Constitution of the Louisiana High School Powerlifting Association

Established – March 12, 1983

LHSPLA

Louisiana High School Powerlifting Association

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Article I. Name of Organization

NAME: The name of the organization shall be "The Louisiana High School Powerlifting Association".

Article II. Creation of the Organization

CREATION OF ORGANIZATION: This organization was created with the consent of a representative group of coaches on March 12, 1983.

Article III. Membership

MEMBERSHIP: The membership of this Association shall consist of those schools that participate on the regional level in their respective region. Members agree to be bound by the Constitution and by-laws of the LHSPLA.

Article IV. Eligibility

The LHSPLA will use the same eligibility criteria as called for in Article I of the By-Laws of the Louisiana High School Athletic Association.

Section IV.01 LHSAA Eligibility Criteria

Only student athletes from member schools that meet the eligibility criteria set forth in Article I of the Louisiana High School Athletic Association By-Laws will be allowed to lift at any LHSPLA sanctioned Invitational, Tri, Regional, or State Meet competition.

Section IV.02 Due Dates – LHSAA/LHSPLA Documentation

All LHSPLA member schools must adhere to the due dates for required paperwork listed in Section 17 – Powerlifting of the LHSAA handbook. Due dates are listed according to respective regional and state meet competition dates.

2025-2026 Dates	CALENDAR WEEK	ACTIVITY
Sunday, August 10, 2025 - Saturday, November 22, 2025	6th – 20th	Weight training/conditioning permitted. No practice/contests allowed
Sunday, November 23, 2025	21st	1st Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.)
Friday, December 5, 2025	22nd	LHSPLA Registration Forms/Fees Due All schools are ineligible to compete at ANY LHSPLA Meet until their school's LHSPLA Registration form has been received in good order, along with annual Registration Fee and verified via email by the LHSPLA Secretary.

Sunday, December 14, 2025	24th	1st Regular Season Meet (Eligibility must be filed online)
Monday, January 5, 2026	27th	Deadline for submitting GPAs online for seniors for All-Academic
Wednesday, February 11, 2026	32nd	Entries/Intent to Enter BOYS Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Wednesday, February 18, 2026	33rd	Entries/Intent to Enter GIRLS Regional Meets - All Regions. LHSPLA/LHSAA Insurance Information/Meet Waivers and Entry Forms Due
Saturday, February 21, 2026	33rd	Boys LHSPLA Regional Meets North – West Monroe South – Covington East – Catholic West – Crowley Central - Pickering Bayou – St. Amant
Saturday, February 28, 2026	34th	Girls LHSPLA Regional Meets North – Ruston South – Covington East – St. Joseph's West – Crowley Central – Buckeye Bayou – Destrehan
Tuesday, March 17, 2026	37th	Entries to State Meet Due
Wednesday, March 25, 2026	38th	State Meet - Pontchartrain Center, Kenner, La
Thursday, March 26, 2026	38th	State Meet - Pontchartrain Center, Kenner, La
Friday, March 27, 2026	38th	State Meet - Pontchartrain Center, Kenner, La
Saturday, March 28, 2026	38th	State Meet - Pontchartrain Center, Kenner, La
Sunday, March 29, 2026 - End of School	39th - 45th	Weight training/conditioning permitted. No practice/contests allowed.
Sunday, May 17, 2026	46th	Summer Rules Begin

Section IV.03 Registration Fee

The annual membership registration shall be Two Hundred and NO/100 ($200.00) Dollars for all member schools. The membership of this association shall consist of any full time athletic director, trainer, or any coach, including non-faculty coaches who have successfully completed the requirements of the LHSAA Non-Faculty Program. LHSPLA members must be employed by the school board and meet the requirements of the Coaches' Rule as specified in the LHSAA Constitution. Members must be working with a high school team at a member school of the LHSAA. Members agree to be bound by the Constitution and By-Laws of both the LHSPLA and the LHSAA. Each member school can list 1 head coach and a maximum of 5 assistant coaches on their registration form or 2 head coaches, 1 for boys and 1 for

girls and a maximum of 4 assistants. The total number of coaches listed for each school should not exceed 6. Each member school will only be allowed four (4) non-faculty (CECP) coaches. Each member school's principal must sign the school's registration form to verify that the coaches listed are either members of the faculty/staff or are certified non-faculty coaches by the LHSAA for the association to accept the registration form. A valid registration form must be received by the association, along with a school's annual registration fee by the Friday of the 22nd week of the LHSAA Calendar. Member schools will be fined for failure to meet this due date. Returning member schools will not be allowed to participate at any sanctioned LHSPLA Invitational Meet until their annual registration fee has been paid along with the requisite $50.00 fine. New member schools will also not be allowed to participate in any sanctioned LHSPLA Invitational or Tri Meet until they pay their annual registration fee. Prospective new member schools will have until the second Friday of December to pay their annual registration fee. Any current or prospective member school that fails to pay their annual registration fee by the ~~first~~ third Friday of January, will not be allowed to participate at any sanctioned Invitational, Regional, or State Meet for that fiscal year. The length of the fiscal year shall be from December 1st of the current year through December 1st of the following year. Each member school, upon payment of annual registration fee, is allowed one vote in the policies of the organization and is entitled to all the privileges of an active member.

Any returning member school who does not register their team in proper order and knowingly competes in an LHSPLA sanctioned meet will be fined $500.00 and forfeit their team's opportunity to compete at the invitational, regional and state level for the remainder of the LHSPLA's calendar year. Any new member school that does not register their team in proper order and knowingly competes in an LHSPLA sanctioned meet will also be fined $500.00 but will still be allowed the opportunity to compete at sanctioned invitationals for that calendar year but will also forfeit their school's opportunity to compete at the regional and state level.

Section IV.04 Rules Clinic Attendance

If a school participates in the sport of powerlifting, it shall be mandatory that the head coach shall attend an LHSPLA administered rules clinic in that sport. Coaches shall be required to complete an attendance card at the conclusion of the clinic. A head coach failing to attend the rules clinic shall not be allowed to coach at any power meet (Invitational, Regional, or State) until he/she completes the required clinic and shall be assessed a $50.00 late charge.

Section IV.05 Officials Rules Clinic

Officials will be required to attend a stand-alone rules clinic before the season starts. The location of this clinic will be regional based and will have lifters in attendance so a part of the clinic could be a hands-on practicum. Compensation will be provided to attend this clinic.

Section IV.06 Amending LHSPLA Registration Forms

Schools that choose to amend (add or delete coaches) their registration forms in any way after the December 1st due date will be charged a $50.00 processing fee. This fee must be paid before they will receive any additional coaching credentials for their school.

Section IV.07 Summary of Penalties and Fines

The fine for failure to meet any type of LHSAA/LHSPLA entry or paperwork deadline that is laid out in any article of the LHSPLA Constitution is $50.00. Additional fines can be levied based on:

1) Limits set in specific articles of the LHSPLA Constitution, or
2) If a member school commits multiple offenses dealing with paperwork procedures, and
3) Failure to comply with a specific paperwork deadline request from the Executive Committee.

Article V. The Executive Committee

Section V.01 Composition

The Executive Committee shall consist of the following elected for the following terms:

a) President: 2 year term – no term limit
b) Vice-President: 2 year term – no term limit
c) Secretary: 2 year term – no term limit
d) Treasurer: 2 year term – no term limit
e) Director of Officials: 2 year term – no term limit
f) Regional Directors (Non-Voting): 1 year term – no term limit
g) Regional Members-At-Large: (North, South, East, West, Central, and Bayou) 2 year term – no term limit

Section V.02 Nomination/Election Regular/Parliamentary Procedures

The President, Vice-President, Secretary, Treasurer, Director of Officials and Regional Members-At-Large shall be elected from members of the Association. Members shall make nominations from the floor at the general business meeting at their respective Regional Meets. Elections for the Regional Members-At-Large shall be by standing vote at each respective Regional business meeting. Elections for the President, Vice-President, Secretary, Treasurer, and Director of Officials will be done by secret ballot at the General Business Meetings at the LHSAA/LHSPLA Division I-V State Meets. All meetings will be held and directed using the parliamentary procedures that are outlined in Robert's Rules of Order.

Only one coach from each member school can be nominated for one of the eleven (11) elected positions on the LHSPLA Executive Committee (two coaches from the same school cannot hold different positions on the EC).

Section V.03 Compensation/Expected Attendance

Executive committee members will be reimbursed for map mileage one-way and any other expenses they incur in completing their duties as members of the Executive Committee. Executive Committee members are expected to perform their duties at the following LHSPLA Executive Committee functions: attend at least one (1) regional meet and four (4) of the five (5) meetings where the Executive Committee presides during the fiscal year.

1) Rulebook meeting in May (EC members only)
2) Semi-annual meeting in summer (EC presides over General Business Meeting)
3) Thanksgiving meeting in November (EC members only)

4) Executive Committee meeting held at least one calendar week before the State Meet (EC members only)
5) State Business Meetings (EC presides over General Business Meeting)

Each Executive Committee member will receive $0.50 (fifty cents) per mile reimbursement when they travel from outside of the metropolitan area where a committee meeting, Regional, or State Meets are held. If they are accompanying their team to a meet, Executive Committee members will not be reimbursed for their map mileage one-way. If any member of the Executive Committee fails to meet these attendance/duty requirements without due cause, they will be removed from the Executive Committee. Committee members will be replaced in the following way:

1) nominations from remaining Executive Committee members,
2) majority vote of the Executive Committee.

Committee members who must meet attendance requirements are: President, Vice-President, Secretary, Treasurer, and Regional Members-At-Large.

Article VI. Duties of the Executive Committee

Section VI.01 Duties of the President

It shall be the duty of the President to

1) Appoint all committees, as there is a demand for, and perform the other executive duties pertaining to said office, and make known publicly said duties,
2) Preside over Executive Committee meetings, and
3) Approve and sign off on all expenditures over $250.

Section VI.02 Duties of the Vice-President

It shall be the duty of the Vice-President to

1) Perform the duties of the President in the absence of the President,
2) Seek out annual corporate sponsorships for the association,
3) Supervise the ordering, purchase, and distribution of all medals and trophies for all Regional Meets, and
4) Verify, update and keep all Regional and State Records.

Section VI.03 Duties of the Secretary

It shall be the duty of the Secretary to:

1) Maintain and print a current roster of member schools,
2) Be in charge of correspondence for the Executive Committee and the Association,
3) Update any Rulebook and Constitution changes,
4) Update the LHSPLA website with current meet information and current forms,
5) Keep a record of all required paperwork and fees for all Invitational and Tri Meets,

6) Record and keep a record of all meeting minutes. Minutes must be updated and returned to EC and Membership within 5 calendar days of Executive Committee or Business Meeting Dates.
7) Send out Regional Meet results and State Qualifiers by the following Tuesday by noon.

This shall be a paid position. The LHSPLA Secretary shall receive a stipend of $1000.00 from LHSPLA for the season.

Section VI.04 Clerical Assistant to the Secretary

This is an annual position for the powerlifting season to be appointed by the LHSPLA Secretary with the approval of the Executive Committee. This position shall assist the LHSPLA Secretary in carrying out any duties for which the LHSPLA Secretary is responsible, such as maintaining calendar, organization of LHSPLA documentation, assistance with all Executive Committee meetings, etc. This would be a non-voting position. There is no requirement for whoever holds this position to be a coach of a member school.

This position will be given a stipend of $500.00 for the season.

Section VI.05 Duties of the Treasurer

It shall be the duty of the Treasurer to:

1) Attend to all finances of the Association in the following manner, upon authorization by executive committee,
2) Acquire the association's annual liability insurance policy along with the Executives Committee D and O Insurance Policy,
3) Disperse payments to State Meet Officials,
4) Approve all expenditures under $250. All expenditures above $250 must have the signature or approval of the President and Treasurer,
5) Collect and record all registration fees,
6) Render semi-annual financial statements to the president,
7) Make a financial report to the Association at the annual meeting. Have copies available for all members,
8) Disperse all LHSPLA Scholarship funds to recipient's respective colleges, and
9) Be in charge of filing the association's annual tax return.
10) Be in charge of creating and maintaining an annual budget.

Section VI.06 Duties of the Director of Officials

It shall be the duty of the Director of Officials to:

1) Along with the other members of the Executive Committee, interview and select the three (3) LHSPLA Assignment Secretaries,

2) Be in charge of the supervision of the three (3) appointed LHSPLA Assignment Secretaries making sure that they are carrying out their duties that are laid out in Article VI Section 10 of the LHSPLA Constitution,
3) Keep a current roster of all state certified officials,
4) Keep records of and hold all certification tests administered by the LHSPLA Assignment Secretaries,
5) Determine the certification criteria for state officials, including updating written test and other certification requirements all done with the input of the three (3) LHSPLA Assignment Secretaries.
6) Create and update as needed an LHSPLA Officials Manual for all meet officials to use as a guide and a useful reference when carrying on the duties of an LHSPLA Official,
7) Develop a rating and grading system for meet officials to be used at both the Invitational and Regional levels. This rating system will be overseen by the LHSPLA Assignment Secretaries. Data from rating/grading system will be used when staffing the LHSPLA State Meets,
8) Be the final arbiter in all meet (Invitational, Regional, or State) assignment disputes,
9) Be a member of the Rules Interpretation/Meet Protocol Committee along with the LHSPLA Assignment Secretaries,
10) Along with the Assignment Secretaries, develop and host pre-season LHSPLA Officials Rules Clinics which will be mandatory for all certified LHSPLA Officials to attend.

Section VI.07 Duties of the Regional Directors

It shall be the duty of the Regional Director to perform the duties pertaining to said office, and make known publicly said duties.

1) Host the Regional Meets and all pertaining duties lined out in Article XI Section 11 of the LHSPLA Constitution,
2) Promote certification of new officials in his/her region by providing a venue for the LHSPLA Assignment Secretaries to administer certification test(s) to prospective officials,
3) Provide a regional financial report along with a check for the number of lifters times the pro-rated insurance fee ($5.00). These monies are used to offset the cost of the association's annual insurance policies. The Regional Financial Report and check must be returned to the association within two weeks of the completion of the meet, and
4) Forward regional meet results, by email in specified format as determined by EC, to the Secretary by 3pm on Sunday the day after the Regional Meets. Any Regional Meet results not submitted in specified format will not be accepted, and will be returned to the Meet Director for correction.

Section VI.08 Duties of the Regional Members-At-Large

One member-at-large shall be elected from each region. The Regional Members-At-Large will be responsible for

1) Promoting the LHSPLA to all schools in their region,
2) Contacting all schools in their region that are not current members of the LHSPLA by mail, electronic mail or by phone to recruit them to become member schools, and promoting LHSPLA to potential officials in their regions, and
3) Acting as a liaison between the LHSPLA Executive Committee and the schools in the region.

4) Advise and help schools within their region who are hosting LHSPLA sanctioned LHSPLA Meets.
5) Email Coaches within their region and support them with any concerns about meets, rule book & procedural issues.
6) Be the contact for meet directors in your region and follow up with the paperwork and fees being paid. This would include any fines that may occur the member at large would be responsible for follow up. This would be reported directly back to the LHSPLA Secretary & President.
7) It is recommended that Regional Members-At-Large be present at all LHSPLA Invitational Meets in their region to ensure that the Invitational-Meet site complies with the current LHSPLA setup standards for Invitational Meets. If the member-at-large for that region cannot attend, then a representative of the LHSPLA will take their place. The EC Member in attendance will be responsible for signing off on the meet checklist (completed by the Head Referee) for that meet site. EC Members will be paid a travel allowance based on the current one-way map mileage from their house to the meet site. If the EC member-at-large or EC member has a team competing in the competition, they will not receive the travel allowance.

Section VI.09 Director of Social Media

This would be an annual position for the powerlifting season that is appointed or on a volunteer basis. This person would be in control of all aspects of social media for the LHSPLA. This includes but isn't limited to Twitter, Facebook, Instagram. They will be required to make graphics and put out information that is pertinent to the association and its members. Lastly, they will be in charge of putting together the monthly newsletter for the association. This will be emailed to the vice-president for disbursement to the association.

This position will be given a stipend of $800.00 for the season.

Section VI.10 Historian

The would be an appointed, non-voting position. Appointee shall keep this position for as long as they can fulfill the duties. The duties of this position are to record the history of the organization and help keep the records up to date.

Section VI.11 Control of the Association

The Executive Committee shall have complete control and management of the Association's affairs, funds and property.

During the interim of the semi-annual general business meetings of the LHSPLA, the Executive Committee, with a quorum of at least six (6) members voting, shall be empowered to pass all rules and constitutional provisions and make all appointments necessary and proper for conducting official business for this Association.

Section VI.12 Meeting Frequency

The Executive Committee shall hold three (3) meetings, or more frequently upon the call of the President. In some cases, meetings will be held electronically through email when extenuating circumstances make it a necessity.

1) Rulebook/Constitution Meeting in two weeks before the Summer Business Meeting to review proposed Rulebook and Constitutional amendments to be considered at the Summer General Business Meeting,
2) In November to review any issues prior to the beginning the powerlifting season, and
3) At a site TBA at least one calendar week before the LHSAA/LHSPLA State Meets to review any State General Business Meeting agenda items which include Hall of Fame nominations, scholarship nominations, and nominations for elected positions,

Section VI.13 Assignment Secretaries

The Executive Committee will also be charged, under the direction of the Director of Officials, with interviewing and appointing three (3) Official's Assignment Secretaries to handle the recruitment, certification of new officials, and the staffing of officials for any LHSPLA/LHSAA sanctioned Invitational, Regional, and State powerlifting meets that they are assigned responsibility for by the LHSPLA Executive Committee. Said Assignment Secretaries will be paid from the Association's general funds derived by membership fees. Each Assignment Secretary's supplement will be Eight Hundred and 00/100 dollars ($800.00).

Applicants for one of the three (3) Assignment Secretary positions must meet the following requirements:

1) High School Graduate
2) At least 21 years old
3) At least 5 years of experience as an LHSPLA Official
4) Is not currently a powerlifting coach at a member school
5) Is well versed in the use of Excel and has excellent communication skills

Their duties shall include:

1) Along with the Director of Officials, keep a current roster of all state certified officials,
2) Assign officials for all Invitational, Regional, and State Meets that they are assigned to staff by the Director of Officials, including all weigh-in officials,
3) Determine the certification criteria for state officials, including updating written test and other certification requirements,
4) Keep records of and hold all certification tests from each Invitational meet where new officials are certified,
5) Will collect payment, receipts, and distribute all blue LHSPLA Official's polo shirts to newly certified officials,
6) Either serve as or appoint Head Official-In-Charge for the respective Regional Meets that they staff (North/South/East/West/Central/Bayou),
7) Make sure that the lifting venue is inspected and a completed LHSPLA SANCTIONED INVITATIONAL/TRI/REGIONAL/STATE MEET SETUP STANDARDS COMPLIANCE CHECKLIST has been forwarded to the LHSPLA P.O. Box for the association's records,
8) Update and review Regional results for any new regional records that are set at meets they are assigned to staff. Send list of updated Regional Records to the LHSPLA Vice-President and copies to LHSPLA President and Secretary,

9) Process and complete all state record paperwork at each Assignment Secretary's respective Regional/State Meet. After completing state record paperwork, forward originals to LHSPLA Vice-President and copies to the LHSPLA President and Secretary,
10) Will make up the membership of the Rules Interpretation/Meet Protocol Committee along with the Director of Officials,
11) Will promote the certification of new officials in their respective assigned regions,
12) Will get reimbursed for any out-of-pocket expenses they may occur while carrying out the duties of their position,
13) Responsible for collecting Official's Code of Ethics and any other relative paperwork that is deemed necessary for a certified LHSPLA Official to officiate at a sanctioned LHSPLA meet,
14) Along with the Director of Officials, will develop and host pre-season LHSPLA Official's Rules Clinics which will be mandatory for all certified LHSPLA Officials to attend,
15) Along with the Director of Officials, create and update as needed an LHSPLA Official's Manual for all officials to use as a guide and a useful reference when carrying out the duties of an LHSPLA Official.

Article VII. Semi-Annual Meetings

Section VII.01 Date – Order of Business

There will be semi-annual general business meetings of the membership of the Association. Meetings by division will be held before each LHSAA/LHSPLA Division I-V State Meet is contested. The other general business meeting will be held at the LHSCA Coaches Convention in the summer. This meeting will take place during the 3-day convention. Proposals can only be brought forward and changes to the rulebook and constitution can **only** be made at the semi-annual meeting at the coaching clinic in the summer as long as they are turned in under the criteria stated in Article XIII Section 1 of the LHSPLA constitution. This will allow member schools input on any changes that they would like to see made.

Order of Business at the Summer Semi-Annual Meeting:

1) Roll Call by President
2) Recognition of Coaches of the Year, Hall of Fame Inductees, Scholarship Winners, and Billy Jack Talton Award Winners
3) Financial Report by Treasurer
4) Reports by Regional Directors, Regional Members-At-Large,
5) Report by Committees
6) Unfinished Business
7) New Business (Awarding State Meet Sites, Voting on Rulebook and Constitution Changes)
8) Adjournment

Order of Business at the Semi-Annual Business Meeting at the State Meets will be limited to:

1) Roll Call by President
2) Financial Report by Treasurer
3) Review of Meet Procedures/Protocol
4) Awarding of Scholarships (by Division)

5) Election of Hall of Fame Members
6) Election of New Officers (when applicable)
7) Adjournment

Section VII.02 Quorum

A quorum at the Semi-Annual General Business Meeting at the Division I-V State Meets shall consist of the active members present along with the executive committee members. A quorum at the Semi-Annual General Business Meeting at the LHSCA Coaches Convention shall also consist of the member's present which must include at least six (6) members of the executive committee, due notice having been given. Voting on all proposals including rulebook changes, amending the constitution and Hall of Fame nominations will be done by show of hands. All proposed rulebook changes, amendments to the Constitution and Hall of Fame nominees must receive a vote of 2/3 of members attending to pass or be accepted.

Article VIII. Sanctioned Meets

Section VIII.01 Requirements to Host Sanctioned Meet

Any LHSPLA Regional or State Meet Competition which has been submitted to the LHSPLA -Secretary and placed on the LHSPLA meet calendar, also, any Invitational or Tri Meet that is hosted by a member school shall be considered pending until confirmation has been given to the meet director by the Executive Committee

To have an Invitational Meet considered for the LHSPLA Meet Calendar, the meet director must submit a formal request for a meet, in writing, no later than September 30th to the LHSPLA Secretary. Any postdated requests submitted by mail must be received by the first Friday in October following the deadline. Any requests received after this shall be considered on a case-by-case basis, if and only if, their requested meet date is not fully booked. All requests should have dates listed as the primary and secondary requests, and no primary requested dates shall be considered final until confirmation is given by the Executive Committee.

Once the meet director has been given confirmation for their scheduled date on the LHSPLA Meet Calendar, the meet director must submit the following documentation no later than the last Friday in October: Meet Information Packet, Certificate of Liability Insurance naming the LHSPLA as the certificate holder, and LHSPLA Rack Rental Agreement (if applicable) and the requisite ~~$200~~ sanctioning fee of $50 per platform to the LHSPLA. In addition, the meet director should submit all documentation required to pay officials as per individual Local Educational Agency.

Sanctioned Tri Meets do not have to be posted on the LHSPLA Meet calendar, but host schools must communicate the date and time of the meet with the LHSPLA Executive Committee and submit a Certificate of Liability Insurance naming the LHSPLA as the certificate holder and LHSPLA Rack Rental Agreement (if applicable) and the requisite ~~$100~~ sanctioning fee of $50 per platform to the LHSPLA at least three weeks before the Tri Meet is contested. Tri Meets cannot be contested after the completion of the sanctioned LHSPLA Regional Meets.

Member schools hosting sanctioned Invitational and Tri Meets agree to comply with the recommended meet setup and clerical standards set forth in Article XI Section 11 of the LHSPLA Constitution. All Meet Directors (State, Regional, Invitational and Tri Meets) must attend a meeting at the beginning of the season or otherwise prior to the date of said meet to be held virtually to discuss the responsibilities of a meet director and the LHSPLA Meet Checklist.

Any member school hosting a sanctioned LHSPLA Invitational or Tri-Meet that allows an unregistered school to participate in said meet will be fined $500.00 and will not be allowed to host a sanctioned invitational/tri/regional or state meet competition the following LHSPLA season.

Section VIII.02 Meet Set-up, Use of LHSPLA Officials, Entry Fees, Awards, and Documentation of Liability of Insurance

The sanctioning fee allows host schools to use certified LHSPLA's Officials to officiate and to help with the expedition of their meet. The payment of the sanctioning fee by the member school entitles the LHSPLA to use the Invitational/Tri Meet site as a certification venue for new officials. Member schools hosting sanctioned Invitational and Tri Meets shall comply with the recommended meet setup and clerical standards set forth in Article XI Section 11 of the LHSPLA Constitution. Failure to do so will forfeit the host school's opportunity to use properly certified and attired LHSPLA Officials to officiate their Invitational/Tri Meets. Host schools must provide copies/or place on file with the LHSPLA, documentation [Certificate of Insurance naming the LHSPLA, the event, use of rented LHSPLA combo racks (if applicable) and/or officials as additional insured on host school's liability policy] of their school's or school board's liability insurance policy that will cover the Invitational/Tri Meet along with LHSPLA's and LHSAA's liability insurance coverage.

Member schools hosting sanctioned meets must charge a large enough entry fee to cover the costs of paying all meet officials. The type, size, and number of awards that are given out at Invitational/Tri Meets are left up to the discretion of the host school.

Section VIII.03 Definition of Sanctioned Meet – Invitational and Tri

An Invitational Powerlifting Meet is any LHSPLA sanctioned powerlifting meet hosted by a member school on the member school's campus that is contested between 3 or more member schools. Member schools hosting sanctioned Invitational Meets must meet the criteria listed in Sections 1 and 2 of this Article to be allowed to host an Invitational Powerlifting Meet.

Sanctioned Invitational Meet Documentation:
The following documentation about sanctioned Invitational Meets must be sent to the President of the association to distribute to the membership via the LHSPLA website, and should include the following:

1) The host school and venue
2) The date and time of the meet
3) Entry information including entry submission forms, meet waivers, general meet information, entry fee costs and deadline dates for entry submission.

A Tri Powerlifting Meet is any LHSPLA sanctioned powerlifting meet hosted by a member school on the member school's campus that is contested between two-three member schools. A Tri Meet is recommended to be contested on a weekday, Monday-Friday. Member schools hosting sanctioned Tri

Meets must meet the criteria listed in Sections 1 and 2 of this Article to be allowed to host a Tri powerlifting meet.

Sanctioned Tri Meet Documentation:
The following documentation about sanctioned Tri Meets should be sent to the other member schools involved and to the LHSPLA Executive Committee. This documentation should include the following:

1) The host school and venue
2) The date and time of the meet
3) Entry information including entry submission forms, meet waivers, general meet information, entry fee costs and deadline dates for entry submission.

Section VIII.04 Results Sanctioned Invitational or Tri Meets

The results of all LHSPLA sanctioned Invitational/Tri Meets must be forwarded to the President of the association by the following Monday at the end of the business day for him to distribute to the membership so all results from all Invitational/Tri Meets are available to the association's membership. If these results are not submitted in the allotted time then it will result in a $1.00 per lifter fine.

Section VIII.05 Limitation of Entries for Sanctioned Invitational Meets

Entries to LHSPLA sanctioned Invitational Meets should be limited to the approximate number of lifters listed below based on the number of platforms that the sanctioned Invitational Meet is contested on:

Meets with 35 or more lifters per platform shall not start after 4 pm.

2 Platforms – Approximately 100 lifters
3 Platforms – Approximately 150 lifters
4 Platforms – Approximately 200 lifters
5 Platforms – Approximately 250 lifters*
*A 5 platform meet will only be allowed to meet directors with 3 years or more of experience with putting on meets. This must be approved on an individual basis by the Executive Committee.

Notwithstanding the approximations above, the LHSPLA Executive Committee reserves the right to regulate the population of sanctioned Invitational Meets when documented written complaints are received concerning a member school's inability to host such a meet according to the guidelines set forth in this Article of the LHSPLA Constitution and its Rulebook. Decisions concerning whether to either limit the size or not allow a member school to host a sanctioned Invitational Meet will be based on complaints lodged by other member school coaches or meet officials who participated in the meet hosted by said member school the previous year. Host schools failing to pay meet officials within one week after the completion of a sanctioned Invitational Meet will result in said school being fined $250.00. The fined school will not be allowed to host another sanctioned Invitational Meet until the fine is paid in full to the LHSPLA. Meets hosted and run by first (1^{st}) year meet directors will be limited to 2 platforms with the entries to the meet not exceeding one hundred (100) lifters.

Section VIII.06 Fine for hosting or participating to attain qualifying totals

Any member school(s) that chooses to host or participate in a non-sanctioned Invitational or Tri Meet will be fined $500.00. Member schools affected will not be allowed to participate at the Regional Level until the fine is paid in full.

Section VIII.07 Allowable participation to attain qualifying totals

Schools should only choose to host or participate in independent powerlifting organizations sanctioned meets during the LHSAA Powerlifting season to attain a qualifying total for entry into national meets. Member schools choosing to do so must get written approval from the LHSPLA Executive Committee at least two weeks prior to their team's participation in a qualifying meet. Member schools should choose to host or participate in any independent powerlifting organizations qualifying meets before the LHSPLA sanctioned Regional Meets are contested. Member schools participating in any independent powerlifting organizations sanctioned qualifying meet must also forward their team results to the LHSPLA President so they can be distributed to the membership. An independent powerlifting organization qualifying meet hosted by a member school may only include lifters of member schools and may not be open to the general public. Schools who participate in such meets should list their teams as independent with a name that does not associate them with the high school. LHSAA Handbook Rule 4.2.8.

Section VIII.08 LHSPLA Sanctioned Invitational/Tri Meet Set-up Standards Compliance Checklist

Each LHSPLA Sanctioned Invitational Meet hosted by a member school must meet the entire list of criteria in the LHSPLA SANCTIONED INVITATIONAL/TRI MEET SETUP STANDARDS COMPLIANCE CHECKLIST (Appendage I) during a pre-meet inspection of the meet site. This inspection will be conducted by the appointed Head Official-In-Charge of the sanctioned Invitational Meet. Any recognized meet safety issues ***must*** be corrected before the meet will be allowed to start. These recognized and corrected safety issues, along with any other Lifting Area, Clerical, and Meet Site checklist infractions that are found during the pre-meet inspection will result in a $25.00 fine per infraction. Any member school hosting a sanctioned invitational meet that is fined for Lifting Area, Clerical, and Meet Site checklist infractions must pay all fines before their team will be allowed to compete at the Regional Level.

Because of the nature of Tri meets, exception will be made in the LHSPLA SANCTIONED INVITATIONAL/TRI MEET SETUP STANDARDS COMPLIANCE CHECKLIST for items b, g, ~~i~~, j, l, m, q, r, and s when Tri Meets are contested. Note that a pre-meet inspection must be conducted by a certified LHSPLA official and a minimum of 3 officials must be present during the contesting of a Tri meet.

Section VIII.09 Billy Jack Talton Hall of Fame Invitational

The Billy Jack Talton Hall of Fame Invitational Powerlifting Meet will take place during the first available weekend of January. There will be a limit of three (3) other Invitational meets that will be allowed to be contested on that same weekend. The first three schools that submit LHSPLA sanctioning contracts to the LHSPLA Executive Committee will be awarded permission to host an invitational meet the same weekend as the BJT Invitational. The size of the meets will be limited to four (4) platforms (200 lifters) and they cannot be contested in the same region that the Billy Jack Talton Invitational is being hosted in that particular year. Dual/Tri meets will still be allowed ONLY if they are contested on a weeknight prior to the Billy Jack Talton Invitational. All current Hall of Fame Members are welcome to attend the meet

and be recognized before the start of the competition. Also, any new Hall of Fame Members will be asked to attend to be recognized before the start of the competition.

Article IX. Officials

Section IX.01 Test

The Association will administer a written Official's Exam to certify prospective officials. Prospective officials must also successfully complete a practicum test under the supervision of a previously certified official.

Section IX.02 Administration of Test

The Director of Officials, any LHSPLA Regional Assignment Secretary, or any certified official appointed by the Director of Officials, either at an LHSPLA Rules/Coaches Clinic or at a designated time prior to the start of any sanctioned Invitational Meet, will administer said test.

Section IX.03 Upon Passing the Test

Upon passing the written test, a prospective official must then sit for their practicum at a sanctioned Invitational Meet. While completing their certification practicum, a prospective official must be mentored by a certified LHSPLA Official during the process. A passing score on the meet practicum completes the LHSPLA certification process. Any prospective official that completes the certification process at a sanctioned Invitational is entitled to be paid a $35.00 stipend. The certified official will not be paid travel allowance for that sanctioned meet. If a school hosts an unsanctioned Invitational Meet, it cannot utilize LHSPLA Officials in proper dress, conduct testing, and must pay for the officials it engages to officiate the unsanctioned meet.

Section IX.04 Passing Grade – Test/Practicum

A minimum of 90% correct answers on both the written test and practicum are necessary to pass the test and become certified.

Section IX.05 Waiting Period

Any person who fails the LHSPLA State Official's Test must wait ~~six (6) weeks~~ 24 hours to retake the test after failing their initial attempt. For attempts beyond the first, candidates must have a 14-day waiting period to retake the test.

Section IX.06 Official's Stipends

A stipend will be paid to all LHSPLA certified officials for working at sanctioned meets. All officials must be paid by school or booster club check. The amount of the pay stipend will be based on each individual official's years of experience:

LHSPLA Official's Pay Scale (Stipend) Table	
Years of Experience	Stipend
0-3 years	$75

4+ years	$100

Officials who drive their own vehicle to meets will be given $0.60 cents a mile one-way for travel allowance. The LHSPLA will pay a maximum distance of 200 miles one-way for travel allowance.

Officiating assignments for sanctioned Invitational/Tri, Regional, and State Meets will be based on each individual official's geographic proximity to meet sites.

Officials must commit to work at any LHSPLA sanctioned meet by the Wednesday before a meet to help with the process of setting a meet work schedule and attaining lodging for them. If an official misses the Wednesday deadline for the meet director to set-up lodging for them, they become financially responsible for their own lodging. It will be left up to the discretion of the Director of Officials and the Regional Assignment Secretary in charge of staffing a meet whether or not to supply lodging for any official traveling less than 150 map miles to officiate at a sanctioned meet.

Also, Officials working at two day meets will be given a $15 per diem to cover the cost of their day one meal after the meet. Officials who work the early weigh-in (night before) at Regional and State Meets will receive a $35 stipend. Officials who work the regular weigh-ins, the day of the meet, shall receive a $15 stipend.

Officials working meets with more than one session will be paid an additional one-half (1/2) of their normal meet stipend for working the extra session ($37.50 for officials with 0 – 3 years' experience, $50.00 for officials with 4 or more years' experience) on top of their regular meet stipend.

Section IX.07 Official's Professionalism

If an official determines that another official, either on his platform or on the lifting floor is not conducting himself/herself professionally, it shall be that official's responsibility to report that conduct to the president, vice-president, director of officials, regional coordinator, and/or elected members at large. This hierarchy is illustrative and not intended to be controlling.

If any member of the executive committee has a team or lifter competing at a meet, he/she is prohibited from wearing the official's uniform or any identification regarding their status with the LHSPLA. Moreover, if an official has consented to officiate at a meet, that official is prohibited from coaching, wrapping knees, pulling straps and/or shirts etc. during the entire meet to avoid the appearance of impropriety on his/her part.

Because professionalism, the high level of responsibility, and the role of active participation is intricately interwoven into the standards and involvement of an interscholastic high school event, anyone who volunteers and/or is assigned to officiate any sanctioned LHSPLA Invitational/Tri, Regional, and/or State Meet and does not fulfill their commitment shall be suspended for one (1) meet. Suspension is defined as working the next available meet, whether by volunteering or being assigned, without pay.

Section IX.08 Designation Of The Head Official-In-Charge

(a) LHSPLA State Meet

For service at the LHSAA/LHSPLA State Meets, the Head Official-In-Charge, shall be chosen by the Director of Officials, with the approval of the Executive Committee and Assignment Secretaries.

(b) Regional Competition

At the Regional Meet level it is the responsibility of the Assignment Secretary to serve or appoint the most qualified official available at the meet to serve as the Head Official-In-Charge. The name of the person in the position should be announced at the Regional business meeting prior to the start of the lifting session.

Section IX.09 Duties Of The Head Official-In-Charge

The Head Official-In-Charge shall handle all matters pertaining to officiating assignments, conduct, disputes and rules interpretations and will work with the Meet Director, who will have the responsibility for the technical direction of the meet.

Section IX.10 Designation of Platform Officials

The chair officials shall be three in number; the Head Official (center), and the two side officials. The Head Official will remain in charge of the platform as all three (3) officials have the option of rotating around the platform for each flight and/or powerlift.

Section IX.11 Official's Meeting Before Meets

In order to ensure that powerlifting meets uniformly start on time, it is recommended that the power meet's business meeting and official's meeting be held separately and simultaneously. The Director of Official's, when present at the meet, shall conduct the officials meeting or it will be conducted by an official, designated by the Director of Officials in his absence. The highest ranking Executive Committee member present at the meet, without a team competing, shall conduct the meet's business meeting. The recommended time allotment should be 8:00-8:30 a.m. – Business Meeting and Official's Meeting; 8:30-8:45 a.m. – Warm-up for lifter. 8:45 a.m. – lifters report to platforms for rules briefings. The six (6) regional coordinators are responsible to ensure these timelines are effectuated.

Section IX.12 Duties of the Officials

(a) Prior to Contest

Prior to the Contest, Officials Shall Ascertain That:

1) The platform and competition equipment complies in all respects with the rules by inspecting the bar, the discs for weight discrepancies, and discarding defective equipment.
2) The scales work correctly and are accurate.
3) The lifters weigh-in within the given time limits set up by the Meet Director.
4) The lifters' costumes and personal equipment comply with the rules in all respects if an equipment inspection is conducted.

(b) Post-Contest

1) Head referees at Invitational and Tri Meets will be responsible for creating a meet report within 2 days after the completion of the meet. This report will be sent to the LHSPLA President and Director of Officials. This report will include the following information:
    a. Officials Attendance which includes:
        i. Proper Dress Code
        ii. Timely attendance
        iii. Decorum used in interaction with coaches
        iv. Knowledge of the rules
        v. Professional Conduct
        vi. Willingness to help certify new officials
    b. Meet Venue
        i. Proper venue setup per LHSPLA Checklist
        ii. Meeting areas
        iii. Spotter/Loader Performance/Numbers - Minimum/maximum #
        iv. Table Worker Performance
        v. Meet Directors Performance
    c. Conduct of Member School Coaches
        i. Control of their team
        ii. Interaction with meet officials
    d. Notification of Disqualifications or Sanctions:
        i. Lifters and Coaches Alike
        ii. How it was handled, etc.

The head Referee of an Invitational Meet completing this responsibility will receive a $50.00 stipend from the LHSPLA. The head referee of a Tri Meet completing this responsibility will receive a $25.00 stipend from the LHSPLA.

Section IX.13 Official's Dress Code – Fines for Improper Dress

LHSPLA Officials with less than 5 years of experience must wear khaki dress pants with a blue LHSPLA Official's polo with the LHSPLA logo on the left chest, a pair of comfortable brown or black dress shoes – no tennis shoes, and solid brown or black belt. This dress code is required for all officials.

LHSPLA Officials with more than 5 years of experience have the option of wearing the appropriate LHSPLA vest with the LHSPLA Official's logo on the left chest, a white oxford shirt, and tie. Female officials are not required to wear a tie. Officials are required to wear khaki dress pants, a pair of comfortable brown or black dress shoes – no tennis shoes, and a solid brown or black belt.

5+ years of experience	Blue LHSPLA Vest
20+ years of experience	Red LHSPLA Vest
Hall of Fame Member	Khaki LHSPLA Vest

New Officials will be able to purchase an LHSPLA Official's Polo from the Director of Officials/Assignment Secretary for $25. For accounting purposes, LHSPLA Officials will not be allowed to pay for any new LHSPLA Official's Polo by deducting the cost of the shirt from their meet stipend.

Improperly attired officials will receive warnings and will be made aware of uniform violations at the Invitational/Tri Meet level. Any Official who fails to comply with the LHSPLA Officials dress code at the Regional Level will be fined accordingly having the following amounts deducted from their meet stipends:

Improper Pants - $10.00 Improper Shoes - $5.00 Improper Belt - $5.00

All fines for improper dress must be paid in full before a certified LHSPLA Official will be allowed to work at any one of the LHSAA/LHSPLA State Powerlifting Meets. If a Certified LHSPLA Official shows up to officiate at the LHSAA/LHSPLA State Powerlifting Meet with any dress code violation, he/she will not be allowed to officiate at the meet and will not be reimbursed for any expenses incurred traveling to the meet venue to work the meet. They will have the option of correcting the dress code violation and can be reinstated to officiate at the LHSAA/LHSPLA State Powerlifting Meet at half their regular stipend.

Section IX.14 Required Age

All prospective LHSPLA Officials must be at least 18 years of age or older and not currently enrolled as a high school student.

Section IX.15 Inactive Official's Reinstatement Procedure

LHSPLA Officials who fail to officiate at an LHSPLA sanctioned Invitational/Tri, Regional, or State Meet for 2 or more consecutive calendar years will be dropped from the rolls and considered inactive. To regain their active status they must:

1) Write a letter requesting their reinstatement as an LHSPLA Official to the Director of Officials.
2) Re-take the written test part of their official's exam.
3) Officials being reinstated after 2 or more years of inactivity forfeit the opportunity to be chosen to officiate at the LHSPLA State Meets. No exceptions.

Section IX.16 Reinstatement Status

1) Inactive officials will not receive credit for any inactive year.
2) They will return one-step below years of experience classification when last active as an LHSPLA Official.
3) If inactive for military duty for deployment they may return to previous classification. (Provided Official provides copy of their military orders. Each case is decided on an individual basis. Once they are granted reinstatement as an LHSPLA Official they must complete the reinstatement procedures set forth in Article X, Section 10.a-b of the LHSPLA Constitution.
4) If inactive for medical or other reasons determined applicable by the Executive Committee:
    a) For less than 2 years – return with previous classification. (Must provide written letter/documentation to the Executive Committee. Must also have a medical doctor provide written letter/documentation.) Once they are granted reinstatement as an LHSPLA Official they must then complete the reinstatement criteria set forth in Article X, Section 10.a-b of the LHSPLA Constitution.

b) For over 2 years but no more than 5 years – return with classification one step below when he/she left. (Must provide written letter/documentation to the Executive Committee. Must also have a medical doctor provide written letter/documentation.) Once they are granted reinstatement as an LHSPLA Official they must then complete the reinstatement criteria set forth in Article X, Section 10, a-b of the LHSPLA Constitution.

Section IX.17 Official's Code of Ethics

POWERLIFTING OFFICIAL'S CODE OF ETHICS

Powerlifting Officials at an interscholastic athletic event are participants in the educational development of students. As such, they must exercise a high level of independence and responsibility. The purpose of this Code is to establish guidelines and parameters for ethical standards of conduct for Powerlifting Officials, and procedures to address any violation of the Code.

Powerlifting Officials shall master, understand, and be able to implement the rules of powerlifting and the mechanics necessary to enforce the rules. This authority shall be exercised in a fair, impartial, firm, and controlled manner.

Powerlifting Officials shall take an active role in the prevention of drug, alcohol and tobacco use when in contact with student athletes.

Powerlifting Officials shall dress neatly and in accordance with the custom dress, and shall comport themselves in a manner consistent with the high standards of the profession.

Powerlifting Officials shall be punctual and professional in the fulfillment of his/her obligations.

Powerlifting Officials shall remain mindful that their conduct influences the respect that student athletes, coaches and the public hold to this profession.

Powerlifting Officials shall, at all times, while enforcing the rules of the sport, remain aware of the inherent risk of injury that competition poses to student athletes. Where appropriate, officials shall inform event management of conditions or situations that appear unreasonably hazardous.

Powerlifting Officials shall exchange challenges from coaches in a cordial matter and correct tone before, during and after the powerlifting meet has concluded.

Powerlifting Officials shall exert their influence to enhance sportsmanship by spectators, and coaches.

Powerlifting Officials shall not use any type of social media (Twitter, Facebook, Snapchat, etc.) as a platform to state their opinions or thoughts concerning any other official, lifter, member school coach, or officiating experience at any sanctioned LHSPLA meet.

Powerlifting Officials shall not falsely represent the LHSAA or LHSPLA on any type of social media.

Official: _____

Years of Experience: _____ Date: _____

LHSPLA Executive Committee Representative: _____

Date: _____

Article X. State Records

Section X.01 Setting State Records

A state record may only be set by having three (3) LHSPLA recognized officials in the chairs during the execution of the record attempt. The Officials must pass the lift and an official state record application sheet must be filled out and sent to the Association President and Historian. (See Appendage A)

1) LHSPLA "recognized official" are:
   a) International Powerlifting Federation officials
   b) USAPL Federation officials
   c) LHSPLA high school certified powerlifting officials

Section X.02 Recognition of State Records

A composite state record may only be officially recognized and set at one of the LHSPLA Regional Meets or at the LHSAA/LHSPLA State Championship Meet. Composite/Divisionals records must exceed the current record by a minimum of 5 pounds. State records cannot be set at Invitational/Tri Meets.

Section X.03 Posting a Total

An athlete who breaks a record must post a total for the meet.

Section X.04 Cursory Inspection After State Record Attempts

Any successful State record lift will be followed by a cursory examination of the supportive equipment utilized during that lift to determine whether the supportive equipment used by the lifter is legal. If the supportive equipment is found to be illegal; the lifter will not get credit for the successful record lift, but in no case shall any previous lift be taken away unless the infraction was noticed, the coach was informed of the infraction and the infraction went uncorrected.

Section X.05 Keeping of Composite/Division State Records

Overall records (Composite) as well as Divisional records will be kept. The Divisional records (Division I-V) will begin with the results from the 2013 LHSAA/LHSPLA State Championships.

Divisional Records can only be broken at each member schools respective Division I-V State Meet within the 9 lifts contested during the competitive rounds of the meets. Composite/Divisionals records must exceed the current record by a minimum of 5 pounds. No 4^{th} attempts will be allowed to break Divisional Records at the State Meet Level.

There shall be no fourth (4^{th}) attempts allowed to break total records. All total records (Composite/Division) must be broken within the nine (9) competitive attempts of the three lifts contested (Squat, Bench, and Deadlift) in a powerlifting meet.

Section X.06 Use Regional Results for State Divisional Records if State Championship is Canceled

In the event of any LHSAA/LHSPLA divisional State Championship meet canceled, the LHSAA/LHSPLA shall use the most recent Regional squat, bench, deadlift, and total results to count towards State Divisional Records.

Article XI. Regional Championships

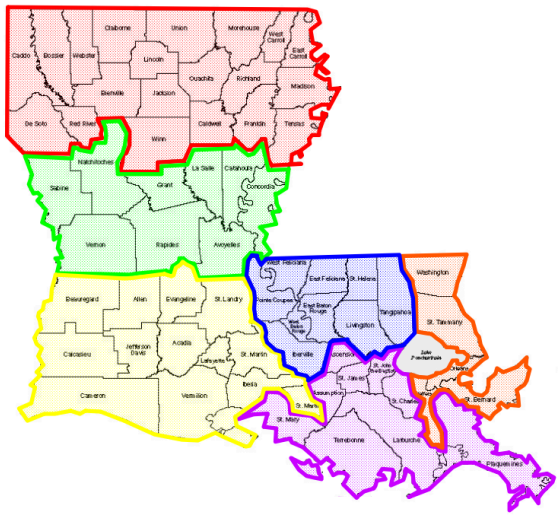
Section XI.01 Creation of Regions

Every two years the Executive Committee will place teams into regions for the purpose of qualifying for the State Meet.

Section XI.02 Parish Designation

Said regions shall be designated as North – South – East – West – Central – Bayou. Regions consist of the following parishes to clarify for each school as to what region they must compete in to qualify for the State Meet.

NORTH	SOUTH	EAST	WEST	CENTRAL	BAYOU
Bienville	Jefferson	E. Baton Rouge	Acadia	Avoyelles	Ascension
Bossier	Orleans	E. Feliciana	Allen	Catahoula	Assumption
Caddo	St. Bernard	Iberville	Beauregard	Concordia	Lafourche
Caldwell	St. Tammany	Livingston	Calcasieu	Grant	Plaquemine
Claiborne	Washington	Pointe Coupee	Cameron	LaSalle	St. Charles
DeSoto		St. Helena	Evangeline	Natchitoches	St. James
East Carroll		Tangipahoa	Iberia	Rapides	St. John the Baptist
Franklin		W. Baton Rouge	Jeff Davis	Sabine	St. Mary
Jackson		W. Feliciana	Lafayette	Vernon	Terrebonne
Lincoln			St. Landry	Winn	
Madison			St. Martin		
Morehouse			Vermillion		
Ouachita					
Red River					
Richland					
Tensas					
Union					
Webster					
West Carroll					



Section XI.03 Regional Meet Qualifications

1) Lifters will qualify for the Regional Championships using the following format:
   a) Division I – V Boys – Composite top 20 ranked lifters in each weight class per division from LHSPLA invitational and Dual/Tri meets that are contested during the current season. These rankings will be compiled and set by the 31st week of the current season.

   b) Division I – V Girls – Composite top 20 ranked lifters in each weight class per division from LHSPLA invitational and Dual/Tri meets that are contested during the current season. These rankings will be compiled and set by the 31st week of the current season.

   c) All invitational and/or dual/tri meets must have a weigh-in accordance with Section V of the LHSPLA Rulebook.

2) Breaking Ties in Total and Bodyweight:
   a) If two lifters tie with the same total, then bodyweight will determine where their rank will fall. The lifter with the lighter bodyweight will get the next higher spot.
   b) If a tie occurs between two lifters both having the same total and the same bodyweight, then both lifters will qualify for the same ranking.

3) Lifters who compete in multiple weight classes during the season:
   a) Lifters who rank in the top 20 in multiple weight classes, by virtue of competing multiple times and in different weight classes, will use their best result according to their rank and the other result(s) will be removed so as not to take a spot away from someone else. If the lifter is ranked the same in multiple weight classes, then the highest Wilks score will be used.

4) Teams in the rankings:
   a) No team shall have more than 11 lifters total in the rankings with no more than 2 in any one weight class. The rankings will include each team's 11 highest ranked lifters. Wilks score will be used to break any ties among lifters from the same team who also have the same rank, with the higher Wilks score being ranked before the lower Wilks score.
   b) Coaches may use an alternate lifter so long as that lifter falls within the top 20 in the unadjusted rankings.

5) Once a lifter has qualified for Regionals:
   a) Once a lifter has qualified for the Regional Championships, the lifter is qualified for any weight class at Regionals. At regionals, qualified lifters can weigh-in in any weight class of their coaches choosing.

Section XI.04 Entry Fees for Regional Meets/Required Paperwork

Schools shall submit to the regional directors a list of participants that will compete in regional competitions, either electronically or by mail, by the deadline established (one calendar week prior to competition) in Rule 17.1, Important Dates, in the LHSAA Handbook. Each men's team is allowed a maximum of eleven (11) competitors spread throughout the range of the eleven (11) bodyweight categories, and each women's team is allowed eleven (11) competitors spread throughout the range of

the eleven (11) bodyweight categories for women. There shall not be more than two competitors from any one team in any particular body weight category. All teams shall be officially registered with the LHSPLA to engage in team competition. No more than 2 Lifters can be named as alternates for both men's and women's teams. Alternates must be ranked in the top 20 seasonal rankings. A $25.00 entry fee per powerlifter shall be paid by school check made payable to the host school along with a signed LHSPLA Equipment Waiver before a school's participants will be allowed to weigh-in at a regional meet. A school with delinquent declaration of its list of participants may still enter its lifters but must do so electronically with the Regional Meet Director between the hours of 8:00am and 12:00pm (noon) the day following the entry deadline established in Rule 17.1, Important Dates, in the LHSAA Handbook. Declarations received in the late period shall incur a $20 fine per entry, including alternates, in addition to the standard entry fee. The late declaration shall include the school's name, athlete's name and gender, and prospective weight class.

Schools shall also submit to the regional directors LHSPLA Health Insurance/Meet Waiver Forms in proper order, from all participants listed on a school's entry form, including alternates, by the same deadline established in Rule 17.1, Important Dates, in the LHSAA Handbook. A $50 fine shall be incurred by each member school who fails to turn in all of their participants LHSPLA Health Insurance/Meet Waiver by the deadline in proper order. All fines must be paid in full at or before the State Meet.

Entry fees from Regional meets will be retained by the host schools to cover the costs of trophies and official's stipends, including all travel and lodging expenses. Each school hosting a Regional Meet agrees to buy standardized Team and Individual Awards agreed upon by the LHSPLA Executive Committee. Also, each host school agrees to pro-rate $5.00 per lifter to the LHSPLA to offset the cost of the liability insurance premium that the LHSPLA incurs annually. Host schools retain all gates, concessions, t-shirt sales, and any other promotional fees. The LHSPLA shall retain all fines for late entries and improper paperwork.

Section XI.05 Regional Business Meeting

At each Regional Meet, the following items shall be decided upon (in a Regional Meeting or some other manner in which the interest of the majority is represented) and sent to the Association President:

1) Where and when the next Regional Championship will be held.
2) Nominate and elect a Regional Member-At-Large who will be responsible for sending regional results to the President.
3) Regional results shall be forwarded to all other Regional Directors.
4) Nominations from the floor for the office of President, Vice-President, Treasurer, Secretary, and Director of Officials, when applicable.

Section XI.06 Regional Completion Date

All Girls Regional Championships shall be contested during Week #33 of the NFHS/LHSAA calendar on odd number years and during Week #34 of the NFHS/LHSAA on even numbered years. All Boys Regional Championships shall be contested during Week #33 of the NFHS/LHSAA calendar on even number years and during Week #34 of the NFHS/LHSAA on odd numbered years when week #34 does not conflict with the LHSAA Girls State Basketball Tournament. All regional meets will be conducted as a one day meet on a Saturday on the campus of a member school. If determined by the Executive Committee to be

necessary, regional meets may be contested over two days. All regional meets should be structured to ensure fairness across all regions.

If the member school does not meet the setup criteria to host a regional meet, they may request approval from the LHSPLA Executive Committee for an alternate meet site that meets the criteria listed in the recommended standard setup outline in Article XII, Section 11 of the LHSPLA Constitution.

Member schools hosting Regional Meets must provide copies/or place on file with the LHSPLA documentation (Certificate of Insurance naming LHSPLA, the event, and/or officials as additional insured on host school's liability policy) of their school's or school board's liability insurance policy that will cover the Regional Meet along with LHSPLA's and LHSAA's liability insurance coverage.

Section XI.07 Faculty/Staff Representation

No team or individual shall be permitted to participate, under any circumstances at any LHSPLA sanctioned meet without the presence of a faculty coach, or an approved LHSAA non-faculty coach from the school he/she represents. This includes the checking and weighing in process that occurs either the night before or the day of LHSPLA (Regional and State) sanctioned meets. All coaches must visibly display their LHSPLA credentials to gain access to the platform areas at sanctioned Regional and State Meets. Failure to do so will limit their access at meets to the wrapping areas behind the platforms. They will not be allowed in the platform areas unless they are visibly displaying their LHSPLA credentials. Member school coaches whose credentials become lost or unusable must pay a requisite $10.00 to get a new set of LHSPLA Credentials.

If the faculty coach or LHSAA non-faculty coach, serving as head coach, is ejected from a contest and there are no other faculty coaches or LHSAA non-faculty coaches at the contest, a faculty member from the school shall be allowed to represent the school in the contest if he/she has written permission from the school principal. This written permission shall be shown to the head official before the faculty member can represent the school and coach the team.

By written mutual agreement signed by the principals of the two schools, one with a team and the other with no more than two individuals competing in a contest, at any time during the season, may agree on a faculty member or approved LHSAA non-faculty coach from either school to act as the school representative and coach for both schools in the sports of bowling, cross country, golf, track and field (indoor and outdoor), swimming, tennis, gymnastics, wrestling, and powerlifting.

A school found in violation of this rule shall be penalized under the provisions of the "Penalty Code" contained in Section 6 of the LHSAA By-Laws.

Section XI.08 State Meet Qualifications

1) Lifters will qualify for the Division I-V State Meets using the following format:

   Division I – V Boys – Composite top 10 finishers in each weight class from the six (6) contested Regional Meets. Regional Champions automatically qualify. ~~Regional Champions not falling within the composite top 10 will automatically be placed in the 10th position.~~ Should a Regional Champion fall outside the composite top 10 finishers, he will enter the State Meet as the 11th lifter.

Division I – V Girls – Composite top 10 finishers in each weight class from the six (6) contested Regional Meets. Regional Champions automatically qualify. ~~Regional Champions not falling within the composite top 10 will automatically be placed in the 10th position.~~ Should a Regional Champion fall outside the composite top 10 finishers, she will enter the State Meet as the 11th lifter.

2) Breaking Ties in Total and Bodyweight:
   a) If two lifters tie with the same total, then bodyweight will determine where their rank will fall. The lifter with the lighter bodyweight will get the next higher spot.
   b) If a tie occurs between two lifters both having the same total and the same bodyweight, then both lifters will qualify for the State Meet.

~~Section 11.07 – 2) will be superseded by 11.07 – 1) in case a Regional Champion is outside the composite number of finishers set for Division I-V Boys and Girls.~~

Section XI.09 Extra Lifters

No "extra" lifters shall be allowed on a team at a Regional Championship.

Section XI.10 Regional Meet Results

Results of all Regional Meets will be sent to each Regional Director within ten (10) working days.

Section XI.11 Use of Tobacco Products

The use of all tobacco products is prohibited at all LHSPLA sanctioned Regional Meets.

Section XI.12 Meet Set Up Standards

All LHSPLA State and Regional Meets will have a standard lifting area setup. Each meet site must set up their lifting area as close as they can to the standards shown in the diagram in Section II, 1-a of the LHSPLA Rulebook. This set up is being done to clear the lifting areas around the platforms as to help with the expedition of the meet, the safety of the lifters and to help the officials have a clear line of sight.

The number of platforms at each Regional and State Meet will be determined by the LHSPLA Executive Committee in consultation with the Director of Officials. Wrapper Tags must be distributed and clearly marked to keep non-essential team members and personnel off of the platforms and out of the lifting area. All coaches in attendance at the meet must visibly display their LHSPLA Credentials.

Each Regional and State Meet site shall comply with the following recommended meet setup and clerical standard the day before, the day of, and after each sanctioned meet:

Meet Lifting Area Checklist:

1) Meet Floor Plan that complies with recommended LHSPLA specifications
2) Platform: Size, Surface, and Marked Boundaries that comply with recommended LHSPLA specifications
3) Bars, Plates, and Collars that comply with recommended LHSPLA specifications
4) Squat Racks and Bench Presses that comply with recommended LHSPLA specifications
5) Officiating lights that comply with recommended LHSPLA specifications
6) Loading Charts, Wire Brushes, Towels, Alcohol Wipes on Platform
7) Clearly defined and marked area for trackers
8) Warm-Up Area that complies with recommended LHSPLA specifications

9) Weigh-In Areas that complies with recommended LHSPLA specifications
10) Weigh-In/Check-In – Starts/Ends on time
11) MUST USE LHSPLA Documentation/Entry Fee/Waiver – Check-In Forms for each team

Required Meet Checklist:

1) Uniformed Security Officer present on site one hour before the start of the meet and will remain on duty during the duration of the meet.
2) Certified Medical Staff/Trainer/Safety Personnel on site during the duration of the meet
3) At least 1 computer/laptop for each table, and if using scoring program at least one printer at designated RESULTS computer to print results – Extra computers/laptops, projectors, paper, print cartridges, available copying machine
4) Overhead sheets, overhead projectors
5) LCD projectors and laptops at each table if using meet scoring program
6) Extra overhead projectors and sheets
7) Grease pencils, expeditor sheets
8) Wrapper and lifter tags
9) Hospitality room for Coaches Business Meeting, Meeting Room Pre-Meet Officials Meeting
10) Supervised entry points – Lifters/Coaches Only – Spectator Only
11) Assigned Media person to write pre-meet preview and submit post meet results and articles to local and regional newspapers.
12) Meet Liaison – this person will review all team entry fees, team fines, etc. with LHSPLA Treasurer or other EC Member at the beginning of the meet. All team information, Association Registration Fees (if applicable), Insurance Forms/Meet Waivers, and Equipment Waiver must be sorted in alphabetical order by team members last name, boys then girls, before they will be reviewed by the LHSPLA representative.

Meet Director Clerical Checklist:

1) Organize all team data to be checked during the meet
2) Provide a Regional Meet Financial Report within two weeks after the Regional Meet.
    a) Any member school who hosts a Regional Competition and fails to provide one of the following items:
        i) Regional Financial Report,
        ii) Completion of all payments to meet officials, and
        iii) Clears all trophy costs with the association within the two week time period following the hosting of a Regional Meet, will be fined $250.00.
    b) Also, until member schools that host Regional Meets settle up and make required payments to the association, their teams will only have a conditional entry into the State Meet. This will be lifted after they have paid their financial obligation to the association, and fine, if applicable.
3) Forward Regional Meet results, by email in specified format as determined by EC to the Secretary by 3pm on Sunday the day after the Regional Meets. Any Regional Meet results not submitted in specified format will not be accepted, and will be returned to the Meet Director for correction.
4) Provide updated documentation of new Regional and State records within one week of the completion of respective Regional Meet and forward them to the Vice-President.
5) Collect all Scholarship and Hall of Fame Nominations and forward them to the President.
6) Collect all proposed Constitutional amendments and rulebook changes and forward them to the President.

Each school that hosts a Regional agrees to pro-rate $5.00 per lifter to the LHSPLA to offset the cost of the LHSPLA's annual liability insurance policy. Each school agrees to comply with the recommended setup and clerical standards set forth in this article. The Regional Assignment Secretaries will assign meet personnel to inspect the meet setup at the Regional level the night before to determine if the setup meets recommended LHSPLA guidelines. The Rules Interpretation/Meet Protocol Committee will assign officials to inspect the meet setup at the State Meet site the night before to determine if the setup meets recommended LHSPLA guidelines. Another inspection will take place the day of the meet, using a prescribed meet checklist to see if the Regional Meet site meets recommended LHSPLA standards. A clerical checklist will be completed with the help of the Meet Liaison, appointed by the Meet Director, to determine if all clerical duties have been performed according to the recommended standards of the LHSPLA. The Association will fine the host school $50.00 per item in the meet checklist that they do not meet. If the host school does not use the LHSPLA Documentation/Entry Fee/Waiver Check-In Form, they will automatically be fined $50.00.

Section XI.13 Regional Meet Scoring

Regional Meets will be scored using the following guidelines.
~~7-5-3-2-1 (1st through 5th place)~~ 12-9-8-7-6-5-4-3-2-1 (1st through 10th place) – all weight classes both boys and girls

Section XI.14 Admission Price for Regional Meets

Admission price for all LHSPLA Regional Meets will be $12.00. Children five (5) and under will not be charged admission to the LHSPLA Regional mets. LHSAA Coaching Cards will be honored at all LHSPLA sanctioned meets along with a valid and legal I.D.

Article XII. LHSAA/LHSPLA State Meet

Section XII.01 Completion of Requisite Forms/Documents and Clearing of Fines

No member school shall be allowed to compete at their respective State Meet until they have cleared all fines with the Association that deal with late entry fines or improper paperwork issues.

Section XII.02 LHSAA/LHSPLA Meet Date

The LHSAA/LHSPLA Boys' and Girls' State Powerlifting Division I-V State Powerlifting Meets shall be conducted during the week established in Rule 17.1 of the LHSAA Handbook, Important Dates.

Section XII.03 Appointment of Meet Director

The meet host schools shall appoint the Meet Director.

Section XII.04 Organization and Administration of Meet

The organization and administration of the meet shall be left to the discretion of the meet hosts in accordance with the LHSPLA Rulebook and Constitution and LHSAA Constitution and By-Laws.

Section XII.05 State Meet Site

The meets shall be conducted at meet sites approved by the LHSAA and the LHSPLA Executive Committee that can meet the criteria listed in the recommended standard setup outline in Article XII,

Section 11 of the LHSPLA Constitution, and criteria listed in the LHSAA/LHSPLA bid packet (Appendage G).

Representatives from both the host schools, the LHSAA, and the LHSPLA must sign a contract outlining the responsibilities each party has in the operation and running of the LHSAA/LHSPLA State Powerlifting Meet.

Each host school must fill out a financial report based on the criteria set forth in the State Meet Contract and return copies to the LHSPLA President, LHSPLA Treasurer, and the LHSAA Executive Director within one week of the completion of each State Meet. Member schools hosting the LHSAA/LHSPLA State Meets that fail to provide a State Meet Financial Report within one week of the completion of the meet will be fined $250.00.

Member schools hosting any of the LHSAA/LHSPLA Division I-V State Meets must provide copies/or place on file with the LHSPLA documentation (Certificate of Insurance naming the LHSPLA, the event, and/or officials as additional insured on host school's liability policy) of their school's or school board's liability insurance policy that will cover the LHSAA/LHSPLA State Meet along with LHSPLA's and LHSAA's liability insurance coverage.

Section XII.06 Recognition of State Champions and State Meet Divisions

The State Mets shall be divided into five (5) divisions and will recognize State Champions (boys/girls) in each division.

Division I – Class 5A (Boys/Girls)
Division II – Class 4A (Boys/Girls)
Division III – Class 3A (Boys/Girls)
Division IV – Class 2A (Boys/Girls)
Division V – Class 1A, B and C (Boys/Girls)

Section XII.07 Requirements to Participate in State Meet

To participate in the State Meet a lifter shall qualify at a sanctioned LHSPLA Regional Powerlifting Meet. A lifter shall compete in the same weight class at the state meet that they qualified in at the Regional level of competition.

Section XII.08 Entry Fees, Scratching from Meet, Late Entries/Alternates

A $20.00 entry fee per powerlifter shall be sent by school check, made payable to the LHSPLA, to the LHSPLA State Meet Directors by the deadline established in Rule 17.1, Important Dates, in the LHSAA Handbook. The LHSPLA shall reimburse the LHSAA for any expenses incurred.

Schools that qualify lifters from the Regional Meet to the State Meet shall declare any scratches from those qualifying to the State Meet no later than noon by the deadline established in Rule 17.1, Important Dates, in the LHSAA Handbook It will be the responsibility of the school that scratches a contestant to notify the alternate school's qualifier by noon by the deadline established in Rule 17.1, Important Dates, in the LHSAA Handbook. Schools failing to scratch contestants prior to noon by the deadline established in Rule 17.1, Important Dates, in the LHSAA Handbook, shall be fined $20 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical

reasons or other unusual circumstances. Scratches to the State Meet shall be faxed to the State Meet Director on school letterhead signed by the coach and school principal.

If a qualifying contestant from the Regional Meet is scratched from a weight class and the alternate from the same weight class is not notified prior to noon on Monday of the State Meet week, the 11th place lifter (1st alternate) will be allowed to attend the state meet with their team. They will pay a $20 nonrefundable payment to the state meet director due when they turn in their team payment. This lifter will be allowed to weigh in with their team and lift in the state meet if any lifter in front of him/her dropped, missed weight, or can no longer lift on the night before or day of the meet.

Section XII.09 State Business Meetings

A quorum at the Semi-Annual General Business Meeting at the Division I-V State Meets shall consist of the active members present along with the Executive Committee members. Election of Hall of Fame Members, Awarding of Scholarships, and election of new officers (when applicable) will be the only association business taken care of at each respective Division I-V State Business Meeting. Voting will take place at each business meeting via secret ballot when voting for Hall of Fame Induction, Association Scholarships, or (when applicable) electing new officers: President, Vice-President, Secretary, Treasurer, and Director of Officials.

Order of Business at the Semi-Annual Business Meeting at the State Meets will be limited to:

1) Roll Call by President
2) Financial Report by Treasurer
3) Review of Meet Procedures/Protocol
4) Awarding of Scholarships (by division)
5) Election of Hall of Fame Members
6) Election of New Officers (when applicable)
7) Adjournment

Section XII.10 LHSPLA Scholarships

The LHSPLA will annually award five (5) scholarships, with a minimum value of $250, to deserving students from its member schools. The amount of scholarship awarded will be decided at the annual summer business meeting. Each scholarship will be awarded to a deserving student from each Division (I-V). The scholarships will be awarded based on a majority vote of the member schools present at each Division's State Meet Business Meeting. Scholarship applications must be turned in to the Meet Director at each school's respective Regional Meet.

Criteria for Application:

1) Member schools can nominate one boy and one girl scholarship applicant.
2) Each nominee must complete the online Google Form application by the date of the season's final Regional Meet. That application must include the following materials:
    A) Application completed by student;
    B) Essay provided by student 300-500 words;
    C) High school transcript;
    D) Coach's nomination form and nomination letter.

3) Five students will be awarded a minimum $250 scholarship. One student from each Division (I-V).
4) Only seniors can apply.
5) Student must have at least a 2.0 GPA.
6) School's LHSPLA registration fees must be paid in full by February 1st.
7) Application must be returned by the date of the season's final Regional Meet..
8) Scholarship monies will be sent directly to the colleges or universities where the winners are accepted and enrolled for the fall semester following their senior year in high school.
9) Scholarship winners must be accepted and enrolled at an accredited 4 year college or Junior College within one academic year of being awarded an LHSPLA scholarship. Failure to do so within this time period will forfeit that scholarship winner's scholarship award.

   The executive committee will assign a scholarship committee to read and vote on all scholarship applications. The voting must be completed 7 days prior to the start of the State Championships and will be presented to the students at their respective divisional championships.

Section XII.11 Trophies and Awards

The LHSPLA will be responsible for paying for all trophies and awards that are handed out at the Division I-V State Meets. The list of trophies and awards includes:

330 – 1st-3rd place medals for boys/girls Division I-V
110 – 1st place team medals for boys/girls Division I-V team champions – 11 medals per team
110 – 2nd place team medals for boys/girls Division I-V team runner-ups – 11 medals per team
10 – 1st place (State Champion) team trophies (Boys/Girls Meets)
10 – 2nd place (State Runner-Up) team trophies (Boys/Girls Meets)
10 – Outstanding Lifter – Light Platform Plaques (Boys/Girls Meets)
10 – Outstanding Lifter – Heavy Platform Plaques (Boys/Girls Meets)

Section XII.12 Composite Outstanding Lifter Award

After the completion of all five (5) Divisional State Meets, composite Outstanding Lifter Trophies will be awarded to the four (4) lifters (2 male, 2 female) with the highest Wilks Coefficient in the entire State Meet. One (1) male lifter (114-165 lb. wt. classes) and one (1) female lifter (97-148 lb. wt. classes) on the light platforms, and one (1) male lifter (181 – SHW wt. classes) and one (1) female lifter (165 – SHW wt. classes) on the heavy platforms for all divisions. All Outstanding Lifter Trophies will be named the Dr. Billy Jack Talton Award. The Coaches of the Year Awards will be supplied by the LHSPLA in using the same format that has been used in the past. The LHSPLA will also be financially responsible for the composite Outstanding Lifter trophies and the Coaches of the Year plaques. All of the awards listed above will be presented at the annual LHSPLA Summer Business Meeting that is held in conjunction with the LHSAA/LHSCA convention.

Section XII.13 All-State Award

After the completion of all five (5) Divisional State Meets the LHSPLA will select 1st Team, 2nd Team, and Honorable Mention All-State Lifters from the composite results of both the boys/girls meets. The criteria used to select All-State lifters in each composite weight class will be the top three (3) totals in each

composite weight class (boys/girls). The highest total in each composite weight class (boys/girls) will be 1st team All-State (11 boys/11 girls), second highest total will be 2nd Team All-State (11 boys/11 girls), and the third highest total in each composite weight class will be Honorable Mention All-State (11 boys/11 girls). In case of ties, both lifters will receive All-State recognition in the order they placed.

Section XII.14 Officials and Working Order

The Director of Officials, with the assistance of the Assignment Secretaries will determine the order in which officials work at the State Meet.

Section XII.15 Use of Highest Rated Officials

The LHSPLA will staff the sanctioned LHSPLA Regional and State Meets with highest rated officials that can be secured from its officiating pool. A certified official's attendance at one of the LHSPLA Official's Clinics is one of the things that will be taken into consideration when the LHSPLA Assignment Secretaries staff the sanctioned LHSPLA Regional and State Meets.

Section XII.16 Individual and Team Scoring

The State Meet shall be scored by individual weight class using the following guidelines:

1) Division I – Class 5A (Boys/Girls) – ~~7-5-4-3-2-1 (1st through 6th place)~~ 12-9-8-7-6-5-4-3-2-1 (1st through 10th place)
2) Division II – Class 4A (Boys/Girls) – ~~7-5-4-3-2-1 (1st through 6th place)~~ 12-9-8-7-6-5-4-3-2-1 (1st through 10th place)
3) Division III – Class 3A (Boys/Girls) – ~~7-5-4-3-2-1 (1st through 6th place)~~ 12-9-8-7-6-5-4-3-2-1 (1st through 10th place)
4) Division IV – Class 2A (Boys/Girls) – ~~7-5-4-3-2-1 (1st through 6th place)~~ 12-9-8-7-6-5-4-3-2-1 (1st through 10th place)
5) Division V – Class 1A, B and C (Boys/Girls) – ~~7-5-4-3-2-1 (1st through 6th place)~~ 12-9-8-7-6-5-4-3-2-1 (1st through 10th place)
6) ~~7-5-4-3-2-1 (1st through 6th place)~~ 12-9-8-7-6-5-4-3-2-1 (1st through 10th place) – all weight classes both boys and girls

Section XII.17 Use of Tobacco Products

The use of tobacco products is prohibited at all LHSAA/LHSPLA sanctioned State Meets.

Section XII.18 Admission Price for State Meets

~~Admission price for the State Meets will be $10.00. Children twelve (12) and under will not be charged admission to the LHSPLA State Meets.~~ Admission price for the State Meets will be determined by the meet director in consultation with the LSAA. LHSAA Coaching Cards will be honored at all LHSPLA sanctioned meets.

Article XIII. Amending Process

Section XIII.01 Amending the Constitution

The Constitution or Rulebook may only be amended at the Semi-Annual Business Meeting of the LHSPLA held in conjunction with the LHSCA coaching clinic in the summer. A two-thirds vote of the membership

is necessary to amend the Constitution or the LHSPLA Rulebook. However, no amendment or rule change shall be considered at the Summer Semi-Annual General Business Meeting of the Association unless submitted, in writing, to any member of the LHSPLA Executive Committee at least two weeks before the Executive Committee's Rulebook meeting. Only those proposals who have been timely submitted shall be reviewed and put up for consideration for the membership to take action on at the Summer Business Meeting. In order for a motion to be considered, the author of the proposed amendment or rule change must be present to represent his/her proposal, otherwise it shall be tabled until the next Semi-Annual General Business Summer Meeting. Pursuant to these requirements, the LHSPLA has a form to use when submitting a proposed amendment or rulebook change (Appendage H). This form requests certain information that will better assist the LHSPLA Executive Committee in reviewing a proposal that is being considered as an agenda item for its Summer Semi-Annual Meeting. Proposals for Rulebook and Amendment changes will be reviewed by the LHSPLA Executive Committee at their Annual Summer Rulebook Meeting. Similar proposals, proposals that are deemed unconstitutional or moot will not be added to the Summer Business Meeting agenda for consideration by the membership. The Rule or Amendment Proposal form must be completed fully, typewritten and signed and turned in at least two weeks before the Executive Committee's Rulebook meeting. A separate form must be used for each proposed amendment or rule change.

The Summer Semi-Annual General Business Meeting agenda will be available for the membership to review at least 15 days prior to the Summer Semi-Annual General Business Meeting. All proposals passed at the Summer Semi-Annual General Business Meeting will become effective immediately unless another effective date is specified in the proposal or said proposal has to be brought before the membership to the LHSAA for approval at their annual meeting in January.

Article XIV. LHSPLA Hall of Fame

Section XIV.01 Submission of Nomination

Hall of Fame nomination forms must be submitted to a Regional Director at a school's respective Regional meet. Scanned Hall of Fame nomination forms can also be submitted electronically as long as they meet the requirements for submission. (Appendage F)

Section XIV.02 Hall of Fame Nominee Categories

Individual Lifter, Coach, or Administrator. All nomination forms must be filled out completely and turned in within the time requirements for submission. Individual lifters must adhere to a 5 year waiting period before they can be nominated.

Section XIV.03 Review of Nominations by Executive Committee

All Hall of Fame nominees will be reviewed by the LHSPLA Executive Committee at a meeting that will convene at least one calendar week before the LHSAA/LHSPLA Division I-V State Meets. After discussing the nominees, the Executive Committee shall decide by majority vote whether or not to put a Hall of Fame nominee before the membership for approval (Article VI, Section 9). No more than 3 nominations per year (1 in each category) will be put up before the membership for their approval.

Section XIV.04 Waiting Period After Failed Endorsement

There will be a two (2) year waiting period before a nominee can be nominated again if the Executive Committee fails to endorse a HOF nominee. There will be a one (20 year waiting period before a nominee endorsed by the Executive Committee can come up before the membership for a vote.

Section XIV.05 Required Vote to Endorse

A 2/3 vote of the membership is necessary for an endorsed nominee to be elected into the LHSPLA HOF at the LHSAA/LHSPLA Division I-V State Meet Business Meetings.

Section XIV.06 LHSPLA Hall of Fame

The five (5) year waiting period will be waived for any Lifter, Administrator, Contributor, or Coach who is nominated posthumously to become a member of the LHSPLA Hall of Fame.

Section XIV.07 Formal Recognition of LHSPLA Hall of Fame

All new members of each Hall of Fame class that were voted in at the previous year's State Meet will be formally recognized at the following year's LHSAA/LHSPLA State Meet. All new Hall of Fame members will be presented their Hall of Fame Plaque in a ceremony during the opening ceremonies on Saturday before the 3rd day of the state meet. All new Hall of Fame members being recognized will be provided overnight accommodations, when applicable, along with map mileage for travel using the current parameters that are in place for Executive Committee travel. The LHSPLA will be financially responsible for Hall of Fame members' expenses. All current Hall of Fame members in attendance at the State Meet will be called on stage to be recognized and to also help welcome the newly inducted member(s) into the Hall of Fame.

Executive Committee Members (2025-2026)

President – John Burford - Covingth High School
Vice-President – Obie Sims - West Monroe High School
Secretary – Teresa Lavergne - Port Barre High School
Treasurer – Kirk Lavergne - Beau Chêne High School
Director of Officials – Casey Calderone - Northshore High School
North Regional Member-At-Large – Josh Barham - D'Arbonne Woods High School
South Regional Member-At-Large – Tom Beale - Northlake Christian High School
East Regional Member-At-Large – Darren Gremillion - Baton Rouge Magnet School
West Regional Member-At-Large – Alan Bryant - St. Louis Catholic High School
Central Regional Member-At-Large – Derek Toro – Leesville High School
Bayou Regional Member-At-Large – Kelly Magendie – Lutcher High School
LHSPLA Counsel – Marlon Harrison

Appendages

(a) State Record Application (APPENDAGE A)

APPLICATION FOR LOUISIANA HIGH SCHOOL
POWERLIFTING STATE RECORD

Date of application:

Competition (Regional, State):

Lifter's Name:

Weight Class: Bodyweight:

School:

Lift attempted: (Squat, Bench, Deadlift, or Total):

Amount Lifted:

This attempt listed above was performed satisfactorily at an LHSPLA Regional or State competition with three (3) LHSPLA recognized officials in the chairs. We, the undersigned, verify that the applicant listed above has met the criteria for being considered a new Louisiana High School Powerlifting Association record holder as witnessed by our signatures.

	Name/Signature	Certification
Head Official:		
Side Official:		
Side Official:		
*Meet Director/ *Records Chairman:		
Athlete:		

LHSPLA Recognized Officials: LHSPLA State

Please return this document to a member of the LHSPLA Executive Committee.

*Meet Director or Records Chairman can sign for verification.

(b) Regional Financial Report (APPENDAGE B)

LHSPLA Regional Meet
Financial Report

Host School: Regional Date:

Regional:

Refer to Article XII, Section 3 of the LHSPLA Constitution

Total Number of Lifters _____ x $5 = $ _____ per lifter pro-rated to the LHSPLA.

Please send checks to: **Louisiana High School Powerlifting Association**
PO Box 87151
Baton Rouge, LA 70879

_____ _____
Signature – Host Principal Signature – Regional Director

Date _____

(c) State Meet Financial Report (APPENDAGE C)

LHSAA/LHSPLA STATE POWERLIFTING MEET
Financial Report

Host School**:**

Meet: **20** **LHSAA/LHSPLA State Meet**

State Meet Dates:

March ___-___, 20___

Section I-A of the Division I – V State Meet Contract outlines how the gate revenues from the LHSAA/LHSPLA State Meet are to be distributed.

Section 1: Total – Admission Gate

Ticket # _____ to Ticket # _____ = _____ Total Tickets Sold

Total Tickets Sold _____X $10.00 = $ _____
Total - Admission Gate (Day #1- #3)

Section 2: Total Admission Gate Deductions (LHSAA Building Fund):

Total Tickets Sold _____X $2.00 = $ _____
Total Deductions

Section 3: Net Admission Gate Revenues

$ _____ - $ _____ = $ _____
Total - Admission Gate Total Deductions Net Admission Gate Revenues

Section 4: Admission Gate Distributions to LHSPLA and West Monroe High School:

$ _____ / 2 = $ _____
Net Admission Gate Revenues 50/50 split between LHSPLA and West Monroe

Please remit a check made payable to the LHSPLA for one-half (½) of the Net Admission Gate Revenues listed in Section 4 of this State Meet Financial Report

Please return form and check to:

Louisiana High School Powerlifting Association
P.O. Box 87151
Baton Rouge, LA 70879

_____
Principal

_____
LHSPLA Representative

_____
LHSAA/LHSPLA State Meet Director

_____
Date

(d) LHSPLA Registration Form (APPENDAGE D)

2025-2026 LHSPLA Registration Form

School:							
Parish (Not School District/LEA):							
Classification (circle one):	5A	4A	3A	2A	1A	B	C
School's Mailing Address:							

FOR ALL COACHES, CIRCLE FACULTY (F) OR NON-FACULTY (NF). ALL NON-FACULTY COACHES MUST HAVE COMPLETED THE NFHS FUNDAMENTALS OF COACHING COURSE BY 12/05/25 TO RECEIVE MEET CREDENTIALS. ZERO EXCEPTIONS.

Head Coach Boys:			F	NF
Head Coach Boys Email:				
Head Coach Boys Cell Phone #:				
Head Coach Girls:			F	NF
Head Coach Girls Email:				
Head Coach Girls Cell Phone #:				
Assistant Coaches:	1)		F	NF
	2)		F	NF
	3)		F	NF
	4)		F	NF
	5)		F	NF

5th ASSISTANT ONLY IF TEAM HAS ONE HEAD COACH FOR BOTH BOYS/GIRLS)

MEMBER SCHOOLS ARE LIMITED TO 6 TOTAL COACHES PER SCHOOL

(EACH MEMBER SCHOOL CAN HAVE 1 HEAD COACH AND A MAXIMUM OF 5 ASSISTANTS -OR- 1 BOYS HEAD COACH, 1 GIRLS HEAD COACH AND A MAXIMUM OF 4 ASSISTANT COACHES.)

Section 3: Administration/Sportsmanship/Coaching/Supervision – LHSAA By-Laws

3.4.6 A school shall be limited to four non-faculty coaches per sport and not more than 24 non-faculty coaches total per school year.

Principal's Name:	
Principal's Email Address:	
Principal's Signature:	

PLEASE FILL OUT THIS FORM AND RETURN IT WITH YOUR SCHOOL'S ASSOCIATION REGISTRATION FEE OF $200.00 TO THE ADDRESS BELOW. PLEASE MAKE ALL CHECKS PAYABLE TO LHSPLA. A VALID REGISTRATION FORM MUST BE RECEIVED BY THE ASSOCIATION, ALONG WITH A SCHOOL'S ANNUAL REGISTRATION FEE BY DECEMBER 5, 2025.

Louisiana High School Powerlifting Association

P.O. Box 87151

Baton Rouge, LA 70879

(e) LHSPLA Health Insurance/Meet Waiver Form (APPENDAGE E)

LHSPLA/LHSAA Health Insurance Information Form 2025-2026

This form shall be turned into the Meet Director before participation in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet will be allowed. Schools with group policies may submit a letter with their group policy information with a certified list of covered students. **The Meet Director has discretion to permit participation to accommodate unique circumstances regarding policy information.**
I have read and understand the above information as it pertains to (lifter's name)

_____ Sex: M___F___

participation in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet for the 2025-2026 Powerlifting Season.

Address:_____

City:_____, LA Date of Birth: _____

Currently attends the ___th grade at _____ High School

Is covered by (check one): Regular/Indemnity_____ PPO_____ HMO_____ Point of Service_____

Medicaid_____ (Medicaid number ***must*** be listed on this form if that is the Insurance Provider of choice by the meet participant, form will be ***null and void*** without a correctly listed ***Medicaid Number***.)

Name of Insurance Company: _____

Name of Policyholder: _____

Policy Number: _____ Group Name or Number: _____

2025-2026 LHSPLA/LHSAA Invitational/Tri/Regional/State Meet Waiver

The undersigned, with full knowledge of the hazards and inherent risks of physical and mental injury involved in powerlifting competitions hereby release(s) all rights (known and unknown), claims, and interest for *any* injuries and/or damages against the LHSPLA, LHSAA, host schools, meet directors, officials, spotters, and loaders as a result of the named lifter participating in an LHSPLA/LHSAA sanctioned Invitational/Tri/Regional/State Meet during the 2025-2026 powerlifting season.
This waiver also releases the LHSPLA from any claims of liability (known or unknown) related to the results of a sanctioned LHSPLA/LHSAA Invitational/Tri/Regional/State Meet being published on its website. A student may be identified by first name and/or first initial of the last and the name of their school.

_____Post my results on the LHSPLA/LHSAA website.

_____Do not publish my results on the LHSPLA/LHSAA website

I have read and understand all of the information listed above.

Lifter's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Coach's Signature: _____ Date: _____

(f) LHSPLA Hall of Fame Nomination Form (APPENDAGE F)

Louisiana High School Powerlifting Association

Hall of Fame Nomination Form

Nominee: _____

Category (Circle One): 1) Team 2) Individual Lifter 3) Coach

4) Administrator/Other:

School or Affiliation: _____

Accomplishment:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Sponsor: _____

Sponsor's Signature: _____

Date: _____

(g) LHSPLA State Meet Proposal Information (APPENDAGE G)

Division I – V State Meet Proposal Information

This agreement, made on the _____ day of _____ , 20___, by and between _____
High School, hereafter called the Host School, the Louisiana High School Powerlifting Association (LHSPLA) and the Louisiana High School Athletic Association (LHSAA), agrees as follows:

The following criteria shall be met by the host school to be considered as a possible host site for the 2021 LHSPLA/LHSAA State Powerlifting Meet:

1. The State Meet site shall comply with the following recommended meet setup and clerical standards the day before, the day of, and after the State Meet as recommended by the LHSPLA Rulebook and Constitution.

Arena Size and Parking Spaces:

a. Host school's gymnasium/arena shall have a minimum seating capacity of 1000 and shall have a minimum of 250 parking spots available for spectators adjacent to the host school's gymnasium/arena.
b. Host school shall have the space to park at least 20 school buses in a parking area adjacent to the gymnasium/arena where the meets are being contested.

Meet Lifting Area Checklist:

a. Meet Floor Plan that complies with recommended LHSPLA specifications
b. Platform: Size, Surface, and Marked Boundaries that comply with recommended LHSPLA scoring specifications
c. Bars, Plates, and Collars that comply with recommended LHSPLA specifications
d. Squat and Bench Press racks that comply with recommended LHSPLA specifications
e. Officiating Lights that comply with recommended LHSPLA specifications
f. Loading Charts, Wire Brushes, Towels, Alcohol Wipes on Platform
g. Clearly defined and marked area for trackers
h. Warm-Up Area that complies with recommended LHSPLA specifications
i. Weigh-In Areas that comply with recommended LHSPLA specifications
j. Weigh-In/Check-In – Starts/Ends on time
k. MUST USE LHSPLA Documentation/Entry Fee/Waiver – Check-In Forms for each team.

Required Meet Checklist:

a. Uniformed Security Officer present on site one hour before the start of the meet and will remain on duty during the duration of the meet.
b. Each platform will be staffed during competitive lifting.
There will be a minimum of three (3) and a maximum of five (5) spotter/loaders at each platform during competitive lifting for the duration of the meet.
c. Certified Medical Staff/Trainer/Safety Personnel on site during the duration of the meet. (LHSAA will staff the State Meet with Trainers) Trainers will be provided for the State Meets.

d. At least 1 computers/laptop for each table, and if using scoring program at least one printer at designated RESULTS computer to print results – Extra computers/laptops, projectors, paper, print cartridges, available copying machine
e. Overhead sheets, overhead projectors
f. LCD projectors and laptops at each table is using meet scoring program
g. Extra overhead projectors and sheets
h. Grease pencils, expeditor sheets
i. Wrapper and Lifter Tags – Color Coded by Meet
j. Hospitality Room for Coaches Business Meeting, Meeting Room Pre-Meet Officials Meeting. The hospitality room will need to be stocked with refreshments and staffed during the duration of all lifting sessions. A separate hospitality room for meet workers which includes table workers and spotter/loaders should also be stocked with refreshments and staffed during the duration of all lifting sessions.

Supervised Entry Points: Setup meet schedules and times for the gates to be opened one hour before the start of each meet.

a. **Spectators Only** –LHSAA will provide numbered wristbands for the spectator's gate. Host school is responsible for manning Spectator gate and keeping an accurate count of meet spectators.
b. **Academic All-State Team Members** – Will not be charged admission along with both of their parents at the general admission gate, all other relatives and friends have to pay for entrance into the meet.
c. **Media Gate** – for all working members of the press with proper credentials. Media outlets will ask for and receive their press credentials from the LHSAA.
d. **Coaches/Lifters/Participant Entrance** – Wrist bands for lifters and wrapper color coded for each session required. LHSPLA will provide LHSPLA member coaches with the meet credentials.
e. **LHSAA Coaches Gate** – LHSAA Coaches cards (2 per card) will be honored.

Meet Liaison:

a. This person will review all team entry fees, team fines, etc. with LHSPLA Treasurer or other EC Member at the beginning of the meet. All team information, Association Registration Fees (if applicable), Insurance Forms/Meet Waivers, and Equipment Waiver must be sorted in alphabetical order by team members last name, boy then girls before they will be reviewed by the LHSPLA representative.
b. Will be in charge of contacting and working with the LHSAA Marketing Director, to supervise the placing and hanging of LHSAA sponsors' banners in the gymnasium/arena. The LHSAA will be responsible for providing the signage to be used.
c. Contacting and working the LHSAA T-shirt vendor who has exclusive rights to design and sell t-shirts at LHSAA Championship Events. Host schools, sponsors, and vendors cannot sell t-shirts of any kind at the meet site before, during, or after the completion of the State Powerlifting Meet.
d. ***Design must meet the approval of both the LHSAA and the LHSPLA.***

Meet Director Clerical Checklist:

a. Organize all team data to be checked during the meet.

b. Provide a State Meet Financial Report within two weeks after the State Meet.
c. Provide updated documentation of new State Records within on week of the completion of respective State Meets, and forward them to the Vice-President.
d. Make sure that the host school provides copies/or places on file with the LHSPLA and the LHSAA, documentation of their school's or school board's liability insurance policy that will cover the State Meet along with LHSPLA and LHSAA's liability insurance coverage.

Financial Considerations:

a. **Financial Responsibilities to the LHSAA**: The LHSAA and the LHSPLA agree that all revenue from ticket sales and entry fees will go to the LHSPLA in return the LHSPLA will be responsible for all expenses incurred. The only financial consideration the LHSPLA must meet is the $2.00 per admission ticket donation to the LHSAA Building Fund, and will be responsible to the LHSAA for the cost of all trophies and awards.

b. **Financial Responsibility of the LHSPLA**:

i. The LHSPLA will be responsible for paying all officials that work at the Division I-V State Meets which includes: lodging, $0.50 per mile map mileage one-way, and a $15 per day per diem for one meal.

ii. The LHSPLA will be responsible for paying for all trophies and awards that are handed out at the Division I-V State Meets. The list of Trophies and Awards includes:

330 – 1st-3rd place medals for boys/girls Division I-V
110 – 1st place team medals for boys/girls Division I-V Team Champions – 11 medals per team
110 – 2nd place team medals for boys/girls Division I-V Team Runner-Ups – 11 medals per team
10 – 1st place (State Champion) team trophies (Boys/Girls Meets)
10 – 2nd place (State Runner-Up) team trophies (Boys/Girls Meets)
10 – Outstanding Lifter – Light Platform Plaques (Boys/Girls Meets)
10 – Outstanding Lifter – Heavy Platform Plaques (Boys/Girls Meets)

Financial considerations to the host schools:

a. **Meet Sponsorships:** The host school will be allowed to solicit sponsors for the State Championship event under the oversight and approval of the LHSAA. All State Championship sponsors must be pre-approved by the LHSAA Director of Marketing. No sponsors can be affiliated with tobacco companies including smokeless tobacco, casinos, gentlemen's clubs, etc. No sponsor can be in direct conflict with a sponsor that is already affiliated with the LHSAA. The LHSAA reserves the right to ask for a share of any sponsorship monies. The LHSAA will require a financial report consisting of all income and expenses of the State Championship event to include any and all sponsorships. If the LHSAA can find a title sponsor, they will receive all the revenues from that particular title sponsor.

b. **LHSAA will provide a hydration zone at State Meets** – They will set up coolers of PowerAde and Water. It will be the responsibility of the meet hosts to man and make sure that these products are used.

c. **Only Coca-Cola and PowerAde products** can be seen in the main lifting area of the arena. No other types of sport drinks or sodas can be present on the meet floor. Any types of drinks or foods can be consumed in the team areas or in the general admission stands.

d. **Meet Program:**
The host school MUST publish a State Meet Program that contains the following:
   i. A listing of any and all sponsors that the LHSAA requests,
   ii. A listing of all boy/girl State Meet participants seeded by weight class and division,
   iii. General information concerning the sport of powerlifting including up-to-date State Records,
   iv. The history of the LHSPLA and the sport of powerlifting in Louisiana.
   v. Recognition of the previous year's State Champions, including all Outstanding Lifter winners,
   vi. A listing of the LHSPLA Hall of Fame Members.

e. **Concession Revenues:** Host schools retain all revenues from concessions.

Gate/Entry Fees and Sponsorship:

a. **Gate Revenues:** The host school will retain all gate after the $2.00 per ticket assessment to the LHSAA Building Fund is subtracted from the gate total. The LHSAA will provide wristband tickets for spectators, a different color for each day of the meet. They will be numbered to help keep track of the number of fans attending the meet.

b. **Entry Fees/Fines:** The LHSAA will retain all revenues from entry fees and fines for late entries.

c. **Meet Sponsorships:** The host school will retain all revenues from meet sponsorships which include program advertisements and sales, in kind donations and vendor fee revenues that meet the approval of the LHSAA. The revenues from all meet sponsorships, including a financial report stating the source and amount of money received from each of these sponsorship/advertising/vending opportunities will be turned over to the LHSPLA by the host school. All of these sponsorship revenues will be returned to the host school after a completed State Meet Financial Report is completed by the LHSPLA and received by the LHSAA, the LHSPLA and the host school. All revenues from meet sponsorships must be paid in full within a week of the completion of the LHSPLA State Meets.

(h) LHSPLA Proposal Form to Amend Constitution or By-Laws of the Louisiana High School Powerlifting Association (APPENDAGE H)

APPENDAGE (H)

Proposal to Amend Constitution or By-Laws of the Louisiana High School Powerlifting Association
(Page 1 of 2)

Article 7 of the LHSPLA Constitution establishes the procedures by which the Constitution and By-Laws may be amended. Specifically; Article 7.2.2 - A member school principal may submit to the LHSAA written proposals for consideration at his/her class meeting or the general business session of the annual meeting no later than November 15 each year. Only proposals timely submitted shall be presented at class meetings or at the general business session of the annual meeting. Article 7.2.3 - In order for a motion to be considered, the principal proposing a rule change shall be present to represent his/her motion, otherwise it shall be tabled until the next annual meeting. Pursuant to these requirements, the LHSAA staff has developed this form to assist in submitting proposed amendments. This form requests certain information that will better assist the LHSAA staff in preparing your proposal for publication and the subsequent submission at the LHSAA Annual Meeting in January for its consideration. The form must be completed fully, typewritten and signed. Use a separate form for each proposed amendment. Make copies of this form if necessary.

Amendment Author(s):
School(s):

PROPOSED AMENDMENT – State exact verbiage of proposed amendment here. Use underlines to show additions and strike through to show deletions.
Example: Reword Article 19.9.1 to read as follows, “The quick brown red fox jumps over the lazy sleeping dog.”
Delete Article 23.2.1 and renumber subsequent articles.
Delete existing Article 15.2.1 and replace with new Article 15.2.1 to read as follows, “To be or not to be. That is the question.”
Create new Article 14.2.1 to read as follows, “No matter where you go; there you are.” Renumber all subsequent articles.
Take existing Article 12.4.2 and renumber it as Article 19.3.3. Renumber all subsequent affected articles.

Proposal to Amend Constitution or By-Laws of the Louisiana High School Powerlifting Association (Page 2 of 2)
INTENT OF PROPOSED AMENDMENT (Example: It is the intent of this proposed amendment that…)
RATIONALE FOR PROPOSED AMENDMENT (Example: The rationale, or reason, for the proposed amendment is …)
IMPACT OF PROPOSED AMENDMENT (Example: If adopted, this amendment would…)

(i) LHSPLA Sanctioned Invitational/Tri Meet Setup Standards Compliance Checklist (APPENDAGE I)

LHSPLA

Louisiana High School Powerlifting Association

LHSPLA SANCTIONED INVITATIONAL/TRI MEET SETUP COMPLIANCE CHECKLIST:

Checklist to be completed and approved by the Head Official-In-Charge before the start of any sanctioned LHSPLA Invitational or Tri Meet. Failure to meet any of the criteria listed below could result in either: a) the start time of the meet being delayed until all deficient checklist items are brought to recommended specifications or b) canceled entirely if the meet setup falls well below the standards recommended by the LHSPLA for meet setup specifications that are set forth in Article XII, Section 11 of the LHSPLA Constitution.

Meet Lifting Area Checklist:

a. Meet Floor Plan complies with recommended LHSPLA specifications
b. Platform: Size, Surface, and Marked Boundaries comply with recommended LHSPLA specifications
c. Bars, Plates, and Collars comply with recommended LHSPLA specifications
d. Squat Racks and Bench Presses that comply with recommended LHSPLA specifications
e. Officiating lights comply with recommended LHSPLA specifications
f. Loading charts, wire brushes, towels, alcohol wipes on platform
g. Clearly defined and marked area for trackers
h. Warm-Up Area complies with recommended LHSPLA specifications
i. Weigh-In Areas complies with recommended LHSPLA specifications
j. Weigh-In/Check-In – Starts/Ends on time
k. Spotter/Loaders briefing to outline their duties and to make sure they are aware of the proper way to spot lifters on each lift that will be contested at the meet

Required Meet Checklist (Clerical/Meet Site):

l. Uniformed Security Officer present on site one hour before the start of the meet and will remain on duty during the duration of the meet.
m. Certified Medical Staff/Trainer/Safety Personnel present on site, scheduled to remain on site for the duration of the meet.
n. At least 1 computer/laptop for each table, and if using scoring program at least one printer at designated RESULTS computer to print results – Extra computers/laptops, projectors, paper, print cartridges, available copying machine
o. Overhead sheets, Overhead projectors, LCD projectors and laptops at each table is using meet scoring program
p. Extra overhead projectors and sheets, grease pencils, expeditor sheets
q. Wrapper and lifter tags
r. Hospitality Room for Coaches Business Meeting, Meeting Room Pre-Meet Officials' Meeting
s. Supervised Entry Points – Lifters/Coaches Only – Spectators Only – There is enough available seating for both the spectators in the audience and for the lifters and coaches in the team area.
t. All meet entry forms have been vetted to confirm that all schools entered are properly registered members of the LHSPLA.
u. Meet Director provides a binder with the following information included: Certificate of Insurance for the meet, Copy of both the LHSPLA Constitution and Rulebook, LHSPLA Incident Report, LHSPLA Appeal Form, Host School Emergency Plan

LHSPLA

Louisiana High School Powerlifting Association

LHSPLA SANCTIONED INVITATIONAL/TRI MEET SETUP COMPLIANCE CHECKLIST:

This Invitational Meet Site has been inspected and meets the Meet Setup, Clerical and Meet Site recommended standards set forth in Article XII, Section 11 of the LHSPLA Constitution.

Because of the nature of Tri meets, exception will be made in the LHSPLA SANCTIONED INVITATIONAL/TRI MEET SETUP STANDARDS COMPLIANCE CHECKLIST for items b, g, i, j, l, m, q, r, and s when Tri meets are contested.
Note that a pre-meet inspection must be conducted by a certified LHSPLA official, and a minimum of 3 officials must be present during the contesting of a Tri meet.

LHSPLA Sanctioned Meet: _____

Date: _____

Meet Site: _____

# of Platforms: _____ # of Participants/Lifters: _____

Sanctioned meets cannot exceed the approximate 50 lifter per platform average unless the Meet Director has requested and gotten specific written permission from the LHSPLA President. Requests to exceed the suggested 50 lifter per platform limit should be received by the President by at least the Wednesday before the meet is contested.

LHSPLA Representative: _____
(Head Official-In-Charge, LHSPLA Assignment Secretary)

Invitational Meet Director: _____

This Meet Site has been inspected and meets the recommended Meet Setup, Clerical and Meet Site standard set forth in Article XII, Section 11 of the LHSPLA Constitution:

Approved: _____

This Meet Site has been inspected and DID NOT meet several of the recommended Met Setup and Meet Site Standards that deal with the safety of lifters competing in a meet set forth in Article XII, Section 11 of the LHSPLA Constitution:

Not Approved: _____

This Meet Site has been inspected and met the necessary safety measures recommended in Article XII, Section 11 of the LHSPLA Constitution to contest the meet. However, the host school will be fined $25.00 each for the infractions listed below. The payment of these fines for the infractions listed below must be taken care of before the host school's participation in their respective Regional Meet.
Infraction:

a)	b)	c)	d)
e)	f)	g)	h)
i)	j)	k)	l)
m)	n)	o)	p)
q)	r)	s)	t)
u)			

LHSPLA HEAD REFEREE MEET REPORT

MEET: _____ HEAD REFEREE: _____

DATE: HEAD REFEREE SIGNATURE:

ALL OFFICIALS WORKING LHSPLA INVITATIONAL/TRI-MEETS/REGIONAL AND STATE MEETS WILL BE RATED 1 (LOWEST) TO 5 (HIGHEST) ON THE FOLLOWING PARAMETERS LISTED TO THE RIGHT			DRESS CODE				PERFORMANCE OF JUDGING DUTES						TOTAL
OFFICIALS ROSTER			SHOES/BELT - BROWN/ BLACK, NO TENNIS SHOES	KHAKI PANTS	BLACK OR BROWN BELT	LHSPLA OFFICIALS SHIRT - TUCKED IN, OFFICIALS VEST W/TIE	ARRIVED IN A TIMELY MANNER	KNOWLEDGE OF RULES	INTERACTION WITH COACHES	APPLICATION OF RULES	PROFESSIONAL CONDUCT	WILLINGNESS TO AID IN THE CERTIFICATION OF NEW OFFICALS	
#	Name	Years of Experience											
1													0
2													0
3													0
4													0
5													0
6													0
7													0
8													0
9													0
10													0
11													0
12													0
13													0
14													0
15													0
16													0
17													0
18													0
19													0
20													0
21													0
22													0

MEET NOTES:

CONDUCT OF MEMBERS SCHOOL COACHES IN ATTENDANCE - INTERACTION WITH MEET OFFICALS, CONTROL OF THEIR TEAM

NOTES:

MEET VENUE - PROPER MEET SETUP

NOTES:

MEETING AREAS

COACHES	OFFICIALS
NOTES:	NOTES:

SPOTTER/LOADERS

NUMBER PER PLATFORM	LIFTERS PER PLATFORM

NOTES(RELIABILITY/EFFECTIVENESS);

TABLE WORKERS

NOTES:

DISQUALIFICATIONS

SCHOOL/COACH/LIFTER/VIOLATION: