

SECTION 17: POWERLIFTING PILOT PROGRAM

Rules in this section shall apply to both boys' and girls' powerlifting unless otherwise specified.

17.1 BASIC RULE

- 17.1.1** Beginning with the 2012-12 school year, the LHSAA shall allow member schools to field a team in an interscholastic pilot program in the sports of boys' and girls' powerlifting which shall be organized and conducted under the following rules.
- 17.1.2** During the pilot program period, the powerlifting regional and state competitions shall be conducted under the auspices of the Louisiana High School Powerlifting Association (LHSPLA) and is NOT an official state tournament sanctioned by the LHSAA.
- 17.1.3** After the 2010-11 powerlifting season, these sports shall be studied to determine the feasibility of declaring them state championship sports or to continue them as a pilot program.

17.2 IMPORTANT DATES

2011-2012 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 8, 2011 - Sunday, November 27, 2011	6th - 21st	Weight training/conditioning permitted. No practice/contests allowed.
Monday, November 28, 2011	22nd	1st Practice (Medical, parents' permission, and substance misuse forms must be on file.
Monday, January 2, 2012	27th	1st Regular Season Meet (Eligibility must be filed online.)
Wednesday, February 22, 2012	34th	Entries/Intent to Enter Regional Meets - All Regions
Friday, March 2, 2012 and Saturday, March 3, 2012	35th	LHSPLA Regional Meets - All Regions
Saturday, March 24, 2012	38th	LHSPLA State Meet (Division II)
Thursday, March 29, 2012, Friday, March 30, 2012 and Saturday, March 31, 2012	39th	LHSPLA State Meet (Division I)
Sunday, April 1, 2012 - Saturday, May 12, 2012	40th - 45th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, May 14, 2012	46th	Summer Rules Begin

17.3 CONTEST LIMITS

- 17.3.1** Week: (Sunday-Saturday)
1. A team shall be limited to one meet per week.
- 17.3.2** School Day Contest: A school shall not compete during instructional time (Monday-Friday) during the regular season. This rule is explained in by-laws in Section 9: "Athletics and Instructional Time."

17.4 GENERAL

- 17.4.1** Schools shall play using the current Technical Rules of the Louisiana High School Powerlifting Association (LHSPLA). A copy of the rules can be downloaded and printed from the LHSAA website (www.lhsaa.org).
- 17.4.2** Schools may field boys' teams and/or girls' teams.
- 17.4.3** A student participating in the sport of powerlifting shall meet all LHSAA eligibility requirements. If a participant is not LHSAA-registered in another sport, he/she shall register with the LHSAA prior to his/her first regular season competition. An eligibility list shall be filed with the LHSAA online via the LHSAA Members' Only website www.lhsaaonline.org.
- 17.4.4** A team may be coached by a faculty or a certified non-faculty coach. The school supervision rule shall apply when a team participates in an interscholastic meet. If a school enters no more than two contestants in a meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA certified non-faculty coach from any other school/school.

system entered in the meet if both schools' principals give written permission. The written permission shall be presented to the meet director prior to the start of the meet.

17.4.5 All LHSAA sportsmanship rules and other applicable rules of conduct shall apply.

17.4.6 **Competition shall be divided into the weight classes as adopted by the LHSPLA.**

17.5 **REGIONAL MEETS** (Boys and Girls)

17.5.1 Regional meets shall be conducted prior to the state meet to qualify individual contestants.

1. The boys' and girls' regional meets shall be conducted during the weeks established in Rule 17.2, Important Dates, in this section.

17.5.2 A \$20.00 entry fee per powerlifter shall be sent by school check made payable to the LHSPLA along with a list of participants in the regional meet by the deadline established in Rule 17.2, Important Dates, in this section.

17.6 **STATE MEETS**

17.6.1 The boys' and girls' state powerlifting meet shall be conducted during the week established in Rule 17.2, Important Dates, in this section.

17.6.2 The state meet shall be divided into two divisions:

Division I Classes 5A, 4A, and 3A

Division II Classes 2A, 1A, B, and C

17.6.3 A \$20.00 entry fee per powerlifter shall be sent by school check made payable to the LHSPLA along with a list of qualifiers to the state meet by the established deadline.

