POWERLIFTING

STATE MEET

All Class.............................................................. April 30 – May 1

I - GENERAL RULES AND REGULATIONS

(1) The Montana High School Association will promote, provide for and control all interschool powerlifting activities among the member schools.

(2) Any high school student participating in any meets or tournaments in powerlifting must meet all MHSA eligibility requirements, including the award and amateur rules. USPA rules will be used for all competition except for rules that are in violation of MHSA rules.

(3) MHSA powerlifting weight classes:

<table>
<thead>
<tr>
<th>Weight Class</th>
<th>Minimum</th>
<th>Maximum</th>
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<tbody>
<tr>
<td>114 lbs.</td>
<td>148 lbs.</td>
<td>205 lbs.</td>
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<tr>
<td>123 lbs.</td>
<td>165 lbs.</td>
<td>220 lbs.</td>
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<tr>
<td>132 lbs.</td>
<td>182 lbs.</td>
<td>245 lbs.</td>
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<tr>
<td>140 lbs.</td>
<td>198 lbs.</td>
<td>275+ lbs.</td>
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(4) Competitors will wear school-approved appropriate powerlifting attire. Competitors will follow USPA uniform guidelines for Raw Division competition.

Adornments on clothing or headwear will not advertise drugs or alcohol or contain offensive material as deemed inappropriate by the meet director. Participants must be appropriately attired during competition or they will be disqualified.

Each participant must be dressed appropriately during all competition.

(5) Powerlifting will be classified as all class until the spring of 2022.

(6) The Montana High School Association Executive Board shall establish the starting date for practice and the first allowable date when any powerlifting meet can be held. No individual shall participate in any association powerlifting contest until he has a minimum of fifteen (15) days of practice of at least one practice session per day on fifteen (15) different days (no practice permitted on Sunday) prior to the date of the first allowable game.

The initial fifteen (15) practices for each individual must be completed as a comprehensive, regularly scheduled team practice with the full coaching staff.

When determining what constitutes a MHSA practice that satisfies the language above in (5), the following criteria must be applied:

1. Practice must be at least one (1) hour long.
2. At least one full squad (varsity team/J.V. team) and their coaching staff must be present.
3. The athlete must participate in the entire practice.
4. Practice should include the majority of drills and conditioning that are the norm for that team or squad.
5. A practice the day of a meet does not count (unless an athlete is practicing with another squad that does not have a competition that day, i.e. a varsity team member who stays home and practices with the JV team that does not have a competition that day).
6. Warm-ups or walk-throughs with the team prior to a powering date does not constitute a practice.

If a student begins his fifteen days of required practices and that period of days is interrupted by sickness, injury or academic ineligibility for a period of two weeks, then the student shall be required to practice an additional five (5) days and to produce a doctor’s release.

Athletes participating on teams competing in MHSA post season play, which overlaps the beginning of the next MHSA sanctioned activity starting practice date, may be credited for practices during the overlap period toward meeting the minimum practice requirement of the overlapped activity season.

(7) The powerlifting season starts on the second Monday of January.

(8) The powerlifting season officially closes with the end of the state tournament for the classification of the school concerned.

(9) Five (5) dates of competition shall be the maximum number per individual lifter excluding association sponsored tournaments. A two-day meet counts as two days of competition towards the season limitations.

(10) For an athlete to be eligible to compete in post season competition, he must compete in at least two (2) Association-sanctioned meets during the regular MHSA powerlifting season. Only a medical waiver from a certified physician stating that an athlete has sustained an injury preventing him from competing until that time will be accepted as a condition to be exempted from this rule. The high school for which the student will participate must file a request with the MHSA Executive Director for consideration of a waiver of this rule.

(11) The use of any communication devices by participants (i.e. cell phones, walkie-talkies, or headphones) during any powering meet is prohibited.

(12) No school is required to take part in any contests or athletic events, but once entered, teams are obligated to participate in a contest or athletic event to its normal conclusion unless the contest is terminated by mutual consent of the school officials involved due to unusual weather or game conditions, or situations which could be hazardous to participants or spectators. Any coach is prohibited from unilaterally refusing to play.

If a school fails to complete contests or athletic events that they have entered, the violating school would be subject to penalties as deemed appropriate and necessary by the Executive Director.

No school is required to take part in any meet or tournament, but when once entered under the plan outlined, schools shall carry out their part of the program in fairness to all other schools represented. Any team taking part in season play is automatically entered into the first tournament held in that district or in that division. That team shall not be allowed to withdraw from playing in such tournament with the specific approval of the Executive Director. The penalty for violation shall be as outlined under Penalties, Article VIII, Section (2).

(13) The MHSA prohibits any use and/or possession of tobacco, alcohol or other mood altering drugs during competition. Violation will cause the coach or participant to be disqualified from further participation in that event.

(14) Hair devices made of soft material or unadorned hair devices, such as bobby pins, barrettes, or hair clips, no longer than two inches, may be worn to control a player’s hair. Hair adornments made of soft material and no more than two inches wide may be worn.
II – GENERAL RULES FOR POST SEASON POWERLIFTING MEETS

(1) One state powerlifting meet will be held. The state meet will include schools from Class AA, A, B and C.

(2) For Classes AA, A, B and C schools may enter a maximum of 12 competitors to constitute their team, with a maximum of two (2) competitors entered in one individual weight class. All competitors will be scored at the state meet.

(3) The meet manager shall appoint a person(s), to be a head referee/judge for the squat, bench press and deadlift competition. It is recommended that head referee/judge not be students or student-athletes.

(4) Disqualification:

   A. The Head Referee may impose a penalty for unsporting behavior (i.e. use of inappropriate language, disrespect of meet officials or other disruptive behavior). Penalty for unsporting conduct, 1st offense is a warning. A 2nd offense will be disqualification from the rest of the meet.

   B. A competitor disqualified for violating rules in squat, bench press or deadlift under the Rules of Powerlifting of the United States Powerlifting Association will be permitted to participate in subsequent rounds of the meet. The competitor will not be eligible for any overall award or recognition.

(5) The state meet facility shall not be made available for practice purposes for any tournament team member during the days when the tournament is in progress or at any time during the seven-day period immediately preceding the opening of the tournament, except when the site is a team’s home facility. Regular season and/or post-season meets scheduled during the seven-day period preceding the state meet on the site are allowed.