submit a letter with their group policy information with a certified list of covered students. **The Meet Director has discretion to permit participation to accommodate unique circumstances regarding policy information.** I have read and understand the above information as it pertains to (lifter's name)

Sex: M ___ F ___

participation in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet for the 2022-2023 Powerlifting Season.

Address: _____

City: _____, LA Date of Birth: _____

Currently attends the ___th grade at _____ High School

[Click on image for a link to this form.](#)

[It is also located under Forms - Insurance Waiver on lhspla.net](#)

- Required form for ALL Meets.
- Collect this waiver from your lifters once.
- Make copies for all tri/invitational meets.
- Turn in the original to your Regional Director.



Regional Meets Info and Deadlines

LHSPLA Regions

North

Central

West

East

South

Bayou



*Not the most recent map. Secretary does not know how to fix! Winn is in the Central region.

Regional Meets - Dates

GIRLS REGIONAL MEETS
SATURDAY, FEBRUARY 22, 2025

North - Ruston
South - Covington
East - St. Joseph's
West - Lake Arthur
Central - Pineville
Bayou - Hahnville

BOYS REGIONAL MEETS
SATURDAY, MARCH 1, 2025

North - North Desoto
South - Covington
East - Catholic
West - Sam Houston
Central - Leesville
Bayou - Dutchtown

Regional Meets - Entry Fees & Team

- **Fee of \$25 Per Lifter**
 - Entry Fees must be paid by school check made out to host school.
 - Entry fees offset the cost of Trophies and Awards, Meet Officials and other meet operating costs.

- **Team Composition**
 - Maximum of 11 lifters per team for each Boys team and Girls team
 - No more than 2 team members in the same weight class
 - Teams can have fewer than 11 lifters on them

Regional Meets - Required Documentation

These documents are due to your Regional Meet Director on February 12, 2025 for GIRLS Meets & February 19, 2025 for BOYS Meets:

1. LHSPLA Entry Form (Boys/Girls) - no signature necessary, this document can be sent electronically
2. LHSPLA Health Insurance/Meet Waiver Form - Completed in ink and signed by Parent/Guardian. Medicaid number must be listed on form if it is listed by participant as his/her Health Insurance Provider. Every lifter is REQUIRED to have health insurance/medicaid or be covered under a district policy!

Bring these documents with you to weigh-in at Regionals:

1. LHSPLA Equipment Waiver - signed by coach
2. Entry Fees - Due at Weigh-In - School Check Made Out To Host School

DO NOT SEND ENTRIES, LHSPLA INSURANCE/MEET WAIVER OR ENTRY FEES TO THE LHSPLA PO Box IN BATON ROUGE!

Regional Meets - Late Entries

If you miss the Regional entry deadline you must:

- 1) Send entries electronically to Regional Meet Director by 12:00 noon on Thursday, February 13th for GIRLS Meets or Thursday, February 20th for BOYS Meets.
- 2) School shall pay a \$20.00 per lifter fine, including alternates, in addition to the standard entry fee for missing the entry/paperwork deadline
- 3) The late declaration shall include the school's name, athlete's name and gender and prospective weight class.



State Meet Info and Deadlines

State Meet - Dates

Wednesday, March 26, 2025 - Division IV & V Boys

Thursday March 27, 2025 - Division IV & V Girls

Friday, March 28, 2025 - Division I, II, & III Girls

Saturday, March 29, 2025 - Division I, II, & III Boys



PONTCHARTRAIN
CONVENTION & CIVIC CENTER

State Meet - Qualifying for State

Division I – V (Boys and Girls)

- Composite **top 10 finishers in each weight class** from the 6 contested regional meets.
- Regional Champions automatically qualify.
- Regional Champions not falling within composite top 10 will automatically be placed in the 10th position.
- In the event of ties:
 - If two lifters tie with the same total, then bodyweight will determine where their rank will fall. **The lifter with the lighter bodyweight will get the next higher spot.**
 - If a tie occurs between two lifters both having the same total and the same bodyweight, then both lifters will qualify for the State Meet.

State Meet - Qualifiers

How will you know for sure, or how can you verify, if your lifters have qualified for the state meet?

- 1) You will receive an email from the secretary with state qualifiers.
- 2) You can go to the Association's website, www.lhspla.net, and check.
- 3) You can contact any member of the Executive Committee.

Any discrepancies can be easily rectified! Just let an EC member know of your concern.

State Meet - Entry Fee & Paperwork

- 1) Entry Forms: All qualifiers for the State Meet shall be prepared and submitted electronically, to the State Meet Director, no later than Tuesday, March 18, 2025.
- 2) A \$20.00 entry fee per powerlifter shall be brought to the State Meet. Entries shall be paid by school check made payable to the LHSPLA.
- 3) Schools that qualify lifters from the regional meet to the state meet shall declare any scratches from those qualifying to the state meet no later than noon on Tuesday, March 18, 2025. Lifters must lift in the same weight class that he/she qualified in at the Regional Meet.
- 4) It will be the responsibility of the school that scratches a contestant to notify the alternate school's qualifier by noon, Tuesday, March 18, 2025.
- 5) Schools failing to scratch contestants prior to noon deadline, shall be fined \$20 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual circumstances.
- 6) Scratches to the state meet shall be faxed to the State Meet Director on school letterhead signed by the coach and school principal.

State Meet - Late Entries

- 1) Send entries electronically to State Meet Director by 12:00 noon on Wednesday, March 19, 2025.
- 2) School shall pay a \$20.00 per lifter fine, including scratches, in addition to the standard entry fee for missing the state meet entry deadline
- 3) The late declaration shall include the school's name, athlete's name and gender and weight class they qualified in at the regional level.
- 4) If a qualifying contestant from the regional meet is scratched from a weight class and the alternate from the same weight class is not notified prior to noon on Tuesday of the State Meet week, there shall be no replacement allowed in that weight class.

Participation for Qualifying Totals

Participation in Independent Powerlifting Organizations

During the LHSPLA Season:

- Allowable to obtain qualifying totals for national meets with written approval of LHSPLA Executive Committee
- Must request permission at least 2 weeks prior to participation in the qualifying meet
- Must forward meet results to LHSPLA President/Secretary
- Lifters must be registered as independent and not associated with their high school (LHSAA 4.2.8)
- Fine for unallowable participation = \$500

Changes for 24-25

Constitution Changes

Article V - Executive Committee

Article V. The Executive Committee

Section V.01 Composition

The Executive Committee shall consist of the following elected for the following terms:

- a) President: 2 year term – no term limit
- b) Vice-President: 2 year term – no term limit
- c) Secretary: 2 year term – no term limit
- d) Treasurer: 2 year term – no term limit
- e) Director of Officials: 2 year term – no term limit
- f) Regional Directors (Non-Voting): 1 year term – no term limit
- g) Regional Members-At-Large: (North, South, East, West, Central, and Bayou) 2 year term – no term limit

Constitution Changes

Article VI - Duties of the Executive Committee

Section VI.08 Duties of the Regional Members-At-Large

One member-at-large shall be elected from each region. The Regional Members-At-Large will be responsible for

- 1) Promoting the LHSPLA to all schools in their region,
- 2) Contacting all schools in their region that are not current members of the LHSPLA by mail, electronic mail or by phone to recruit them to become member schools, and promoting LHSPLA to potential officials in their regions, and
- 3) Acting as a liaison between the LHSPLA Executive Committee and the schools in the region.
- 4) Advise and help schools within their region who are hosting LHSPLA sanctioned LHSPLA Meets.
- 5) Email Coaches within their region and support them with any concerns about meets, rule book & procedural issues.
- 6) Be the contact for meet directors in your region and follow up with the paperwork and fees being paid. This would include any fines that may occur the member at large would be responsible for follow up. This would be reported directly back to the LHSPLA Secretary & President.
- 7) It is recommended that Regional Members-At-Large be present at all LHSPLA Invitational Meets in their region to ensure that the Invitational-Meet site complies with the current LHSPLA setup standards for Invitational Meets. If the member-at-large for that region cannot attend, then a representative of the LHSPLA will take their place. The EC Member in attendance will be responsible for signing off on the meet checklist (completed by the Head Referee) for that meet site. EC Members will be paid a travel allowance based on the current one-way map mileage from their house to the meet site. If the EC member-at-large or EC member has a team competing in the competition, they will not receive the travel allowance.

Constitution Changes

Article VI - Duties of the Executive Committee

Section VI.10 Historian

The would be an appointed, non-voting position. Appointee shall keep this position for as long as they can fulfill the duties. The duties of this position are to record the history of the organization and help keep the records up to date.

Constitution Changes

Article X - State Records

Article X. State Records

Section X.01 Setting State Records

A state record may only be set by having three (3) LHSPLA recognized officials in the chairs during the execution of the record attempt. The Officials must pass the lift and an official state record application sheet must be filled out and sent to the Association President and Historian. (See Appendage A)

- 1) LHSPLA "recognized official" are:
 - a) International Powerlifting Federation officials
 - b) USAPL Federation officials
 - c) LHSPLA high school certified powerlifting officials

Section X.02 Recognition of State Records

A composite state record may only be officially recognized and set at one of the LHSPLA Regional Meets or at the LHSAA/LHSPLA State Championship Meet. **Composite/Divisionals records must exceed the current record by a minimum of 5 pounds.** State records cannot be set at Invitational/Tri Meets.

Constitution Changes

Article X - State Records

Section X.05 Keeping of Composite/Division State Records

Overall records (Composite) as well as Divisional records will be kept. The Divisional records (Division I-V) will begin with the results from the 2013 LHSAA/LHSPLA State Championships.

Divisional Records can only be broken at each member schools respective Division I-V State Meet within the 9 lifts contested during the competitive rounds of the meets. **Composite/Divisionals records must exceed the current record by a minimum of 5 pounds.** No 4th attempts will be allowed to break Divisional Records at the State Meet Level.

There shall be no fourth (4th) attempts allowed **to tie or** break total records. All total records (Composite/Division) must be broken within the nine (9) competitive attempts of the three lifts contested (Squat, Bench, and Deadlift) in a powerlifting meet.

Constitution Changes

Article XI - Regional Championships

Section XI.03 Regional Meet Qualifications

- 1) Lifters will qualify for the Regional Championships using the following format:
 - a) Division I – V Boys – Composite top 20 ranked lifters in each weight class per division from LHSPLA invitational and Dual/Tri meets that are contested during the current season. These rankings will be compiled and set by the 31st week of the current season.
 - b) Division I – V Girls – Composite top 20 ranked lifters in each weight class per division from LHSPLA invitational and Dual/Tri meets that are contested during the current season. These rankings will be compiled and set by the 31st week of the current season.
 - c) All invitational and/or dual/tri meets must have a weigh-in accordance with Section V of the LHSPLA Rulebook.

Constitution Changes

Article XI - Regional Championships

2) Breaking Ties in Total and Bodyweight:

- a) If two lifters tie with the same total, then bodyweight will determine where their rank will fall. The lifter with the lighter bodyweight will get the next higher spot.
- b) If a tie occurs between two lifters both having the same total and the same bodyweight, then both lifters will qualify for the same ranking.

Constitution Changes

Article XI - Regional Championships

3) Lifters who compete in multiple weight classes during the season:

- a) Lifters who rank in the top 20 in multiple weight classes, by virtue of competing multiple times and in different weight classes, will use their best result according to their rank and the other result(s) will be removed so as not to take a spot away from someone else. If the lifter is ranked the same in multiple weight classes, then the highest Wilks score will be used.

Constitution Changes

Article XI - Regional Championships

4) Teams in the rankings:

- a) No team shall have more than 11 lifters total in the rankings with no more than 2 in any one weight class. The rankings will include each team's 11 highest ranked lifters. Wilks score will be used to break any ties among lifters from the same team who also have the same rank, with the higher Wilks score being ranked before the lower Wilks score.
- b) Coaches may use an alternate lifter so long as that lifter falls within the top 20 in the unadjusted rankings.

Constitution Changes

Article XI - Regional Championships

5) Once a lifter has qualified for Regionals:

- a) Once a lifter has qualified for the Regional Championships, the lifter is qualified for any weight class at Regionals. At regionals, qualified lifters can weigh-in in any weight class of their coaches choosing.

Constitution Changes

Article XI - Regional Championships

Section XI.04 Entry Fees for Regional Meets/Required Paperwork

Schools shall submit to the regional directors a list of participants that will compete in regional competitions, either electronically or by mail, by the deadline established (one calendar week prior to competition) in Rule 17.1, Important Dates, in the LHSAA Handbook. Each men's team is allowed a maximum of eleven (11) competitors spread throughout the range of the eleven (11) bodyweight categories, and each women's team is allowed eleven (11) competitors spread throughout the range of the eleven (11) bodyweight categories for women. There shall not be more than two competitors from any one team in any particular body weight category. All teams shall be officially registered with the LHSPLA to engage in team competition. No more than 2 Lifters can be named as alternates for both men's and women's teams. Alternates must be ranked in the top 20 seasonal rankings. A \$25.00 entry fee per powerlifter shall be paid by school check made payable to the host school along with a signed LHSPLA Equipment Waiver before a school's participants will be allowed to weigh-in at a regional meet. A school with delinquent declaration of its list of participants may still enter its lifters but must do so electronically with the Regional Meet Director between the hours of 8:00am and 12:00pm (noon) the day following the entry deadline established in Rule 17.1, Important Dates, in the LHSAA Handbook. Declarations received in the late period shall incur a \$20 fine per entry, including alternates, in addition to the standard entry fee. The late declaration shall include the school's name, athlete's name and gender, and prospective weight class.

Constitution Changes

Article XI - Regional Championships

Section XI.14 Admission Price for Regional Meets

Admission price for all LHSPLA Regional Meets will be \$12.00. Children five (5) and under will not be charged admission to the LHSPLA Regional meets. LHSAA Coaching Cards will be honored at all LHSPLA sanctioned meets along with a valid and legal I.D.

Constitution Changes

Article XIV - Hall of Fame

Section XIV.02 Hall of Fame Nominee Categories

~~Team,~~ Individual Lifter, Coach, or Administrator. All nomination forms must be filled out completely and turned in within the time requirements for submission. ~~Teams and~~ Individual lifters must adhere to a 5 year waiting period before they can be nominated.

Section XIV.03 Review of Nominations by Executive Committee

All Hall of Fame nominees will be reviewed by the LHSPLA Executive Committee at a meeting that will convene at least one calendar week before the LHSAA/LHSPLA Division I-V State Meets. After discussing the nominees, the Executive Committee shall decide by majority vote whether or not to put a Hall of Fame nominee before the membership for approval (Article VI, Section 9). No more than 3 nominations per year (1 in each category) will be put up before the membership for their approval.

Rulebook Changes

II. Equipment and Specifications - Bars and Discs

5. Collars: Use and Specifications

~~a) It is recommended that collars or speed collars be used in competition, and tightened away from the discs, if requested by the lifter.~~

Collars or speed collars are required to be in place during all competition lifts and tightened away from the discs, if requested by the lifter.

Rulebook Changes

II. Equipment and Specifications - Costume (Lifting Suit)

b) 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. A team may alter a suit within the specified guidelines and use “bunny ears” that show on the outside or inside of the suit. **“Bunny ears” must be stitched.** The LHSPLA shall be the final arbiter as to whether the supportive equipment is legal or not.

Rulebook Changes

Equipment Waiver

LHSPLA EQUIPMENT WAIVER

Updated for 2024-2025

I, the undersigned, do hereby verify that I have inspected my team's lifting equipment, which includes their lifting suits, belts, bench shirts, wraps (Knee and Wrist), and knee sleeves and have found them in compliance with the rules and regulations stated in Section III of the Technical Rules of the Louisiana High School Powerlifting Association. I also understand, that if one of my team members steps on the platform at an LHSPLA Regional or State Meet, and is found to be wearing an illegal article of attire or illegal piece of equipment, whether intentional or not, he/she shall accept the consequences of violating the LHSPLA rules on platform attire and equipment (See Section III.K.2-3).

Coach or School Representative

School

Competition (LHSPLA Regional or State)

Date

Rulebook Changes

Costume and Personal Equipment

P. Use of Substances on The Lifter or On the Lifter's Attire/Equipment

1. Forbidden Substances

The use of water, oil, grease, baby powder, or other lubricants on the body, costume or personal equipment is strictly forbidden.

2. Allowable & Prohibited Substances

Pool hall chalk and magnesium carbonate are the only two substances that may be added to the body and attire. Applying any substance by use of a shaker bottle is prohibited regardless of form. Pool chalk must be in a conical form and Magnesium carbonate can be square block or ball. No foreign substance, including but not limited to stick-um and touch is strictly prohibited. They may not be applied to the skin, soles of shoes, or wraps.

Rulebook Changes

Bench Press - Coach Spotting

i) *Starting Position of Lift*

After removing the bar from the rack, with or without the help of the spotters/loaders, the lifter shall wait with elbows locked in the starting position for the Head Official's signal. Prior to the commencement of the Bench, side officials will raise their arms and keep them raised until the lifter is in the correct position to begin the lift. If there is a majority opinion among the officials that a fault exists, the Head Official will not give the signal to commence the lift. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he/she is not in the correct position to begin the lift. The Head Official will then convey the reason why the signal was not given. Once the lift has commenced, the side officials will not call attention to faults during the execution of the lift.

The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "START".

Note: Coaches handing off on Bench press becomes spotter and not a coach.

Rulebook Changes

V. Weighing In

F. Weigh-Ins at Invitationals and Dual/Tri Meets

For the purpose of weighing in at Invitational and Dual/Tri meets Only

1. At Invitational and Dual/Tri Meets, teams may weigh-in all at the same time by an opposing team's coaches or LHSPLA official, or opposing team's school designee to expedite the weighing-in process and to help meet management to keep track of all teams entered in that particular competition. Only team members who have been designated to lift shall be weighed-in. Any individual lifter's body weight shall not be made public until all lifters competing in the meet have finished weighing in.
2. It is recommended that electronic scales be utilized to correspond to the LHSPLA weight classes and that only the weight classes sanctioned by the LHSPLA are clearly exhibited at the weigh-in. These scales do not have to be certified but must be calibrated to weigh to 1 decimal place. The scale should be capable of weighing a person of at least 400 lbs.

G. A Lifter Is Too Heavy/Light for The Class Declared (Regional Competition)

A lifter who is too heavy or too light for the class entered may move into the next higher or lower weight class, provided that not more than one lifter from his/her team is already entered in that weight class. This will only be allowed at Regional Meets. At the State Meet a lifter must lift in the weight class that he/she qualified in at the Regional Meet.

Rulebook Changes

VI. Meet Officials and Order of Competition

H. Minimum Amount of Weight Increase Between Successful Attempts

1. Standard Procedure

In LHSPLA recognized competitions, the weight of the barbell shall always be a multiple of 5 pounds. All record attempts must exceed the current record by a minimum of 5 pounds. The progression must be at least 5 pounds between successful attempts.

~~2. Exception Procedure for Record Attempts~~

~~The only exception to the rule requiring 5 lb. minimum increase between attempts is for State Record attempts. The weight may be increased for a record attempt by 2 ½ pounds. This will only be allowed for fourth attempts. If the lift is successful, the attempt will not be scored as part of that lifter's total, but he/she will be given credit for the State or Regional Record that they broke on the Fourth Attempt. For Fourth Attempts over 2 ½ lbs. refer to Section VI.G.2.~~

~~There shall be no fourth (4th) attempts allowed to tie or break total records. All total records must be broken within the nine (9) competitive attempts of the three lifts contested (Squat, Bench and Deadlift) in a powerlifting meet.~~

Rulebook Changes

VI. Meet Officials and Order of Competition

F. Duties of the Officials

1. During the Contest

During the contest the Officials shall assure that:

- a) The weight of the loaded bar agrees with the weight announced by the speaker or the weight shown on the overhead. ~~All three officials shall be issued loading charts for this purpose.~~ Each platform shall be supplied a loading chart for officials.

Attendance

**PLEASE CHECK WITH YOUR CLINIC HOST BEFORE LEAVING THAT YOUR
ATTENDANCE HAS BEEN RECORDED.**

HAVE A GREAT SEASON!

THANKS!

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