Attention Coaches:

The THSWPA directors have removed the rule requiring socks for the deadlift.

Normally changes in the rulebook are highlighted, but this requirement was deleted so this notification is to clarify the confusion on this rule.

Again, SOCKS ARE NO LONGER REQUIRED IN THE THSWPA.

Sincerely,

Fred Howard

THSWPA Region 1 Director

Division 1 &2