

OFBCA POWER-LIFTING 2015

OKLAHOMA FOOTBALL COACHES ASSOCIATION



O F B C A

Organized for the Advancement of Football in the State of Oklahoma

MEET DATES

INVATIONALS

	J.H.	H.S.
1. COMANCHE	JAN 13 TH	JAN 14 TH
2. PRAGUE	JAN 22 ND	JAN 23 RD
3. TEMPLE	JAN 22 ND	JAN 23 RD
4. HILLDALE	JAN 22 ND	JAN 23 RD
5. PANAMA	FEB 5 TH	FEB 6 TH
6. ANADARKO	FEB 5 TH	FEB 6 TH
7. ALLEN	FEB 12 TH (SM)	FEB 11 TH (SM)
8. ELGIN	FEB 12 TH	FEB 13 TH
9. NEWCASTLE	FEB 16 TH	FEB 17 TH (SM) FEB 18 TH (LG)
10. ANTLERS	FEB 19 TH	FEB 20 TH
11. LAWTON	FEB 19 TH	FEB 18 TH (SM)
12. WEWOKA	TBA	TBA
13. TISHOMIMNGO	TBA	TBA

MEET DATES

REGIONAL MEETS

SOUTHEAST	ANTLERS	MARCH 6 TH (SM)-7 TH (LG)
SOUTHWEST	ANADARKO	MARCH 6 TH
NORTHEAST	CLEVELAND	MARCH 6 TH -7 TH
NORTHWEST	CASHION	MARCH 6 TH

JUNIOR HIGH STATE MEETS

EAST	CLEVELAND	MARCH 5 TH
WEST	ANADARKO	MARCH 5 TH

HIGH SCHOOL STATE MEETS

LARGE SCHOOL	MCCLOUD	MARCH 13 TH
SMALL SCHOOL	MCCLOUD	MARCH 14 TH

RULE CHANGES

GENERAL

A. A TEAM DOESN'T LOOSE POINTS IF A COMPETITOR IS INJURED DURING COMPETITION

B. NEW POINT SYSTEM: 1ST -10TH PLACE POINTS

1ST -12PTS

2ND -10PTS

3RD -8PTS

4TH -7PTS

5TH -6PTS

6TH -5PTS

7TH -4PTS

8TH -3PTS

9TH -2PTS

10TH - 1PT

RULE CHANGES

SQUAT

A. MUST ENTER AND EXIT THE FRONT OF THE RACK

A. AFTER COMPETITOR ENTERS THE RACK; IF THE WRAP COMES IN CONTACT WITH THE FLOOR BEFORE THE SQUAT COMMAND: NO LIFT

RULE CHANGES

BENCH

**A. CAN NO LONGER SLIDE FEET- IF
FEET MOVE: NO LIFT**

**A. WRIST WRAPS- LIFTERS NO
LONGER HAVE TO TAKE OFF THE
THUMB LOOP**

RULES

- A. GENERAL**
- B. SQUAT**
- C. BENCH**
- D. DEADLIFT**
- E. REGIONALS/STATE**

SOCIAL MEDIA

FACEBOOK

Powerlifting OFBCA

TWITTER

Powerlifting OFBCA

@OFBCA_Plifting