

Summary of 2021 T.H.S.W.P.A. Rulebook Changes

- Page 3 – “Any lifter that has lifted in a registered meet more than once in a calendar week, all results for that specific calendar week for the lifter will be made null and void.”
- Page 3 – “All Invitational Meets must be hosted by a T.H.S.W.P.A certified coach and judged by all T.H.S.W.P.A certified Judges in order to be initially registered by a Regional Director. The meet must be registered by a Regional Director prior to the commencement of the meet. (See Rule XI. A., Pg. 20).”
- Page 4 – “3. If a meet is not approved or the meet results are not turned in by their respective allotted times mentioned above, and no arrangements have been made, the Regional Director will not 1) register the meet, 2) accept the results, 3) post the results, and 4) change the rankings.”
- Page 6 – “During an attempt, a lifter has the option to wear or not wear a face covering. However, other than during an attempt, all lifters must wear a face covering on the face that fully cover the nose and mouth at all meets – league, invitational, regional and state meets. Coaches and spotters are required to wear a face covering at all times. At the discretion of the Meet Director, a lifter, coach or spotter not appropriately wearing a face mask(outside of an attempt for a lifter), may be subject to disqualification from the competition and removal from the meet and venue due to non-compliance.”
- Page 9 – Bench Press Shirt – “It shall not have any intentional tears, rips or cuts.”
- Page 9 - UNDER GARMENTS must be one-piece, one-layer stretch material. If any under garment is found to have patches, zippers, or underwire; the lifter can be subject to a “missed lift”. (See Rule V.A.) Only one bra and only one of the following: one lifting brief or one pair of underwear are allowed to be worn under the lifting suit. More than one bra and the combination of underwear and lifting brief is subject to immediate elimination as stated below:
- Page 11 – “Wrists wraps must be one layer only and contain no metal.”

- Page 12 – “JEWELRY AND HEAD COVERINGS are not allowed to be worn on the platform. No metal is allowed to be worn as jewelry or in hair. Anything other than a wrist wrap is considered jewelry and will be subject to a “missed lift”. (Ex. Rubber band, Bandanas, Hat, Necklace, Earrings, Bobby Pins, etc.)”
- Page 12 - A competitor participating in a registered T.H.S.W.P.A. meet may be subject to an official inspection of her costume or personal equipment.
- Page 17 – Deadlift – “The bar must be laid motionless horizontally in front of the lifter’s feet, gripped in both hands, and lifted with one continuous movement until the lifter is standing in a full upright position.”
- Page 24 – “For all meets, each Judge on every platform must be certified by T.H.S.W.P.A. All Meet Directors must receive certification of Judges by the Regional Director(s) for the meet to be registered by the T.H.S.W.P.A. and totals to count toward Regional and qualifying.”