

GENERAL RULES OF SOUTH DAKOTA HIGH SCHOOL POWERLIFTING ASSOCIATION (SDHSPA)

Throughout this rule book, for reasons of brevity, wherever the words “he” or “his” occur, such reference is deemed to apply to any lifter, regardless of gender.

1. (a) The following lifts which must be taken in the same sequence in all competitions conducted under uniform rules contained herein:

A. Squat

B. Bench Press

C. Deadlift

(b) Competition takes place between lifters in categories defined by gender and bodyweight.

(c) The rules apply to all meets sanctioned by the SDHSPA.

(d) Each competitor is allowed three attempts on each lift. The lifter’s best valid attempt on each lift counts toward his competition total. **If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter for placings.**

(e) If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, the lifter making the Total first will take precedence over the other lifter. Where awards are presented for best squat, bench press, and deadlift or if a State Meet record is broken, the same procedure will apply. The first to achieve the mark will have the record. Records must be broken; no ties.

BODYWEIGHT CATEGORIES

The classifications below represent the standard weight classes to be contested at events sanctioned by the SDHSPA.

BOYS:

52.0kg: (114.6-lbs)
56.0kg: (123.4-lbs)
60.0kg: (132.2-lbs)
67.5kg: (148.8-lbs)
75.0kg: (165.3-lbs)
82.5kg: (181.8-lbs)
90.0kg: (198.4-lbs)
100.0kg: (220.4-lbs)
110.0kg: (242.5-lbs)
125.0kg: (275.5-lbs)
140.0kg: (308.6-lbs)
140.01+kg: (308.7+-lbs)

GIRLS:

44.0kg (97.0-lbs)
48.0kg (105.8-lbs)
52.0kg (114.6-lbs)
56.0kg (123.4-lbs)
60.0kg (132.2-lbs)
65.0kg (143.3-lbs)
70.0kg (154.3-lbs)
75.0kg (165.3-lbs)
82.5kg (181.8-lbs)
90.0kg (198.4-lbs)
100.0kg (220.4-lbs)
100.01+kg (220.5+-lbs)

HIGH SCHOOL TEAM COMPETITION

Team awards can be given for the top places in each Class... A or AA.

Each team must submit a team roster giving the name of each lifter and their bodyweight category. These details must be submitted to the meet director by the published deadline. ONLY HIGH SCHOOL STUDENTS WILL BE ALLOWED TO COMPETE AT STATE MEETS. Local Meets (for Lettering and other purposes) shall be dictated by the Team's Coach and School and can include Middle School lifters.

* Meet Directors may impose Roster limits on each team, as needed to ensure as many schools as possible can participate. There are no qualifying meets or Totals that need to be adhered to, in order to participate at the State Meet. The HS Coaches will set their own rosters... this committee will no longer serve as gatekeepers on who will lift and who will not, aside from setting Roster limits. A school will be limited to five (5) overall team scorers per gender, with two weight classes that can have up to two (2) team scoring lifters. See below for more.

Point scoring for all team championships shall be: 12, 9, 8, 7, 6, 5, 4, 3, 2 and 1 for the Top 10 placings in any bodyweight category.

For Team scoring, the Top 5 scoring lifters for each team will count towards their team score. For Class (AA or A) scoring, the Top lifters in each division (weight class) will be awarded points based on their placing in relation to their Class. So in a division where there are two lifters (one for each Class) who post Totals, each one will score 12 points for Team Scoring purposes, even though individually they finish 1st and 2nd in the division Overall.

Cutoff for HS enrollment to determine Class AA or A, will change as enrollment numbers adjust. Currently, AA schools will be as follows: Sioux Falls Lincoln, SF Roosevelt, SF Washington, and SF Jefferson; Rapid City Central and RC Stevens; Harrisburg, Brandon Valley, Aberdeen Central, Watertown, Brookings, Yankton, **Mitchell, Sturgis Brown, Pierre T.F. Riggs**, and O'Gorman. All other schools will be Class A for 2025-26.

In the case of a tie of a team, the team having the greatest number of first places will be ranked first. In the case of a tie between two teams having the same number of first places, the one having the greatest number of second places will be classified first, and so on through the placing of the maximum of five scoring lifters.

If doing combined team scoring, it will be based upon taking up to the top five scoring boys and up to the top five scoring girls from the boy's and girl's team rosters.

SDHSPA encourages and supports participation of all high school athletes in our sport. In that vein, we will be bound by South Dakota SB 46 which was signed into law in early 2022. Athletes will be referred by their chosen name but they will have to compete against other athletes in their assigned birth gender class. We are committed to inclusion and fairness to all of our athletes and hope this provides an opportunity for everyone to get on the platforms and post Totals!

Judges for State Meets must be APPROVED by SDHSPA. If you are hosting a meet and using new judges, send a list of those who are either already judges for an accredited and recognized Federation (USAPL, APF, etc.) or have taken and successfully passed the SDHSPA Referee's Test. For more information, contact an Executive Committee Member.

JUDGING

REFEREES - REASON FOR FAILURE

SQUAT

1.

Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are parallel to the top of the knees.

2.

Failure to assume an upright position with the knees locked at commencement and completion of the lift.

Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.

BENCH PRESS

1.

Bar is not lowered to the chest or abdominal area (i.e., not reaching the chest or abdominal area, or is touching the belt).

2.

Any downward movement of the whole of the bar in the course of being pressed out.

Failure to press the bar to straight arms' length elbows locked at the completion of the lift.

[Clarification: Elbows not locked at the commencement of the lift is a blue card]

DEADLIFT

1.

Failure to lock the knees straight at the completion of the lift.

Failure to stand erect with the shoulders back

2.

Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should NOT be a reason to disqualify the lift.

Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not a reason for disqualification.

3.

Stepping backward or forward or moving the feet laterally.

Rocking the feet between the ball and heel is permitted.

Failure to observe the Chief Referee's signals at the commencement or completion of the lift.

Contact with bar or lifter by the spotters/loaders between the Chief Referee's signals, in order to make the lift easier.

Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.

Any dropping or dumping of the bar after completion of the lift.

Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

3.

Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.

Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.

Any change in the elected lifting position during the lift proper, i.e. any raising movement of the shoulders, or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar, or raising of the feet. Raising the head is okay.

Contact with the bar or the lifter by the spotters / loaders between the Chief Referee's signals, in order to make the lift easier.

Any contact of the lifter's feet with the bench or its supports.

Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier.

Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

3.

Lowering the bar before receiving the Chief Referee's signal.

Allowing the bar to return to the platform without maintaining an obvious and controlled grip (with both hands) on the bar and/or not returning the bar to the floor under control. **Forcefully and deliberately slamming/pushing the bar downward onto the platform after receiving the "Down" command will result in a disqualification of the lift.**

Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.

Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

PERSONAL EQUIPMENT/APPAREL

All items worn on the platform must be clean, untoned, and in a good state of repair or they will not be allowed to take the platform.

It is preferred that lifters wear official school logoed apparel or the logo of their lifting Club. Prior Meet t-shirts are also acceptable, provided they adhere to all other rules. (i.e. - no profanity, good state of repair, etc.)

*Support briefs, support underwear, support suits (squat or deadlift) or bench shirts (or any other bench aids, i.e. - Sling Shot) are not allowed.

Obscenities or profanities are not allowed on any attire to be worn in the competitive area.

Hats are not permitted on the platform; the lifter may wear professionally-made headbands.

BELT DIMENSIONS

Any support belt manufactured for the purpose of lifting weights will be acceptable.

WRIST WRAPS

Any supportive wrist wrap manufactured for the purpose of wrist support will be acceptable.

KNEE SLEEVES

Any manufactured knee sleeves will be allowed;

No velcro can be attached to the knee sleeve

Knee wraps are NOT allowed.

General:

(a) The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden.

(b) Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.

(c) The use of any form of adhesive on the underside of footwear is strictly forbidden. This applies to any built in adhesive, e.g. glass paper, emery cloth, etc. And to include resin and magnesium carbonate. A spray of water is acceptable.

(d) No foreign substances may be applied to the Powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.

(e) Light protective guards between sock and shin may be worn.

COMPETITION LIFTS AND RULES OF PERFORMANCE

SQUAT

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. [Clarification: For the purpose of this rule, the thumbs are not considered fingers and a “thumbless” grip is allowed in the squat] The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “Squat”. Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
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 at least parallel to the top of the knees. Only one descent attempt is allowed. The attempt is deemed to have commenced when the lifter’s knees have unlocked.
4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
5. The signal to rack the bar will consist of a backward motion of the arm and the audible command “Rack”. The lifter must then return the bar to the racks. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotter/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.
6. Not more than 5 and not less than 2 spotter/loaders shall be on the platform at any time. The Referees may decide the number of spotter/loaders required on the platform at any time 2, 3, 4, or 5.

CAUSES FOR DISQUALIFICATION OF A SQUAT

1. Failure to observe the Chief Referee’s signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram (see diagram on the following page).
6. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee’s signals in order to make the lift easier.

7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.
9. Failure to comply with any items outlined under “Rules of Performance” for the squat.

BENCH PRESS

1. The lifter must lie on his back with shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform.
2. To achieve firm footing the lifter may use flat surfaced plates or blocks.
4. Not more than five and not less than two spotters/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/ loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be at arms’ length.
5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). The use of the reverse grip is forbidden.
6. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with straight arms elbows locked for the Chief Referee’s signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command “Start”.
8. After receiving the signal, the lifter must lower the bar to the chest or abdominal area (the bar shall not touch the belt), hold it motionless on the chest, after which the Chief referee will signal the audible command “Press”. The audible command “Press” will be accompanied by a visible signal - an upward movement of the arm. The lifter must then return the bar to straight arms’ length elbows locked. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm. If the bar is lowered to the belt or does not touch the chest or abdominal area, the Chief Referee’s command is “Rack.” [*Clarification: The bar may be pressed up unevenly and one arm may lock out before the other one provided there was no downward movement of the whole of the bar at any point after receiving the press command*]

CAUSES FOR DISQUALIFICATION OF A BENCH PRESS

1. Failure to observe the Chief Referee’s signals at the commencement, during or completion of the lift.

2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, or buttocks, from the bench, or lateral movement of hands on the bar, or raising of the feet. Raising of the head will be allowed.
3. Heaving, or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
4. Any downward movement of the whole of the bar in the course of being pressed out.
5. Bar is not lowered to the chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar is touching the belt.
6. Failure to press the bar to straight arms' length elbows locked at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals, in order to make the lift easier. Additional attempt will be granted, if no fault of the lifter.
8. Any contact of the lifter's feet with the bench or its supports. *Lifting of the feet is not allowed. Foot movement is permissible but must remain flat on the platform.*
9. Deliberate contact between the bar and the bar rest supports.
10. Failure to comply with any of the items outlined under the Rules of Performance.

DEADLIFT

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be a reason to disqualify the lift. [*Clarification: Prior to the lifter's bona fide/deliberate effort to raise the bar to commence the deadlift attempt, the lifter may roll the bar on the platform and/or shake the bar. It will be the referees' discretion to determine whether or not a bona fide/deliberate attempt to raise the bar occurs.*]

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 back.
3. Failure to lock the knees straight at the completion of the lift.

4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward or moving the feet laterally. Rocking of the feet between ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining an obvious and controlled grip (with both hands) on the bar and/or not returning the bar to the floor under control. **Forcefully and deliberately slamming/pushing the bar downward onto the platform after receiving the "Down" command will result in a disqualification of the lift.**
8. Failure to comply with any of the items outlined under "Rules of Performance."

ORDER OF COMPETITION

THE ROUND SYSTEM

- (a) At weigh-in, the lifter or his coach must declare an opening attempt for all three lifts. These must be entered on the appropriate Team Roster, signed by the coach and tuned in to the Meet Director, prior to the start of the meet.
- (b) Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round.
- (c) The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight on the bar be lowered within a round except for errors as described in item (h), and then only at the end of a round.
- (d) 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 with the lowest body weight at weigh-in, will lift first.**
- (e) If unsuccessful with an attempt, the lifter may not follow himself, but must wait until the next round before he can attempt that weight again.
- (f) If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter shall be given the option of either continuing at that time or taking another attempt at the end of the round. In all other cases, the lifter shall take his extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he shall be granted a three-minute rest prior to making his attempt. Lifters following themselves will have four minutes placed on the clock, during which time the lifter can begin his attempt as soon as he is ready. Lifters last but one in the round will be given three minutes, last but two in the round will be given two minutes, all others will be given the usual one minute to begin the attempt. In the third round of deadlift (and third round of bench press in single-lift bench press championships), if a lifter for any

reason gets a new extra attempt by the jury (e.g., wrongly loaded bar, spotter error, or equipment failure), the lifter will be granted a further attempt at the correct weight and the lifter must follow him/herself.

(g) A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will change accordingly. If he is in the first flight, this change may take place at any time up to within three (3) minutes before the start of the first round of that lift. The following flights are accorded a similar privilege up to within three (3) attempts from the end of the previous flight's last round of that lift. Prior notice of these deadlines shall be announced by the speaker. If proper notice of these deadlines is not given, then an announcement authorizing such changes shall be made and a lifter may make a change within one minute of such announcement. All changes must be made at an official scorers table.

(h) A lifter must submit his second and third attempts within one minute of completing his preceding attempt. The one minute will begin from the time that the lights are activated. If no weight is submitted within the one-minute time allowance, the lifter will be granted a 5 pound increase on his next attempt. Should the lifter have failed his previous attempt and not submitted a weight for a further attempt within the one-minute time allowance, then the bar will be loaded to the failed weight. This will be monitored as needed and will be at the discretion of the Meet Director.

(i) The order of next attempt selections must be submitted in the same order as the attempts in the round. Example: Lifter A hits his second attempt... Lifter B hits his second attempt... lifter A MUST turn in his next (3rd in this case) attempt before Lifter B does. Lifter C will wait until lifter B has turned in his next attempt before submitting his next attempt.

(j) Weights submitted for second and third round attempts on all three lifts cannot be changed. Under this rule once an attempt is turned in, it cannot be withdrawn. The bar shall be loaded to the turned-in weight.

(k) When two or more flights take part in a session upon a single platform, lifting will be organized on a group repetition basis. For example, if there are two flights taking part in a session, the first flight will complete all three rounds of the squat. They will be followed immediately by the second flight who will complete their three rounds of squat. The platform will then be set up for the bench press and the first flight will complete their three rounds of the bench press, immediately followed by the second flight who will similarly complete their three rounds of the bench press. The platform will then be set up for the deadlift and the first flight will complete their three rounds of the deadlift, immediately followed by the second flight who will similarly complete their three rounds of the deadlift. This system thus eliminates any time waste other than that necessary for arranging the platform between the lifts. After the end of each discipline (squat, bench press) consisting of more than one group, a time interval of 10 minutes may be given between the disciplines. The 10-minute clock will start once the equipment has been prepared and the bar has been loaded with the weight of the first attempt of the next discipline.

(l) Three unsuccessful attempts in any lift will automatically eliminate the lifter from the overall/team competition, but he may continue in the meet if he makes bona fide attempts on each of the remaining lifts, if any.

(m) Any lifter or coach, who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury, or Referees in the absence of the Jury, may disqualify the lifter or coach and order the lifter or coach to leave the venue. The team manager must be officially informed of both warning and disqualification.

*** RESPONSIBILITY OF OFFICIALS - THIS WOULD BE A PORTION FOR REFEREES ONLY, SINCE ALREADY COVERED ABOVE.**

The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decisions will be given to the speaker who will make the appropriate announcement. (a) If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.

Examples of Errors in Loading:

(a) If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.

(b) If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the end of the round in which the error occurred.

(c) If the loading is not the same on each end of the bar; or any change occurs to the bar or discs during the execution of the lift; or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 5-lbs, then the lower closest multiple of 5-lbs will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.

REFEREE RESPONSIBILITIES/PROTOCOL

1. The referees shall be three in number, the Chief Referee or Center Referee and two side referees.
2. The Chief Referee is responsible for giving the necessary signals for all three lifts.
3. Signals required for the three lifts are as follows:

Lift

Commencement

Completion

Squat	A visual signal consisting of a downward movement of the arm together with the audible command “squat”	A visual signal consisting of a backward movement of the arm together with the audible command “rack”
Bench Press	A visual signal consisting of a downward movement of the arm together with the audible command “start”. During: The audible command “Press” after motionless at the chest and the visible signal of an upward movement of the arm.	A visual signal consisting of a backward movement of the arm together with the audible command “rack”
Deadlift	No signal required	A visual signal consisting of a downward movement of the arm together with the audible command “down”

When a lifter fails to complete a squat or a bench press, the command is “rack.”

4. 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. A white light is given for a “good lift” and a red light for “no lift”. A red light is required for an obviously failed attempt; when spotters are called in to “take the lift,” for example.

[Clarification: A referee must see an infraction in order to give a red light (no lift). In cases where part of the attempt was obscured from the referee’s view (e.g., spotter blocked the view) or the referee was not 100% certain that an infraction occurred, the benefit of the doubt must always go to the lifter and a white light (good lift) must be given.]

5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform in a range not farther than 4 meters for each of the three lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the squat or deadlift, and the side referees should always bear in mind the need to be visible to the Chief Referee so that he can observe their raised arms. If a referee changes positions (e.g., moves from the side chair to the head chair) or needs to be replaced by a different referee, this change should occur during the transition between disciplines (e.g., between squat and bench press).

6. Prior to the commencement of the Squat and Bench Press, side referees will raise their arms and keep them raised until the lifter is in the correct position to begin the lift. If there is a majority opinion among the referees that a fault exists, the Chief Referee will not give the signal to commence the lift.

[Clarification: If both side referees have put their arms down (indicating the lifter is in the correct starting position) prior to the start of a squat or bench press, the chief referee MUST give the start command even if the chief referee does not believe the lifter is in the correct starting position. In any case where one referee does not believe the lifter was in the correct starting position but the lifter was given the

start command because the other two referees believed the proper starting position had been achieved, the referee who thought there was a fault must lower their arm at the commencement of the lift and MUST give a red light at the end of the lift with the appropriate color card/light that reflects the starting position fault] The lifter has the remainder of his unexpired time allowance in which to correct the position of the bar or his 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. A referee shall not attempt to influence the decisions of the other referees.

8. The Chief Referee may consult with the side referees or any other official as necessary in order to expedite the competition.

9. During the contest the three referees must jointly ascertain that:

(a) The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with loading charts for this purpose. It is their joint responsibility.

(b) On the platform the lifter's personal equipment complies with the rules. If any referee has reason to doubt a lifter's integrity in this respect he must after completion of the lift, inform the Chief Referee of his suspicions. A meet official may then examine the lifter's personal equipment. If the lifter is found to be wearing or using any illegal item other than that which may have inadvertently been passed in error by the examining referees, the lifter shall be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected and then the lifter will be granted a new attempt (having removed the illegal item) at the end of the round.

10. At his discretion, the Chief Referee may order that the bar and/or platform be cleaned. If the lifter or coach requests the bar and/or platform to be cleaned, the request must be made via the Chief Referee/Meet Director not the spotters/loaders. In the final round of the deadlift the bar must be cleaned before every attempt and in any of the other two rounds, should the coach or lifter request.

All HS Meets that want to have their meets recognized by the SDHSPA (to qualify lifters for the State Meet) send meet information to the committee ahead of time for recognition and then send results to the committee members for collection and verification.

This Rule of Performance Standards was drawn up by the SDHSPA Executive Committee, whose members are listed below. If you have any questions, please feel free to reach out to any one of our Committee Members.

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