

**I. GENERAL RULES OF COMPETITION**

- A. The T.H.S.W.P.A. recognizes the following lifts, which must be taken in the same sequence in all competitions conducted and approved by the T.H.S.W.P.A.
  - 1. Squat
  - 2. Bench Press
  - 3. Deadlift
  
- B. Each competitor is allowed three attempts on each lift. Three unsuccessful attempts in any lift will result in failing to achieve an overall competition total and thus the lifter will be eliminated from the competition. The lifter's highest successful attempt on each lift counts toward her competition total. The winner of a category shall be the lifter who achieves the highest total. The remaining lifters shall be ranked in descending order of total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
  
- C. All T.H.S.W.P.A. competitors at Regional and State competitions must be enrolled in a Texas Education Agency certified high school in the state of Texas, in grades 9-12, and must be eligible for competition under the current U.I.L. standards. Competition in the T.H.S.W.P.A. is restricted to females that meet the age requirements and limitations established by the U.I.L. The definition and establishment of gender and age are determined by the athlete's birth certificate.
  
- D. All competitors must be sponsored and coached by a school district employed coach who is T.H.S.W.P. A. certified. If any competitor is found not to be coached by a school district employed coach who is T.H.S.W.P.A certified, the competitor will be removed from the competition and their results dropped. Training for competition is to be done using school facilities and under the direction of the above-mentioned coach. Competitors who use private clubs or gyms as their primary training site may be declared ineligible for competition. Club coaches and/or private coaches are not allowed on the competition floor with competitors during the competition. The Meet Director will have the right to remove the club coach, private coach and lifters associated with the non-employed school district coach from the competition.

## II. TEAM COMPETITION

- A. Each school must pay a \$100.00 fee annually for athletes to be eligible for T.H.S.W.P.A. competition and must be postmarked no later than February 1.
- B. Payments received that are postmarked after February 1 will be considered late and a \$200.00 fine, plus the original \$100.00 membership fee will be assessed. The fined school must then pay the fine by the Monday before the last qualifying date at 4:00 PM or the school's lifters will not be eligible for Regional or State Competition. No exceptions will be made.
- C. T.H.S.W.P.A. competition is divided into three divisions on the Regional level. Results from Invitational Meets will be sent to each Regional Director and rankings for Regional qualification will be kept separate by divisions.
1. Division 1 (5A small, 5A large, 6A schools)
  2. Division 2 (4A small, 4A large schools)
  3. Division 3 (3A small, 3A large, 2A/1A schools)
- D. Division classification will be determined when a school's state governing body of athletic competition (UIL, TAPPS, TCIL, etc.) reclassifies based on average daily attendance.
- E. Each school is allowed a maximum of twelve competitors spread throughout the range of the twelve weight classes. No more than three competitors from any one school may lift in any weight class for team points except at the Regional or State meets. Schools may enter "A" or "B" teams if approved by the Meet Director in advance, but each will be designated at weigh-in and will compete as separate teams. Those competitors designated as "B" team or "extra lifters" will be eligible for all individual awards but cannot receive team points. If a "B" team lifter places in the top five in any weight class, the points earned for that placing will vanish. At Regional and State Meets, the max of twelve qualifiers competing for team points must be designated at the weigh-in. A guest lifter's total will not be eligible for individual awards, team points or to qualify for Regionals or State.
- F. Team point scoring for all Invitational, Regional, and State Meets will be 7, 5, 3, 2, and 1 for the first five finishers in each weight class. Places are awarded on the TOTAL weight of the highest qualified lift completed in squat, bench press, and deadlift.

- G. Individual medals and team awards must be given to the first three or five places. In case of a tie, the team having the largest number of first place finishers will be ranked in the highest spot. If teams are also tied in points, and first place finishes, then the team with the most second place finishers will be classified first, etc. If the schools are still tied after comparing all top five finishers of both schools, then the Schwartz numbers of each team's medal winners/point scorers will be averaged to break the tie. Exception: At State and Regional level, the Schwartz average will not be used to calculate the winner of the Team Championship (1<sup>st</sup> place only).
- H. An Invitational Meet must consist of no less than three different schools, having no less than 20 lifters in competition. All Judges at a Tri- or Quad-meet must be T.H.S.W.P.A. certified. During the week of the last qualifying date for Regional competition (beginning on the Monday prior to the last qualifying date), an Invitational Meet must consist of at least 4 different schools with at least 25 total lifters. The Regional Director has the authority to deviate from the required numbers on Invitational Meets.

### III. INDIVIDUAL COMPETITION

- A. Each lifter must establish a qualifying total in a T.H.S.W.P.A. certified Invitational Meet prior to the Regional qualifying deadline in which each Meet Director can vary the structure of the meet. The allowance to vary meet structure does not extend to varying T.H.S.W.P.A. Rules of Performance. Examples might range from open meets with schools from all classifications competing together, to meets with separate divisions. A Meet Director might choose to host a meet with Class 1A, 2A and 3A schools competing separately from Class 4A, 5A, and 6A schools. Another option is to have a single division meet. Lifters may only compete in one meet per calendar week. (Monday – Saturday). Any lifter that has lifted in a registered meet more than once in a calendar week, all results for that specific calendar week for the lifter will be made null and void.
- B. All Invitational Meets must be hosted by a T.H.S.W.P.A certified coach and judged by all T.H.S.W.P.A certified Judges to be initially registered by a Regional Director. (See Rule XI. A., Pg. 20). The meet must be registered by a Regional Director prior to the commencement of the meet. Every meet result must be sent by an attachment using the PowerScore software by Sandhill by the below required times:

1. Invitational Meet results must be received by the Regional Director(s) by 4:00 p.m. on the Monday following the Invitational Meet, or arrangements must be made with the Regional Director(s).
  2. Last qualifying date meet results must be received by 12:00 midnight on that last qualifying date.
  3. If a meet is not approved or the meet results are not turned in by their respective allotted times mentioned above, and no arrangements have been made, the Regional Director will not 1) register the meet, 2) accept the results, 3) post the results, and 4) change the rankings.
- C. Lifters who rank in the top twelve totals or reach the Regional qualifying total at an Invitational Meet, for their weight class in each region and in each school classification (1A/2A, 3A small, 3A large, 4A small, 4A large, 5A small, 5A large and 6A), will qualify for Regional Meets.
- D. Any lifter who qualifies for the Regional competition in more than one weight class must declare to the Regional Director which class she intends to compete in by the Monday following the last qualifying date before 4:00 p.m. If no declaration is made, the Regional Director will assign the lifter to the heaviest class in which she has qualified. Also, at this date and time, each school becomes responsible for the entry fee for each lifter they have qualified.
- E. Lifters may only compete in the weight class in which they qualify at the official weigh-in at any meet. At the Regional and State meets, lifters must compete in their declared and qualified weight class. Failure to make proper weight will eliminate the lifter from all competition.
- F. If two lifters register the same body weight at weigh-in and achieve the same total at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, each get an award and the points will be split. This is the same for a record holder. Example of Point Splitting: Both lifters get first place. Team points are - 7 points for first place, 5 points for second place. Therefore, each lifter will get 6 points that will go toward the team total.
- G. A lifter who qualifies for the Regional Meet may qualify for the State Meet by 1) either finishing first or second in her weight class, 2) by posting a qualifying total for her class as follows or 3) by qualifying within the “top two rule by classification”.

Regional Qualifying Totals

97.5 - 515  
 105.5 - 585  
 114.5 - 635  
 123.5 - 675  
 132.5 - 720  
 148.5 - 775  
 165.5 - 785  
 181.5 - 810  
 198.5 - 830  
 220.5 - 865  
 259.5 - 890  
 SHW - 915

State Qualifying Totals

97.5 - 550  
 105.5 - 625  
 114.5 - 675  
 123.5 - 725  
 132.5 - 775  
 148.5 - 800  
 165.5 - 825  
 181.5 - 850  
 198.5 - 875  
 220.5 - 900  
 259.5 - 925  
 SHW - 950

*Invitational Meet totals are only criteria for Regional Meet qualification.*

- H. Each lifter, coach, and school must provide certified proof of scholastic eligibility under U.I.L. guidelines prior to competition at the Regional and State level. These forms can be found on the website, [www.thswpa.com](http://www.thswpa.com).
- I. Coaches are required to notify Regional Directors if a Regional qualifier cannot participate in these meets so the alternates may be allowed, at the Regional Director's discretion, the opportunity to lift. If a State qualifier cannot participate at the State Meet, no alternates will be allowed to lift.
- J. State Records may only be established by successful lifts performed at the State Meet.
- K. At the discretion of a majority of the Judges, any lifter who is heard cursing on the platform shall be eliminated from the competition. A unanimous vote of the platform Judges will determine if a lifter has intentionally dropped or dumped the bar in squat or deadlift and thus will be eliminated from the competition. The coach will be officially informed if lifter is eliminated from competition. Any lifter or coach, who by reason of their misconduct upon or near the platform is likely to discredit the sport, shall be removed from competition.

**\*\*\*This rulebook and/or coach's pre-competition meeting shall serve as a "first warning" to the rules. No previous warning will be required.**

#### IV. LIFTING EQUIPMENT AND SPECIFICATIONS

##### A. PLATFORM

All lifts shall be carried out on a platform measuring between 5'x5' minimum and 8'x8' maximum. The surface of the platform may be treated with an approved non-slip coating. Any cleaning, mopping, brushing, or adjusting of the platform shall be handled solely by the designated spotters/loaders, Judges, and other meet officials.

##### B. BARS AND DISCS

For all powerlifting meets organized under the rules of the T.H.S.W.P.A., only disc barbells are permitted. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during an event (squat, bench, or deadlift) unless it is bent or damaged in some way as determined by the Judges or Meet Director.

1. The BAR shall be straight and well knurled or grooved, should have a center section of knurls or grooves if used for squats, and shall conform to the following dimensions:
  - a. Total overall length not to exceed 7'.
  - b. Distance between the collar faces must not be less than 4'.
  - c. Weight of the bar and collars are to be:
    - (1) 50 pounds if using a 2 ½ pound collars without discs.
    - (2) 45 pounds if using negligible weight plastic or spring collars.
  - d. Diameter of the sleeve is 2".
  - e. There shall be a diameter machine marking or the bar taped to measure 32" between machining or tape.
2. DISCS shall conform as follows:
  - a. All discs used must weigh within .25 percent of their correct face value.
  - b. The hole size in the middle of the disc may be a maximum of 2.25" to 2" minimum.
  - c. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the small discs in descending weight arranged so that they can read the numbers of each disc.
  - d. The first and heaviest discs loaded on the bar must be loaded face in, with the rest of the discs loaded face out as weight is loaded.
  - e. The diameter of the largest disc shall be no more than 20".

**C. COLLARS**

- a. Shall always be used in competition.
- b. Collars may weigh 5 pounds each, 2 ½ pounds each, or be negligible weight if they are used in matched pairs and combined weight of the collars and bar are consistent with specifications above for “Bar”.

**D. SQUAT RACKS**

- a. Squat racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotters/loaders. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position.
- b. The squat rack shall be designed to adjust.
- c. Height adjustments should be made at any increment allowable on Squat rack (multi-pin or hydraulic rack).
- d. All hydraulic racks must be capable of being secured at the required height by means of pins.

**E. BENCH**

The bench must be of a sturdy construction and provide stability and conform to the following dimensions:

- a. Length – not less than 4’ and shall be flat and level.
- b. Width – minimum of 9”.
- c. Height – 16” to 18” measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- d. Minimum width between insides of bar rests shall be 4’.

**F. LIGHTS**

- a. A system of lights shall be provided whereby the Judges make known their decisions.
- b. Each Judge will control two lights with one representing a “good lift” and the other “missed lift”.
- c. The lights should be arranged to correspond with the positions of the three Judges.
- d. If lights are not available, Judges will manually (flags, thumbs up or thumbs down) make known their decisions.

## V. COSTUME AND PERSONAL EQUIPMENT

- A. Any competitor wearing a costume or using personal equipment during a lift inconsistent with items and rules mentioned below can be subject to a “missed lift” (except for section V-E where elimination can be considered for specific costume violations as stated). Any request for a religious exemption from personal equipment/apparel requirements must be made by the lifter’s coach or athletic director to the Regional Director via email for the specific lifter’s school one week prior to the competition. Submission of a religious exemption request does not guarantee that it will be granted. Any submissions not received one week prior to competition will result in the lifter competing as a guest. **See Rule II-E.**
- B. ONE lifting suit is allowed to be worn and must be full length, one layer, and one-piece stretch material. Denim and/or canvas have been deemed to be non-stretch, non-elastic materials. The straps must be always worn over the shoulders while lifting in competition. No shorts are allowed to be worn with the lifting suit when the lifter is on the platform attempting a lift. If a suit is not available for a lifter to wear during an invitational meet, she may wear a pair of shorts and a shirt in accordance with the rules stated below in V-C. **The shirt must be tucked into the shorts prior to entering the platform and during each lift.** Lifting suits are required to be worn at Regional Meets and the State Meet.
1. The only allowable alteration to the lifting suit is for the shoulder strap to be sewn only on the exterior of the suit in such a way that the bar cannot rest on the tab of the excess material and the squat bar must be placed behind the altered material. No other alterations are allowed (Ex. wrist wraps, rubber bands, etc.).
- C. **ONE SHIRT** whether it be a T-shirt or sleeveless shirt must have a seam, be one layer, and one-piece stretch material. No patches or padding are allowed. **The sleeves of the T-shirt shall not be pushed or rolled up. Cut-off sleeves and spaghetti strapped shirts are not allowed.** Deadlift or upper torso support shirts will be allowed.
1. It shall not have any pockets, buttons, zippers, or Velcro.
  2. Emblems may be worn on the shirt but may not include obscene or suggestive designs.
- D. ONE Bench Press shirt of a common commercially accepted design is allowed. It must have a seam, have a sleeve that covers the top curve of the shoulder and must remain at least .25” above the elbow. It shall consist of a one layer; one-piece stretch material without any patches or padding. **A bench press shirt and shirt are not allowed to be worn at the same time.**
1. It shall not have any pockets, buttons, zippers, or Velcro.
  2. It shall not have any intentional tears, rips, or cuts.



E. UNDER GARMENTS must be one-piece, one-layer stretch material. Wearing one sport bra **or** one commercially made bra is allowed. Wearing one standard commercially made underwear is allowed. One lifting brief is allowed to be worn under the lifting suit. Penalty for the following violations is immediate elimination from the competition:

1. Wearing more than one lifting suit.
2. Wearing more than one shirt (Bench Press, T-shirt, sleeveless, etc.)
3. Wearing more than one lifting brief.
4. Wearing more than one bra.
5. Wearing any sort of tights or compression shorts.

*\*\*All other costume violations are subject to a missed lift.*

F. SOCKS may be worn.

1. They shall not be of such length on the leg that they come into contact with any knee wrap or knee sleeve. This does not pertain to the piece of knee wrapping that is used to tie off the knee wrap.
2. Tights or hose are strictly forbidden.
3. Socks may not extend above the bottom surface of the kneecap.

G. SHOES OR BOOTS shall be worn;

1. Any foot covering that has a patterned molding or foot type outline that provides an inner sole.
2. Shoes with metal, rubber/molded cleats or spikes are not permitted.
3. The heels shall not extend laterally beyond the upper edge of the shoes.

H. BELT must be worn on the outside of the suit or clothing. If a belt comes undone or loose during a lift, this is not subject to a “missed lift”. If more than one belt is worn, it is subject to a “missed lift”.

1. DIMENSIONS:

- a. Width of belt should be a maximum of 4”.
- b. Thickness of belt should be a maximum of .5” along the main length.
- c. Outside width of buckle should be a maximum of 5”.
- d. **Obscene or suggestive wording are not allowed on the belt.**

- I. WRAPS may be worn during any lift. If a wrap comes undone or loose during a lift, this is not subject to a “missed lift”.
1. USE:
- a. WRISTS – Wraps must not exceed 39” in length.
    - (1) Wrist wraps may have a thumb loop that may be worn.
    - (2) A wrist wrap shall not extend beyond 4” above and 1” below the center of the wrist joint and not exceed a total of 4.75” in both directions.
    - (3) Wrists wraps must be one layer only and contain no metal.
  - b. KNEES – Wraps must not exceed 98” in length and 4” in width.
    - (1) A knee wrap shall not extend beyond 6” below the center of the knee joint and not to exceed 12” in both directions. Any knee wrap portion that hangs loose after the knee is wrapped is not subject to the above dimensions.
    - (2) Knee sleeves, elasticized kneecap support or knee braces must be approved by the Meet Director before use during competition. Any approved knee support must not exceed 12” in both directions and not contain any metal or hard plastic. A combination of any approved knee support and knee wraps is forbidden.
  - c. ANKLES - Cloth or Neoprene ankle braces are allowed if they are not made of or contain any hard plastic or metal. NO TAPE ALLOWED.
- J. PLASTERS:
- 1. Two layers of plaster, bandages or Band-Aids must be approved by the Meet Director. No plaster, bandage or Band-Aid may be used as a strap to help the lifter hold the bar. In no circumstances must the plaster, bandage or Band-Aid continue around the back of the hand.
  - 2. The official doctor, trainer, or paramedic on duty shall inform the Meet Director immediately after applying plasters, bandages, or Band-Aids to the injuries. They may also give advice regarding additional plasters, bandages, or Band-Aids that they may consider necessary. However, these may only be applied with the permission of the Meet Director.
- K. JEWELRY is not allowed to be worn on the platform. Anything other than a

wrist wrap is considered jewelry and will be subject to a “missed lift”.  
(Ex: Rubber band, Necklace, Earrings, etc.)

#### L. INSPECTION OF COSTUME AND PERSONAL EQUIPMENT:

1. Any costume or equipment that might be considered questionable should be brought to the Meet Director for approval prior to use.
2. A competitor participating in a registered T.H.S.W.P.A. meet may be subject to an official inspection of her costume or personal equipment.
3. If any Platform Judge has reason to doubt a lifter’s integrity in this respect, they must notify the Meet Director of their suspicions after the completion of the lift. The two designated female Costume Checkers will examine the lifter’s costume and personal equipment in a designated area. Any competitor wearing a costume or using personal equipment during a lift inconsistent with the rules mentioned above will be subject to a “missed lift”. If the lifter is found to be wearing anything listed in Rule V-E 1-5 will be immediately eliminated from the competition and the coach will be officially informed as previously stated in Rule III-K. Any lifter refusing a costume inspection will be disqualified from competition.

#### M. GENERAL USES:

- a. The use of oil, grease or other lubricants on the body, costume personal equipment or lifting equipment is strictly forbidden.
- b. Powder is prohibited.
- c. Chalk (Magnesium Carbonate) may be applied on the hands, shoulders, and buttocks.
- d. No foreign substance may be applied to any wrapping material or equipment, except per V-1-4-c above, which may result in chalk on a shirt or transferred to a wrap after having been applied to the knee area.
- e. No sniffing of any substance is allowed.
- f. No head or back slapping by coaches or teammates is allowed.
- g. A violation of any of the above general rules may result in elimination of the lifter from competition at the discretion of the Meet Director.

## VI. LIFTS AND RULES OF PERFORMANCE

### A. SQUAT:

1. The lifter shall face the front of the platform.
2. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked. The bar, hand and foot established original starting location must be

maintained between the “Squat” and “Rack” signals.

3. The lifter shall not hold the collars, sleeves, or plates anytime during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the sleeve.
4. Elbows and upper arms shall not contact legs.
5. The lifter may enlist the help of the spotters/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotters/loaders shall not assist the lifter any further with regards to proper positioning, foot placement, bar positioning, costume adjustment, etc.
6. The lifter shall wait for the Head Judge’s signal, motionless in a full upright position with knees locked. The signal will be given as soon as the lifter is properly positioned or is in what is determined by the Head Judge to be the lifter’s elected start position. The Head Judge’s signal shall consist of a downward movement of the arm and audible command “Squat”.
7. Upon receiving the Head Judge’s command, the lifter must lower her body until the top surface of the legs at the hip joint is lower than the top of the kneecaps with one continuous movement downward and without double bouncing.
8. The lifter must recover, at will, to a full upright position with the knees locked with one continuous movement, without double bouncing, more than one recovery attempt, or stopping of the bar. When she has recovered to a motionless and full upright position with her knees locked or is in what determined by the Head Judge to be the lifter’s elected finish position, the Head Judge will give the signal to replace the bar.
9. Between the “Squat” and “Rack” commands, the bar shall not make contact with the power rack supports.
10. The signal to replace the bar will consist of a backward motion of the hand and the audible command “Rack.” Once the “Rack” command has been given, the spotters may assist the lifter in racking the weight. The lifter must continue to support the bar until it is safely returned to the rack, but the first step does not have to be forward if the lifter is making a bona fide attempt to return the bar to the racks.
11. Lifter must exit out the back of the platform.

**B. CAUSES FOR “MISSED LIFT” OF A SQUAT**

**Note:** The Head Judge shall **not** call depth on squat. Otherwise, all Judges are responsible to assess all performance aspects of the squat.

1. Changing the position of the bar from the original starting location across the shoulders after the “Squat” signal, but prior to the “Rack” command.
2. Changing the position of the hands or fingers laterally on the bar after the “Squat” command and prior to receiving the “Rack” command. Opening and closing of the hands or fingers will be allowed as long as they are returned to their original starting location.
3. Any shifting of the feet laterally, backwards, or forward after the “Squat” signal but prior to the “Rack” command. The lifter’s heel or toe may rise from the platform if it is in the placed back into the original starting location.
4. Holding the collars, sleeves, or plates during the performance of the lift.
5. Contact of the elbows or upper arms with the legs.
6. Contact with the power rack supports between the “Squat” and “Rack” commands.
7. Failure to observe the Head Judge’s signals at the commencement or completion of the lift.
8. Failure to lock knees and assume a full, upright position at the commencement and completion of the lift.
9. Non-continuous movement defined as double bouncing, more than one recovery attempt, or stopping of the bar during the entire lift. Bar must be lowered and raised in one continuous movement.
10. Failure to lower the body until the top surface of the legs at the hip joint is lower than the top of the kneecaps.
11. Failure to make a bona fide attempt to return the bar to the racks.
12. If a lifter initiates her squat attempt prior to the “Squat” command, the Head Judge will wait until the lifter finishes her “unofficial” attempt and demonstrates motionless control of the bar in a full upright position with knees locked or the lifter’s elected start position as determined by the Head

Judge before giving the “Squat” command. Thus, the Judges will only judge an attempt that is started after the “Squat” command. If the lifter racks the bar after an “unofficial” attempt, the lifter forfeits that attempt.

13. Exiting out the front of the platform.

*\*\*\* A unanimous vote of the platform Judges will determine if a lifter has intentionally dropped or dumped the bar in squat or deadlift and thus will be eliminated from the competition. (Rule III, K)*

C. BENCH PRESS

*\*\*\*The Head Judge will move around any spotter assisting the racking or unracking of the bar so they can see the chest of the lifter to give the “Press” command.*

1. The front of the bench press must be placed on the platform with the back of the racks facing the Head Judge.
2. The lifter must lie on her back with head, shoulders, and buttocks in contact with the flat bench surface. Her shoes must be flat on the surface and not be in contact with the bench or its supports. The initial elected position of lifter’s body and feet must be maintained between the “Press” and “Rack” signals.
3. To achieve firm footing, the lifter may use plates or blocks. The plates shall not exceed 7” in height. If blocks are used, they shall not exceed 18”x18”. Whichever method is chosen; the entire foot must be flat on the surface.
4. The spacing of the hands shall not exceed 32” between the forefingers.
5. Within the one-minute given after the Bar is declared “loaded” (See Rule IX B2), the lifter may touch the bar in order to have the Bench Press shirt adjusted. The Timekeeper must give 5 second alerts as to when the time will be up. **All Bench Press shirt adjustments must stop once the one minute is up.**
6. After removing the bar from the racks with or without the help of the spotters, the lifter shall lower the bar completely unassisted to her torso and await the Head Judge’s signal.
7. The bar shall not come in contact with folds on the Bench Press Shirt or belt.
8. The signal to commence the lift shall be the audible command “Press” and will be given as soon as the bar is motionless on the torso.
9. The bar shall not make contact with the power rack supports during the lift.
10. After the audible “Press” command is given, the lifter must not allow the bar to sink into the torso and must press the bar vertically in one continuous movement upward until arms are fully extended and held motionless until the audible command “Rack” is given.

11. Lifter must exit out the back of the platform.

#### D. CAUSES FOR “MISSED LIFT” OF A BENCH PRESS

1. Any change in the elected lifting position after the “Press” command but prior to the “Rack” command that results in 1) the lifter’s head, shoulders, or buttocks breaking contact with the flat bench surface or moving from their initial elected position, 2) the lifter’s feet not remaining flat, not entirely on the surface, moving from their initial elected position on the surface or coming in contact with the bench or its supports, and 3) lateral movement or opening and closing of the hands on the bar.
2. Any contact of lifter’s shoes with the bench or its supports.
3. Hand spacing of greater than 32” as measured between the forefingers.
4. Failure to finish the adjusting of the Bench Press shirt at the completion of the one minute.
5. Assisted lowering of bar to torso.
6. Any contact of the bar directly on the folds of the Bench Press shirt or belt.
7. Allowing the bar to sink into the torso after receiving the “Press” signal.
8. Contact with the power rack supports.
9. The bar stopping or descending in the course of being pressed out.
10. Failure to observe the Head Judge’s signals at the commencement or completion of the lift. (If a lifter initiates her Bench Press attempt prior to the “Press” command, the Head Judge will wait until the lifter finishes her “unofficial” attempt and demonstrates control of the bar. Thus, the Judges will only judge an attempt that is started after the “Press” command. If the lifter racks the bar after an “unofficial” attempt, the lifter forfeits that attempt.
11. Exiting out the front of the platform.

#### E. DEADLIFT

1. The lifter shall face the front of the platform.
2. The feet must be flat on the platform establishing an original starting location.

3. Any raising of the bar or deliberate attempt to do so will count as an attempt.
4. The bar must be laid motionless horizontally in front of the lifter's feet, gripped in both hands, and lifted with one continuous movement until the lifter is standing in a full upright position.
5. The bar shall not be supported on the thighs during the performance of the lift.
6. On completion of the lift, the lifter shall have her knees locked, standing in a full upright position and the bar motionless.
7. The Head Judge's signal shall consist of a downward movement of the hand and the audible command "Down". The signal will be given when the lifter is in their apparent finished position.
8. Lifter must return the bar with maintained control to the surface of the platform with both hands.
9. Lifter must exit out the back of the platform.

**F. CAUSES FOR "MISSED LIFT" OF A DEADLIFT**

1. Any shifting of the feet laterally, backwards, or forward from the commencement to the completion of the lift. The lifter's heel or toe may rise from the platform only if it is returned to the original starting location.
2. Attempting to lift the bar off the surface more than once during the lift.
3. Not starting the lift with the bar laid motionless horizontally in front of the lifter's feet and lifting the weight vertical off the surface (Ex. Rolling bar when initiating the attempt).
4. Any downward motion or stopping of the bar upon commencement of the lift.
5. Supporting the bar on the thighs (hitch) during the performance of the lift.
6. Failure to stand in a full upright position with the knees locked and bar motionless.
7. Failure to observe the Head Judge's signal at the completion of the lift.
8. Allowing the bar to return to the platform without maintaining control with both hands.
9. Exiting out the front of the platform.



\*\*\* A unanimous vote of the platform Judges will determine if a lifter has intentionally dropped or dumped the bar in squat or deadlift and thus will be eliminated from the competition. (Rule III, K)

## VII. WEIGHING-IN

A. Body weight categories consist of the following twelve weight classes: \*

|            |            |            |              |
|------------|------------|------------|--------------|
| 97.5 lbs.  | 105.5 lbs. | 114.5 lbs. | 123.5 lbs.   |
| 132.5 lbs. | 148.5 lbs. | 165.5 lbs. | 181.5 lbs.   |
| 198.5 lbs. | 220.5 lbs. | 259.5 lbs. | SHW (259.6+) |

*\*Each of these weights is the **maximum** legal body weight to lift in that weight class except for the SHW class.*

- B. Weighing-in of the competitors must take place no earlier than 2 ½ hours before the start of the competition for a particular category. All lifters in the category must attend the weigh-in, which will be carried out in the presence of appointed officials for that category. Weigh-in area around the scale should be free of all others except person being weighed (no holding of hair, etc....).
- C. The weigh-in period will last a minimum of 1 ½ hours and a maximum of 2 hours.
- D. Any weigh-in procedure which does not take place “on-site” (i.e., “honor system weigh-in”, “call-in weigh-in”) is strictly prohibited. A Regional Director must not accept results from an Invitational where the weigh-in procedure conflicts with T.H.S.W.P.A. Rules and By-laws.
- E. Lifters must be weighed only in the nude or in underwear and/or bra. Anything worn during weigh-in must comply with Rule V-E & K and which does not effectively change the lifter’s weight. If a question exists regarding weight of undergarments, the lifter may be requested to reweigh in the nude.
- F. Based on the lifter’s weight class that is declared on their card, once a lifter makes weight within that weight class, their official weight may only be recorded once. Only those whose body weight is heavier or lighter than the weight class declared on their card, can be allowed to return to the scales. They must return to the scales and make weight within the limits of the 1 ½ to 2 hours allowed for the weigh-in; otherwise, they will be eliminated from the competition. Lifters trying to make weight may be reweighed as often as time and orderly progression allows. A lifter may only be weighed outside the time limit if she presents herself within the time limit, at the discretion of the Judges.
- G. Starting weights shall be declared by the lifter at the weigh-in for all three lifts and may not be changed after the lifter’s card is turned in.
- H. Early weigh-in will only be allowed at Regional and State Meets for a 2-hour time period. Invitational Meets shall have a single weigh-in time and said weigh-in

shall take place on the day of the Invitational.

### VIII. THE “ROUND SYSTEM,” BAR LOADING PROGRESSION, AND WEIGHT CHANGES AFTER DECLARATION

- A. All T.H.S.W.P.A. Regional and State Meets will use the “rounds” system of competition. Each lifter will take her first attempt in the first round, her second attempt in the second round, and her third attempt in the third round. Weights will be in pounds with a minimum progression of five pounds per attempt.
- B. Where 10 or more lifters are competing together, flights may be formed consisting of approximately equal numbers of lifters. A flight can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the Meet Director.
- C. In normal competition, the bar is loaded progressively. The lifter requiring the lightest weight will lift first. The bar cannot be reduced in weight once a lift has been performed with the weight announced. A lifter must observe the progressive loading of the bar and be ready to make her attempt at the chosen weight.
- D. Second and third attempts shall be submitted to the Scorer within one minute of the lifter’s prior completed attempt. Therefore, if no attempt is given within one minute, the lifter’s subsequent attempt shall be increased by 5 lbs. If no attempt is given within the one minute following the lifter’s unsuccessful attempt, the lifter’s next attempt shall remain the same as the previous attempt. Any changes after that one-minute will be considered a “bump”.
- E. All rounds shall be governed by the order of increase in weight; therefore, the lifting order will change from round to round. The order of lifting is always from the lowest to the highest weight. When two lifters are attempting the same weight, their lifting order is originally determined by lot numbers and then by the order in which the subsequent attempts are submitted to the expeditor.
- F. All attempts in the second and third rounds shall be equal to or greater than the previous attempts.
- G. After an original declaration of weight attempt, a lifter will be allowed two “bumps” of weight on second and third attempts during the competition. Each lifter will be allowed a maximum of two weight changes throughout the course of the meet. These changes must be made by a coach prior to the bar being deemed as loaded and an individual lifter being called to the bar. A lifter may bump (up or down in weight) to a weight as long as it is not less than a previous attempt or less than what is loaded on the bar. Once loaded, weight can never be taken off

the bar (collars included). At the Regional and State Meet, each coach must fill out “Bump Request” and submit to Scorer before lifter’s next weight is loaded on the bar. Scorer will change weight on card and put an “X” in the bump box.

1. Example #1 – Lifters A, B, and C are all scheduled to attempt a 300-lb. deadlift. As lifter B is lowering her successful attempt, lifter C’s coach bumps lifter C’s attempt to 350 lbs. CORRECT INTERPRETATION of Item #G.
2. Example #2 – Lifters A and B are all scheduled to attempt a 300 lb. deadlift, while lifter C is scheduled to attempt a 350 lb. deadlift. As lifter C’s coach sees that lifter B’s attempt is unsuccessful, the coach bumps lifter C’s attempt down to 300 lbs. CORRECT INTERPRETATION of Item #F and #G, as long as lifter C had not previously attempted greater than 300 lbs.
3. Example #3 – Immediately after lifter A’s attempt at a 300 lb. deadlift, the Speaker/Announcer declares the bar loaded for lifter B. Lifter B’s coach then approaches the Expeditor to bump bar to a different weight. INCORRECT INTREPRETATION of Item #G.

## IX. ORDER OF COMPETITION

A. The Meet Director will appoint the following officials:

1. Timekeepers (Preferably the Head Judge)
2. Expeditors
3. Scorers
4. Spotters/Loaders
5. Additional officials - doctors, trainers, paramedics, Costume Checkers, etc.

B. Responsibilities of the officials are:

1. The Speaker is responsible for the efficient running of the competition. They act as Master of Ceremonies. Speakers will announce Regional or State Records about to be attempted.
2. The Timekeeper is responsible for accurately recording the one minute between the announcement that the “Bar is Loaded” and the lifter touching the bar during squat and deadlift. (See Bench Rule C5 for the exception).
  - a. When the bar is loaded and the platform is cleared for lifting, the Head Judge will announce “Bar is Loaded” and start the timer.
  - b. The lifter or her coach must check the height of the squat racks prior to being called, as once the bar is announced as being ready,

the clock will be started. Any further adjustments to the racks must be made within the lifter's one-minute time allowance unless the required adjustment is due to an error by a meet or platform official.

- d. The lifter may adjust the belt or costume on the platform if the adjustment is made within the one-minute time limit and the bar has not been touched.
  - e. When the lifter touches the bar within the prescribed time allowance, the clock will be stopped. However, if the lifter touches the bar to stop the clock and then disengages the bar to adjust her costume and personal equipment or to receive instructions from her coach, the lifter can attempt the lift but can be subject to a "missed lift" by one or more of the Judges.
  - f. If the lifter does not touch the bar within the one-minute time allowance, the lift will be declared as a "missed lift" and the attempt forfeited.
  - g. If a lifter is following herself in the order of lifting, after completion of her initial lift there will be a three-minute allowance prior to calling the bar ready. The lifter will then have one minute in which to touch the bar.
3. Scorers are responsible for accurately recording the progress of the competition. The Scorer will give the lifter one minute after the completion of her last lift attempt to submit the second and third attempts. See VIII-D for consequences of no attempt given within the one-minute time limit.
  4. Expeditors are responsible for announcing the weight required for the next attempt and the name/number of the lifter. Attempts announced by the Expeditor should then be displayed upon some type of scoreboard or projection screen erected in a prominent position for each platform. Expeditors will inform the Speaker of Regional or State Records about to be attempted and arrange the attempts chosen by the lifters in an orderly fashion, dictated by weight lowest to highest.
  5. Spotters/Loaders are responsible for loading and unloading the bar, adjusting squat racks or benches as required, cleaning the bar or platform at the request of the Head Judge, and generally ensuring that the platform is always well maintained and presents a neat and tidy appearance. At no time shall there be less than two or more than five spotters/loaders on the platform. When the lifter prepares for an attempt on squat or bench, the spotters/loaders may assist her in removing the bar from the racks. As a Spotter, no communication or

coaching of the lifter is allowable with the exception of counting off to lift the bar off of the rack (Ex. “3-2-1”, “Up”). However, they shall not touch the bar from the commencement command until the completion command and the lifter will not receive any help from the spotters/loaders in positioning herself for an attempt. If the lift is in jeopardy and likely to result in injury to the lifter, the spotters/loaders may, either at the request of the Judges or the lifter herself, step in or relieve the lifter of the bar. If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of her own, she may be awarded another attempt at the same weight at the discretion of the Judges at the end of the round.

- C. During the execution of a lift, only the lifter, spotters/loaders and the Judges are permitted to be present on or in contact with the platform. Any violation of the below rules can be subject to a “missed lift”.
1. Teammates or coaches filling the role of spotters/loaders on squat, bench or deadlift will be considered platform workers and are prohibited from coaching or encouraging the lifter. (*See Rule IX, B5*)
  2. Coaches are only allowed to encourage their lifters from the back-half of the platform and must not:
    - a. be in contact with the platform during the execution of the lift.
    - b. obstruct the Judge’s view of the lifter.
    - c. impede the normal flow of the competition.
  3. Coaches/teammates are not to attempt to relocate spotters/loaders. If there is a perceived need to relocate a spotter/loader, a request for adjustment will be made with the Judge located closest to the spotter/loader in question. Whether the spotters/loader relocates is at the discretion of the Judge. The primary responsibility of the spotters/loaders during the execution of a lift is to ensure lifter safety. Judges are to ensure that the spotters/loaders position best addresses this responsibility. However, positioning of the spotters/loaders should be to allow an unobstructed view by Judges so they can assess the lift, and should also consider the coach’s similar need.
- D. If during the competition, a lifter suffers injury, the official doctor, trainer, or paramedic on duty has the right of examination. If they consider it inadvisable for the lifter to continue, these medical officials may, in consultation with the Meet Director, insist upon the lifter retiring from the competition. The coach must be officially informed of such a decision.
- E. Costume Checkers will be at least two females assigned by the Meet Director to be responsible for examining a lifter’s costume and personal equipment if there is a violation suspicion by the Platform Judges or a Regional/State record was

attempted to be set or broken. If the lifter is found guilty of wearing anything inconsistent with the rules stated in V-C, the Costume Checkers will notify the Meet Director.

- F. A break of five minutes may take place between the completion of one lift and the commencement of another, i.e., between the squat and the bench press.

## **X. EXAMPLES OF ERRORS IN LOADING**

- A. If the bar is loaded lighter than the weight originally requested, the lifter will be granted a further attempt at the originally requested weight at the end of the round.
- B. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. If the attempt is not successful, the lifter will be granted their attempt at the originally requested weight at the end of the round.
- C. If the loading is not the same on each side, the lifter will be granted a re-lift at the end of the round.
- D. If for any reason the lifter misses her attempt because the Expeditor made a mistake in announcing her at the appropriate weight, the lifter will be allowed to take her attempt at the end of the round.

## **XI. Judges and Rules Committee**

- A. For all meets, each Judge on every platform must be certified by T.H.S.W.P.A. All Meet Directors must receive certification of Judges by the Regional Director(s) for the meet to be registered by the T.H.S.W.P.A. and totals to count toward Regional and qualifying.
- B. The Regional Directors will be responsible for selecting T.H.S.W.P.A. certified Judges for all Regional and State Meets.
- C. The Judges shall be three in number: A Head Judge and two side Judges.
- D. The three Judges must arrange themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Head Judge must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift.
- E. Before the contest, the Judges shall jointly ascertain that the platform and competition equipment comply in all respects with the rules. Defective equipment is to be reported to the Meet Director and replaced.

- F. During the contest, the Judges must jointly ascertain that the weight of the loaded bar agrees with the weight announced by the Expeditor. Judges may be issued loading charts for this purpose.
- G. The Head Judge is responsible for giving the necessary signals for all three lifts.
- H. Signals required for the three lifts are as follows:

| <b>Lift</b> | <b>Commencement</b>  | <b>Completion</b>  |
|-------------|--|--|
| Squat       | A visual signal consisting of downward movement of the arm together with the audible command "Squat"   | A visual signal consisting of a backward movement of the arm together with the audible command "Rack". |
| Bench Press | Audible command "Press". If the lifter is deaf, the Head Judge may give a visual signal to the lifter. | A visual signal consisting of a backward movement of the arm together with the audible command "Rack". |
| Deadlift    | No signal required   | A visual signal consisting of a downward movement of the arm with the audible of the command "Down".   |

- I. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the Judges will wait until the lifter has exited the platform and then the Head Judge will say an audible "Judges" and all three judges will announce their decisions by means of the lights, flags, or hand signals. With the lights and flags, one color will be for a "good lift" and another for "missed lift". Manually, the Judges can use a thumbs up for a "good lift" and thumbs down for "no lift". No decision can change due to a costume infraction once lights have been given.
- J. A Judge shall not attempt to influence the decisions of the other Judges.
- K. The Judges may consult with the Rules Committee, Meet Director, or any other official as necessary to expedite the competition.
- L. At the discretion of the Meet Director, a Rules Committee may be formed to ensure that the technical rules are correctly applied and review appeals. Although not required, T.H.S.W.P.A. recommends that a Rules Committee be appointed for all Invitational Meets, Regional Meets, and the State Meet.
- M. If a mistake occurs in the judging which is contrary to the technical rules, the Rules Committee and Meet Director may take appropriate action to correct the mistake. By a majority vote, they may grant the lifter a further attempt or overturn the decision of Judges. All Rules Committee and Meet Director's decisions are final.

- N. The impartiality of Judges cannot be doubted, but a mistake in judging can be committed in good faith. In such a case, the Judge shall be allowed to give their explanation for making the decision, which is the subject of their warning.
- O. During the competition, the Rules Committee and Meet Director may, by a majority vote, replace any Judge whose decisions prove them to be incompetent. The Judge concerned must have received a warning prior to any dismissal.
- P. No video or pictures shall be reviewed by either Meet Director, Judges, or the Rules Committee for the purpose of overturning a Judge's decision. All results are final at the conclusion of the meet.
- Q. T.H.S.W.P.A. recommends a fee of a \$100.00 for all certified Judges for any Invitational Meet.

## **XII. DRUG TESTING POLICIES**

The T.H.S.W.P.A. strongly discourages the use of any performance-enhancing substances, such as anabolic steroids, human growth hormone, diuretics, or psychomotor stimulants. Competition in the T.H.S.W.P.A. is limited to lifters who have not used any form of strength enhancing drugs or hormones.

- A. The T.H.S.W.P.A. reserves the right to drug test at the State and Regional Championships by way of urinalysis for the presence of prohibited substances.
- B. The T.H.S.W.P.A. considers the following to be prohibited substances:
  - 1. Anabolic Steroids, including testosterone and related compounds
  - 2. Natural and Synthetic Growth Hormone
  - 3. Psychomotor Stimulants
  - 4. Drugs used as masking agents
- C. Competitors chosen as subjects for drug testing should be drawn at random from a pool of the top five finishers from each weight class.
- D. Urinalysis testing should take place following the individual lifter's competition.
- E. Any lifter testing positive for prohibited substances is automatically disqualified from the competition for which she was tested.
- F. Any lifter testing positive for prohibited substances has the option of being re-tested for the prohibited substance within a time of 21 days.
- G. A T.H.S.W.P.A. approved laboratory should evaluate the urinalysis testing.



- H. Random drug tests may be administered at the State Meet. Any lifter refusing this test, or any lifter who tests positive, will be disqualified from competition. In cases where team and individual awards and points are involved, these points and/or awards will be given to the next highest finisher in the competition.