

NEBRASKA HIGH SCHOOL  
POWERLIFTING RULES  
GENERAL RULES

- > T-shirts and shorts are legal. T-shirts must have sleeves and be tucked in. Shorts must not touch knee sleeves if wearing them.
- > Must have knee high socks for deadlift. Shoes are mandatory.

**Knee wraps and squat briefs are not allowed.**

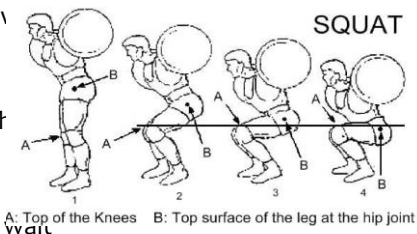
- > No head gear (hats, headbands, headpones etc) no jewelry
- > All belts, knee sleeves and wrist wraps are acceptable. No use of athletic tape to support joints.
- > When using wrist wraps thumb loops must be off
- > Changing opening lifts must be done 5 minutes prior to the start of each flight.
- Only exception is the 3rd deadlift, which may be changed only once and may only be increased must be done prior to the start of the lift.**

**The lifter must put in the attempt before they get on the platform.**

- > Proper conduct will be expected for all athletes, coaches, judges, spectators, and meet helpers.
- > Sportsmanship is incredibly important. Watch your entire flight.
- > No cussing or swearing on the platform.
- > Dots will be used for determining best lifter awards.
- > Lifter must always stay with the bar in all lifts. No dumping or dropping of the bar. This will lead to disqualification.
- > No baby powder may be used. There will be spray bottles for deadlift.
- > Only athletes and coaches allowed behind platforms in seating area
- > You have two minutes to enter your next attempt at the table
- > Failure to successfully complete one attempt on any lifts will lead to disqualification (Will not continue to lift)
- > If a school does not have a powerlifting team a lifter can still lift for the school where they are registered as a student.**
- If a lifter is homeschooled he/she will lift for their homeschool.**
- If a school does have a powerlifting program the lifter MUST lift for the school and cannot lift independently of the school's powerlifting program.**
- A lifter must be a registered high school student at the school they are competing for and cannot compete for a school where they do not a**
- Any team caught having lifters from other schools on their team, the lifter(s) and the team will be disqualified.**
- > Smelling salts and or other hype methods must be done behind the scenes/platform

SQUAT points of emphasis

- > Once the bar is loaded, the lifter has one minute to start the lift. If you are \
- > Two commands (both audio and visual): Squat and Rack signal.
- > Knees must be locked out at the start position.
- > Depth, (see diagram A) on continual decent, the top surface of the leg at the hip joint must break parallel to the top of the knee.
- > Double bouncing (recovery) is not permitted.
- > Lifter must finish in the upright position with the knees locked, then must wait for the rack signal.



SQUAT disqualifications

- > Failure to observe the chief referee's signals/commands
- > Improper depth.
- > Double bouncing during the accent of the squat.
- > Obvious foot displacement. Rocking of the feet between the ball and heel is permitted.
- > Dumping of the bar.

#### BENCH PRESS points of emphasis

- > The lifter will be given three commands: START, PRESS and RACK.
- > Once the lifter has lifted the bar out of the rack and their elbows are locked they will receive the START Command
- > The bar must be lowered to touch the chest
- > Once the bar is motionless on the chest the lifter will get the PRESS command
- > After the PRESS command, the feet must stay in contact with the floor. Sliding of the feet is permitted, but no obvious foot displacement (lifting of the foot from the ground).  
The butt needs to stay in contact with the bench as do the shoulders.
- > The bar must be locked out evenly. The bar can't drastically lock out in one arm before the other.
- > Once both elbows are locked out the lifter will receive the RACK command.
- > Feet must be flat on the ground

#### BENCH PRESS disqualifications

- > Failure to observe any of the referee's commands (3)
- > Lifting of the butt and feet after the PRESS command is given.
- > After the PRESS command is given, no downward movement.
- > Uneven lockout

#### DEADLIFT points of emphasis

- > The lifter will be given one command (visual and audio) DOWN
- > The lifter must stand erect with the knees and shoulders locked until receiving the DOWN signal.

#### DEADLIFT disqualifications

- > Any downward movement of the bar during the positive portion of the lift.
- > Failure to lock out
- > No supporting the bar on thigh (shelving, hitching) or downward movement.
- > No foot displacement (stepping forward or backward).
- > Failure to wait for the DOWN signal from the head referee.
- > Failure to maintain control. Intentional dropping of the bar.

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