

General Rules of Oklahoma Girls Powerlifting Coaches Association

The Board of Directors consists of an Executive Director, President, Vice-President, and two Chair members. The Past Presidents will serve in voting delegations. All rule changes will require a majority vote of the current board and past presidents as tie breakers.

1. 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

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. Any exceptions are explained in the appropriate section of the rulebook. 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. For ties see under "General Rules for Weighing In" Rule Number 5. Competition takes place between lifters in categories defined by body weight. The OGPCA permits lifters from the school years 6th grade to 12th grades. Each lifter will have each of the following requirements to participate in an OGPCA event:

- A. Competition in the Oklahoma Girls Powerlifting Coaches Association is restricted to females that meet grade requirements and limitations by the OGPCA Board of Directors. The definition/establishment of gender and age are determined by the athlete's birth certificate.
- B. Each lifter must have a current physical on file at their school
- C. Each lifter must be academically eligible
- D. Each lifter must have proof of residency on file with their school
- E. Each lifter must have a coach at the meet that is a member of the OGPCA

Participation in OGPCA Powerlifting as a team or individual is at the discretion of the member school and/or coach.

All Coaches must be members of the OGPCA (including lay coaches) and there will be a limit of three coaches per school on the floor at any time. All coaches are required to attend a rules meeting every year before participation in any OGPCA Meet including Regional and State Meets. These meetings will be held at the Oklahoma Coaches Association Summer Clinic and/or an online presentation followed by a short assessment. Coaches must be OGPCA members and attend rules meeting for the safety and security of the athletes. Failure to attend a rules meeting will result in a \$100 fee and an individual rules meeting with an area host or board member at their convenience.

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.

2. The Oklahoma Girls Powerlifting Coaches Association sanctions the following championships:

- A. OGPCA Regionals
- B. OGPCA State Meet

3. The Oklahoma Girls Powerlifting Coaches Association recognizes and registers for the same event within the categories described hereunder; each host site can use regional and state weight divisions if they so choose:

Invitational High School Body Weight Divisions

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

Invitational Junior High School Body Weight Divisions

97 – 108 – 121 – 136 – 150 – 165 – 181 – HWT

Junior High School Regional Meets Body Weight Divisions

97 – 108 – 121 – 136 – 150 – 165 – 181 – HWT

High School Regional Meets Body Weight Divisions

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

Junior High School State Body Weight Divisions

97 – 108 – 121 – 136 – 150 – 165 – 181 – HWT

High School State Meet Body Weight Divisions

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

4. Voting Delegates for the Oklahoma Girls Powerlifting Coaches Association:

A. President, Vice-President, Chair, Chair, **Chair (Added in 2025)**

B. Past President

C. If a voting delegate is involved in the subject being voted on, then he/she will step out and another past president will step in and vote in his/her place.

5. Oklahoma Girls Powerlifting Coaches Association State Meet:

A. The state meet host will be by application and voted upon by the OGPCA Board of Directors to select the site.

B. The Voting Delegates will decide if a change needs to be made on the venue of the of the State Meet.

6. Oklahoma Girls Powerlifting Coaches Association Regional Meets:

A. North – Hosted by Fairview High School

B. South – Hosted by Tishomingo High School

C. Regional qualifiers

i. High School Automatic Qualifiers: 5 per weight class in each division, small and large, from every region *(Added in 2025)*

ii. Junior High School Automatic Qualifiers: 3 per weight class in each division, small and large, from every region *(Added in 2025)*

iii. High School At-Large Qualifiers: next 5 per weight class in each division, small and large, from all regions combined *(Added in 2025)*

iv. Junior High At-Large Qualifiers: next 4 per weight class in each division, small and large, from all regions combined *(Added in 2025)*

D. These schools will host the Regional Meet unless they decide they do not want to host or a change in site host in which the voting delegates sees fit for the venue to be changed.

7. Regional Meets cost: Admissions will be \$5.00 for all spectators and school aged children and up. Teams of 5 or more will be \$150.00 and \$100.00 for 4 or less. Junior High and High School are two separate teams.

8. State Meet cost: Admissions will be \$5.00 for all spectators and school aged children and up. Teams of 5 or more will be \$150.00 and \$100.00 for 4 or less lifters. Junior High and High School are two separate teams.

Oklahoma Girls Powerlifting Coaches Association Team Rules

Regionals and State

1. Each team is allowed a maximum of four competitors spread throughout the range of body weight divisions. There must not be more than four competitors from one school in any respective body weight division per team.
2. Point scoring check points for all invitational, regional, and state championships shall be: 12, 10, 8, 7, 6, 5, 4, 3, 2, 1 for the first ten places in all body weight divisions.
3. Points will be scored for all three lifts and will be placed 1st through 5th. The total weight lifted will point scores of the ten best placed lifters of each 9 weight classes at each regional and state championships will be counted for the team competition. Team points will only be given to lifters who earn a three-lift total. Points will only be given on a lifters total placing.
4. The top five lifters in each weight division at the Regionals will qualify for the State Championship. Furthermore, the next best five lifters at the combined Regionals will receive an at-large bid to the State Championship Meet.

Invitational, Regional, and State Meet Scoring Point System

Total Weight Lifted:

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

Each Individual Lift:

1 st Place – 6 points	2 nd Place – 4 points	3 rd Place – 3 points
4 th Place – 2 points	5 th Place – 1 point	

5. Team awards shall be given to the first place and runner-up for both Large School and Small School. OSSAA Basketball Classifications will be used; 3A and Higher is Large School, 2A and Lower is Small School.
6. Regionals: All lifters must have a three-lift total. A total is a legal recorded lift in all three events (Squat, Bench, Deadlift). Failure to record a legal lift in any of the events will result in a non-recorded score for that event and the lifter will not be eligible for state competitions. The bomb-out rule is in effect.
7. Regional Meets will be held the Monday or Tuesday before the State Meet.
8. Participating schools will lift in the region assigned by the board. **Schools may petition to change regions by approval of the board if their school is within 5 miles of the region boundary. (Added in 2025)**
9. At Regional and State Championships, all competitors must write down a legal attempt for each event (45 pounds or more). This will be checked during weigh-in at state. Zero amounts will not be allowed to write down on attempt sheet at the Regional or State Meet.
10. At the Regional and State Meets, a team does not lose points in a lifter is injured during competition.

11. In an instance of a team tie at the end of competition at both Regionals and State competitions, the team with the most Top-10 finishers in each class will be deemed the winner.

Oklahoma Girls Powerlifting Coaches Association Equipment and Specifications

1. **Platform**: The surface of the platform must be flat, firm non-slip, and level. It must not exceed 10 cm. in height from the surrounding stage or floor. The surface of the platform may be treated with an approved nonslip coating. Loose rubber mats or similar sheeting materials are not permitted. No additives may be applied to or insets incorporated in either the platform or its surface.

2. **Bars and Plates**: For all powerlifting contests organized under the rules of the OGPCA, only plate barbells are permitted. The use of plates that do not meet the current specifications will invalidate the contest and any records accomplished. Only those bars and plates that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the referees. Bars to be used in state and regional championships shall not be chromed on the knurling between the inside collars.

A. The *bar* shall be straight and well knurled and grooved and shall conform to the following dimensions:

- (1) Total overall length not to exceed 87 inches.
- (2) Distance between the collar faces is not to exceed 15 inches or be less than 14 inches.
- (3) Diameter of the bar is not to exceed 1.16 inches or be less than 1.12 inches.
- (4) Weight of the bar is to be 45 lbs.
- (5) Diameter of the sleeve is not to exceed 2.5 inches or be less than 2 inches.
- (6) There shall be a diameter machine marking on the bar or taped so as to measure 31.9 inches in between marking or tape.

B. *Plates* shall conform as follows:

- (1) All plates used in competition must weigh within 1/4 percent of their correct face value.
- (2) The hole size in the middle of the disc may not exceed 2.12 inches or be less than 2.04 inches.
- (3) Plates must be within the following range: 1/2, 5, 10, 25, 35, 45, and 100 lbs.
- (4) Plates weighing 45 and over must not exceed 2.3 inches in thickness. Plates weighing 35 and under must not exceed 1.17 inches in thickness.
- (5) All plates must be clearly marked with their weight and loaded in the sequence of heavier plates inner most with the smaller plates in descending weight arranged so that the referees can read the weight on each plate.
- (6) The first and heaviest plate loaded on the bar must be loaded face in.
- (7) The diameter of the largest disc shall not be more than 17.5 inches.

3. **Collars**: Collars shall always be used in competition.

4. **Squat Racks**: Squat racks shall 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 pattern. The squat racks shall be designed to adjust from a minimum height of 3 inches in the lowest position to extend to a height of at least 75 inches in 2-inch increments. All hydraulic racks must be capable of being secured at the required height by means of pins.

5. Bench: The benches shall be of sturdy construction for maximum stability and conform to the following dimensions:

(1) Length—not less than 51 inches; shall be flat and level.

(2) Width—not less than 8 inches and not exceeding 16 inches.

(3) Height—not less than 16 inches and not exceeding 17 inches measured from the floor to the top of the padded surface of the bench without it being depressed or compacted. The height of the uprights on both adjustable and non-adjustable benches shall be a minimum of 32 inches to a maximum of 39 inches measured from the floor to the bar rest position.

(4) Minimum width between insides of bar rests shall be 43 inches.

(5) Power racks may be used for bench press.

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.

7. T-Shirt: Sleeveless t-shirts are allowed as long as the sleeves are hemmed, not tattered or torn, and display the lifter's school logo or are a plain color. They will be subject to the following requirements:

(1) Is not ribbed.

(2) Does not consist of rubberized or similar stretch material.

(3) Does not have any pockets or buttons

(4) Is made either exclusively of cotton or polyester, or a mixture of both.

(5) Does not have sleeves that terminate below the lifter's elbow. Lifter may not push the sleeves of such an undershirt up the deltoid when competing. The shirt can be sleeveless.

(6) No tight fitting compression or bench press shirts may be used.

(7) Regardless of material, a shirt must be deemed appropriate for lifter to wear by judging officials.

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.
- (4) No additional padding may be added to the shin(s).

9. Belt: a belt must be worn by all competitors in the squat and deadlift but cannot be worn during the bench press and are subject to the following requirements:

- (1) Competitors must wear a 4- to 8-inch belt in the squat and deadlifts.
- (2) The belt may have a buckle with one or two prongs or "quick release" lever action type.

10. Shoes: Shoes must always be worn throughout competition and are subject to the following requirements:

- (1) Shoes shall be taken to include joggers, tennis shoes, sport shoes, or any foot covering that has a patterned molding or foot type outline that provides an inner sole.
- (2) Shoes with metal spikes or cleats, boots, ballet slippers, **sandals (Added in 2025)**, wrestling shoes and weightlifting shoes with an elevated heel are not permitted.
- (3) **Shoe brands HeyDudes and Crocs or similar styles are not allowed. (Added in 2025)**

11. Wraps: Bandages of rubber or rubberized substitutes are strictly forbidden. Wraps may be used but are subject to the following requirements:

- (1) Wrist
 - a. Wraps not exceeding 30 inches in length and 3 inches in width may be worn. Alternatively, wristbands not exceeding 4 inches in width may be worn. A combination of the two is not permitted.
 - b. A wrist wrap shall not exceed beyond 4 inches above and 5/8 inches below the center of the wrist joint and shall not exceed a total covered width of 5 inches.
- (2) Knee
 - a. Wraps not exceeding 8 feet in length and 3 inches in width may be used. A knee wrap shall not exceed beyond 6 inches above and 3 inches below the center of the knee joint and shall not exceed a total covered width of 6 inches.
 - b. After the competitor enters the rack; if the knee wrap were to come in contact with the floor before the squat command a no lift will be given.

12. Inspection of costume and personal equipment: The lifter is to be responsible for obtaining and wearing proper equipment.

13. State Competitions: State records will be judged by a committee appointed by the state meet director. State records will only be valid at state meets.

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 **as long as it is not deemed excessive by meet officials. (Added in 2025)**
- (3) No foreign substances, including baby powder, may be applied to equipment or wraps.
- (4) Ammonia Inhalants (Smelling Salts) are illegal. Absolutely nothing is to be inhaled up the nasal cavity. This is considered grounds for disqualification from competition.
- (5) **Any jewelry below the chin must be removed before competition. Athletes wearing jewelry during an attempt will receive a no lift. (Added in 2025)**

General Powerlifting and Rules of Performance

Squat Event

- 1.** The lifter shall assume an upright position with the top of the bar not more than 3 inches below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands, thumbs and fingers gripping the bar and the feet flat on the platform with the knees locked.
- 2.** After removing the bar from the racks, the lifter must move backwards to establish her position. The lifter shall wait in this position for the chief referee's signal. The signal shall be given as soon as the lifter is motionless, and the bar properly positioned. The chief referee's signal shall consist of the audible command "squat".
- 3.** Upon receiving the chief referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is parallel to the top of the knees.
- 4.** The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the chief referee will give the signal to rack the bar. The signal to replace the bar will consist of the audible command "rack".
- 5.** The lifter shall face the front of the platform.
- 6.** The lifter shall not touch the collars, sleeves or plates during the lift. However, the hands may be in contact with the inner surface of the sleeve while the hands are gripping the bar.
- 7.** 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/loaders shall not assist the lifter further with regard to proper positioning, foot placement, or bar positioning.
- 9.** Lifters must exit the front of the squat rack. The lifter must enter and leave the rack from the side opposite of the bar.
- 10.** Thumbs must be wrapped opposite the fingers around bar. No suicide grip allowed.

Causes for Disqualification of a Squat

- 1.** Failure to observe the chief referee's signals at the commencement of a lifter.
- 2.** Double bouncing or more than one recovery attempt at the bottom of the lift.
- 3.** Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- 4.** Any shuffling of the feet laterally, backwards or forwards, during the performance of the lift.
- 5.** Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is parallel to the top of the knee.
- 6.** Changing the position of the bar across the shoulders after the commencement of the lift.
- 7.** Contact with the bar by the spotter/loader between the referee's signals.
- 8.** Contact of elbows or upper arms with the legs.
- 9.** Failure to make a bona fide attempt to return the bar to the racks.
- 10.** Any intentional dropping or dumping of the bar.
- 11.** Failure to attempt to stay with a missed attempt ("bailing out") until racked results in no score for that event. (Note: Bailing out on State Record attempt will also result in no score for that event.)
- 12.** Any movement of hands after the command has been given is illegal.
- 13.** No feet can touch the sides of the rack.
- 14.** Bar touching rack is no lift.

15. Lifter's feet cannot move forward, backward or sideways. The foot can come up on toes or rock back on the heel of the foot if the foot doesn't move. The foot cannot step or slide.

16. Use of Suicide grip during lift.

Bench Press Event

- 1.** The head of the bench must be placed on the platform and the feet of the lifter facing the chief referee.
- 2.** The lifter must lie on his shoulders and buttocks in contact with the flat bench surface. His shoes must be flat on the floor. This position shall be maintained throughout the attempt.
- 3.** To achieve firm footing, the lifter may use flat surfaced plates or blocks not exceeding 2 inches 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 inches by 18 inches. Meet director may approve additional plates.
- 4.** Not more than five and not less than two spotters/loaders shall be in attendance. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off must be to arm's length and not down to the chest.
- 5.** After receiving the bar at arm's length, the chief referee will give the command "press", the lifter shall lower the bar to her chest on both sides and press up on her own after a motionless pause at the chest.
- 6.** A motionless touch and press with no command initiates the ascent.
- 7.** The bar is pressed upwards to straight arm's length and held motionless until the audible command "rack" is given.
- 8.** Thumbs and fingers must be around bar. No suicide grip allowed.

Causes for Disqualification of a Bench Press

- 1.** Failure to observe the chief referee's signals at the completion of the lift.
- 2.** Any change in the elected lifting position during the lift, proper upward pressing motion, i.e., any raising movement of the head, shoulders, buttocks, or feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar. Feet cannot move, including sliding of the feet.
- 3.** Heaving or bouncing the bar off the chest.
- 4.** Allowing the bar to sink into the chest after the self-initiated press is deemed gaining an advantage.
- 5.** Any downward movement of the bar in the course of being pressed out, including lockout.
- 6.** Contact with the bar by spotter/loaders between the chief referee's signals at the chief referee's discretion.
- 7.** Any contact of the lifter's feet with the bench or its supports.
- 8.** Any contact between the bar and the bar rest supports during the lift results in no lift.
- 9.** Use of belt on bench press is strictly forbidden.
- 10.** Use of suicide grip during lift.

Deadlift Event

- 1.** The bar must be laid horizontally in front of the lifter's feet, gripped with an opposite grip with both hands and the bar must be stationary before the lift begins. The lifter, without any downward movement, shall pull the weight until the lifter is standing erect.
- 2.** The lifter shall face the front of the platform. Judge's hand up signifies beginning of lift.
- 3.** On the completion of the lift, the knees shall be locked in a straight position and the shoulders square or back.
- 4.** The chief referee's signal shall consist of a downward movement of the hand. The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- 5.** Any raising of the bar or any deliberate attempt to do so will count as an attempt.
- 6.** The bar must be in continuous motion upwards for the lift to be a good lift. The bar cannot stop and then be restarted upwards.
- 7.** Once the bar is loaded the judge will give command (with raised hand) to lift and the lifter has one minute to start the attempt.
- 8.** The lifter must enter and leave the rack from the side opposite of the judges. The lifter cannot step over the bar.

Causes for Disqualification of a Deadlift

- 1.** Any downward movement of the bar before it reaches the final position.
- 2.** Failure to stand erect with the shoulders square or back.
- 3.** Failure to lock the knees and hips straight at the completion of the lift.
- 4.** Supporting the bars on the thighs during the performance of the lift.
- 5.** Stepping backward or forward although lateral movement of the sole or rocking feet between ball and heel is permitted.
- 6.** Lowering the bar before receiving the chief referee's signal.
- 7.** Allowing the bar to return to the platform without maintaining control with both hands.
- 8.** Knee wraps will be strictly forbidden on deadlift.
- 9.** Lifter's feet cannot move forward, backward or sideways. The foot can come up on toes or rock back on the heel of the foot if the foot does not move. The foot cannot step or slide.
- 10.** Stepping over the bar and exiting the front of the platform
- 11.** If a lifter drops the bar on the floor. (This is a safety and sportsmanship issue thus resulting in disqualification from the dead lift event and is a judgement call by the judge or judges).

General Rules of Weighing In

- 1.** Weighing in of the competitors must take place no earlier than twenty-four hours before the start of the competition for a division. All lifters in the division must attend weigh-in, which will be carried out in the presence of one appointed referee for that division.
- 2.** The weigh-in period will last no more than two hours. The early weigh-in shall be held at the times the meet director establishes.
- 3.** Lifters may be weighed nude or in underwear. Additional female officials may be appointed for this purpose.
- 4.** Each lifter may only be weighed once. Lifters trying to make weight may be re-weighed as often as time and orderly progression by lots allows.
- 5.** 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 share the placing and each receives an award. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so forth, points will be divided.
- 6.** Lifters should, if required, check squat and bench press rack heights and foot blocks prior to the start of the competition.
- 7.** Braces and Doctors Notes: If lifter has a brace and a doctor's note, it should be given to meet director during check-in before weighing in. Please have a copy of the note so that the meet director can keep these for their files.
- 8.** During weigh-in, one lifter cannot have contact with any other person or object while on the scale. This may result in disqualification from the meet.

General Rules for Competition

The Round System

1. At the weigh-in, the lifter or her coach must declare a starting weight for all three events. These must be entered on the appropriate first attempt card, signed by the lifter or her coach and retained by the officials conducting the weigh-in. Having made her first attempt at a lift, the lifter or her coach must decide upon the weight required for the second attempt. This weight must be filled in where indicated upon the card and submitted to the competition secretary or other appointed official before the one-minute time allowance has elapsed. The same procedure is to be used for second and third attempts on all three lifts. Responsibility for submitting attempts within the time limit rests solely with the lifter and her coach.
2. A lifter should sign her name on her attempt card.
3. Where 10 or more lifters are competing in a session, groups may be formed consisting of approximately equal number of lifters. Groups can be formed when 15 or more lifters are competing in the same session. A session can be composed of a single body weight category or any combination of body weight categories at the discretion of the organizer for purpose or presentation.
4. Each lifter will take her first attempt in the first round, her second attempt in the second round and her third attempt in the third round. Meet director will make allowances as needed.
5. When a group consists of less than 6 lifters, compensatory time allowance shall be added at the end of each round as follows: for 5 lifters, add 1 minute; 4 lifters, add 2 minutes; 3 lifters, add 3 minutes. Three minutes is the maximum allowance permitted at the end of a round.
6. If a lifter lifts out of turn, the lift shall not be counted as a legal lift.
7. The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight of the bar be lowered within a round except for errors as described in Rule 9, and only at the end of each round.
8. Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter progression is not changed.
9. If unsuccessful with an attempt, the lifter does not follow herself, but must wait until the next round before she can attempt that weight again.
10. If in a round, an attempt is unsuccessful due to a wrongly loaded bar, the lifter or coach has to spot the error before the attempt, then the bar is reloaded and the lifter awarded her full allotted platform time. Once the lifter leaves the platform and the bar is reloaded, no further consideration shall be taken.
11. A lifter is permitted one change of weight on the last attempt of the deadlift, bench, or squat. The change of weight must be higher than that originally submitted. The lifter is credited with the attempt once she leaves the platform, success or failure. The weight is recorded as to what is on the attempt card.
12. A lifter must submit her second and third attempts within one minute of completing her preceding attempt. If no weight is submitted within the one-minute time allowance, the lifter will forfeit her next round's attempt.
13. In the third round of deadlift, bench or squat, one weight change is permitted. The change of weight may be higher than the lifter's previously submitted third attempt known as the "Bump Rule". The Bump Rule is defined when a lifter may bump up in weight on their last attempt until their number is called or weight is being changed on the bar. If weight is not to be changed, lifter has until her number is called.

14. During any competition, only the lifter and her coach, members of the Appeals Committee, the officiating referees and spotter/loaders will be allowed around the platform. During the execution of a lift, only the lifter, spotter/loaders, and referees are permitted to present the platform. Coaches shall remain within the designated coaching areas as defined by the Appeals Committee or technical officer in charge, unless the coach is a designated spotter/loader.
15. The body weight limits shall be posted near the weigh-in scale.
16. If lifter lifts amount more than on card, she gets what is on card; if she lifts less than is on card, there will be a no lift recorded.
17. Lifters and/or coaches may ask why a lift was turned down.
18. Chalk may be applied.
19. Ammonia is illegal.
20. There will be no slapping of any kind on the venue floor.
21. The use of video and pictures review is prohibited.
22. The lifter has one minute from the time it is announced the bar is loaded until the attempt begins.
23. Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning herself for an attempt.
24. On the completion of any attempt, a lifter shall leave the platform within 30 seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.
25. If during warm up or competition, a lifter suffers injury or in any way exhibits signs of a condition which may unduly and significantly jeopardize the competitor's health and well-being, the official doctor or meet director has the right to examination. If either considers it inadvisable for the lifter to continue, she shall request a consultation with the Appeals Committee or referees and the team manager. She must then state her reason before the lifter is retired from the competition. Her team will not be penalized.
26. State Record attempts must be within 40 pounds on Squat and Deadlift and 15 pounds on Bench Press of the previous successful attempt. Their previous attempt must have been a good lift.

Sportsmanship

Any lifter or coach, who by reason of misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Appeals Committee or referees, in absence of an Appeals Committee, may disqualify the lifter and order the coach to leave the venue. The school official or coach must be officially informed of both warning and disqualification. Striking a referee or spotter/loader and/or throwing of a belt is cause for immediate expulsion from the meet. If misconduct is severe enough the judges and/or Appeals Committee and/or meet director may immediately disqualify lifter from competition.

(1) Sportsmanship for Coaches: Conduct unbecoming of coaches can be dealt with at any time, it does not have to be handled at the time in which it happened.

(2) Coach and/or Lifter Ejections: A Coach or Lifter ejected for cause will be banned from the next sanctioned OGPCA powerlifting event including Regionals and State Competitions.

Appeals

In State Competition, all appeals against referees' decisions, complaints regarding the progress of the competition or against the behavior of any person(s) taking part in the competition must be made to the Appeals Committee by the team coach. Coaches must fill out the proper appeal form and turn in to the meet director. This must be done immediately following the action upon which the appeal or complaint is based. If deemed necessary, the Appeals Committee may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a majority verdict, the Appeals Committee will return, and the chairman will inform the complainant of its decision. The Appeals Committee verdict will be considered final and there will be no right of appeal to any other body.

(1) Appeals Committee: At state, the appeals committee will be comprised of the Oklahoma Girls Powerlifting Coaches Association Board of Directors and/or advisory committee member in absence of elected representative.

General Rules for Judges / Referees

1. Signals required for the three events are as follows:

<u>Event</u>	<u>Commencement</u>	<u>Completion</u>
Squat	Audible signal to "squat"	Audible signal to "rack"
Bench Press	After the bar is held at arm's length, the command "press" is given, and after a non-intending pause, the weight is pressed upwards to full lock out	Audible signal to "rack"
Deadlift	A visual signal consisting of a hand raised	A visual signal consisting of downward motion of the arm

2. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. Green for a "good lift" and red for "no lift," or they will use a hand or flag signal.

3. The one or three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the chief referee must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift.

4. Before the contest, the meet director and appeals committee shall jointly ascertain:

- a. The platform and competition equipment comply in all respects with the rules. Bars and plates are checked for weight discrepancies and defective equipment discarded.
- b. The scales work correctly and are accurate.
- c. The lifters weigh-in within the limits of weight and time for their body weight division.
- d. The lifters' attire and personal equipment comply with the rules in all respects.

5. During the contest, the one or three referees must jointly ascertain:

- A. The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued loading charts for this purpose.

B. On the platform, the lifter's attire and personal equipment are exactly as declared, examined and marked at the weigh-in. If any referee has reason to doubt a lifter's integrity in this respect, he/she must, after completion of the lift, inform the chief referee of his/her suspicions. The one or three referees may then reexamine the lifter's uniform and personal equipment. If she is found guilty of wearing anything that was not checked in at the weigh-in and is illegal, she will immediately be disqualified.

6. Prior to the commencement of a lift, if either of the side referees or the single referee does not accept the bar placement or starting position of a lifter, they will raise a hand to call attention to the fault. If there is a majority opinion among the referees that a fault exists, the chief referee will not give the signals to commence the lift. The lifter or her coach shall, on request, be informed of the reason of her not receiving a start signal. The referees shall be responsible for conveying such information to the lifter. The lifter has the remainder of her unexpired time allowance in which to correct the position of the bar or her stance in order to receive the commencement signal. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.

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.

12. There shall be no use of video review in any manner.

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