

Michigan High School Power Lifting Association

MHSPLA RULES AND REGULATIONS

REVISED 2010

Michigan High School Power Lifting Association MHSPLA

The following information should be used as a guide to all rules and regulations of the MHSPLA in conjunction with the guidelines of the USPLA concerning technical aspects, judging and etc. All adapted regulations should be followed at ALL REGIONALS and the STATE MEET.

All Meets will be **RAW** ONLY. Raw is considered any lifter who competes free of equipment or with a belt only.

DRESS CODE

1. 1 pair shorts
2. 1 short-sleeved T-shirt or compression shirt
3. Athletic shoes, boots, or non competitive power lifting footwear..

*Lifters will be allowed to wear under armour shirts, shorts, or any type of compression gear. Any compression gear not considered an unfair advantage to the lifter will be permitted.

EQUIPMENT

1. BELTS
 - a. Lifters can use a 4-inch belt only.
 - b. The belt CANNOT have any padding.
 - c. Only a buckle or lever-locking device will be allowed.
2. SOCKS
 - a. All lifters MUST have HIGH SOCKS for deadlifting.
 - b. Only water is to be used on the legs.
 - c. NO BABY POWDER ALLOWED

*If a lifter must wear a knee brace due to a current or pre-existing injury, the lifter MUST have a Doctors note stating it is necessary.

3. TAPE
 - a. A lifter may tape their wrist.
 - b. A lifter is allowed a maximum of 2 inches of tape on the wrist

TIE BREAKERS

Any tiebreakers in placing will be decided by:

1. The lower actual body weight.
2. Highest number of successful lifts.
3. The lifter who lifts the weight first.

QUALIFYING REGULATIONS

To qualify for the State Meet lifter must compete in one of the stated Regional qualifiers and:

1. Lift a qualifying total
2. Finish in the top 3 of any weight class in their division.

WEIGHT-IN SITES

1. All weigh-ins for Regional qualifiers shall be home weigh-ins the Thursday before the qualifier (Make sure to include actual weights. Ex. 163.2)

STATE MEET

1. WEIGHT CLASSES

- a. You **MUST** lift in the weight class you qualified in. There is **NO** bumping up. For example: You are competing in the Varsity Division 165. You place first and get a total of 1025. The 1025 is the qualifying total for the Varsity Division 181 class, but you are **NOT ALLOWED** to compete in the Varsity Division 181 class at the State Meet. You qualified in the 165 class, that's the class you **HAVE** to compete in.
- b. You can qualify in **MORE** than one weight class by attending more than one Regional meet and making the qualifying total or placing in the top three in that class.
- c. If an individual qualifies at the JV level, he must compete at the JV level at the State Meet. If he wants to compete at the Varsity level, he **MUST** qualify at a Regional meet, at the Varsity level. **NO EXCEPTIONS**.
- d. The qualifying totals for 2010 State Meet will be the same totals as in 2009. The totals are listed at www.mhsfca.com keyword "power lifting" • .

2. EXEMPTIONS

- a. Based on competition schedules wrestlers and competitive cheerleaders receive an automatic exemption from having to qualify for the State Meet.
- b. Any additional winter athlete's wishing to seek exemption will need to apply by the 2nd Friday of March. The application must include the following information:
 1. Competition/Game schedule
 2. Practice schedule
 3. AD's signature on school letterhead

*Send applications to Brian Lemons WLPS Fax #734-449-5505
orbrian.lemons@wlps.net

3. WEIGH-IN SITES

- a. The weigh-ins for the State Meet shall be the Thursday before the State Meet at all Regional sites and Montrose High School.
- b. At the weigh-in sites the lifter must pay \$20.00 by CASH or MONEY ORDER. * made out to Grand Rapids Community College
- c. NO CHECKS will be accepted.

- d. All lifters must weigh in the class they qualified in.
 - e. The weigh-in times shall be from 6:00 pm ' 8:00 pm at all sites.
4. TESTING
- a. All lifters are expected to be Drug Free. Lifters should be aware that they might be randomly drug tested at the discretions of the meet director or committee members, at both the Regional qualifiers and State Meet.
5. AWARDS
- a. Team trophies for the top 5 Teams in the JV Men's and Varsity Men's Divisions
 - b. Medals for the top 10 lifters in each weight class in both the JV Men's and Varsity Men's Divisions
 - c. Team trophies for the top 3 Teams in the Women's Division.
 - d. Medals for the top 5 lifters in each weight class.
6. TEAM SCORING
- a. Team scoring at both Regional qualifiers and the State Meet shall be the top 10 finishers for any team. Each team may utilize only two scorers in any weight class.
7. STATE RECORDS
- a. Any State Record Attempt has to be judged by members of the Exec. Committee or any other judge the committee has approved prior to the State Meet.
 - b. No one will be allowed to judge a lifter from his or her own school.
8. COACHING
- a. Coaches will NOT be allowed to tell a lifter when to come up on the squat while on the lifting platform.
 - b. Coaches can only go as far as the coach's area allow, coaching outside of the area will result in a NO GOOD LIFT.

****REMINDER:** For any school wanting to compete for the MHSPLA State title scoring. You must provide two quality judges. Teams are allowed to use their judges for JV and/or Varsity competition. Women's division teams require only one quality judge. Teams are only required to bring a maximum of 2 quality judges fulfilling their obligation to the meet director.

