



Oklahoma Girls Powerlifting Coaches Association

RULES 2023

2023 AMENDMENTS

- General Rules - Rule 1:
 - “The OGPCA permits lifters from the school years 6th grade to 12th grades” (6th grade added in 2023).
- General Rules - Rule 5A:
 - “The state meet will be held at Dickson High School until a decision by the Board is made on changing the state meet venue.”
 - *AMENDMENT in 2022 for the 2023 Season:* “The state meet host will be by application and voted upon by the OGPCA Board of Directors to select the site.”
- Weighing In - Addition of Rule 8:
 - “During weigh-in, one lifter cannot have contact with any other person or object while on the scale. This may result is disqualification from the meet.”
- Judges / Referees - Addition of Rule 12:
 - “There shall be no use of video review in any manner.”



2023 REGIONALS

- Regional Competitions will be either Monday, February 27th.
 - A North/South split of Interstate 40
 - The North Region will be held at the Miami Civic Center in Miami
 - The South Region will be held at a place to be determined.
 - Qualifiers will be 5 per weight class
 - At-Large bids will be the next 5



2023 STATE MEET

- The OGPCA State Meet will be on Monday, March 6th
- Large School and Small School Team Champion will be awarded
 - Small School = 2A Girls Basketball and below
 - Large School = 3A Girls Basketball and above



WEIGHT DIVISIONS

The following bodyweights have been approved by the OGPCA board

Invitational Junior High School Body Weight Divisions

108 – 121 – 136 – 150 – 165 – 181 – HWT

Invitational High School Body Weight Divisions

108 – 121 – 136 – 150 – 165 – 181 – 198 – 220 – HWT

GENERAL RULES

The following bodyweights have been approved by the OGPCA board

Junior High Regional and State Meet

Body Weight Divisions

108 – 121 – 136 – 150 – 165 – 181 – HWT

High School Regional and State Meet

Body Weight Divisions

108 – 121 – 136 – 150 – 165 – 181 – 198 – 220 – HWT

GENERAL RULES

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

- A. Squat
- B. Bench Press
- C. Deadlift



GENERAL RULES

These three events will be used to achieve a total amount of weight lifted. The rules apply to all levels of competition. Each competitor is allowed three attempts on each event.

The winner of the category shall be the lifter who achieves the highest total. The remaining lifters shall be ranked in descending order of total. If two or more lifters achieve the same total, the lighter lifter termed by bodyweight ranks above the heavier lifter. Competition takes place between lifters in categories defined by body weight.

GENERAL RULES

All coaches are required to attend a rules meet every year before participation in any OGPCA Meet including Regional and State Meets.

On online rules assessment shall be completed for verification of a rules meeting.

Coaches must be OGPCA members and complete the rules meeting for the safety and security of the athletes.

GENERAL RULES

Total Weight Lifted

- 1st Place – 12 points
- 2nd Place – 10 points
- 3rd Place – 8 points
- 4th Place – 7 points
- 5th Place – 6 points
- 6th Place – 5 points
- 7th Place – 4 points
- 8th Place – 3 points
- 9th Place – 2 points
- 10th Place – 1 point

For a lifter to earn total team points, she must earn at least one lift in the Squat, Bench Press and Deadlift.

A team does not lose points if a competitor is injured during competition.

GENERAL RULES

Each Individual Lift

1st Place – 6 points

2nd Place – 4 points

3rd Place – 3 points

4th Place – 2 points

5th Place – 1 point



GENERAL RULES

- The card is always official
- 1 minute to report from when the number is called
- 1 minute to give the next lift attempt
- Bump Rule: A lifter can only bump her weight on the third attempt of an individual lift. All competitors must have completed their second attempt before bumping. She can bump until her number is called.
- Regional rosters must be submitted by the Friday preceding regional competition.

RULES

Squat

- The lifter must enter and exit the rack opposite the bar.
- Belts must be worn throughout the lift.
- Thumbs must be wrapped opposite the fingers around the bar. No suicide grips allowed.
- If the wrap comes in contact with the floor at any time during the lift, it is a no lift.
- No bailing out. It can result in a disqualification. It is the judge's decision.
- Two commands: Squat and Rack.

RULES

Bench Press

- Two feet, butt, back and head must be in contact with the floor and the bench at all times. If lifter begins with an arch, she must stay with an arch.
- Feet can be on plates, but not on the bench.
- Thumbs must be wrapped opposite the fingers around the bar. No suicide grips allowed.
- Wraps can be worn and the thumb does not have to be inside the loop.
- No belts are allowed.
- Two Commands: Press and Rack.

RULES

Deadlift

- The lifter must enter and exit the platform from the back. She cannot step over the bar.
- Belts must be worn.
- Thumbs must be wrapped opposite the fingers around the bar. No suicide grips allowed.
- No bailing out (dropping or slamming the bar). It can result in a disqualification. It is the judge's decision.
- Bar cannot become stationary
- Inaudible command of the head judge's hand raised signals ready to lift. Hand down signals to set the weight to the ground.

RULES

Miscellaneous rules of note:

- General Rules - Rule 1:
 - “At Regional and State Levels, Head Powerlifting Coaches at each school will be responsible for his/herself and all his/her Assistant Coaches to attend a rules meeting to better the quality of judging overall.”

RULES

Miscellaneous rules of note:

- Equipment and Specifications - Rule 6:
 - Uniform: The lifting attire shall consist of a T-shirt and gym shorts of one-ply material without any additional patches or padding and will be subject to the following requirements:
 - (1) It may be of any color(s).
 - (2) The lifting attire may bear the badge, emblem, logo, and/or inscription of the lifter's school.
 - **(3) Only non-supportive type attire may be worn.**
 - (4) Seams may be protected or strengthened by narrow gauge webbing or stretch material.
 - (5) Length of shorts must be such that knee shows.
 - (6) Any alterations to the costume which exceed the established widths, lengths, or thickness previously stated shall make the attire illegal for competition.
 - (7) No hats, skull caps, headbands, earbuds, and cell phones.
 - (8) No tank tops.

RULES

Miscellaneous rules of note:

- Equipment and Specifications - Rule 8:
 - Socks: Socks must be worn and will be subject to the following requirements:
 - (1) They may be of any color(s).
 - (2) They shall not be of such length on the leg that they come into contact with any knee wrapping or kneecap supporter when in use.
 - (3) Full-length leg stockings, tights or hose are strictly permissible, but are subject to being deemed illegal if viewed as an advantage by the judges.

RULES

Miscellaneous rules of note:

- Equipment and Specifications - Rule 14:
 - Additives:
 - (1) The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
 - **(2) Magnesium carbonate is the only substance that may be added to the body and attire.**
 - (3) No foreign substances, including baby powder, may be applied to equipment or wraps.

RULES

Miscellaneous rules of note:

- Judges / Referees - Rules 7 through 11:
 - 7. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
 - 8. A referee shall not attempt to influence the decisions of the other referees.
 - 9. The chief referee may consult with the side referees, the Appeals Committee or any other official as necessary in order to expedite the competition.
 - 10. The Head Referee has the ability to override the other referees based on any rules violation on or off the platform.
 - 11. The selection of a referee to act as chief referee in one category does not preclude his/her selection as a side referee in another category.

Website

This presentation and rules meeting does not include all of our association's rules and standards.

The complete list of our bylaws can be found on our website.

www.OGPCA.com

