



## THSPA UNEQUIPPED (RAW) DIVISION 2026

The Texas High School Powerlifting Association would like to announce that we will begin offering an unequipped (RAW) division beginning with the 2026 lifting season.

This page has been created to hopefully answer as many questions as possible as we move to this new era in boys high school powerlifting. This is not a rulebook as all rules will still be in the official rulebook. This is simply to outline the new division and again answer as many questions as possible as we move forward. If you have further questions, please reach out to your regional director for any clarifications or other concerns. This page will be updated should the need arise to further clarify or explain other issues regarding the unequipped division.

1. The allowable lifting attire for the unequipped division will be a non- supportive singlet, belt, wrist wraps and knee sleeves. As with the equipped division the lifting singlet will be required at the regional and state meets. The belt, wrist wraps and knee sleeves are optional and not required for a lifter.

Specifics on the lifting attire:

- Lifting singlet shall be single ply and non-supportive in nature (example: wrestling/track singlet design); No elasticized material or any other squat suits of any kind are allowed. The singlet will be of solid colors and may include the school's name but no other pictures, obscene designs, vulgar language or any other graphic that would be offensive will be allowed. The lifting suit may not be worn with any other brief or layer other than standard underwear per the rulebook. A t-shirt must be worn under the lifting suit during squat and bench just as in the equipped divisions.
  - Belt, wrist wraps and knee sleeves must meet the same standards as an equipped lifter as set forth in the rulebook.
2. There will be one single division of unequipped lifting including all classifications 1A-6A.
  3. There will be separate regional and state meets for the unequipped division. The regional meet will be hosted in your region and those dates and times will be mutually agreed upon by those directors in each region and announced at a later date. The state meet will be held in Abilene on the same weekend as the equipped divisions.
  4. The top 12 lifters in each weight class plus any ties at the 12th spot will advance to the regional meet. From the regional meet the top 2 lifters will advance to the state meet in Abilene.
  5. There will NOT be automatic qualifying totals for the unequipped division this season.

6. All performance rules in the three lifts (squat, bench and deadlift) are the same as the equipped division and specified in the rulebook.
7. A lifter is allowed to compete in both equipped and unequipped divisions throughout the season. Should a lifter qualify for regionals in both divisions he will declare on the declaration date to his regional director which division (equipped or unequipped) and which weight class (should he qualify in two weight classes as well) he intends to compete in at the regional meet. If the lifter does not declare he will automatically be placed in the equipped division and in the heavier weight class.
8. When a lifter competes at a meet the lifter will declare to the meet host which division (equipped or unequipped) he intends to lift in at that meet. Once a lifter declares he is bound to that for the duration of that meet. In other words, if a lifter states he is unequipped he cannot add knee wraps or a bench shirt as the meet progresses and then become equipped.
9. For those who host meets: You do not have to offer a separate division at your meet for unequipped. You can simply lift all kids together and award those placings as you choose. You will just mark the kids who are unequipped in Powerscore so that the standings will separate when the directors upload the meet results. It will be critical for those who host meets to make sure these are correct in Powerscore before you send those results to your directors so the standings on the website will reflect each of the equipped and unequipped divisions.
10. There will be regional and state records established this season for the unequipped division.

Lastly, adding this division has been the desire of many coaches and lifters across the state so please adhere to the regulations and rules that have been set forth. Remember, unequipped means unequipped and equipped means equipped. Each school, coach and lifter are free to choose which route (equipped or unequipped) they want to take but please understand you accept the responsibility to adhere to the rules set forth for that division.

Again, this page was designed to answer as many questions as possible but sure there are things that will come up and we will update this page to help clarify for everyone. If you have questions feel free to reach out to your regional director and we will get everything cleared up for everyone.

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