

THSPA Official Rulebook 2026

Texas High School Powerlifting Association

"The Strongest Association in Texas"



THSPA

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Highlighted Text represents rule changes for the 2026 Season

I. GENERAL RULES OF ASSOCIATION

- A. Each school must pay a \$75.00 associational fee each year for its athletes to be eligible for competition in the T.H.S.P.A. The payment of T.H.S.P.A. dues must be postmarked no later than **January 24, 2026**. Payments received that are postmarked after **January 24, 2026** will be considered late and a \$200.00 fine will be assessed. The membership dues and fine must be paid and postmarked by **February 15, 2026** or the school's lifters will not be eligible for Regional or State Competition. No exceptions will be made. Schools who fail to pay dues but still compete in meets will be warned by letter from the association. If a second consecutive violation occurs then the school's athletes will be suspended for one season. Appeals must be directed to the Regional Director for review by the THSPA Executive Committee.
- B. All T.H.S.P.A. competitors at Regional and State competitions must be enrolled in a Texas Education Agency certified high school in the state of Texas, grades 9-12, and must be eligible for competition under the current U.I.L. standards.
- C. All competitors must be sponsored and coached by a full time staff member of his school. Training for competition is to be done using school facilities and under the direction of the above-mentioned coach. Home School students must be attached to the school district in which they reside and work out under the coach of the said district using that school's facilities in order to be eligible to compete in any T.H.S.P.A. competition. Competition in T.H.S.P.A. is restricted to males that meet the age requirements and limitations established by UIL. The definition of gender and age are determined by the athlete's birth certificate.
- D. T.H.S.P.A. competition is divided into four divisions as well as an unequipped division on the regional and state levels. Results from invitational meets, which are held between January 1st through the last qualifying date each year, will be sent to each Regional Director and rankings for regional qualification will be kept separate by divisions. All results and standings will be posted on the THSPA website.
1. Division 1 (6A-5A schools)
 2. Division 2 (4A schools)
 3. Division 3 (3A schools)
 4. Division 4 (2A-1A schools)
 5. Unequipped Division (6A-1A schools)

- E. Division classification will be determined when a school's state governing body of athletic competition (UIL, TAPPS, TCIL, etc.,) reclassifies and is based on the average daily attendance.

II. TEAM COMPETITION

- A. The T.H.S.P.A. recognizes the following lifts, which must be taken in the same sequence in all competitions conducted and approved by the T.H.S.P.A.
1. Squat
 2. Bench Press
 3. Deadlift
- B. Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift, counts toward his competition total. The winner of a weight class shall be the lifter who achieves the highest total. The remaining lifters shall be ranked in descending order of total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
- C. Three unsuccessful attempts on any of the three lifts will automatically eliminate the lifter from the competition and all totals and any records achieved are forfeited.
- D. Each school is allowed a maximum of twelve competitors spread throughout the range of the twelve weight classes. No more than three competitors from any one school may lift in any particular weight class for team points except at the regional or state meets. Schools may enter "A" or "B" teams if approved by the meet director in advance, but each will be designated at weigh-in and will compete as separate teams. Those competitors designated as "B" team or "extra lifters" will be eligible for all individual awards, but cannot receive the team points. If a "B" team lifter places in the top five in any particular weight class, the points earned for that placing will vanish. At regional and state meets, those qualifiers competing for team points must be designated at the weigh-in (maximum of twelve).
- E. Team point scoring for all individual, regional, and state meets will be 7, 5, 3, 2, 1 for the first five finishers in each weight class. Places are awarded on the TOTAL weight lifted in the three lifts: squat, bench press, and deadlift.
- F. Individual medals and team awards may be given to the first three or five places. In case of a tie, the team having the largest number of first place finishers will be ranked in the highest spot. If teams are also tied in points, and first place finishes, then the team with the most second place finishers will be classified first, and so on. If the schools are still tied after comparing all top five finishers of both

schools, then the Schwartz numbers of each team's medal winners/point scorers will be averaged to break the tie. Exception: At State and Regional level the Schwartz average will be ignored, not the place tiebreaker, for the Team Championship (1st place only).

- G. An invitational meet must consist of no less than three (3) different schools, having no less than five (5) competitors per school. **No dual meets are allowed.** All judges at **any** Tri/Quad meet must be T.H.S.P.A. certified. Any meet held on the last qualifying date must have all certified judges for each of the platforms. **All meets held throughout the year must meet the above criteria for those results to be accepted and posted by any regional director towards the regional standings.**

III. INDIVIDUAL COMPETITION

- A. Each lifter must establish a qualifying total in a T.H.S.P.A. certified invitational meet prior to the regional qualifying deadline. These meets are invitational meets in which each meet director can vary the structure of the meet. The allowance to vary meet structure does not extend to varying T.H.S.P.A. Rules of Performance.
- B. **A lifter shall NOT compete in more than one meet per week (Mon-Sat). Any lifter that violates this rule will have all totals from that week forfeited.**
- C. All invitational meet results must be received by the Regional Director(s) by 4:00 p.m. on the Monday following the invitational meet, or arrangements must be made with the Regional Director(s). All meet results must be sent by an attachment using the Powerscore software that is provided on the state website. If meet results are not turned in by this time, and no arrangements have been made, the Regional Director will have the option of refusing the results. The Regional Director(s) must receive results from meets held on the last qualifying date by 12:00 midnight on that last qualifying date. If meet results are not received by this time, they will not be recorded.
- D. Lifters who rank in the top twelve totals (including any ties at twelfth place) for their weight class in each region and in each division will qualify for regional meets. Rankings are listed and certified by the T.H.S.P.A. Regional Directors.
- E. Any lifter who qualifies in more than one weight class must declare to the Regional Director which weight class he intends to compete in at the regional level. This declaration must be made by the Monday following the last qualifying date before 4:00 p.m. If no declaration is made, the Regional Director will assign the lifter to the heaviest class in which he has qualified. Also, on this date and at this time, each school becomes responsible for the entry fee for each lifter they have qualified.

- F. Lifters may only compete in the weight class in which they qualify at both the regional and state level. Failure to make proper weight will eliminate the lifter from all competition.
- G. A lifter who qualifies for the regional meet may qualify for the state meet by either finishing first or second (ties at second place result in both lifters advancing to state) in his weight class or by posting a qualifying total for his class as follows:

114 – 850	220 – 1450
123 – 950	242 – 1500
132 – 1100	275 – 1550
148 – 1200	308 – 1600
165 – 1300	SHW – 1650
181 – 1350	
198 – 1400	

Totals posted at invitational meets cannot be used as criteria for state meet qualification.

- H. Each lifter, coach, and school must provide certified proof of scholastic eligibility under U.I.L. guidelines prior to competition at the regional and state level. These forms can be found on the website, www.thspa.us .
- I. Approved suits of some type must be worn in regional and state meets (one-piece singlet type).
- J. Coaches are required to notify Regional Directors if a regional or state qualifier cannot participate in these meets so the alternates may be allowed the opportunity to lift.
- K. **The entry fee for regional and state meets is \$35 per lifter.**
- L. State and regional records may only be established by lifts performed at the regional or state meets.

IV. LIFTING EQUIPMENT AND SPECIFICATIONS

A. PLATFORM

All lifts shall be carried out on a platform with an approved non-slip coating. Rubber mats, wood and other surfaces need to allow for firm footing and not be loose to the point that it could cause injury to the lifter.

B. BARS AND PLATES

For all powerlifting contests organized under the rules of the T.H.S.P.A., only barbells and plates are permitted. The use of bars or plates that do not meet the correct specifications will invalidate the meet and any records accomplished. The bar shall not be changed during an event (squat, bench, or deadlift) unless it is bent or damaged in some way as determined by the judges.

1. The BAR shall be straight and well knurled or grooved, should have a center section of knurls or grooves if used for squats, and shall conform to the following dimensions:
 - a. Total overall length not to exceed 7' and must weigh a minimum of 45 pounds
2. PLATES shall conform as follows:
 - a. All plates used in competition must weigh within .25 percent of their correct face value,
 - b. All plates must be clearly marked with their weight and loaded in the sequence of heavier plates innermost with the small plates in descending weight arranged so that they can read the numbers of each plate. The first and heaviest plates loaded on the bar must be loaded face in, with the rest of the plates loaded face out as weight is loaded

C. COLLARS

Collars must be used in all lifts of the competition. Collars may weigh 5 pounds each, 2 ½ pounds each, or be negligible weight as long as they are used in matched pairs and combined weight of the collars is used in the overall weight that should be loaded on the bar.

D. SQUAT RACKS

1. Squat racks should be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter/loaders. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position.
2. The squat rack shall be designed to adjust for various heights of lifters.

E. BENCH

1. The bench must be flat and level and be of sturdy construction, provide stability and conform to the following dimensions:
 - a. Length – not less than 4' and width between 11" to 14"

F. LIGHTS or FLAGS

1. A system of lights or flags shall be provided whereby the judges make known their decisions. Each judge will control two lights or flags to designate a “good lift” or “missed lift”.
2. The lights should be wired in such a way that they light up together and not separately when activated by the three judges. If this is not available, the head judge will give the verbal command “judges” at which point the judges will signify their decision by light or appropriately colored flag.

V. COSTUME AND PERSONAL EQUIPMENT EQUIPPED LIFTERS

A. THE LIFTING SUIT FOR EQUIPPED LIFTERS

The lifting suit for **equipped** lifters shall consist of a one-piece full-length suit of a one-ply stretch material without any additional patches or padding. The straps must be worn over the shoulders at all times while lifting in competition. The lifting suit shall also be subject to the following requirements:

1. It may be any color or combination of colors.
2. Emblems may be worn on the lifting suit as long as they do not aid the lifter during his lifting attempt.
3. Length of the leg must not exceed 6” from the middle of the crotch. Measurement is to be taken by making a line from the top seam of the crotch and measuring down the inseam of the leg from this line.
4. Any alterations to the costume, which exceed the established widths, lengths or thicknesses previously mentioned, shall make the suit illegal for competition.
5. Squat suits and/or singlets made of denim and/or canvas have been judged to unduly compromise the joint integrity of the young lifter, and so will not be allowed in T.H.S.P.A. competition.
6. Leotards with sleeves or high cut leg lines or any other lifting suit not meeting specification listed above are not permitted.
7. Suits that have straps that are too long may be stitched and if they are stitched the bar must be placed behind the stitching and the straps must stick straight up. No other means of gathering or twisting will be allowed, including using tape, wrist wraps etc.
8. Squat suits made of knee wrap material or having any other pieces that create more than a single ply are NOT allowed in T.H.S.P.A competition.
9. Suits made with adjustable velcro or other fastening devices are not allowed in THSPA competitions.

B. SHIRTS WORN WITH SUITS/SINGLET FOR EQUIPPED LIFTERS

A short sleeved or sleeveless shirt must be worn under the lifting suit/singlet during squat and bench press. A t-shirt in conjunction with a bench press shirt is not allowed. When a short sleeve t-shirt is worn, the sleeve must remain at least .25" above the elbow, but shall not be pushed or rolled up. When a sleeveless t-shirt is worn, it shall have a sewn hem at the shoulder. No cut off sleeves or tank tops will be allowed. The T-shirt must be made of lycra, cotton, polyester or a combination of the three. Other materials not per this specification are not permitted except as listed in V-B-4 to follow.

1. It may have a "V" or "U" shaped collar.
2. It may be of any color or combination of colors.
3. It shall not have any pockets, buttons, zippers, velcro, or collar other than per V-B-1.
4. Bench press shirts of a common commercially accepted design will be allowed. It shall consist of a one-piece, one-ply stretch material without any additional patches or padding. However, denim and/or canvas have been judged to unduly compromise the joint integrity of the young lifter, and so will not be allowed in T.H.S.P.A. competition. **Bench shirts that are made of elasticized material across the chest MAY NOT have a thickness of more than 6.2 mm across any portion of the chest of the shirt.**
5. Deadlift or upper torso support shirts of a common commercially accepted design will be allowed. It shall consist of a one-piece, one-ply stretch material without any additional patches or padding.
6. Emblems may be worn on the t-shirt in T.H.S.P.A. competition, but may not include obscene or suggestive designs.

C. UNDERGARMENTS FOR EQUIPPED LIFTERS

An athletic supporter or standard cotton or nylon underwear of a single ply may be worn under the lifting suit. Any other undergarments consisting of rubberized or similar stretch material are not permitted. Lifting briefs of a common commercially accepted design may be worn as underwear in conjunction with the lifting suit. Lifting briefs shall consist of a one piece, one ply stretch material without any additional patches, straps or padding. Any combination of underwear and lifting briefs is prohibited.

D. SOCKS

Socks may be of any color or combination of colors and shall not extend beyond the bottom surface of the kneecap. They shall not be of such length on the leg that they are underneath the knee wrapping or one-piece kneecap supporters when in use. This does not pertain to the piece of knee wrapping that is used to tie off the knee wrap.

E. FOOTWEAR

Shoes or boots shall be worn; the heels of which shall not extend laterally beyond the upper edge of the shoes. Shoes shall be taken to include boots, sport shoes, trainers, gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole. Shoes with metal, rubber or molded cleats or spikes are NOT permitted.

F. BELTS

A competitor may wear a belt. If worn it shall be on the outside of the lifting suit.

1. MATERIALS AND CONSTRUCTION

- a. The belt may be of any material and may have padding.
- b. If a leather belt is used, the tongue loop shall be attached by means of studs and/or stitching.
- c. The name of the lifter's nation, state, school, mascot, club, or name may appear on the outside of the belt. No excess decorations are allowed that could be considered jewelry and make the belt illegal.
- d. Belts with lever action buckles are allowed as long as they meet all other requirements mentioned above and below.
- e. Belts with velcro strapping are also allowed as long as they meet all requirements mentioned above and below.

2. DIMENSIONS

- a. Width of belt – maximum of 4 inches.

G. WRAPS

1. Only wraps of one-ply commercially woven elastic that is covered with polyester, cotton or a combination of either materials are permitted. Bandages of rubber or rubberized substitutes are strictly forbidden.
2. Wraps may be used as follows:
 - a. WRIST -Wraps not exceeding 39" in length and 3" in width may be worn. If wrist wraps are wrap-around type, they may have a thumb loop and velcro patch securing them. The thumb loop does not have to be worn over the thumb during the actual lift. A wrist wrap shall not extend beyond 4" above and 1" below the center of the wrist joint.
 - b. KNEES – Wraps not exceeding 3 meters in length and 3" in width may be used. A knee wrap shall not extend beyond 6" below the center of the knee joint and not to exceed 12" in both directions. These dimensions for wrap below the knee do not apply to the portion that may hang down as a loose tag after securing the wrap. Alternatively, an elasticized kneecap

supporter not exceeding 12” in length may be worn. A combination of the two is forbidden. Knee wraps that utilize a velcro closure are allowed.

H. BANDAGES

With permission of the judges or meet director, a trainer/coach may apply bandages or band aids to injuries on the inside of the hand, but in no circumstances must the bandage or band aid be excessive or continue around the back of the hand except to secure the said bandage.

I. INSPECTION OF COSTUME AND EQUIPMENT

1. A competitor participating in a sanctioned T.H.S.P.A. meet may be subject to an official inspection of his costume or personal equipment by judges and or meet directors at any time. Any costume or equipment that might be considered questionable should be brought to the judges or the meet director for approval prior to use.
2. If not previously carried out, the inspection of the costume and equipment can take place as the lifter is approaching the platform prior to their attempt.
3. Any competitor wearing a costume or using equipment during a lift inconsistent with items previously mentioned under Costume and Equipment shall be given a “no lift” after completion of the lift.
4. Hat/head coverings cannot be worn on the platform. Jewelry, including rubber bands, cannot be worn on the platform. Any competitor wearing hat/head coverings or jewelry (including rubber bands) during an attempt will be given a “no lift” after completion of the attempt.
5. IN GENERAL:
 - a. The use of powder, oil, grease or other lubricants on the body, costume personal equipment or lifting equipment is strictly forbidden.
 - b. Only powdered chalk (Magnesium Carbonate) may be applied on the hands, shoulders, knees and buttocks.
 - c. No foreign substance may be applied to any wrapping material or equipment.
 - d. No sniffing of any substance is allowed.
 - e. No head slapping or slapping to any part of the body is allowed by coaches or teammates. Any violation of this rule will result in a missed attempt for the lifter.
 - f. A violation of any of the above general rules may result in disqualification of the lifter from competition at the discretion of the meet director.

VI. COSTUME AND PERSONAL EQUIPMENT UNEQUIPPED DIVISION

A. THE LIFTING SUIT FOR UNEQUIPPED LIFTERS

The lifting suit for unequipped lifters shall consist of a one-piece full-length singlet of a one-ply non-stretch, non-elastic material (Ex. wrestling/track singlet). The straps must be worn over the shoulders at all times while lifting in competition. The lifting suit shall also be subject to the following requirements:

1. It may be any color or combination of colors. The singlet will be of solid colors and may include the school's name or logo but no other pictures, obscene designs, vulgar language or any other graphic that would be offensive will be allowed.
2. Emblems may be worn on the lifting suit as long as they do not aid the lifter during his lifting attempt.
3. Length of the leg must not exceed 8" from the middle of the crotch. Measurement is to be taken by making a line from the top seam of the crotch and measuring down the inseam of the leg from this line.
4. Any alterations to the costume, which exceed the established widths, lengths or thicknesses previously mentioned, shall make the singlet illegal for competition.
5. Singlets shall NOT be made of any stretch, elastic, denim and/or canvas material.
6. Singlets that have straps that are too long at the shoulders may be stitched and if they are stitched the bar must be placed behind the stitching and the straps must stick straight up. No other means of gathering or twisting will be allowed, including using tape, wrist wraps etc.

B. SHIRTS WORN WITH SINGLETS FOR UNEQUIPPED LIFTERS

A short sleeved or sleeveless shirt must be worn under the lifting singlet during squat and bench press. When a short sleeve t-shirt is worn, the sleeve must remain at least .25" above the elbow, but shall not be pushed or rolled up. When a sleeveless t-shirt is worn, it shall have a sewn hem at the shoulder. No cut off sleeves or tank tops will be allowed. The T-shirt must be made of lycra, cotton, polyester or a combination of the three.

1. It may have a "V" or "U" shaped collar.
2. It may be of any color or combination of colors.
3. It shall not have any pockets, buttons, zippers, velcro, or collar other than per V-B-1.

4. Emblems may be worn on the t-shirt in T.H.S.P.A. competition, but may not include obscene, vulgar or suggestive designs.

C. UNDERGARMENTS FOR UNEQUIPPED LIFTERS

An athletic supporter or standard cotton or nylon underwear of a single ply may be worn under the lifting singlet. Any other undergarments are prohibited.

D. SOCKS

Socks may be of any color or combination of colors and shall not extend beyond the bottom surface of the kneecap. The socks cannot be long enough that they are underneath a knee sleeve should those be worn by the lifter.

E. FOOTWEAR

Shoes or boots shall be worn; the heels of which shall not extend laterally beyond the upper edge of the shoes. Shoes shall be taken to include boots, sport shoes, trainers, gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole. Shoes with metal, rubber or molded cleats or spikes are NOT permitted.

F. BELTS

A competitor may wear a belt. If worn it shall be on the outside of the lifting singlet.

1. MATERIALS AND CONSTRUCTION

- a. The belt may be of any material and may have padding.
- b. If a leather belt is used, the tongue loop shall be attached by means of studs and/or stitching.
- c. The name of the lifter's nation, state, school, mascot, club, or name may appear on the outside of the belt. No excess decorations are allowed that could be considered jewelry and make the belt illegal.
- d. Belts with lever action buckles are allowed as long as they meet all other requirements mentioned above and below.
- e. Belts with velcro strapping are also allowed as long as they meet all requirements mentioned above and below.

2. DIMENSIONS

- a. Width of belt – maximum of 4 inches.

G. WRIST WRAPS

1. Only wrist wraps of one-ply commercially woven elastic that is covered with polyester, cotton or a combination of either materials are permitted. Bandages of rubber or rubberized substitutes are strictly forbidden.

2. WRIST -Wraps not exceeding 39" in length and 3" in width may be worn. If wrist wraps are wrap-around type, they may have a thumb loop and velcro patch securing them. The thumb loop does not have to be worn over the thumb during the actual lift. A wrist wrap shall not extend beyond 4" above and 1" below the center of the wrist joint.

H. KNEE SLEEVES

Knee sleeves that are a continuous cylinder and commercially designed are allowed. The knee sleeves can be no thicker than 7mm and no longer than 12". There can be no velcro, additional padding, or other strapping on the sleeves. No traditional knee wraps are allowed in the unequipped division.

I. BANDAGES

With permission of the judges or meet director, a trainer/coach may apply bandages or band aids to injuries on the inside of the hand, but in no circumstances must the bandage or band aid be excessive or continue around the back of the hand except to secure the said bandage.

J. INSPECTION OF COSTUME AND EQUIPMENT

1. A competitor participating in a sanctioned T.H.S.P.A. meet may be subject to an official inspection of his costume or personal equipment by judges and or meet directors at any time. Any costume or equipment that might be considered questionable should be brought to the judges or the meet director for approval prior to use.
2. If not previously carried out, the inspection of the costume and equipment can take place as the lifter is approaching the platform prior to their attempt.
3. Any competitor wearing a costume or using equipment during a lift inconsistent with items previously mentioned under Costume and Equipment shall be given a "no lift" after completion of the lift.
4. Hat/head coverings cannot be worn on the platform. Jewelry, including rubber bands, cannot be worn on the platform. Any competitor wearing hat/head coverings or jewelry (including rubber bands) during an attempt will be given a "no lift" after completion of the attempt.
5. IN GENERAL:
 - a. The use of powder, oil, grease or other lubricants on the body, costume personal equipment or lifting equipment is strictly forbidden.
 - b. Only powdered chalk (Magnesium Carbonate) may be applied on the hands, shoulders, knees and buttocks.
 - c. No foreign substance may be applied to any wrapping material or equipment.

- d. No sniffing of any substance is allowed.
- e. No head slapping or slapping to any part of the body is allowed by coaches or teammates. Any violation of this rule will result in a missed attempt for the lifter.
- f. A violation of any of the above general rules may result in disqualification of the lifter from competition at the discretion of the meet director.

VII. POWERLIFTS AND RULES OF PERFORMANCE

GENERAL RULES OF POWERLIFTING FOR ALL LIFTS

At the discretion of the platform's judges, a lifter who intentionally drops or dumps a bar in the squat or deadlift events shall be disqualified from further competition and no total will be posted. The decision from judges must be unanimous. No previous warning is required; this rulebook and/or coaches' pre-competition meeting shall serve as a "first-warning".

Any lifter or coach, who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, which includes profanity or unprofessional conduct toward an official, may be disqualified at the discretion of the platform judges or rules committee. The coach or lifter must be officially informed of the disqualification. The decision from judges must be unanimous. This rulebook will serve as the first and only warning.

Any competitor wearing a costume or using equipment during a lift inconsistent with items previously mentioned under Costume and Equipment will be given a "NO LIFT"

The lifter is allowed one minute in which to start his attempt after the bar has been called ready for his attempt. If he does not start his attempt within this time allowance, the time keeper will call time and the Chief Judge shall give the audible command "Rack" or "Down" depending on the lift. The lift will be declared "No Lift" and the attempt forfeited. When the lifter touches the bar within the prescribed time allowance, the clock will be stopped. However, if the lifter touches the bar in an attempt to stop the clock and disengage the bar to adjust his costume, belt or to receive instructions from his coach, the Chief Judge will declare a "No Lift". The lifter may adjust the belt or costume on the platform, but the adjustment has to be made within the one minute time limit.

The lifter shall face the front of the platform on Squat and Deadlift.

The lifter shall not hold the collars, sleeves, or plates anytime during the performance of the Squat or Deadlift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the sleeve.

No more than five, and no less than three spotter/loaders shall be on the platform at any time. More spotters may be used at the discretion of the Meet Director. The lifters' coach

or teammates may be enlisted in removing the bar from the racks and/or spotting but may NOT coach or encourage the lifter in any way during the course of the attempt. During bench, if a coach is spotting he may stay behind the lifter for safety, and the head judge will move so he can properly see the chest of the lifter to give the “press” command.

If failure of an attempt was due to an error by one or more of the spotter/loaders, the lifter may be given an additional attempt of the same weight at the Chief Judge’s discretion. This attempt will occur at the end of the round. If a lifter is following himself in the order of lifting, after completion of his initial lift there will be a 3 minute allowance prior to calling the bar ready. The lifter will then have one minute in which to start his attempt.

The phrase "Upright Position" is defined as the torso being in a vertical position, with the hips, knees, and ankles aligned in a straight line.

The lifter should observe/follow the Chief Judge's signals at the commencement and/or completion of the lift.

A. SQUAT RULES

1. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loader shall not assist the lifter any further with regards to proper positioning, foot placement, bar positioning, etc.
2. The bar shall be held horizontally across the shoulders with fingers gripping the bar and thumb in contact with the bar. Feet shall be flat on the platform with the knees in a stationary and stable position. Opening and closing of the hands or fingers/thumbs during the lift will be allowed as long as they are returned to their original position.
3. There shall be no shifting of the feet laterally, backwards or forward, between the “Squat” and “Rack” command. The lifter’s heel or toe may rise from the platform as long as when returned to the platform it is in the original location.
4. The lifter shall wait for the Head Judge's signal, motionless in an upright, stationary, and stable position. The signal will be given as soon as the lifter is properly positioned or is in what is determined by the Head Judge to be the lifter's elected start position. The Head Judge's signal shall consist of a downward movement of the arm and audible command "Squat".
5. Upon receiving the Chief Judge’s signal, the lifter must lower the body until the top surface of the legs at the hip joint is lower than the top of the kneecaps.
6. The lifter must recover at will, without double bouncing or any downward movement to an upright position with his legs in a stationary and stable position.

7. There shall be no Contact of the elbows or upper arms with the legs.
8. There shall be no contact with the power rack supports, as the lifter is attempting recovery to an upright position, that results in downward movement of the bar or is judged to have assisted or saved the lift.
9. The signal to replace the bar will consist of a backward motion of the hand. and the audible command "Rack." Once the "Rack" command has been given, the spotters may assist the lifter in racking the weight. The lifter must continue to support the bar until it is safely returned to the rack, but the first step does not have to be forward as long as the lifter is making a bona fide attempt to return the bar to the racks.
10. If a lifter initiates his squat attempt prior to the "Squat" command, the Chief Judge will wait until the lifter finishes his "unofficial" attempt and demonstrates motionless control of the bar in a stationary, stable, and upright position before giving the "squat" command. Thus, the judges will only judge an attempt that is started after the "squat" command. If the lifter racks the bar after an "unofficial" attempt, that attempt is disqualified, and the lifter forfeits that attempt.

B. BENCH PRESS RULES

1. The front of the bench press bench must be placed on the platform with the back of the rack facing the Chief Judge.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. His shoes must be flat on the floor and shall not contact the bench or its supports. This position must be maintained between the "Press" and "Rack" signals.
3. To achieve firm footing, the lifter may use plates or blocks, not exceeding 7" in height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 18"x18". Movement of the plates or boxes under the lifter's feet or contact of the plates or boxes with the bench support will not be subject to a missed lift.
4. The lifter must grip the bar with the fingers and thumb wrapped around the bar. A grip that does not include the thumb being wrapped around the bar will be deemed illegal. The spacing of the hands shall not exceed 32 inches measured between the forefingers.
5. After receiving the bar the lifter shall lower the bar, unassisted to his torso and await the judge's signal.

6. The signal to commence the lift shall be the audible command "Press" and will be given as soon as the bar is motionless on the torso.
7. After the signal to commence the lift has been given, the bar is to be pressed vertically, with no downward motion, until arms are fully extended and held motionless. Once the bar is fully extended and motionless the Chief Judge will give the "Rack" command.
8. The lifter shall not let the bar sink into the chest after receiving the judge's "Press" signal.
9. The bar should not rest directly on a fold of the Bench Shirts between the "Press" and "Rack" commands
10. Contact with the bench uprights during the press that results in downward movement of the bar or is judged to have assisted or saved the lift shall not be allowed
11. If a lifter initiates his bench attempt prior to the "Press" command, the Chief Judge will give no command. The lifter may start the process again by lowering the bar to his torso, holding it motionless, until receiving the "Press" command. Thus, the judges will only judge an attempt that is started after the "Press" command. If the lifter racks the bar after an "unofficial" attempt, that attempt is disqualified, and the lifter forfeits that attempt.

C. DEADLIFT RULES

1. The bar must be laid motionless horizontally in front of the lifter's feet, gripped with both hands, and lifted with an upward movement until the lifter is standing in an upright position. The lifter may roll the bar to his shins as long as THE BAR comes to a stop before the lifting motion begins
2. Any deliberate attempt to raise the bar will count as an attempt. Pulling the slack out of the bar is NOT considered a deliberate attempt and is not subject to a missed lift
3. There shall be no supporting of the bar on the thighs, as a means to assist the lift, during the performance of the lift
4. There shall be no downward movement of the bar before it reaches the final position.
5. There shall be no lateral movement of the feet, or stepping backward or forward after initiating the pull, prior to the "Down" signal. The lifter's heel or toe may rise from the platform as long as when returned to the platform it is in the original position.

6. The Chief Judge's signal shall consist of a movement of the hand and the audible command "Down". The signal will be given when the bar is motionless and the lifter is in their apparent finished position.

VIII. WEIGHING-IN

T.H.S.P.A. does not condone the practice of a lifter losing and/or gaining excess amounts of body weight. Lifter well-being and safety should be at the forefront when determining which weight class a lifter will compete.

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

114 lbs.	148 lbs.	198 lbs.	275 lbs.
123 lbs.	165 lbs.	220 lbs.	308 lbs.
132 lbs.	181 lbs.	242 lbs.	Super Heavyweight

*Each of these weights is the **maximum** legal body weight to lift in that particular weight class.

- B. Weighing-in of the competitors must take place no earlier than 2 ½ hours before the start of the competition for a particular category. All lifters in the category must attend the weigh-in. which will be carried out in the presence of appointed officials for that category.
- C. The weigh-in period will last 1 1/2 hours **or** until all lifters have been weighed. The remaining time before the commencement of lifting will be used for the purpose of final competition preparation.
- D. Any weigh-in procedure which does not take place "on-site" (i.e. "honor system weigh-in", "call-in weigh-in") is strictly prohibited. A Regional Director must not accept results from an invitational where the weigh-in procedure is in conflict with T.H.S.P.A. Rules and By-laws.
- E. Lifters must be weighed nude or in appropriate underwear, which complies with the specifications set out in the appropriate section of the rulebook and which does not effectively change the lifter's weight. If a question exists regarding weight of undergarments, a re-weigh in the nude may be requested.
- F. Each lifter may only be weighed once. Only those whose body weight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the hour and one half allowed for the weigh-in; otherwise they will be eliminated from the competition for that body weight category. Lifters trying to make weight may be reweighed as often as time and orderly progression allows. A lifter may only be weighed outside the time limit of one one-half hour if he presents himself within the time limit, but due to the

number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one reweigh at the discretion of the judges.

- G. If two lifters register the same body weight at the weigh-in and eventually achieve the same total at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receives an award. In such circumstances, the same procedure will be adopted to determine the record holder. At the regional meet, any lifters who tie at second place will re-weigh for awards and team points but both lifters would advance to compete at the state meet.
- H. Opening weights shall be declared by the lifter at the weigh-in for all three lifts (squat, bench and deadlift) and may not be changed after the lifter's card is turned in.
- I. Early weigh-in will only be allowed at regional and state meets. Invitational meets shall have a single weigh-in time, and said weigh-in shall take place on the day of the invitational.

IX. THE "ROUND SYSTEM," BAR LOADING PROGRESSION, AND WEIGHT CHANGES AFTER DECLARATION

- A. All T.H.S.P.A. meets will use the "rounds" system of competition. Each lifter will take his first attempt in the first round, his second attempt in the second round, and his third attempt in the third round. Weights will be in pounds with a minimum progression of five pounds per attempt.
- B. Where 10 or more lifters are competing in a session, groups ("flights") may be formed consisting of approximately equal numbers of lifters. It is suggested that groups be formed when 15 or more lifters are competing in the same session. A flight can be composed of a single weight class or any combination of weight classes at the discretion of the meet director.
- C. During competition, the bar is loaded progressively. The lifter requiring the lightest weight will lift first. The bar cannot be reduced in weight once a lift has been performed with the weight announced. Therefore, it is necessary for a lifter or his coach to observe the progressive loading of the bar and be ready to make his attempt at the chosen weight. At no time will the weight of the bar be lowered within a round except for errors as described in Section X, and then only at the end of the round.
- D. Second and third attempts shall be submitted within one minute of the lifter's prior completed attempt. If no attempt is given within one minute of the lifter's prior completed attempt, the lifter's subsequent attempt shall be increased by 5 lbs.

- E. All attempts in the second and third rounds shall be equal to or greater than the previous attempts.
- F. All rounds shall be governed by the order of increase in weight; therefore, the lifting order will change from round to round. The order of lifting is always from the lowest to the highest weight. When two lifters are attempting the same weight, their lifting order is originally determined by lot numbers, and subsequently determined by the order in which the subsequent attempts are submitted to the expeditor.
- G. After an original declaration of weight attempt, a lifter will be allowed two changes (“bumps”) of weight on second and third attempts during the competition. Each lifter will be allowed a maximum of two weight changes throughout the course of the meet. These changes must be made by a coach prior to an individual lifter being called to the bar and the bar is properly loaded. The bar is not considered to be loaded until it is loaded for that particular lift. A lifter may bump (up or down in weight) to a weight as long as it is not less than a previous attempt or less than what is loaded on the bar. Once loaded, weight can never be taken off the bar (collars included).
1. Example #1 – Lifters A, B, C and D are all scheduled to attempt a 500-lb. deadlift. As lifter B is lowering his successful attempt, lifter C’s coach bumps lifter C’s attempt to 550 lbs. CORRECT INTERPRETATION of Item #G.
 2. Example #2 – Lifters A, B and C are all scheduled to attempt a 500 lb. deadlift, while lifter D is scheduled to attempt a 550 lb. deadlift. As lifter D’s coach sees that lifter C’s attempt is unsuccessful, he bumps lifter D’s attempt down to 500 lbs. CORRECT INTERPRETATION of Item #G and #H, as long as lifter D had not previously attempted greater than 500 lbs.
 3. Example #3 – Immediately after lifter A’s attempt at a 500 lb. deadlift, the Speaker/Announcer declares the bar loaded for lifter B. Lifter B’s coach then approaches the Expeditor about bumping up to a different weight. INCORRECT INTERPRETATION of Item #G.
 4. In the round following an unsuccessful attempt at a 500 lb. deadlift, lifter A bumps to a 475 lb. third attempt. INCORRECT INTERPRETATION of Item #G.

X. Order of Competition

- A. The Meet Director will appoint the following officials:
1. Expeditors, Time Keepers (Preferably the Chief Judge on each platform), Scorers/Table Workers, Spotter/Loaders

B. Responsibilities of the officials are:

1. The expeditor is responsible for the efficient running of the competition at their platform. He arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight. He announces the weight required for the next attempt and the name/number of the lifter. When the bar is loaded and the platform cleared from lifting, the Chief Judge will indicate the fact to the expeditor, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the expeditor should then be displayed upon some type of scoreboard or projection screen erected in a prominent position for each platform.
2. The Time Keeper is responsible for accurately recording the time lapse between the announcement that the bar is "loaded" and the lifter starting his attempt. He is also responsible for recording the time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds.
3. The lifter is allowed one minute in which to start his attempt after the bar has been called ready for his attempt. If he does not start his attempt within this time allowance, the time keeper will call time and the Chief Judge shall give the audible command "Rack" or "Down" depending on the lift. The lift will be declared "No Lift" and the attempt forfeited. When the lifter touches the bar within the prescribed time allowance, the clock will be stopped. However, if the lifter touches the bar in an attempt to stop the clock and disengage the bar to adjust his costume, belt or to receive instructions from his coach, the Chief Judge will declare a "No Lift". The lifter may adjust the belt or costume on the platform, but the adjustment is made within the one minute time limit.
4. If a lifter is following himself in the order of lifting, after completion of his initial lift there will be a 3 minute allowance prior to calling the bar ready. The lifter will then have one minute in which to start his attempt.
5. Once a clock is running for a lifter, it can only be stopped by the completion of the one minute time limit, by the start of a lift, or at the discretion of the Chief Judge. Consequently, it is of great importance that the lifter or his coach check the height of the squat racks prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the racks must be made within the lifter's one-minute time allowance, unless the required adjustment is due to an error by a meet or platform official.
6. The definition of the start of an attempt depends upon the particular lift being performed. In the squat and the bench press, the start is to coincide with the judge's commencement signal. Refer to "Judge", Item C. In the deadlift, the start is when the lifter makes a determined attempt to raise the bar.
7. Scorers/table workers are responsible for collecting the weight of the required attempts from the lifters or their coaches and passing the information without delay to the speaker. The expeditor will approach the lifter immediately after an attempt and

- request the weight required for the next attempt. The lifter is allowed one minute between completing his last attempt and informing the expeditor of the weight required for his next attempt.
8. Scorers/table workers are responsible for accurately recording the progress of the competition.
 9. Spotter/Loaders are responsible for loading and unloading the bar, adjusting squat racks or benches as required, cleaning the bar or platform at the request of the Chief Judge, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. At no time shall there be less than two or more than five spotter-loaders on the platform. When the lifter prepares for an attempt on a squat or bench, the spotter/loaders may assist him in removing the bar from the racks. However, they should not touch the bar from the commencement command until the completion command. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter/loaders may, either at the request of the judges or the lifter himself, step in and relieve the lifter of the bar. If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of his own, he may be awarded another attempt at the same weight at the discretion of the judges at the end of the round.
- C. During competition, only the lifter and his coach, members of the rules committee, officiating judges and spotter/loaders will be allowed around the platform. During the execution of a lift, only the lifter, spotter/loaders and the judges are permitted to be present on or in contact with the platform.
1. Teammates or coaches filling the role of spotter/loader on squat, bench or deadlift will be considered platform workers and are prohibited from coaching or encouraging the lifter.
 2. Coaches are allowed to encourage their lifters from the sides and back of the platform only and must not:
 - a. be in contact with the platform at any time during the execution of the lift,
 - b. obstruct the judges view of the lifter,
 - c. or impede the normal flow of the competition.
 3. Coaching is not allowed from the front/head (Chief Judge side) of the platform. Coaching or encouragement from a location inconsistent with those specified or while in contact with the platform may, at the discretion of the judges, result in "no lift".
 4. Coaches/teammates are not to attempt to relocate spotters/loaders. If there is a perceived need to relocate a spotter/loader, the coach/teammate shall make the request for adjustment with the judge located closest to the spotter/loader in question. Whether the spotter/loader relocates is at the discretion of the judge. The
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primary responsibility of the spotter/loader during the execution of a lift is to ensure lifter safety. Judges are to ensure that the spotter/loader position best addresses this responsibility. However, positioning of the spotter/loader should be to allow an unobstructed view by judges so they can assess the lift, and should also consider the coach's similar need.

- D. Other than the initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself for an attempt.
- E. If during the competition, a lifter suffers injury, the official doctor has the right of examination. If he considers it inadvisable for the lifter to continue, the doctor may, in consultation with the Rules committee, insist upon the lifter retiring from the competition. The coach must be officially informed of such a decision.
- F. All appeals are subject to the rules committee at regional and state meets as well as invitational meets if such a committee is appointed. All decisions are final.
- G. A break may take place between the completion of one lift and the commencement of another, i.e., between the squat and the bench press, and between the bench press and the deadlift.
- H. The Meet Director will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the expeditor. His decision will be given to the expeditor who will make the appropriate announcement.

XI. EXAMPLES OF ERRORS IN LOADING

- A. If the bar is loaded lighter than the weight originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the erroneous light attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
- B. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
- C. If the loading is not the same on each side, any change occurs on the bar or plates during the execution of the lift, or the platform is disarranged and the lift is successful, the lifter may take the attempt or elect to take the attempt again. If the original attempt is not successful, the lifter will be granted a further attempt.

- D. If the expeditor makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Meet Director will make the same decisions as for errors in loading.
- E. If for any reason it is not possible for the lifter or his coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses his attempt because the expeditor omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt at the end of the round.

XII. JUDGES

- A. The judges shall be three in number: A chief or head judge and two side judges.
- B. The Chief Judge is responsible for giving the necessary signals for all three lifts.
- C. All judges are responsible for accurately assessing the performance of the lift as per the rules of competition. ***The only exception is that the chief/head judge shall not call depth on squat.***
- D. Signals required for the three lifts are as follows:

Lift	Commencement	Completion
Squat	A visual signal consisting of downward movement of the arm together with the audible command "Squat"	A visual signal consisting of a backward movement of the arm together with the audible Command "Rack".
Bench Press	Audible command "Press". If the lifter is deaf, the Chief Judge may give a visual signal to the lifter.	A visual signal consisting of a movement of the arm towards the judge together with the Audible signal of the command "Rack".
Deadlift	No signal required	A visual signal consisting of a downward movement of the arm with the audible of the command "Down".

- E. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the judges will announce their decisions by means of the lights or flags. One color for a "good lift" and another for "no lift."
- F. The three judges must arrange themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Judge must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift.

- G. Before the contest, the judges shall jointly ascertain that the platform and competition equipment complies in all respects with the rules. Defective equipment is to be discarded.
- H. During the contest the judges must jointly ascertain that:
1. The weight of the loaded bar agrees with the weight announced by the expeditor. Judges may be issued loading charts for this purpose.
 2. On the platform the lifter's costume is consistent with requirements under V. COSTUME AND PERSONAL EQUIPMENT. If any judge has reason to doubt a lifter's integrity in this respect, he must after the completion of the lift, inform the Meet Director of these suspicions. The three judges may then examine the lifter's costume and personal equipment. If he is found guilty of wearing anything inconsistent with previously stated requirements, the attempt will be deemed "no lift".
- I. A judge shall not attempt to influence the decisions of the other judges.
- J. The Chief Judge may consult with side judges, the rules committee, or any other official as necessary in order to expedite the competition.
- K. Selection of judges will be the responsibility of the Regional Directors and the State Executive Committee for all regional and state meets. All judges for these meets must be T.H.S.P.A. certified.
- L. For all invitational meets, at least one judge at each platform must be certified by T.H.S.P.A. Any Tri/Quad meets held must have all certified judges. Any school hosting a T.H.S.P.A. certified meet on the last regional qualifying date of the invitational meet season must provide certified judges for each of the three judge positions at each platform.
- M. At the discretion of the meet director, a rules committee may be formed to ensure that the technical rules are correctly applied. Although not required T.H.S.P.A. recommends that a rules committee be appointed for all invitational meets.
- N. During the competition the rules committee may, by a majority vote, replace any judge whose decisions, in its opinion, prove him to be incompetent. The judge concerned must have received a warning prior to any action of dismissal.
- O. The impartiality of judges cannot be doubted, but a mistake in judging can be committed in good faith. In such a case, the judge shall be allowed to give his explanation for making the decision, which is the subject of his warning.

- P. If a serious mistake occurs in the judging which is contrary to the technical rules, the rules committee may take appropriate action to correct the mistake. They may, at their discretion, grant the lifter a further attempt.
- Q. The rules committee shall not at any time overrule or change the decisions of the judges.
- R. No video or pictures shall be reviewed by either judges or the rules committee for the purpose of overturning a judge's decision. All results are final at the conclusion of the meet
- S. T.H.S.P.A. recommends a fee of \$125.00 for all certified judges for any invitational meet.

XIII. DRUG TESTING POLICIES

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

- A. The T.H.S.P.A. reserves the right to drug test, using an approved lab of its choice, at the State and Regional Championships by way of urinalysis for the presence of prohibited substances.
- B. The T.H.S.P.A. considers the following to be prohibited substances:
 - 1. Anabolic Steroids, including testosterone and related compounds
 - 2. Natural and Synthetic Growth Hormone
 - 3. Psychomotor Stimulants
 - 4. Drugs used as masking agents
- D. Random drug tests may be administered at the state and regional meets to discourage the use of substances that may be harmful to the athlete's physical and psychological development. Competitors chosen as subjects for drug testing should be drawn at random from each weight class. Any lifter refusing this test, or any lifter who tests positive, will be disqualified from competition. In cases where team and individual awards and points are involved, these points and/or awards will be given to the next highest finisher in the competition.
- E. Any lifter testing positive for prohibited substances is automatically disqualified from the competition for which he was tested positive and all totals and any records achieved are forfeited.