

Bench Press Rules and Regulations

1. Participants may only be students, staff, or faculty. A valid ID will be required for participation. Selected high school students may also participate.
2. Weight Classes for men are 148 lbs and under, 165 lbs, 181 lbs, 198 lbs, 220 lbs, and 221 and over. Weight classes for women are under and over 132 lbs.
3. Power index (weight lifted divided by body weight) will be used to determine overall winner.
4. Any questions about equipment or attire must be addressed during weigh-in only. If a lifter competes wearing or using any item that is illegal or not approved, the lifter will lose credit for that lift and may be disqualified from the competition. No bench press suits.
5. Each lifter will have three (3) attempts. The highest legal weight achieved will be used to determine the champion in each weight class.
6. Prior to each lift, the lifter must announce his/her weight for the staff to rack the weights.
7. The lifter must lie with their shoulders and buttocks in contact with the bench surface. The elected position of the buttocks shall be maintained throughout the attempt. The lifter's toes must remain in solid contact with the platform (a lifter may use blocks to build up the surface of the platform).
8. The lift-off must be to arm's length and not down to the chest. After receiving the bar at arm's length, the lifter shall lower the bar to the chest and await the head referee's signal.
9. The signal will be the audible command "Press", and will be given as soon as the bar is motionless on the chest.
10. The third attempt of weight cannot be less than the second attempt.
11. After the signal to "Press" has been given, the bar should be pressed upward. The lifter will press the bar to straight-arm's length and hold it motionless until the audible command "Rack" is given. The bar may move horizontally and may stop during the ascent, but may not move downward toward the chest.
12. The following will result in the disqualification of a lift:
 - a) Failure to observe the referee's signals at the commencement or completion of the lift
 - b) Any change in the elected lifting position or the raising of the buttocks
 - c) Lateral movement of the hands
 - d) Excessive movement or change of contact of the feet
 - e) Bouncing the bar off the chest
 - f) Allowing the bar to sink into the chest after receiving the referee's signal
 - g) Pronounced uneven extension of the arms during or at the completion of the lift
 - h) Any downward motion of the bar during the course of being pressed out
 - i) Contact with the bar by the spotters between the referee's signals
 - j) Deliberate contact between the bar and the bench supports during the lift

GOOD LUCK!!!