

REP OUT



COMPETITION

2022

General Rules and Regulations

*University of Central Arkansas
Campus Recreation & Wellness*

GENERAL INFO

- Competition will be at the HPER Fitness Center in the weight room on Saturday, April 16th 2022. Competition will begin promptly at 12:00 p.m. until completed. Weigh-in will be on Friday, April 15th from 5pm-8pm. If you are not here for the weigh-in you will not be able to compete.
- Once your lift is over you will leave the platform, and after your event is over you leave the staging area. Start times for each group will be announced closer to the event date. Please pay close attention to emails for this announcement.
- Each competitor is allowed one attempt. **The overall winners will be determined by the most reps lifted for each division.**
- **Arguing with the judges will not be tolerated, you will be asked to leave and you will be withdrawn from the competition.**

WEIGHING IN

Friday, April 15th 2022

Time: 5-8 pm

- You may come in at any point to weigh-in during the three hour time frame. If you do not weigh-in during this time you will not be able to compete.
- You must weigh-in wearing the clothes you will compete in.
- Be prepared to sign a waiver and receive further instructions upon registration and on competition day.

EQUIPMENT

All equipment in this competition is utilized from the HPER weight room.

Outside Equipment Allowed:

Wrist wraps; gloves; weight belts

Equipment **NOT** allowed:

1. Lifting suits;
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 powerlifting equipment.

BENCH PRESS

- The lifter must lie on his/her back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor. Hands and fingers must grip the bar positioned in the rack stands **with thumbs around grip**. This position shall be maintained throughout the lift.
- For those who are vertically challenged, use of weight plates under their feet is allowed.
- All reps shall be a “clean” lift in that the bar should touch to the torso at the bottom position and arms should come to full extension at the top of each rep without in downward descent of the bar in the process of the press.
- Not more than five and not less than two spotters / loaders shall be on the platform at any time. After correctly positioning themselves, 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.
- The spacing of the hands shall not exceed the marks on the bar (both forefingers must be within marks of the and whole of the forefingers must be in contact with the marks if maximum grip is used. The use of the reverse grip is forbidden.

COMMANDS

- **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 “**Replace**” 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.
- The lifter has 60 seconds to get into place and to receive the start command.
- The lifter can pause but can rest no more than 5 seconds
- The attempt ends if the lifter re-racks the weight, rests longer than 5 seconds, or a rep fails.

ORDER OF COMPETITION

1. Women will perform first in order of weight being lifted.
2. Men will perform second in order of weight being lifted.

CAUSES FOR FAILED REPS OR DISQUALIFICATION

1. Failure to observe the Chief Referee's signals at the commencement 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. Any downward movement of the bar in the course of being pressed out.
4. Failure to press the bar to full extension of the arms at the completion of the lift will result in rep not being counted to total reps.
5. Resting longer than 5 seconds
6. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, in order to make the lift easier.
7. Any contact of the lifter's feet with the bench or its supports.
8. Deliberate contact between the bar and the bar rests support.
9. Bar is not lowered to chest i.e. not reaching the chest.
10. **Arguing with the judges will not be tolerated, you will be asked to leave and you will be withdrawn from the competition.**

DIVISIONS

Men's Divisions

Bodyweight for reps
75% of body weight for reps

Women's Divisions

75% of body weight for reps
50% of body weight for reps

All competitors have one attempt.

