General Rules

1. Competition will be at the HPER Fitness Center on Saturday, March 12th, 2016 at 3:00 p.m. until completed. Weigh-in will be from 2:00-2:45 p.m. If you are not here for the weigh-in you will not be able to compete.

2. Once your lift is over you will leave the platform. After your event is over you leave will the staging area.

3. The order will be lightest to heaviest body weight category.

4. Each competitor is allowed three attempts. **The overall winner and winners within each weight class will be determined utilizing the Schwartz/Malone Formula.**

5. If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter.

6. For team competition the winner will be determined by taking the best lift from each team member to determine a formula score (FS) utilizing the Schwartz/Malone formula. The team with highest FS total will be deemed the winner. Teams must have four (4) lifters to compete in the team event.

7. **Arguing with the judges will not be tolerated, you will be asked to leave and you will be withdrawn from the competition.**

Equipment

All equipment in this competition will be utilized from the HPER Weight Room:

1. Olympic bars
2. Plates (weights)
3. Collars
4. Benches
5. Weight belts

Outside Equipment allowed:

1. Wrist wraps
2. Gloves
3. Weight belts

Equipment **not** allowed:

1. Lifting suits (supportive)
   a. This is a “raw” meet, meaning NO bench press shirts, BUT belts and wrists wraps will be allowed.
2. Shirts may not consist of rubberized or similar stretch material.
3. Elbow pads and sleeves are not permitted.
4. The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden.
5. The use of any form of adhesive on the underside of footwear is strictly forbidden.
6. No foreign substances may be applied to the powerlifting equipment.
**Weighing In**

1. Weigh-in will be on Saturday, March 12th, 2016 from 2:00-2:45 P.M.
2. You must weigh-in wearing the clothes you will compete in.
3. Be prepared to sign a waiver and receive instructions about the competition.

**Bench Press**

1. The lifter must lie on his back with head, shoulders, and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands **with thumbs around the grip**. At least one finger must be touching the ring on either side of the bar. This position shall be maintained throughout the lift.
2. The lift shall be a “clean lift” in that one arm cannot lockout before another.
3. For those who are vertically challenged, use of weight plates under their feet is allowed.
4. No more than five and no less than two spotter / loaders shall be on the platform at anytime. After correctly positioning himself/herself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift-off if assisted by the spotter / loaders must be at arms length.
5. The spacing of the hands shall not exceed 81cm measured between the forefingers (both forefingers must be within the 81cm marks and the whole of the forefingers must be in contact with the 81cm marks if maximum grip is used). If in the case of a prior injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.

**Commands**

1. **The bar is loaded:** After the weight being attempted has been announced and bar is loaded, you have 45 seconds to get to the bench to start your lift.
2. **Start:** After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with elbows locked for the Referee’s signal. **The signal shall be given as soon as the lifter is motionless and the bar properly positioned.** For reasons of safety the lifter will be requested to “**Re-place**” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Referee will then convey the reason why the signal was not given. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command.
3. **Press:** The lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum/breastbone), hold it **motionless on the chest**, after which the Chief referee will signal the audible command.

4. **Rack:** The lifter must then return the bar to arms length with no excessive / immoderate uneven extension of the arms. **When held motionless in this position the audible command shall be given together with a backward motion of the arm.**

### Causes for disqualification of a Bench press

1. Failure to observe the Chief Referee’s signals at the commencement, during or at completion of the lift.
2. **Any change in the elected lifting position during the lift proper** i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.
3. **Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.**
4. **Any pronounced / exaggerated uneven extension of the arms during the lift.**
5. **Any downward movement of the bar in the course of being pressed out.**
6. **Failure to press the bar to full extension of the arms at the completion of the lift.**
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee’s signals, in order to make the lift easier.
8. Any contact of the lifter’s feet with the bench or its supports.
9. Contact between the bar and the bar-rests support.
10. The bar is not lowered to chest i.e. not reaching the chest or abdominal area, or the bar is touching the belt.
11. **Arguing with the judges will not be tolerated, you will be asked to leave and you will be withdrawn from the competition.**

### Order of Competition

1. At the weigh-in, the lifter must declare a starting weight for the bench press. Opening attempts will be entered on the appropriate individual score card (image 1), which will be signed by the lifter and handed back to you at the start of your group.

2. When a group consists of less than 6 lifters, compensatory time allowance shall be added at the end of each round as follows: 5 lifter add 1 minute; 4 lifters add
2 minutes; 3 lifters add 3 minutes. Three minutes is the maximum allowance permitted at the end of a round.

3. The bar must be loaded progressively during each round on the principle of a rising bar. If the previous weight is unsuccessful, the next attempt may be the same as the previous attempt, but weight may not be moved down.

4. If in a round an attempt is unsuccessful due to a wrongly loaded bar or spotter error, the lifter will be granted a further attempt at the correct weight. However, the extra attempt can only be taken at the end of the round in which the error occurred. If the lifter also happened to be the last lifter in the round, he/she shall be granted a three-minute rest prior to making the attempt.

5. After the attempt has been announced and the bar is loaded, the judge gives the verbal cue “the bar is loaded” you then have 45 seconds to get to the bench and start your lift.

<table>
<thead>
<tr>
<th>NAME:</th>
<th>Team:</th>
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<tbody>
<tr>
<td>ATTEMPT 1 ✓/✗</td>
<td>ATTEMPT 2 ✓/✗</td>
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Image 1: Individual Score Card
### Bench Press Competition

**Weight Classes**

#### FEMALE WEIGHT CLASSES
- 97.1-105.5 lbs.
- 105.51-114.5 lbs.
- 114.51-123 lbs.
- 123.1-132 lbs.
- 132.1-148.5 lbs.
- 148.51-165 lbs.
- 165.1-181.5 lbs.
- 181.51-198 lbs.
- 198.1 lbs. +

#### MALE WEIGHT CLASSES
- 114.5-123 lbs.
- 123.1-132 lbs.
- 132.1-148.5 lbs.
- 148.51-165 lbs.
- 165.1-181.5 lbs.
- 181.51-198 lbs.
- 198.1-220 lbs.
- 220.1-242 lbs.
- 242.1-275 lbs.
- 275.1 lbs. +