

2024 Unequipped Powerlifting Division

Starting in 2024, the THSWPA is introducing an Unequipped Lifting Division. This is a new division that the THSWPA is excited about and this first year is going to help establish how to implement this division along with the Equipped Division already in place.

Please direct any questions to your Regional Director or the THSWPA State President - Kenny Wilkerson (903) 819-1167 or kwilkerson@shermanisd.net.

Rules of Competition: (complete rulebook available on THSWPA.com)

Same Competition rules and regulations as the Equipped Division.

Equipment rules for this new division are as follows:

Lifters must wear Singlet, T-Shirt, and footwear, (following THSWPA guidelines).

Lifters may use the following items provided they fall within the THSWPA guidelines:

- Lifting Belt
- Knee Sleeves(1 per knee)
- Wrist Wraps(1 per wrist)

Weight Classes:

(Same as the Equipped Division)

97.5 / 105.5 / 114.5 / 123.5 / 132.5 / 148.5 / 165.5 / 181.5 / 198.5 / 220.5 / 242.5 / 242+

Divisions/Classifications:

1 Division with all Classes (1A-6A) competing together

Regular Season Competition:

- **A lifter can compete in BOTH Equipped and Unequipped divisions throughout the season.**
- **They may not compete in both divisions in the same meet or same week, per THSWPA lifting rules**

Unequipped Lifters will compete at regular meets against Equipped Lifters. The lifter's coach will notify the Meet Director that the lifter will compete as an unequipped lifter before the meet begins. The Meet Director will mark the lifter as Unequipped in PowerScore for Regional Standing purposes only.

*There will not be any special medals or awards for Unequipped lifters at regular meets, unless the Meet Director has decided to award those.

Regional Qualification / Competition:

**By the declaration date, the coach must declare what division and weight class the lifter will be lifting in if she has qualified for regionals in more than one division and weight class.

The top 5 Unequipped lifters in each weight class in the Region will compete at the Regional Meet.

The Unequipped Lifters will compete alongside Equipped Lifters at Regionals, at their Schools respective Regional Meet. The results will be compiled at the conclusion of all the Regional Meets and determine the Unequipped Division State Qualifiers for each weight class and Region.

State Qualification / Competition:

The top 2 Unequipped Lifters in each weight class from each Region will qualify for the State Meet. There will be 12 State Qualifiers in each weight class. **If there is a tie for second place, both lifters will qualify for the State Meet.

*Qualifiers will be posted on the THSWPA website once regional meets have concluded (ETA 3/4/24).

*There will be medals(1st-5th), Team awards and Best Lifter Awards at the State Meet.