All Text Highlighted in Yellow Represents Rules Changes

Oklahoma Powerlifting Coaches Association



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GENERAL RULES OF POWERLIFTING

ALL RULE CHANGES REQUIRE A MAJORITY VOTE OF THE CURRENT BOARD AND THE FOUR PAST PRESIDENTS.

1. The Oklahoma Powerlifting Coaches Association recognizes the following events, which must be taken in the same sequence in all competitions.

   A. Squat
   B. Bench press
   C. Dead lift

   These three events will be used to achieve a Total amount of weight lifted.

   Competition takes place between lifters in categories defined by body weight. The OFBCA permits lifters from the age of freshman to senior. Lifter must have a current physical on file at their school. Lifter must also be academically eligible and have proof of residency on file with their school. Lifter(s) must have a coach at the meet that is a member of the OFBCA.

2. Competition in the OPCA Powerlifting Association is restricted to males that meet grade requirements and limitations established by the OFBCA Powerlifting Board. The definition/establishment of gender and age are determined by the athlete's birth certificate.

   Participation in OPCA Powerlifting as a team or individual is at the discretion of the member school and or coach. A competitor must be in good standing with the school he is enrolled at, disciplinary action taken by the school of a competitor (Suspension & Expulsion from school) will make them ineligible to participate in a OFBCA Powerlifting sanctioned events (Regionals and State).

All Coaches must be members of the OPCA (including lay coaches) and there will be a limit of 4 coaches per school on the floor at any one time. All coaches who want their lifters to compete in the regional and state meets must attend a mandatory rules meeting. These meetings will be held at the OCA Summer Clinic and/or the OFBCA Winter Clinic. Coaches must be OFBCA members and attend rules meeting for the safety and security of the athletes since the OPCA coaches are the officials at the meets. Failure to attend a rules meeting will result in a $100 fee and an individual rules meeting with an area host or board member at their convenience.

At Regional and State Levels, Head Powerlifting Coaches at each school will be responsible for himself and all his Assistant Powerlifting Coaches to attend a rules meeting to better the quality of judging overall.

The rules apply to all levels of competition.

1. Each competitor is allowed three attempts on each event. Any exceptions are explained in the appropriate section of the rulebook.

The winner of the 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. For ties see page 6 under weighing in-number 5.

2. OPCA sanctions the following championships: OPCA Regionals and Invitationals
   OFBCA State Finals

3. OPCA also recognizes and registers for the same event within the categories described hereunder:

High School Body Weight Categories

123 lbs.	168 lbs.	242 lbs.
132 lbs.	181 lbs.	275 lbs.
145 lbs.	198 lbs.	SHW
157 lbs.	220 lbs.	

(Note: There is a three-pound weight allowance at the State Meet)

Middle School Body Weight Categories

105lbs.	145 lbs.	198 lbs.
114 lbs.	157 lbs.	220 lbs.
123 lbs.	168 lbs.	SHW
132 lbs.	181 lbs.	

4. The Voting Delegates for the Association:

A. The Current President, Vice-President, & Secretary

B. The Last 4 Past Presidents

C. If a voting delegate is involved in the subject being voted on then he will step out and another past president will step in and vote in his or her place.

5. OPCA Powerlifting State Meet:

A. A proposal must be presented at the April board meeting. A decision will be made by the Summer Coaches Clinic.

B. The Voting Delegates will decide if a change needs to be made on the venue of the State Meet.

6. Regional Meets:

A. NW – Woodward

B. SW – Anadarko

C. NE – Miami

D. SW – Broken Bow

(Note: These schools will host the Regional Meet, unless they decide they do not want to host anymore or something arises in which the voting delegates sees fit for the venue to be changed.

7. Regionals and State Meet cost: Admissions will be $8.00 for Regionals, $10.00 for State Team $200.00 for 5 or more, and $150.00 for 4 or less

Team Rules: Regional's and State

1. Each team is allowed a maximum of three competitors spread throughout the range of body weight categories. There must not be more than three competitors from one school in any particular body weight category per team.

2. Point scoring check points for all local, regional, and state championships shall be: 12, 10, 8, 7, 6, 5, 4, 3, 2, 1 for the first ten places in any body weight category.

3. Points will be scored for all three lifts and will be placed 1st -5th The total lifted will point scores of the ten best placed lifters of each 11 weight classes at each regional will be counted for the team competition and at all state championships. Team points will only be given to lifters who earn a three lift total. Points will only be given on a lifters total placing. **Also, the top 5 lifters who double tie (Weight Lifted and Body Weight) from the state at large shall be selected for the state meet.**

New Point System (Adopted 2017)

1st Place- 12pts	6th Place- 5pts
2nd Place- 10pts	7th Place- 4pts
3rd Place- 8pts	8th Place- 3pts
4th Place- 7pts	9th Place- 2pts
5th Place- 6pts	10th Place- 1pt

Squat, Bench and Deadlift

1st Place – 6pts
2nd Place – 4pts
3rd Place – 3pts
4th Place – 2 pts
5th Place – 1 pts

4. Team awards shall be given to the first place and runner-up.

5. **AT REGIONALS-** All lifters must have a three-event total. A TOTAL is a legal recorded lift in all three events (Squat, Bench, Deadlift). Failure to record a legal lift in any of the events will result in a non-recorded score for that event and the lifter will not be eligible for state competitions. No bomb out rule.
6. **REGIONAL MEETS** will be held within a 2 day window on a Friday, Saturday or Both.
7. **REGIONALS:** Participating schools will lift in the region assigned by the board.
8. **AT STATE-** All competitors must write down a legal attempt for each event (Ex. 45lbs. Or more). This will be checked during weigh-in at state. Zero amounts will not be allowed to write down on attempt sheet at the State Meet.

Regionals and State Teams:

1. **JH Regionals**: You can bring 33 lifters per grade on a team and no more than 3 per weight class. Top 4 Lifters and the next 4 At-Large and double tie lifters will qualify for state.

2. **HS Regionals**: You can bring 33 lifters per team and no more than 3 per weight class. Top 5 medals and 5 at-large and double ties will qualify for state.
3. **Team Ties for Champions**: will be decided by a coin flip, Winner will be the Champion, Loser will be Runner-up!
4. **Team Ties for Runner**-Up: Winner will be decided by coin flip!

AT REGIONALS AND STATE- A TEAM DOESN'T LOSE POINTS IF A LIFTER IS INJURED DURING COMPETITION.

Equipment and Specifications

1. **Platform**. The surface of the platform must be flat, firm non-slip, and level. It must not exceed 10 cm. in height from the surrounding stage or floor. The surface of the platform may be treated with an approved non-slip coating. Loose rubber mats or similar sheeting materials are not permitted. No additives may be applied to or insets incorporated in either the platform or its surface.

2. **Bars and plates**. For all powerlifting contests organized under the rules of the OFBCA, only plate barbells are permitted. The use of plates that do not meet the current specifications will invalidate the contest and any records accomplished. Only those bars and plates that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the referees. Bars to be used in state and regional championships shall not be chronied on the knurling between the inside collars.
   a. The *bar* shall be straight and well knurled and grooved and shall conform to the following dimensions:
      (1) Total overall length not to exceed 87 inches.
      (2) Distance between the collar faces is not to exceed 15 inches or be less than 14 inches.
      (3) Diameter of the bar is not to exceed 1.16 inches or be less than 1.12 inches.
      (4) Weight of the bar is to be 45 lbs.
      (5) Diameter of the sleeve is not to exceed 2.5 inches or be less than 2 inches.
      (6) There shall be a diameter machine marking on the bar or taped so as to measure 31.9 inches in between marking or tape.
   b. *Plate* shall conform as follows:
      (1) All plates used in competition must weigh within 1/4 percent of their correct face value.
      (2) The hole size in the middle of the disc may not exceed 2.12 inches or be less than 2.04 inches.
      (3) Plates must be within the following range: 1/2, 5, 10, 25, 35, 45, and 100 lbs.
      (4) Plates weighing 45 and over must not exceed 2.3 inches in thickness. Plates weighing 35 and under must not exceed 1.17 inches in thickness.
      (5) All plates must be clearly marked with their weight and loaded in the sequence of heavier plates inner most with the smaller plates in descending weight arranged so that the referees can read the weight on each plate.
      (6) The first and heaviest plate loaded on the bar must be loaded face in.
      (7) The diameter of the largest disc shall not be more than 17.5 inches.

3. **Collars**. Shall always be used in competition.

4. **Squat racks**
   a. Squat racks shall be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter loaders. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal pattern.
   b. The squat racks shall be designed to adjust from a minimum height of 3 inches in the lowest position to extend to a height of at least 75 inches in 2-inch increments.
   c. All hydraulic racks must be capable of being secured at the required height by means of pins.

5. **Bench**
   a. The benches shall be of sturdy construction for maximum stability and conform to the following dimensions:
      (1) Length—not less than 51 inches; shall be flat and level.
      (2) Width—not less than 8 inches and not exceeding 16 inches.
      (3) Height—not less than 16 inches and not exceeding 17 inches measured from the floor to the top of the padded surface of the bench without it being depressed or compacted. The height of the uprights on both adjustable and non-adjustable benches shall be a minimum of 32 inches to a maximum of 39 inches measured from the floor to the bar rest position.
      (4) Minimum width between insides of bar rests shall be 43 inches.
      (5) Power racks may be used for bench press.

6. **Lights**. A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and a red light. These two colors represent a "good lift" and "no lift" respectively. The lights shall be arranged horizontally corresponding with the positions of the referees. They must be wired in such a way that they light up together and not separately when activated by the head referee. For emergency purposes, the referees will be provided with small white and red flags with which to make known their decisions or by thumb signal.

Costume and Personal Equipment

1. **Costume**. The lifting attire shall consist of a T-shirt and gym shorts of one-ply material without any additional patches or padding. The lifting attire shall also be subject to the following requirements:
   a. It may be of any color(s).
   b. The lifting attire may bear the badge, emblem, logo, and/or inscription of the lifter's school.
   c. Only non-supportive type attire may be worn.
   d. Seams may be protected or strengthened by narrow gauge webbing or stretch material.
   e. Length of shorts must be such that knee shows.
   f. Any alterations to the costume which exceed the established widths, lengths, or thickness previously stated shall make the attire illegal for competition.
   g. No hats, skull caps, or headbands.
   h. No jewelry.
   i. No tank tops.

2. **T-shirt**. Sleeveless t-shirts are allowed as long as the sleeves are hemmed (not tattered or torn) and display the lifter's school logo or are a plain color.
   a. Is not ribbed.
   b. Does not consist of rubberized or similar stretch material.
   c. Does not have any pockets, buttons, etc.
   d. Is made either exclusively of cotton or polyester, or a mixture of both.
   e. Does not have sleeves that terminate below the lifter's elbow. Lifter may not push the sleeves of such an undershirt up the deltoid when competing. The shirt can be sleeveless.
   f. No tight fitting compression or bench press shirts may be used.
   g. Regardless of material, a shirt must be deemed appropriate for lifter to wear by judging officials.

3. **Socks**. Socks may be worn.
   a. They may be of any color(s).
   b. They shall not be of such length on the leg that they come into contact with any knee wrapping or kneecap supporter when in use.
   c. Full-length leg stockings, tights or hose are strictly forbidden.

4. **Belt**.
   a. Competitors must wear a 4- to 8-inch belt in the squat and dead lifts.
   b. The belt may have a buckle with one or two prongs or "quick release" lever action type.

5. **Shoes**
   a. Shoes shall be taken to include joggers, tennis shoes, sport shoes, or any foot covering that has a patterned molding or foot type outline that provides an inner sole.
   b. Shoes with metal spikes or cleats, boots, ballet slippers and wrestling shoes are not permitted.
   c. No weightlifting or crossfit shoes will be allowed. If you are caught wearing a lifting shoe, will cause disqualification from the event.

6. **Wraps**
   a. Bandages of rubber or rubberized substitutes are strictly forbidden.
   b. Wraps may be used as follows:

   Wrist

   (1) Wraps not exceeding 30 inches in length and 3 inches in width may be worn. Alternatively, wristbands not exceeding 4 inches in width may be worn. A combination of the two is not permitted.
   (2) A wrist wrap shall not exceed beyond 4 inches above and 5/8 inches below the center of the wrist joint and shall not exceed a total covered width of 5 inches.
   (3) Wrist wraps will only be allowed on bench, not on squat or deadlift
   (4) The use of a generic neoprene sleeve w/

   Knee

   (4) Wraps not exceeding 8 feet in length and 3 inches in width may be used. A knee wrap shall not exceed beyond 6 inches above and 3 inches below the center of the knee joint and shall not exceed a total covered width of 6 inches.
   (5) After the competitor enters the rack; if the knee wrap comes in contact with the floor before the squat command: NO LIFT
   (6) Knee wraps will only be allowed on squat, not to be used on bench or deadlift

7. **Inspection of costume and personal equipment**. The lifter is to be responsible for obtaining and wearing proper equipment.

8. **Competitions.** State records will be judged by a committee appointed by the state meet director. State records will only be valid at state meets.

9. **General**
   a. **The use of liquid chalk, oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.**
   b. **Magnesium carbonate is only allowed for use on the hands for grip on Deadlift only.**
   c. **No foreign substances, including baby powder, may be applied to body, attire, equipment, or wraps. Violation will result in immediate removal from competition.**
   d. **Ammonia Inhalants (Smelling Salts) are illegal. Absolutely nothing is to be inhaled up the nasal cavity. This is considered grounds for disqualification from competition.**

Powerlifting and Rules of Performance

Squat Event

1. The lifter shall assume an upright position with the top of the bar not more than 3 inches below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands, thumbs and fingers gripping the bar and the feet flat on the platform with the knees locked.
2. After removing the bar from the racks, the lifter must move backwards to establish his position. The lifter shall wait in this position for the chief referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. The chief referee's signal shall consist of the audible command "squat."
3. Upon receiving the chief referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is parallel to the top of the knees.

4. The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the chief referee will give the signal to rack the bar.
5. The signal to replace the bar will consist of the audible command "rack."
6. The lifter shall face the front of the platform.
7. The lifter shall not touch the collars, sleeves or plates during the lift. However, the hands may be in contact with the inner surface of the sleeve while the hands are gripping the bar.
8. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
9. ~~Lifters must exit the front of the squat rack.~~ **The lifter must enter and leave the rack from the side opposite of the bar.**
10. **Thumbs must be wrapped opposite the fingers around bar. (No SUICIDE Grip allowed.)**

Causes for disqualification of a squat

1. Failure to observe the chief referee's signals at the start & finish of the lift.
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
4. Any shuffling of the feet laterally, backwards or forwards, during the performance of the lift.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is parallel to the top of the knee.
6. Changing the position of the bar across the shoulders after the commencement of the lift.
7. Contact with the bar by the spotter/loader between the referee's signals.
8. Contact of elbows or upper arms with the legs.
9. Failure to make a bona fide attempt to return the bar to the racks.
10. Any intentional dropping or dumping of the bar.
11. Failure to attempt to stay with a missed attempt ("bailing out") until racked results in no score for that event. (Note: Bailing out on State Record attempt will also result in no score for that event.)
12. Any movement of hands after the command has been given is illegal.
13. No feet can touch the sides of the rack.
14. Bar touching rack is no lift.
15. Lifter's feet cannot move forward, backward or sideways. The foot can come up on toes or rock back on the heal of the foot as long as the foot doesn't move. The Foot cannot step or slide.
16. **Use of Suicide grip during lift.**

Bench Press Event

1. The head of the bench must be placed on the platform and the feet of the lifter facing the chief referee. The lifter will enter and exit the platform opposite the bar
2. The lifter must lie on his shoulders and buttocks in contact with the flat bench surface. His shoes must be flat on the floor. This position shall be maintained throughout the attempt.
3. To achieve firm footing, the lifter may use flat surfaced plates or blocks not exceeding 2 inches in height to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 18 inches by 18 inches. Meet director may approve additional plates.
4. Not more than five and not less than two spotters/loaders shall be in attendance. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off must be to arm's length and not down to the chest.
5. After receiving the bar at arm's length, the chief referee will give the command "press," the lifter shall lower the bar to his chest on both sides and press up on his own after a motionless pause at the chest.
6. A motionless touch and press with no command initiates the ascent.
7. The bar is pressed upwards to straight arm's length and held motionless until the audible command "rack" is given.
8. **Thumbs and fingers must be around bar. No SUICIDE BENCH PRESS allowed.)**

Causes for disqualification of a bench press

1. Failure to observe the chief referee's signals at the start and finish of the lift.
2. Any change in the elected lifting position during the lift, proper upward pressing motion, i.e., any raising movement of the head, shoulders, buttocks, or feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar. Feet can't move (sliding of the feet is not permitted).
3. Heaving or bouncing the bar off the chest.
4. Allowing the bar to sink into the chest after the self-initiated press is deemed gaining an advantage.
5. Any downward movement of the bar in the course of being pressed out, including lockout.
6. Contact with the bar by spotter/loaders between the chief referee's signals at the chief referee's discretion.
7. Any contact of the lifter's feet with the bench or its supports.
8. Any contact between the bar and the bar rest supports during the lift results in no lift.
9. Use of belt on bench press is strictly forbidden.
10. Failure to enter and exit the platform opposite the bar.
11. Uneven Lockout: Bar may be pressed upward unevenly, but both elbows must lockout at the same time.

Dead lift Event

1. The bar must be laid horizontally in front of the lifter's feet, gripped with an opposite grip with both hands. The lifter, without any downward movement, shall pull the weight until the lifter is standing erect.
2. The lifter shall face the front of the platform. Judge's hand up signifies beginning of lift.
3. On the completion of the lift, the knees shall be locked in a straight position and the shoulders square or back.
4. The chief referee's signal shall consist of a downward movement of the hand. The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
5. Any raising of the bar or any deliberate attempt to do so will count as an attempt.
6. The bar must be in continuous motion upwards for the lift to be a good lift. The bar cannot stop and then be restarted upwards.
7. Once the bar is loaded the judge will give command (with raised hand) to lift and the lifter has one minute to start the attempt.
8. **The lifter must enter and leave the rack from the side opposite of the Judges (can't step over the bar).**
9. The Bar must be dead still before attempting to lift. No Rolling starts.

Causes for disqualification of a dead lift:

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders square or back.
3. Failure to lock the knees and hips straight at the completion of the lift.
4. Supporting the bars on the thighs during the performance of the lift.
5. Stepping backward or forward although lateral movement of the sole or rocking feet between ball and heel is permitted.
6. Lowering the bar before receiving the chief referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.
8. Knee wraps will be strictly forbidden on deadlift.
9. Lifter's feet cannot move forward, backward or sidways. The foot can come up on toes or rock back on the heal of the foot as long as the foot doesn't move. The Foot cannot step or slide.
10. **Stepping over the bar and exiting the front of the Platform**

Causes for disqualification from dead lift:

1. **If a lifter drops the bar on the floor. (This is a safety and sportsmanship issue thus resulting in disqualification from the dead lift event) This is a judgement call by the judge(s)**

Weighing in

1. Weighing in of the competitors must take place no earlier than twenty-four hours before the start of the competition for a particular category. All lifters in the category must attend weigh-in, which will be carried out in the presence of three appointed referees for that category.
2. The weigh-in period will last one and a half hours or until completed. The early weigh-in shall be held at the times the meet director establishes.
3. Lifters may be weighed nude or in underwear. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials may be appointed for this purpose.
4. Each lifter may only be weighed once. Lifters trying to make weight may be re-weighed as often as time and orderly progression by lots allows.
5. If two lifters register the same body weight at the weigh-in and eventually 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 share the placing and each receives an award. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so forth, points will be divided.
6. Lifters should, if required, check squat and bench press rack heights and foot blocks prior to the start of the competition. The best time is during check in.

7. Braces and Doctors Notes- If lifter has a brace or doctors note it should be given to meet director during check-in before weighing in. Please have a copy of the note so that the meet director can keep these for their files. **In the event a Lifter presents a Doctor's note requiring illegal equipment, as deemed by the meet officials, to be used in order to compete, for the lifters own safety and the fairness of competition. The meet officials can/may/will dis-allow the lifter to compete in that event(s)**

Order of Competition

1. **The round system**
   a. At the weigh-in, the lifter or his coach must declare a starting weight for all three events. These must be entered on the appropriate first attempt card, signed by the lifter or his coach and retained by the officials conducting the weigh-in. Having made his first attempt at a lift, the lifter or his coach must decide upon the weight required for the second attempt. This weight must be filled in where indicated upon the card and submitted to the competition secretary or other appointed official before the one-minute time allowance has elapsed. The same procedure is to be used for second and third attempts on all three lifts. Responsibility for submitting attempts within the time limit rests solely with the lifter and his coach.
   b. Where 10 or more lifters are competing in a session, groups may be formed consisting of approximately equal number of lifters. Groups can be formed when 15 or more lifters are competing in the same session. A session can be composed of a single body weight category or any combination of body weight categories at the discretion of the organizer for purpose or presentation.
   c. Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round. Meet director will make allowances as needed.
   d. When a group consists of less than 6 lifters, compensatory time allowance shall be added at the end of each round as follows: for 5 lifters, add 1 minute; 4 lifters, add 2 minutes; 3 lifters, add 3 minutes. Three minutes is the maximum allowance permitted at the end of a round.
   e. If a lifter lifts out of turn, he shall not be as a legal lift.
   f. The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight of the bar be lowered within a round except for errors as described in Item l, and only at the end of each round.
   g. Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter progression is not changed.

h. If unsuccessful with an attempt, the lifter does not follow himself, but must wait until the next round before he can attempt that weight again.

i. If in a round an attempt is unsuccessful due to a wrongly loaded bar, the lifter or coach has to spot the error before the attempt, then the bar is reloaded and the lifter awarded his full allotted platform time. Once the lifter leaves the platform and the bar is reloaded, no further consideration shall be taken.

j. A lifter is permitted one change of weight on the last attempt of the dead lift, bench, or squat. The change of weight must be higher than that originally submitted.
Note: The lifter is credited with the attempt once he leaves the platform, success or failure. The weight is recorded as to what is on the attempt card.

k. A lifter must submit his second and third attempts within one minute of completing his preceding attempt. If no weight is submitted within the one-minute time allowance, the lifter will forfeit his next round's attempt.

l. In the third round of dead lift, squat or bench, one weight change is permitted. The change of weight may be higher than the lifter's previously submitted third attempt. Bump rule: A lifter may bump (up in weight on their last lift) until their number is called or weight is being changed on the bar. *Note*: If weight is not to be changed, lifter has until his number is called.

m. During any competition, only the lifter and his coach, members of the Appeals Committee, the officiating referees and spotter/loaders will be allowed around the platform. During the execution of a lift, only the lifter, spotter/loaders, and referees are permitted to present the platform. Coaches shall remain within the designated coaching areas as defined by the Appeals Committee or technical officer in charge, unless the coach is a designated spotter/loader.

n. The body weight limits shall be posted near the weigh-in scale.

o. Lifters and/or coaches may ask why a lift was turned down.

p. Chalk may be applied.

q. **Ammonia Inhalants (Smelling Salts) are illegal. Absolutely nothing is to inhaled up the nasal cavity.**

r. **There will be no slapping of any kind on the venue floor.**

s. The lifter has one minute from the time it is announced the bar is loaded until the attempt begins.

t. Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself for an attempt.

u. On the completion of any attempt, a lifter shall leave the platform within 30 seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.

v. If during warm up or competition, a lifter suffers injury or in any way exhibits signs of a condition which may unduly and significantly jeopardize the competitor's health and well-being, the official doctor or meet director has the right to examination. If either considers it inadvisable for the lifter to continue, he shall request a consultation with the Appeals Committee or referees and the team manager. He must then state his reason before the lifter is retired from the competition. His team will not be penalized.

w. **Sportsmanship-**Any lifter or coach, who by reason of misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Appeals Committee or referees, in absence of an Appeals Committee, may disqualify the lifter and order the coach to leave the venue. The school official or coach must be officially informed of both warning and disqualification. Striking a referee or spotter/loader and/or throwing of a belt is cause for immediate expulsion from the meet. If misconduct is severe enough the judges and/or Appeals Committee and/or meet director may immediately disqualify lifter from competition.

wi. **Sportsmanship for Coaches** – Conduct unbecoming of coaches can be dealt with at any time, it does not have to be handled at the time in which it happened.

wii. **Coach and/or Lifter Ejections** – a Coach or Lifter ejected for cause will be banned from the next 2 sanctioned OPCA powerlifting events. (Regionals and State Competitions)

x. In **State Competition**, all appeals against referees' decisions, complaints regarding the progress of the competition or against the behavior of any person(s) taking part in the competition must be made to the Appeals Committee by the team coach. Coaches must fill out the proper appeal form and turn in to the meet director. This must be done immediately following the action upon which the appeal or complaint is based. If deemed necessary, the Appeals Committee may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a majority verdict, the Appeals Committee will return and the chairman will inform the

complainant of its decision. **The Appeals Committee verdict will be considered final and there will be no right of appeal to any other body.**

xi. **Appeal Committee-** At state the appeals committee will be comprised of the three Officers of Powerlifting (Pres, Vice-Pres, and Sec.) and/or advisory committee member in absence of elected representative.

y. A lifter should sign his name on his attempt card. Meets may be conducted in pounds.

z. If lifter lifts amount more than on card, he gets what is on card; if he lifts less than is on card, the lift will be scratched.

aa. State Record attempts must be within 50 lbs. on Squat/Deadlift and 25 lbs. on Bench of the previous successful attempt. Their previous attempt must have been a good lift.

bb. **The use of video and pictures review is prohibited at anytime.**

Referees

1. Signals required for the three events are as follows:

Event	Commencement	Completion
Squat	Audible command to "squat."	Audible signal to "rack."
Bench press	After the bar is held at arms length, the command "press" is given, and after a non-indenting pause, the weight is pressed upwards. (If the lifter is deaf, a visual signal may be given to the lifter.) Note: the spotters may not place the weight on the lifter's chest.	Audible signal to "rack."
Dead lift	Hand raised.	A visual signal consisting of downward motion of the arm.

2. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. Green for a "good lift" and red for "no lift," or they will use a hand or flag signal.
3. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the chief referee must always bear in mind the need to be easily visible to the lifter performing the squat or dead lift.

4. Before the contest, the meet director and appeals committee shall jointly ascertain that:
   a. The platform and competition equipment comply in all respects with the rules. Bars and plates are checked for weight discrepancies and defective equipment discarded.
   b. The scales work correctly and are accurate.
   c. The lifters weigh-in within the limits of weight and time for their body weight category.
   d. The lifters' attire and personal equipment comply with the rules in all respects.
5. During the contest, the three referees must jointly ascertain that:
   a. The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued loading charts for this purpose.
   b. On the platform, the lifter's attire and personal equipment are exactly as declared, examined and marked at the weigh-in. If any referee has reason to doubt a lifter's integrity in this respect, he must, after completion of the lift, inform the chief referee of his suspicions. The three referees may then reexamine the lifter's costume and personal equipment. If he is found guilty of wearing anything that was not checked in at the weigh-in and is illegal, he will immediately be disqualified.

6. Prior to the commencement of a lift, if either of the side referees does not accept the bar placement or starting position of a lifter, they will raise a hand to call attention to the fault. If there is a majority opinion among the referees that a fault exists, the chief referee will not give the signals to commence the lift. The lifter or his coach shall, on request, be informed of the reason of his not receiving a start signal. The referees shall be responsible for conveying such information to the lifter. The lifter has the remainder of his UN-expired time allowance in which to correct the position of the bar or his stance in order to receive the commencement signal. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.
7. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
8. A referee shall not attempt to influence the decisions of the other referees.
9. The chief referee may consult with the side referees, the Appeals Committee or any other official as necessary in order to expedite the competition.
10. The Head Referee has the ability to override the other referees based on any rules violation on or off the Platform.
11. The selection of a referee to act as chief referee in one category does not preclude his selection as a side referee in another category.
12. The Head Referee in a 3 referee system will defer parallel judging to the side referees.

All State Jacket Rules

State champions can get All-State jackets: 9^{th}-10^{th} grade—red and gold; 11^{th}-12^{th}—blue and gold.

Application to Host
State Power Lifting Meet

School: _____
Gym Size: _____
Number of Seats: _____
Number of parking places: _____

Is there adequate space for bus parking:	YES	NO
Have you ever hosted a Power Lifting meet before:	YES	NO
Can the Floor be secured from spectators:	YES	NO
Is there adequate space for a warm-up area:	YES	NO
Is there adequate space for a hospitality room:	YES	NO
Are there adequate bathrooms for fans and coaches:	YES	NO
Are you in school on the Friday of the State Meet:	YES	NO

How are you going to pay for State Judges and their hotel rooms:

_____

_____

_____

_____

What is your plans for security on the floor and the meet itself:

_____

_____

_____

_____

What is your experience hosting power lifting meets:

_____

_____

_____

_____

Application to Host
Regional Power Lifting Meet
Proposals Due July 9th, 2018
Proposals will be given after Summer Rules Meeting

School: _____
Gym Size: _____
Number of Seats: _____
Number of parking places: _____

Is there adequate space for bus parking:	YES	NO
Have you ever hosted a Power Lifting meet before:	YES	NO
Can the Floor be secured from spectators:	YES	NO
Is there adequate space for a hospitality room:	YES	NO
Are there adequate bathrooms for fans and coaches:	YES	NO

What is your plans for security on the floor and the meet itself:

_____

_____

_____

_____

What is your experience hosting power lifting meets:

_____

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_____

Form A

Rules Meeting Non-Compliance

All Coaches must be members of the OFBCA (including lay coaches) and there will be a limit of four (4) coaches per school on the floor at any one time. All coaches who want their lifters to compete in the regional and state meets must attend a mandatory rules meeting. These meetings will be held at the OCA Summer Clinic and/or the OFBCA Winter Clinic. Coaches must be OFBCA members and attend rules meeting for the safety and security of the athletes since the OFBCA coaches are the officials at the meets. Failure to attend a rules meeting will result in a $100 non-compliance fee and an individual rules meeting with an area host or board member at their convenience.

If you have failed to attend a rules meeting:

1. Contact your area host to set up your individual rules meeting.
2. Make your check payable to OFBCA and get it to your area host on or before the area meet.

School:_____

Coach:_____

Date:_____