

4.17 Weightlifting

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4.17.1 Regular Season Procedures

4.17.1.1 Rules of Competition

4.17.1.1.1 Squads. A team will be composed of not more than thirty (30) lifters. A maximum of two (2) lifters may be entered in any one weight classification. Each lifter must meet the required weight limits of the weight classification in which he/she is entered, unless lifting up as per 4.17.1.1.2 (c). Each individual lifter or team must be accompanied by a faculty member when competing in interscholastic meets.

4.17.1.1.2 Weight Classifications. Competition in all interscholastic weightlifting meets is limited to the following weight classifications:

- (a) **Girls:** 101 pounds (maximum 101 pounds), 110 pounds (101.1 to 110.0 pounds), 119 pounds (110.1 to 119.0 pounds), 129 pounds (119.1 to 129.0 pounds), 139 pounds (129.1 to 139 pounds), 154 pounds (139.1 to 154.0 pounds), 169 pounds (154.1 to 169.0 pounds), 183 pounds (169.1 to 183.0 pounds), 199 pounds (183.1 to 199.0 pounds), unlimited (199.1 or more pounds).
- (b) **Boys:** 119 (maximum) pounds, 129 (119.1-129) pounds, 139 (129.1-139) pounds, 154 (139.1-154) pounds, 169 (154.1-169) pounds, 183 (169.1-183) pounds, 199 (183.1-199) pounds, 219 (199.1-219) pounds, 238 (219.1-238) pounds, heavyweight (238.1 pounds-unlimited).
- (c) During the regular season only, a lifter may lift up one weight class from the weight class he/she weighs in at.

4.17.1.1.3 Weigh-Ins.

- (a) Lifters must be weighed one at a time with only the weight officials, the lifter and his/her gender appropriate coach present. Lifters must be weighed in under garments or singlets. Athletes will be disqualified if they attempt to weigh in improperly or unclothed.
- (b) A lifter who weighs in within his/her weight classification may not be weighed again unless to break a resulting tie.
- (c) A lifter who suspects he/she might have a weight problem may be weighed first at the request of his/her coach.
- (d) A lifter with a weight problem will be given a maximum of one hour to make weight, or until the designated weigh-in time has expired, not to exceed one hour from the initial weigh-in. A lifter may be weighed a maximum of three (3) times during the time allotted.

4.17.1.1.4 Weight Loss. The use of sweat boxes, hot showers, whirlpools, rubber suits, vinyl suits, plastic suits or similar artificial heating devices, diuretics and/or weight loss drugs are prohibited. The use of such devices and substances will disqualify an individual from competition.

4.17.1.1.5 Scoring

- (a) All weightlifting meets will be scored as follows:
 - Two Teams – Score three places 5-3-1
 - Three Teams – Score four places 5-3-2-1
 - Four Teams – Score five places 6-4-3-2-1
 - Five or More Teams – Score six places 7-5-4-3-2-1.
- (b) A lifter must have a successful attempt in both the bench press and the clean and jerk for a total weight lifted in order to place or score.
- (c) Any corrections in meet scoring must be made within 48 hours of the conclusion of the meet.

4.17.1.1.6 Uniforms

- (a) Each lifter must wear a school-issued uniform. This uniform must be a one-piece uniform (singlet). The singlet must be close-fitting and must have a minimum four-inch inseam and maximum length which does not extend beyond the top of the knee. The top must not be cut lower in the front or back than the armpits and under the armpits no lower than half the distance between the armpit and the beltline, and shall not extend beyond the top of the knee. Proper undergarments, support and shoes with laces are required. All bench shirts, squat suits or any rubberized uniforms that aid the lifter are prohibited. Undergarments covering the legs may not extend below the top of the knee and may not be visible below the hem of the singlet, and undergarments covering the torso may not extend beyond or cover the elbow.
- (b) **Competition area defined:** Once the first lift is called on each platform, the competition area is defined as: the platform, scorer's table, judge's area, and lighting system. The warm-up area is not to be considered as the competition area.
- (c) Uniforms must not be removed while in the competition area. Jewelry is prohibited in the competition area.

- (d) Uniform Violations:
- First offense – verbal warning to both the lifter and the coach by the Meet Director or Judge.
 - Second offense – one point deducted from team total, coach notified and lifter disqualified.

4.17.1.1.7 Equipment.

- (a) Platforms, Weights and Scales. The lifting platforms must be 8-feet by 8-feet. Weights must be measured and labeled in pounds (lbs.). Scales must measure to the tenth (10th) of a pound.
- (b) Bench. The width of the bench must be not less than 10 inches and not more than 12 inches. The height of the bench must be not less than 14 inches and not more than 18 inches. The distance between the upright supports must be not less than 40 inches and not more than 42 inches.
- (c) Bandages. Bandages may be worn on the wrists, knees, hands, fingers and thumbs. Bandages, tape or substitutes for bandages are not permitted on the elbows. Bandages are defined as a strip of fabric used especially to cover, dress and bind up wounds, or may be a flexible strip or band used to cover, strengthen, or compress something. The following regulations pertain to bandages:
- (1) The maximum width of skin that can be covered by a bandage at the wrist is four inches. The maximum width of skin that can be covered by a bandage at the knee is 12 inches. There is no limit to the length of bandages.
 - (2) The use of plasters (tape and wraps) and bandages on both the inner and outer surface of the hands is permitted. These plasters or bandages must not be fastened to the wrists or to the barbell.
 - (3) The use of plasters (tape and wraps) on the fingers is permitted provided the plasters (tape and wraps) do not cover the tips of the fingers.
- (d) Gloves. In order to protect the palm of the hands, wearing fingerless gloves is permitted (example: cyclist's gloves, gymnastic palm guards). These gloves can cover only the first phalanx of the fingers. If plasters (tape and wraps) are worn on the fingers, there has to be visible separation between the plasters (tape and wraps) and the glove. Gloves with built-in supports are prohibited.
- (e) Belts. A lifter may not wear a belt which exceeds 4 1/4 inches in width. A belt may not be worn underneath the uniform.
- (f) Braces. Braces on the knee(s) containing plastic, metal or hard and unyielding material may be worn only with a written statement from a licensed physician.
- (g) The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden
- (h) A lifter who is found using illegal equipment must be disqualified from the remainder of the meet.

4.17.1.1.8 General Provisions.

- (a) A lifter or coach must report to the scorer's table before each attempt, giving the lifter's name, weight classification and weight to be attempted immediately prior to assuming the lifting position on the platform. Failure to follow this procedure will result in the disqualification of the results of the attempt although the attempt itself will be counted as one of the lifter's attempts.
- (b) A lifter will be permitted a maximum of three (3) lifts on the bench press and three (3) lifts on the clean and jerk. A lifter may take any one of his/her three lifts at anytime during the weight progression whether he/she is successful or unsuccessful at a chosen weight. The progression of weights during competition once the first lift has been attempted will be a minimum of five (5) pounds.
- (c) The barbell must be loaded progressively with a lifter taking the lowest weight first. Under no circumstance can the barbell be reduced to a lighter weight once the weight has been announced and the bar has been tightened or loaded. Lifters, or their coaches, must observe the progress of the loading and be ready to make their attempt at the weight they have chosen.
- (d) A lifter's first attempt must precede another lifter's second attempt at the same weight on the bar. This order must be followed continuously or the lifter must increase the weight on the barbell or accept a no-lift.
- (e) A delay of two minutes must be allowed each lifter from the time the loaded weight is called by the Chief Referee until he/she attempts a lift. If this two-minute limit is violated, the lift must be disallowed. When the lifter attempts two lifts in succession, he/she will be allowed three (3) minutes for the succeeding attempt once the bar is loaded.
- (f) When the lifter attempts two lifts in succession, he/she will be afforded the opportunity to use the first 30 seconds of his/her allotted three (3) minutes to declare their weight for the succeeding attempt.
- (g) The discs (weights) must be loaded with the largest disc inside the smaller discs in descending weights to the outside, arranged so that the Chief Referee can read the number on each disc. Discs must be locked on the bar by collars or clamps.
- (h) A lifter must make an attempt at their stated opening attempt weight to have been considered as having participated in the meet.

4.17.1.1.9 Bench Press.

- (a) Procedure.

- (1) The head of the bench must be placed on the platform facing the Chief Referee. The two Side Referees must station themselves at the foot of the platform facing the athlete.
 - (2) The lifter must lie on his/her back with head, shoulders and buttocks in contact with the flat bench surface.
 - (3) To achieve firm footing, the lifter may use plates to build up the surface of the platform. The entire foot must be flat on this surface.
 - (4) One spotter is mandatory.
 - (5) The spacing of the hands on the bar must not exceed 32 inches measuring between the forefingers.
 - (6) No one but the lifter may handle the bar except for its removal from the rack at the beginning of the lift. A lift begins after the lifter has received the bar at arm's length and the spotter has removed his/her hands. After receiving the bar the lifter must lower the bar to his/her chest and await the Chief Referee's signal. If the lifter cannot fully stretch his/her arm due to an anatomical defect of his/her elbow, he/she must report this fact to the three referees before the beginning of the competition.
 - (7) The Chief Referee's signal must be given when the bar is absolutely motionless on the chest.
 - (8) When the Chief Referee gives the verbal signal, "Press," the bar must be pressed vertically to straight arm's length and held motionless in that position until the Chief Referee gives the verbal signal, "Rack," ending the attempt at which time the lifter may replace the bar with assistance from the spotter.
- (b) Disqualification or "No Lift".** Actions that will result in the disqualification of a lifter's attempt are:
- (1) Failure to observe the referee's signals at the completion of the lift.
 - (2) If at any point the head or buttocks lose contact with the flat bench surface, the attempt would be rendered no-lift. Movement of the feet (i.e. bridging, sliding, toe movement, etc.) is allowed except for complete separation from the floor **or the new reestablished floor if bumper plates are being used.**
 - (3) Heaving or bouncing the bar off the chest.
 - (4) Allowing the bar to sink into the chest after receiving the referee's signal.
 - (5) Any uneven extension of the arms at the completion of the lift.
 - (6) **The bar cannot descend after the press command has been given.**
 - (7) Contact with the bar by the spotter-loaders between the referee's signals.
 - (8) Any contact of the lifter's feet with the bench or its supports.
 - (9) Deliberate contact between the bar and rest uprights during the lift to make the press easier.

4.17.1.1.10 Clean and Jerk.

(a) Procedure for the Clean

- (1) The bar must be placed horizontally in front of the lifter's legs. It must be gripped, palms downward and pulled in a continuous single movement from the ground to the shoulders while either "splitting" or bending the legs. Once the bar passes the height of the knee, it is considered an attempt. During this continuous movement, the bar may contact the thighs and lap. The bar, however, must not touch the chest before the final position; it must then rest on the clavicles or the chest above the nipples or on the arms fully bent. The feet must be returned to the same line, legs straight, before performing the Jerk. The lifter may make this recovery in his/her own time and have his/her feet on the same line, parallel to the plane of his/her trunk and the barbell. If the lifter cannot fully stretch his/her arm due to an anatomical defect of his/her elbow, he/she must report this fact to the three referees before the beginning of the competition.
 - (2) The technique known as "hooking" is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping.
 - (3) When cleaning in the "squat" or "split" position, the lifter may help his/her recovery by a swinging or rocking movement of his/her body. More than one recovery attempt is allowed.
 - (4) Touching the bar against the legs below the knees is permissible.
- (b) Disqualification or "No Lift" in the Clean.** Actions that will result in the disqualification of a lifter's attempt are:
- (1) The referee must count as "no lift" any unfinished attempt at pulling in which the bar has reached at least the height of the knees.
 - (2) Pulling from the "hang" is not permitted.
 - (3) Touching the ground with the knee or buttocks or any part of the body other than the feet is not permitted.
 - (4) While cleaning in the "squat" position, touching of the knees or thighs with the elbows or upper arms is not permitted and results in a "no lift."

- (5) In cleaning, if the bar touches the thighs with a visible stop, the attempt will be declared “no lift.” If, however, during the pull the bar contacts the thighs without stopping, the attempt will be legal.
- (6) Any clean in which the bar is placed on the chest before turning over the elbows will render the attempt “no lift.”
- (7) Leaving the in-bounds platform area during the execution of the lift is not permitted. A lifter who steps on any part of the boundary line is considered out-of-bounds.

(c) Procedures for the Jerk

- (1) The lifter must bend the legs and extend them as well as the arms so as to bring the bar to the full stretch of the arms vertically extended. The feet must be returned to the same line; arms and legs extended, and await the Chief Referee’s signal to replace the bar on the platform. The Chief Referee must give the signal as soon as the lifter becomes absolutely motionless in all parts of the body. After the Clean and before the Jerk, the lifter may assure the position of the bar. This does not grant a second movement to the lifter, but allows him/her (i) either to withdraw his/her thumbs or to “unhook” if he/she has used this method; (ii) or if the bar is placed too high and impedes his/her breathing or causes a pain, to lower it in order to rest it on his/her shoulders; or (iii) to change the width of his/her grip. If the lifter cannot fully stretch his/her arm due to an anatomical defect of his/her elbow, he/she must report this fact to the three referees before the beginning of the competition.
- (2) After the Chief Referee’s signal to replace the bar, the lifter must lower the bar in front of his/her body and not let it drop either deliberately or accidentally. He/she may release his/her grip on the barbell when it has passed the level of the waist.
- (3) In the second phase of the Clean and Jerk, the second movement must be a Jerk. A jerk press must not be permitted.

(d) Disqualification or “No Lift” in the Jerk. Actions that will result in the disqualification of a lifter’s attempt are:

- (1) Any effort of jerking which is not completed will render the attempt “no lift.”
- (2) Any deliberate oscillation of the bar to gain advantage or extending to the toes before the dip will render the attempt “no lift.” The lifter must become completely motionless before starting the jerk.
- (3) Uneven or incomplete extension of the arms at the finish of the lift will render the attempt “no lift.”
- (4) A pause during the extension of the arms will render the attempt “no lift.”
- (5) Finishing with a press out will render the attempt “no lift.”
- (6) Bending and extending the arms during the recovery will render the attempt “no lift.”
- (7) Leaving the in-bounds platform area during the execution of the lift will render the attempt “no lift.” A lifter who steps on any part of the boundary line is considered out-of-bounds.
- (8) Replacing the bar on the platform before the referee’s signal will render the attempt “no lift.”
- (9) Dropping the bar from above the waist after the Chief Referee’s signal to replace the bar will render the attempt “no lift.”
- (10) Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk will render the attempt “no lift.”
- (11) Failing to finish with the feet and the barbell within the boundaries of the platform at initial contact (e.g. the complete barbell has to touch the platform first) will render the attempt “no lift.”
- (12) After a successful jerk, a lifter, if injured during the lift, may have two spotters assist him/her in lowering the bar to his/her shoulders. Spotters may then take control of the bar and lower it to the platform. This becomes a “no-lift.”
- (13) Judges are to let the athlete complete the lift unless the lifter appears to be in imminent danger.

4.17.1.1.11 Resolving Ties. In case two or more competitors should record the same total weight lifted at the end of competition, an official will refer to the scorer sheet to determine the lighter or lightest of those involved. If the tied competitors weighed the same at weigh-in, those lifters will immediately be taken from the lifting area to the nearest scales, by an official to be reweighed. The lighter or lightest competitor will be awarded the higher place and points. This procedure will be followed until all ties are resolved. If the weight is the same, those lifters’ places and points will be divided.

4.17.1.1.12 Regular Season Competition. Competition between district opponents is not required during the regular season.

4.17.1.1.13 Officials.

(a) Number. Either one judge or a light system with three judges must be in attendance at each platform.

(b) Responsibilities

- (1) The Chief Referee is responsible for reporting sportsmanship issues on his/her platform.
- (2) The Chief Referee must give an audible and visible signal at the start and completion of each lift. He/she must be seated in front of the platform.

- (3) Before the meet, the Chief Referee shall, either by meeting or written communication, address that all competitors are properly equipped (uniform, equipment, jewelry etc.). They must verify:
 - (a) That platforms and equipment meet specifications;
 - (b) Scales are accurate;
 - (c) Lifters weigh in during the time specified for their weight category;
- (4) During the competition, the Referees must ascertain that:
 - (a) The weight of the barbell agrees with the weight announced by the Chief Referee;
 - (b) Nobody but the lifter handles the barbell during the execution of the lift; and
 - (c) Only the lifter or the loaders move the barbell to a new position on the platform.
- (5) All signals by the officials (lights, hands, board, etc.) for a good or bad attempt must be given simultaneously on the Chief Referee's command "Signal." In the event safety of the lifter becomes a concern, the Chief Referee has the authority to stop the attempt.
- (6) The referees must indicate their judgment of the lift by giving signals. A "good lift" is signified by one of three ways – white lights, a thumbs up or a green board. A "no lift" is signified by red lights, a thumbs down or a red board.
- (7) After the completion of each lift, the Chief Referee must make known the referees' decision, if there is no system of lights. He/she consults with the other two referees and announces the decision resulting from his/her own and from those of his/her colleagues by announcing "good lift" or "no lift." He/she does not have an over-riding vote.
- (8) When the Chief Referee gives an audible signal "press" in the bench press, the bar is pressed vertically to straight arm's length and held motionless until the Chief Referee's audible signal "rack" to replace the bar.
- (9) After the completion of the clean and jerk, the Chief Referee must say "down" while at the same time motioning downward with an extended arm. However, the lift isn't complete until the bar is returned under control to the platform.
- (10) A referee must not attempt to influence the decision of another referee.
- (11) The decisions of the officials are final. No protests will be allowed. However, when there is a referee's decision contrary to the technical rules, the Jury of Appeals, by unanimous vote, has the right to grant another attempt to the lifter. This attempt will be executed by the lifter before the attempt of the following lifter.

4.17.2 Florida High School State Championship Series Procedures

4.17.2.1 District Meeting.

4.17.2.1.1 Date. Please see the FHSAA website.

4.17.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the section meeting:

- Determine dates and sites of qualifying meets.
- Determine the number of platforms to be used at each qualifying meet.
- Selection and compensation of officials for qualifying meets.

4.17.2.2 Meet Structure and Time Schedules

4.17.2.2.1 District Meets

- (a) **Format.** Each district may have one (1) district meet. The top lifters in each of these meets will advance to their respective region meet to determine the qualifiers to the Florida High School State Championship Series state meet.
- (b) **Structure.** All district meets shall be conducted according to the following provisions:
 - (1) Please see the FHSAA website for dates and times.
 - (2) The rules of competition as set forth in this procedure, with the exception of 4.17.1.1.1 and 4.17.1.1.3, shall apply to all qualifying meets unless modified in these terms & conditions.
 - (3) A maximum of twenty (20) lifters may represent a school in Florida High School State Championship Series competition, with no more than two (2) lifters entered in a given weight classification.
 - (4) A school may qualify lifters to the Florida High School State Championship Series state meet only through a district and subsequent region meet held in the district or region to which it is assigned.
 - (5) Conference, county or other invitational meets shall not serve as district meets.
 - (6) A technical controller must be chosen for each district meet.
 - (7) A jury of appeals must be chosen for each district meet.

- (6) The district meet director shall forward to the appropriate FHSAA administrator the results of the district meet for which his/her school served as host using the provided method of submission. The results must be certified by the signature of the head coach for each participating school to be valid. The meet manager must forward the results to the FHSAA office within 24 hours of the completion of the district meet.
- (c) **Weigh-in Procedures.** Weigh-in procedures as stated in the general regulations section will apply except that:
- (1) When a lifter weighs in he/she must lift in the weight category in which he/she is listed on the Official State Entry List;
 - (2) Changes to an Official State Entry List must be made on the Official State Entry List and resubmitted to the district host.
 - (3) Changes to an Official State Entry List may not be made after the start of the published time for weigh-ins to begin at the first Florida High School State Championship Series meet the school is lifting in.
 - (4) Only those lifters who do not make weight may return to the scales a maximum of three (3) times to make weight during the time allocated for the weigh-in; and
 - (5) After the allocated time has elapsed, a lifter who has not made weight will be disqualified from the meet and may not lift in any other weight classification. A lifter must weigh within the limits of his/her weight class.
 - (6) During weigh-ins, lifters must provide their opening attempts. Opening attempts may be changed at any time.

4.17.2.2.1.1 Determination of Qualifiers

(a) **Qualifiers.**

- (1) District Meet to Regional Meet. The top 6 placing individuals in each district meet shall advance to the regional meet to which they are assigned.

(b) **Breaking Ties.** In the event that a tie occurs between any two or more lifters, the tie shall be broken as follows:

- (1) The lifter(s) whose body weight(s) was/were the lighter/lightest on the date(s) the total weight was lifted shall be awarded the berth(s) in the region meet. This procedure will be followed until all ties are resolved.
- (2) If a tie cannot be resolved using the procedures set forth in (1) above, the tied lifters will advance.

4.17.2.2.2 Region Meets

(a) **Format.** Each region may have one (1) region meet.

(b) **Structure.** All qualifying meets shall be conducted according to the following provisions:

- (1) Please see the FHSAA website for dates and times.
- (2) The rules of competition as set forth in this procedure, with the exception of 4.17.1.1.1 and 4.17.1.1.3, shall apply to all region meets unless modified in these terms & conditions.
- (3) A school may qualify lifters to the Florida High School State Championships state meet only through a region meet held in the region to which it is assigned.
- (4) A technical controller must be chosen for each region meet
- (5) A jury of appeals must be chosen for each region meet
- (6) The region meet director shall forward to the appropriate FHSAA administrator the results of the region meet for which his/her school served as host using the provided method of submission. The results must be certified by the signature of the head coach for each participating school to be valid. The meet manager must forward the results to the FHSAA Office within 24 hours of the completion of the region meet

(c) **Weigh-in Procedures.** Weigh-in procedures as stated in the general regulations section will apply except that:

- (1) When a lifter weighs in he/she must lift in the weight category in which he/she is listed on the district results;
- (2) Only those lifters who do not make weight may return to the scales a maximum of three (3) times to make weight during the time allocated for the weigh-in; and
- (3) After the allocated time has elapsed, a lifter who has not made weight will be disqualified from the meet and may not lift in any other weight classification. A lifter must weigh within the limits of his/her weight class.
- (4) During weigh-ins, lifters must provide their opening attempts. Opening attempts may be changed at any time.

4.17.2.2.2.1 Determination of Qualifiers

(a) **Qualifiers.**

- (1) Regional Meet to Florida High School State Championships.
 - (a) The top lifter in each weight class who lifts the greatest total weight (bench press and clean & jerk combined) overall in the region shall qualify for and advance to the Florida High School State Championships state meet.
 - (b) After the top lifter for each weight classification in each region has been determined, 12 (twelve) remaining at-large qualifiers statewide will be determined by the FHSAA Office from results reported by the lift-off

meet director. At-large lifters will be chosen from the top 6 (six) lifters at each region meet. All qualifiers will be posted on FHSAA.org.

- (b) **Breaking Ties.** In the event that a tie occurs between any two or more lifters that would result in more than 20 lifters per weight classification qualifying for the state meet, the tie shall be broken as follows:
- (1) The lifter(s) whose body weight(s) was/were the lighter/lightest on the date(s) the total weight was lifted shall be awarded the berth(s) in the state meet. This procedure will be followed until all ties are resolved.
 - (2) If a tie cannot be broken using the procedure set forth in (1), the tied lifters will advance.

4.17.2.2.3 Florida High School State Championship Finals

- (a) **Dates.** Please see the FHSAA website.
- (b) **Time Schedule.** The time schedule will be posted on the FHSAA Website.

4.17.2.3 Meet Regulations

4.17.2.3.1 Participant Credentials. Each qualifying athlete and coach(es) shall be admitted without charge to the Florida High School State Championship. Coaches credentials will be issued using the following formula: 1 to 2 qualifiers – one (1) coach credential; 3 to 10 qualifiers– two (2) coach credentials; 11 to 15 qualifiers – three (3) coach credentials. Note: Chaperones who are not coaches will need a Florida High School State Championship Series pass for complimentary entry.

4.17.2.3.2 Weight and Weigh-Ins.

- (a) A lifter shall be eligible to compete in the Florida High School State Championship Series state meet ONLY in the weight classification in which he/she qualifies from his/her respective district. At the close of weigh-ins, a lifter whose body weight is under the limit of the weight category in which he/she qualified shall not compete. A lifter whose body weight is over the limit of the weight category in which he/she qualified shall not be allowed to compete.
- (b) A lifter with a weight problem will be given a maximum of one hour to make weight, or until the designated weigh-in time has expired, not to exceed one hour from the initial weigh-in. A lifter may be weighed a maximum of three (3) times during the time allotted.

4.17.2.3.3 Order of Events. The order of events will be posted on the FHSAA website.

4.17.2.3.4 Platform Size. The platform at the Florida High School State Championship Series will be eight feet by eight feet.

4.17.2.3.5 State Records. FHSAA Weightlifting Records may be set only during competition in the Florida High School State Championship.

4.17.2.3.6 Jury of Appeals. A Jury of Appeals consisting of a minimum of three members must be appointed by the Meet Director. The duty of the Jury of Appeals is to ensure that the technical rules of competition are being applied and followed. A member of the Jury of Appeals whose team or individual lifter is a party to an appeal must step down and be replaced until the appeal is concluded. The decision of the Jury of Appeals will be final. The Jury of Appeals may not set aside any rule.

When the decision of a referee is contrary to the technical rules of competition, the Jury of Appeals by unanimous vote may grant the lifter another attempt. The lifter must make this attempt before the attempt of the next lifter.

If a ruling by the Jury of Appeals is requested, the Jury of Appeals must report their ruling to the Technical Controller. It is then the responsibility of the Technical Controller to notify the Head Coach of the student-athlete(s) involved the official ruling of the Jury of Appeals. The decision of the Jury of Appeals is final. No protests will be allowed.

4.17.2.3.7 Technical Controller. A technical controller must be appointed to assist the meet director in the supervision and conduct of the competition. The technical controller's duties will be:

- (a) To inspect and certify the competition platforms, the barbells, the electronic referee light systems, the warm-up room and other facilities before competition; and
- (b) To inspect the uniforms and equipment of lifters, and enforce the technical rules of competition when necessary.

4.17.2.3.8 Competition Area. Only those lifters and spotters who are engaged in actual lift may be in the competition area. All other lifters must remain in the designated seating area. Once the first lift is called on each platform, the competition area is defined as: the platform, scores table, judge's area, and lighting system. The warm-up area is not to be considered as the competition area. Coaches, faculty representatives and spectators must also remain in the designated seating area.