

Rules in this section shall apply to both boys' and girls' powerlifting unless otherwise specified.

## 17.1 IMPORTANT DATES

2018-2019 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 12, 2019 - Saturday, November 30, 2019	6th - 21st	Weight training/conditioning permitted. No practice/contests allowed.
Monday, December 2, 2019	21st	1st Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.
Monday, December 16, 2019	24th	1st Regular Season Meet (Eligibility must be submitted online.)
Monday, January 6, 2020	27th	Deadline for submitting GPAs online for seniors for All-Academic
Wednesday, February 19, 2020	33rd	Entries/Intent to Enter Regional Meets - All Regions
Thursday, February 27, 2020 - Saturday, February 29, 2020	34th	LHSPLA Regional Meets
Tuesday, March 17, 2020	37th	Entries to State Meet
Thursday, March 19, 2020 - Saturday, March 21, 2020	37th	State Meet (Divisions I-V)
Sunday, March 22, 2019 - End of School	38th - End of School	Weight training/conditioning permitted. No practice/contests allowed.
Sunday, May 17, 2019	46th	Summer Rules Begin

## 17.2 CONTEST LIMITS

17.2.1 Calendar Week: A team shall be limited to one meet per week during the regular season. (Sunday-Saturday)

## 17.3 GENERAL

17.3.1 Schools may field boys' teams and/or girls' teams. Each boys/girls team can consist of up to but no more than 11 team members, with not more than two team members representing one weight category.

## 17.4 RULES OF COMPETITION (Boys & Girls)

17.4.1 Schools shall compete using the most recent version of the Technical Rules of the Louisiana High School Powerlifting Association. A copy of the rules can be downloaded and printed from the LHSAA website ([www.lhsaa.org](http://www.lhsaa.org)). All powerlifting meets shall be conducted in accordance with the LHSPLA rule book and constitution. Special rules may be adopted to facilitate meet management.

**17.4.2** The Louisiana High School Powerlifting Association (LHSPLA) recognizes the following lifts, which shall be taken in all three-lift competitions conducted under the sanction of the LHSPLA:

Lifts and Sequence

1. Squat
2. Bench Press
3. Deadlift

NOTE: A combination of the best lift in each of the above three lifts (excluding fourth attempts) will constitute the TOTAL.

**17.4.3** Recognized titles for each weight category:

<u>Boys</u>		<u>Girls</u>	
Up to 114.5 lbs.	181.8 lbs.	Up to 97 lbs.	148.8 lbs.
123.5 lbs.	198.3 lbs.	105.8 lbs.	165.3 lbs.
165.3 lbs.			
132.3 lbs.	220.3 lbs.	114.5 lbs.	181.8 lbs.
181.8 lbs.			
148.8 lbs.	242.5 lbs.	123.5 lbs.	198.3 lbs.
198.3 lbs.			
165.3 lbs.	275.5 lbs.	132.3 lbs.	220.3 lbs.
132.3 lbs.			
Over 275.5 lbs. (Super heavyweight)		Over 220.3 lbs. (Super heavyweight)	

**17.4.4** Regional meets shall be conducted prior to the state meet to qualify individual contestants. The boys' and girls' regional meets shall be conducted during the week established in Rule 17.1, Important Dates, in this section. A school shall be required to compete at a regional qualifying meet in order to qualify to compete in the state powerlifting meet. Only those sanctioned regional meets hosted by member schools of the LHSPLA during the current powerlifting season shall be re-cognized as qualifying meets.

**17.4.5** Member schools shall be aligned for regional powerlifting competitions as follows:

**North:** Bienville, Bossier, Caddo, Caldwell, Claiborne, DeSoto, East Carroll, West Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Ouachita, Red River, Richland, Tensas, Union, Webster, Winn.

**South:** Jefferson, Orleans, St. Bernard, St. Tammany, Washington.

**East:** East Baton Rouge, East Feliciana, Livingston, St. Helena, Tangipahoa, West Baton Rouge, West Feliciana.

**West:** Acadia, Allen, Beauregard, Calcasieu, Cameron, Evangeline, Iberia, Iberville, Jeff Davis, Lafayette, Pointe Coupee, St. Landry, St. Martin, Vermillion.

**Central:** Avoyelles, Catahoula, Concordia, Grant, LaSalle, Natchitoches, Sabine, Rapides, Vernon.

**Bayou:** Ascension, Assumption, Lafourche, Plaquemines, St. Charles, St. James, St. John, St. Mary's, Terrebonne.

**17.4.6** 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 this section. A \$20 entry fee per powerlifter shall be paid by school check made payable to the host school before a school's participants shall be allowed to weigh-in at a regional meet. A school with a 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 8:00 a.m. and 12:00 noon on the day following the entry deadline established in Rule 17.1, Important Dates, in this section. Declarations received in the late period shall incur a \$20 fine per entry, including alternates, in addition to the standard fee. The late declaration shall include the school's name and the name of the athlete(s) and their gender and prospective weight class.

**17.5** **STATE MEETS (Boys and Girls)**

**17.5.1** The boys' and girls' state powerlifting meets shall be conducted during the week established in Rule 17.1, Important Dates, in this section.

**17.5.2** The State Meet shall be hosted by the LHSPLA.

**17.5.3** The meet host shall appoint the meet director.

**17.5.4** The organization and administration of the meet shall be left to the discretion of the meet host in accordance with the LHSPLA rule book and Constitution and LHSAA Constitutional and Bylaws.

**17.5.5** The meet shall be conducted at a meet site approved by the LHSAA Executive Committee.

**17.5.6** The state meet shall be divided into five divisions:

Division I – Class 5A (Boys/Girls)

Division IV – Class 2A (Boys/Girls)

Division II – Class 4A (Boys/Girls)

Division V – Classes 1A, B and C (Boys/Girls)

Division III – Class 3A (Boys/Girls)

**17.5.7** To participate in the state tournament, a lifter shall qualify from a sanctioned regional tournament. A lifter shall compete in the same weight class at the state meet that they qualified in at the regional level of competition.

**17.5.8** A \$20.00 entry fee per powerlifter shall be sent by school check made payable to the LHSPLA state meet director by the deadline established in Rule 17.1, Important Dates, in this section. The LHSPLA shall reimburse the LHSAA for any expenses incurred.

**17.5.9** Entry Forms: All qualifiers to the state meet shall be prepared and submitted electronically to the state meet director no later than the deadline established in Rule 17.1, Important Dates, in this section. 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 12:00 noon on the deadline established in Rule 17.1, Important Dates, in this section. It shall be the responsibility of the school that scratches a qualified lifter to notify qualifier from the alternate school by 12:00 noon on the deadline established in Rule 17.1, Important Dates, in this section. Schools failing to scratch qualifiers prior to 12:00 noon on the established deadline shall be fined \$20 per lifter unless a letter from a doctor or the principal stipulates that the lifter was unable to compete due to medical reasons or other unusual circumstances. Scratches to the state meet shall be emailed to the state meet director on school letterhead signed by the principal and the coach.

**17.5.10** A school with a delinquent declaration of its participants to the state meet director may still enter its lifters to the state meet but must do so electronically with the state meet director between the hours of 8:00 a.m. and 12:00 noon on the day following the entry deadline established in Rule 17.1, Important Dates, in this section. Declarations received in the late period shall incur a \$20 fine per entry, including alternates, in addition to the standard fee. The late declaration shall include the school's name and the name of the athlete(s) and their gender and the weight class the qualified in at the regional level. If a qualifying lifter from the regional meet must be scratched from a weight class and the alternate lifter from the same weight class is not notified prior to 12:00 noon on Tuesday of the state meet week, there shall be no replacement allowed in that weight class.