

2025 NMAA Powerlifting Rules Clinic

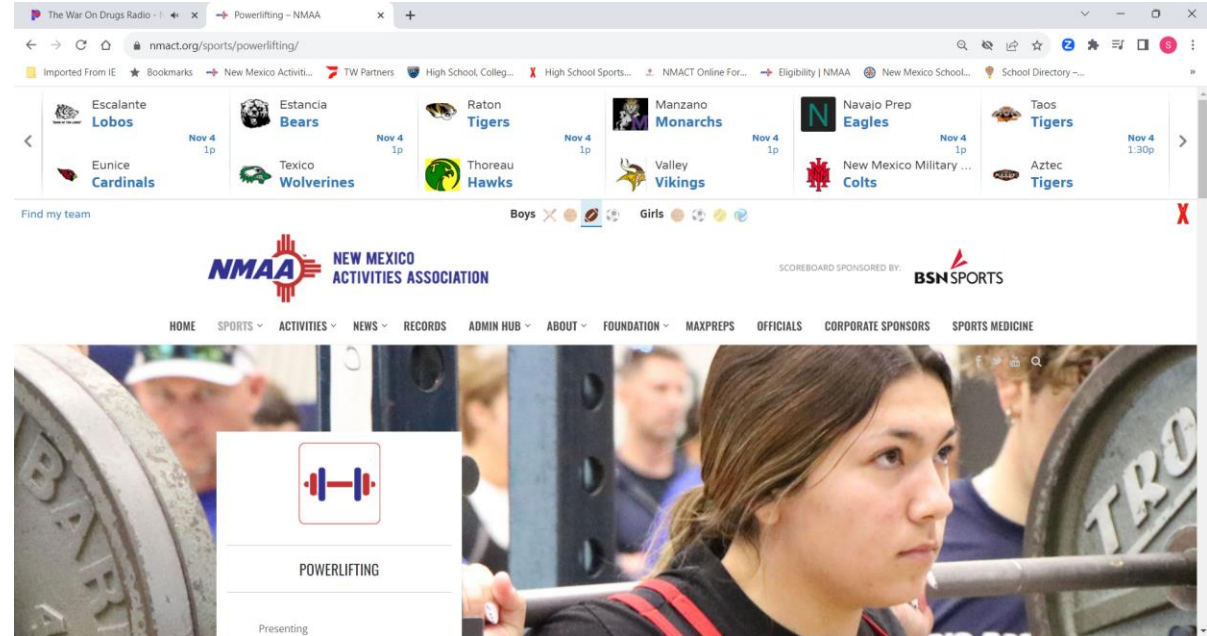
Presented by Scott Owen, NMAA Director of Powerlifting

Preface

- It is imperative that judges assigned to each meet have thoroughly reviewed each certification criteria and are familiar with the rules of Powerlifting.
- Schools will still be depending largely on coaches and community members to judge and oversee events, so it is critical they are familiar with the technical aspects of a clean lift for all three lifts.
- Failure to flag incorrect lifts has the potential to:
 1. Provide false sense of confidence to qualifying lifters
 2. Send lifters to state who are not legitimately qualified

Webpage

- Resources to Review
 - Bylaws
 - NMAA Powerlifting Rulebook
 - All Powerlifting Tutorials
 - PowerScore Video Tutorials
 - Meet Directors Video Tutorial



Important Dates

- **Start Date** – January 6, 2025
- **Last Chance Qualifying Week** – March 17-22, 2025
- **State Declarations Due** – March 24, 2025
- **State Qualifiers Released** – March 26, 2025
- **State Meet** – April 4-5, 2025



BYLAW REVIEW

Powerlifting Basics

- Competition consists of **Squat, Bench, Deadlift** – in that order
- 3 attempts on each lift – best lift for each added together for a TOTAL
- 12 weight classes for both boys and girls
- Individuals score points toward the overall team total based on place
- 3 Platform Judges assigned per platform
 - 2 of 3 Platform Judges must signal successful lift to count
- 1 Head Judge assigned per meet to oversee and certify meet
- **NMAA Powerlifting Rulebook governs all matters not provided in the Bylaws**

Weight Classes

- Boys – 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
- Girls – 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 259, 259+
- **Note#1** – Lifters shall not compete more than one weight class above that class for which the actual weight at the time of weigh-in qualifies the lifter.
- **Note#2** – Schools are permitted to enter up to 12 varsity lifters, per gender, in any meet, with no more than 2 lifters in any one weight class.

Competition Limits

- 4-Meet Limit
 - If a varsity entry (A-Team) is entered into a meet, it counts toward the 4-meet varsity limit – lifts count for state qualification
 - If a sub-varsity entry (B-Team) is entered into a meet, it counts toward the 4-meet sub-varsity limit – lifts DO NOT count toward state qualification
 - No individual can exceed four (4) total meets
 - Non-NMAA meets count toward the 4-meet limit but shall not be considered for state qualification.
- A student athlete must compete in a minimum of 1 NMAA certified regular season meet to be state eligible.
- Cannot start until 3:00PM on a school day unless it's a consecutive-day meet that includes Saturday.

Judges

- Schools are required to use registered NMAA/NMOA judges for all meets.
- Meets must have a “Head Judge” assigned to be considered for state qualification.
 - May also use two (2) or more head coaches who are “Head Judge” certified to serve in this role.
- Each platform must have three (3) unique judges (1 chief judge and 2 side judges).
 - **NEW** – Head Judges **CANNOT** be assigned as a platform judge (unless the meet is a single platform meet)

State Qualification

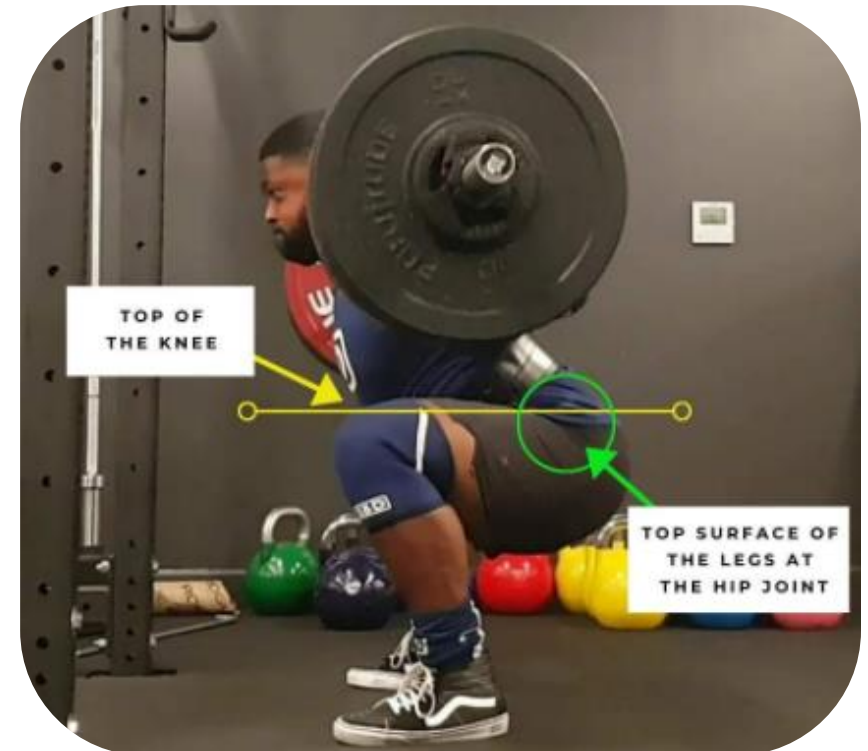
- 3 Classes – A-3A, 4A, 5A
- Top 8 totals recorded at a certified regular season meet in each weight class will qualify to State
- Top 3 individuals in each weight medal
- Top 3 teams in each class earn a trophy
- The lifter must compete in the weight class in which they qualified during the regular season.
 - If the lifter qualifies in more than one weight class, he/she must declare the weight they will compete in by the declaration date.
- A school can represent up to 12 lifters at the State Championship Event with no more than 2 lifters in each weight class.

SQUAT

Squat

- KEY POINT
 - Must bend the knee and lower the body until the TOP SURFACE OF THE LEGS AT THE HIP JOINT IS LOWER THAN THE TOP OF THE KNEES.
- Judges Commands
 1. Commencement of Lift: "SQUAT" (downward hand movement)
 2. Completion: "RACK" (backward movement of arm)

NEW – Lifter shall acknowledge they're ready either verbally or with a nod before receiving the "SQUAT" command.



Disqualifying Actions

- **Failure to observe the Chief Judges Signals (commencement or completion).**
- **Failure to bend knees/lower body until the top surface of the legs at the hip joint is lower than the top of the knees.**
- Double bouncing (more than one ascending and descending motion through the lift).
- Failure to assume upright position (commencement/completion)
- Shifting of the feet laterally/backwards/forwards during the lift.
- Changing bar position or hand grip after commencement.
- Contact with the bar by spotters between judges' signals.
- Failure to make a bona fide attempt forward to rack the barbell.
- **Intentional “dumping” of the bar shall result in an ejection.**



Spotters

- No less than 3 and no more than 5



BENCH PRESS

Bench Press

- KEY POINTS

- The lifter must lower the bar and hold it MOTIONLESS.
- The bar must be pressed upwards with the ELBOWS FULLY LOCKED.

- Judges Commands

1. Commencement of Lift: "PRESS"
2. Completion: "RACK"

"MOTIONLESS"



FULL LOCKOUT



Disqualifying Actions

- **Failure to observe the Chief Judges Signals (commencement or completion)**
- **Any change in the elected position after the “Press” command and prior to the “Rack” command.**
 - Head/shoulder/buttocks breaking contact with the bench
 - Feet not remaining flat and or moving from their original point of contact
 - Lateral movement of hands on the barbell
- Heaving, bouncing, or sinking the bar after the motionless pause when the “Press” command is given.
- Any downward movement of the bar during the Press.
- Pronounced uneven lockout during execution of the lift.
- Contact of the lifter's feet with the bench/supports
- Intentional contact with the bar by the spotters or receiving assistance.
- Bar contacting the belt.

Spotters

- No less than 3 and no more than 5



During regular season, handoff spotter can be coach or teammate

MIX GRIP HAND OFF



CLOSE PROXIMTY TO THE BAR. DO NOT TOUCH UNLESS NECESSARY



DEADLIFT

DEADLIFT

- KEY POINT
 - On completion of the lift, the knees, hips, and shoulders shall be locked in a straight position and the lifter is standing erect.
- Judges Commands
 1. Commencement of Lift: No Command (start with hand up)
 2. Completion: "DOWN" (downward movement of arm)



Disqualifying Actions

- **Failure to observe the Chief Judge's signals at the completion of the lift**
- Any DOWNWARD movement of the bar before it reaches the final position prior to the "Down" command.
- Failure to stand erect with hips fully locked and shoulders in an upright position
- Failure to lock the knees at the completion of the lift.
- Supporting the bar on the thighs during the performance of the lift.
- Upward and downward "jerking" of the bar also known as "hitching"
- Stepping backward, forward, or lateral movement of the foot.
- Replacing the bar with downward force or dropping the bar.
- **Intentional "dumping" of the bar could be cause for ejection.**

Spotters

- The spotter will stand behind the lifter, on or off the edge of the platform, to assist the lifter if they begin to lose control or fall.
- Minimum of 1 required



EQUIPMENT & UNIFORMS



Uniform

- 1 school issued singlet consisting of one-layer of material, with minimum 3-inch inseam that does not extend below the knees.
- 1 Loose fitting “T-Shirt” with sleeves .25” above elbow
- 1 pair of legless “V-shaped” briefs – no boxer briefs
- 1 sports bra for girls
- Socks – Shall extend to at least 2 inches from the bottom of the kneecap during deadlift (can’t be tucked in or pulled over leg sleeves)
- Shoes – May include boots, sport shoes, gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole. Laces must be tied.

Equipment

- Belts shall have a metal buckle
- Knee sleeves permitted
 - Shall be single ply, pull on style
 - Shall not be in contact with singlet and socks shall not be tucked underneath
- Wrist wraps permitted
 - Wraps with loops shall not be looped around thumb
- Review all bar, rack, weight specs in the Rulebook
- NO's
 - Jewelry
 - Headwear
 - Earbuds, headphones
 - Baby powder
 - Smelling salts
 - Squat suits
 - Bench or compression shirts
 - Squat briefs
 - Ratchet-type buckles
 - Knee wraps
 - Wristbands
 - Athletic tapes

DO'S & DON'T'S

YES



NO

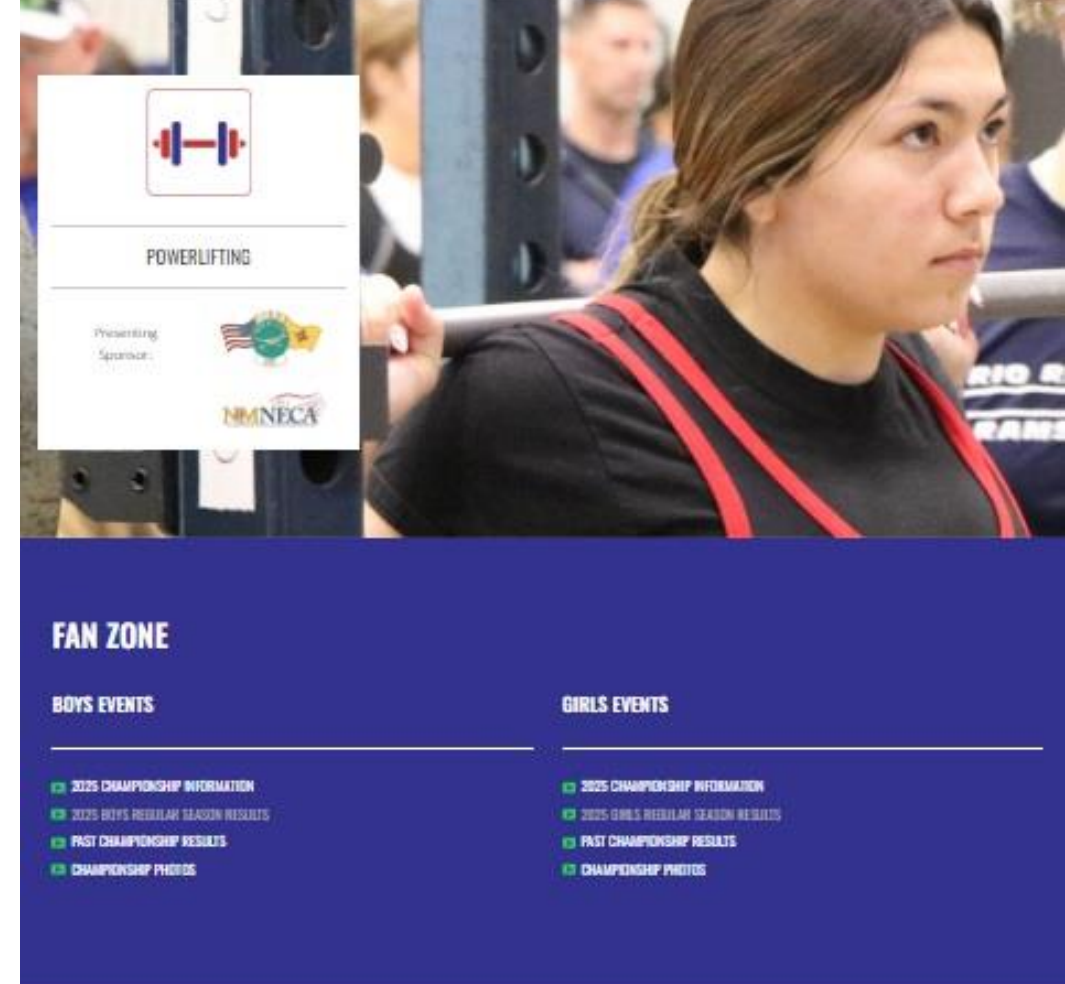




HOSTING A MEET

Meet List & Registration

- Each varsity meet must be submitted through the “Meet Registration Form” on the website.
- The meet will then be posted to “Meet Schedule”
 - This is a running schedule so check often.



Hosting a Meet

- Review tutorials online, specifically the “Guide to Hosting a Meet”
- Checklist
 - Equipment
 - Judges
 - Personnel (Expeditors, Marshals, Scorers, Spotters)
 - Weigh-Ins
 - Expeditor Cards

IMPORTANT DOCUMENTS

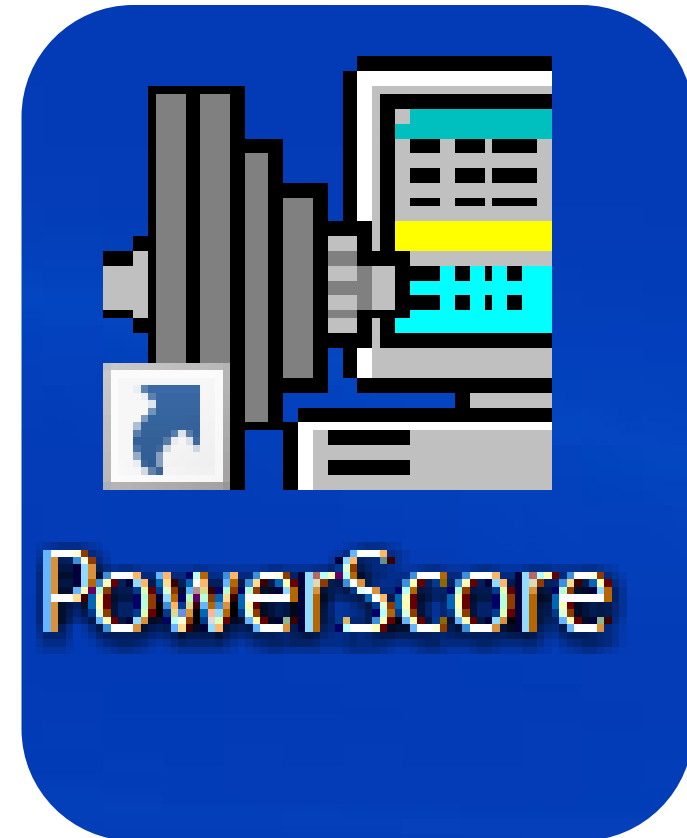
- ▶ POWERLIFTING BYLAWS
- ▶ POWERLIFTING SPORTS SPECIFIC COMMITTEE
- ▶ POWERLIFTING RULEBOOK
- ▶ MEET REGISTRATION MEMO
- ▶ MEET REGISTRATION
- ▶ MEET SCHEDULE (RUNNING LIST)
- ▶ POWERSCORE SOFTWARE DOWNLOAD
- ▶ JUDGES REGISTRATION INFORMATION
- ▶ POWERLIFTING JUDGES DIRECTORY
- ▶ STATE DECLARATION FORM
- ▶ STATE OPENER FORM

POWERLIFTING TUTORIALS

- ▶ COACH TUTORIAL
- ▶ MEET DIRECTOR TUTORIAL
- ▶ PRE-MEET MEETING FORMAT
- ▶ GUIDE TO HOSTING A MEET
- ▶ POWERLIFTING & POWERSCORE VIDEO TUTORIALS

PowerScore

- Official Scoring Software for all meets.
- Software Download link will be posted on the NMAA Powerlifting website.
- Host school meet directors are responsible for submitting meet result “Powerscore” files to the NMAA at the completion of their meet.
- Powerscore video tutorials are listed on the NMAA Powerlifting webpage.
- Event results and state standings will be posted on the Powerlifting webpage.

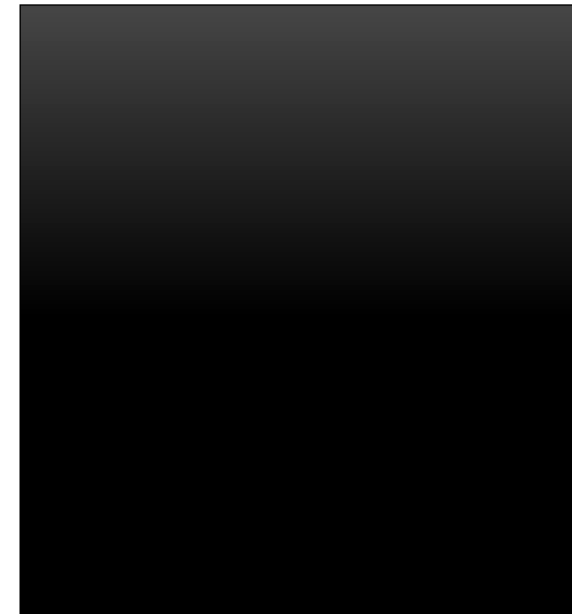


Assigning Judges

- Schools hosting meets will be required to:
 - Create their meet in the DragonFly system (in addition to NMAA online registration form)
 - Solicit, identify and confirm certified judges for their meet and send that list to the NMAA.
 - 1 Head Judge (can be 2 or more head coaches who are Head Judge certified)
 - 3 Platform Judges per platform used
 - NMAA will assign those individuals to the meet within DragonFly for school admin payment process.

PLATFORM JUDGES

Chief Judge



Side Judge

Side Judge

("Foot of Platform")

Head Judge Certification & Responsibilities

- Certification Requirements
 - 2025 NMAA Rules Review
 - 2025 NMOA Rules Review
 - 2025 Powerlifting Rule Book Exam (80%) – State Eligible
 - Powerlifting Tutorial
- Responsibilities
 - Implement the Judges and Coaches Pre-Meet Meeting prior to commencement of the meet.
 - Will ensure that all technical rules, equipment, and formats are legal.
 - **NEW** – Shall not be a seated platform judge.

Platform Judge Certification & Responsibilities

- Certification Requirements

- 2025 NMAA Rules Review
- 2025 NMOA Rules Review
- 2025 Powerlifting Rule Book Exam (**70%**) – Not State Eligible
- Powerlifting Tutorial

- Responsibilities

- Ensure that technical rules and formats are correctly applied at the assigned platform.
- Oversee lifting activities and regulations at the assigned platform.
- Shall be responsible for determining clean lifts and ensuring technical rules are being adhered to.

Spotters

- Squat and Bench – Minimum of 3, Maximum of 5 at each platform
- Deadlift – Minimum of 1
- Responsible for:
 - Ensuring safety of lifters when unable to complete lift
 - Adjusting rack heights
 - Loading bar
- Plan to assign more on your boys' platforms
- No headphones or earbuds

Table Workers

- Expeditor – 1 per platform
 - Responsible for calling lifters to the platform in order from lightest attempt to heaviest attempt per their Expeditor cards
 - “Up, On Deck, In the Hole”
- Marshal – 1 per platform
 - Marks whether attempts are successful on the Expeditor card
 - Receives lifters next attempt within one minute after attempt and relays that attempt to the scorer
 - Reorders cards from lightest to heaviest attempts and hands back to Expeditor for next rotation
- Scorer – 1 per platform
 - Responsible for managing PowerScore
 - Enters successful and unsuccessful attempts as well as next attempts relayed from the Marshal
 - Reorders lifting order for next rotation based on lightest to heaviest attempts

Coaches

- Must be licensed and contracted by school (volunteers as well)
- Must ensure all athletes are properly and legally equipped
- May coach from the foot of the platform if meet admin has not designated a coaching area
- May NOT coach next to a judge or at the head of the platform
- May NOT coach or offer encouragement if serving as a spotter during any lift
- May NOT “back-slap”

COMPETITION

Scoring

- **Team Scoring**

- 1st Place – 7 points
 - 2nd Place – 5 points
 - 3rd Place – 3 Points
 - 4th Place – 2 Points
 - 5th Place – 1 Point
-
- PowerScore will calculate this real-time. It is always best practice to print results from the summary page and post following bench press.

- **Tie-Breakers**

- Individual Competition
 - If two or more lifters have the same total, the lifter with the lighter weigh-in weight will be ranked higher.
 - If two or more lifters have the same total and the same weigh-in weight, the contest will be declared a tie.
- Team Competition
 - If two or more schools have the same point total, the team with the greater number of first place finishers will be classified first, and so on throughout the five places.

Entries

- A school can enter up to 12 “Varsity” lifters during competition with no more than 2 per weight class
- “B” lifters/teams must be designated prior to the meet and approved by the meet director in advance
 - “B” lifters are eligible for individual awards but cannot receive team points. If a “B” lifter places in the top 5 the points earned for that placing vanish.
- Recommend using a preregistration process to determine number of lifters at each weight class and their openers
- If host schools do not establish a pre-entry deadline, the end of the weigh-in period establishes entries

Weigh-Ins

- All lifters must weigh-in prior to competition in a legal competition uniform (singlet & undergarment(s) – shirt, socks optional)
- Appointed school personnel and/or Head Judge shall conduct the weigh-in and write lot number on hand of athlete
- Weigh-ins may occur no sooner than two hours prior to the start of competition
- Lifters may check their weight without restriction during the weigh-in period
- All weights **MUST** be recorded in PowerScore to the nearest tenth of a pound (220.0 is correct, 220 is not correct)

Rounds System

- The lifter shall have 3 attempts at each lift Squat/Bench/Deadlift
- First attempt in first round, second attempt in second round, third attempt in third round.
- Shall be governed by the increase in weight
- BAR CANNOT BE REDUCED IN WEIGHT ONCE “LOADED”
- Declare next attempt within 1:00 of previous attempt
 - The lifter must lift their declared weight
 - Exception “Bumps” only 2 allowed per meet

1:00

To perform lift after bar is loaded

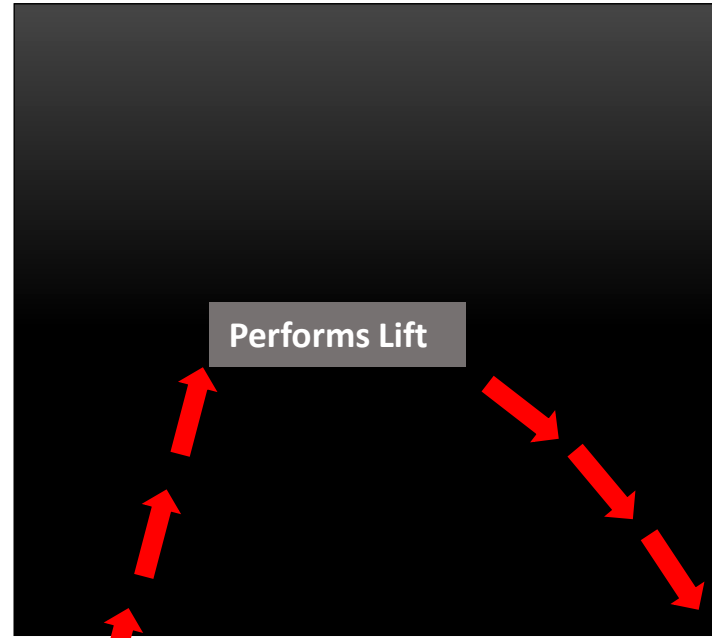
Chief Judge

"Bars Loaded"



Side Judge

Side Judge



Performs Lift

Informs table of next lift

Marshal

Scorer

2

4

1

6

5

3

E

"5 is up, 3 is on deck, 1 in the hole"

Waits for next round

NMAA EXPEDITOR FORM				
NAME _____		SCHOOL _____		
CLASS _____	WT _____	PIN _____		
SQUAT	1	2	3	BEST
	Initial	Initial	Initial	Initial
BENCH	Initial	Initial	Initial	Initial
DEADLFT	SUB			
	Initial	Initial	Initial	Initial
TOTAL				_____
LIFTER # _____	BUMP 1	BUMP 2		

Loading Errors & Reattempts

- Reattempts due to loading error or judge discretion, shall be taken at the end of the flight.
- If the lifter is the last lifter of the flight, a 3-minute rest will be provided to the lifter after the bar is loaded to the correct weight.

Bumps

- A lifter may bump (up or down in weight) to a weight IF:
 - It is not less than the previous attempt
 - Or less than what is loaded on the bar

*Once loaded, a weight cannot be taken off the bar.
- Changes must be made and signed off by a coach prior to an individual being called to the bar once the bar is properly loaded for that lift.
- Only allowed 2 “Bumps” per athlete per meet.

Correct Use of Bumps

- Example 1: Lifters A, B, C, and D are all scheduled to attempt a 500 lb. deadlift. As lifter B is lowering the successful attempt, lifter C's coach bumps lifter C's attempt to 550 lbs.
- **CORRECT** – request to bump was before the bar was loaded.
- 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** – bumps can be up or down but can't be 1) lower than a previous attempt, 2) lower than what's already loaded on the bar and 3) must be requested before the bar is loaded for scheduled attempt.

Incorrect Use of Bumps

- Example 3: Immediately after lifter A's attempt at a 500 lb. deadlift, the Chief Judge declares the bar loaded for lifter B. Lifter B's coach then approached the table about bumping up to a different weight.
- **INCORRECT** – request to bump must be before the bar is loaded.
- Example 4: In the round following an unsuccessful attempt at a 500 lb. deadlift, lifter A bumps to a 475 lb. third attempt.
- **INCORRECT** – cannot bump down to a weight lower than the previous attempt.

Bombing Out

- If a lifter fails on all three attempts in any given lift. The lifter will not be scored.
- The lifter may finish the meet at the discretion of the meet director.
- At the State Meet, the lifter will not be allowed to finish the meet.



THANK YOU!!



GET CREDIT FOR ATTENDING