

LHSPLA EQUIPMENT WAIVER

Updated for 2025-2026

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