



Rules and Regulations

Clothing

Acceptable

- For purposes of our bench press competition, lifters may wear T-shirt and shorts as desired. It may be of any color or colors.
- This will be a raw meet, meaning that there will be NO use of bench shirts. HOWEVER, belts and wrists wraps will be allowed.

Unacceptable

- Elbow pads and sleeves are not permitted.
- Shirts may not consist of any rubberized or similar stretch material.

Equipment

Equipment Regulations

- Any equipment that is used must be viewed by the head judge before the competition begins. The participant will be notified as to whether his/her equipment is appropriate before the competition begins. Lifting with unqualified equipment, as deemed by the head judge, will disqualify the lift.

Wrist Wraps and Lifting Belts

- **Wrist** wraps and lifting belts are permitted.
- Competitors who choose to wear a lifting belt must have it exposed on the outside of clothing.
- Materials and construction should be leather or vinyl/nylon. Anything outside of this will require a review by the head judge before the competition begins.

General

- The use of oil, grease or other lubricants on the body, clothing, or any personal equipment is strictly forbidden.
- Baby powder, lifting chalk, pool hall chalk, resin, talc or magnesium carbonate are the only substances that may be added to the body and/or attire. Fitness1 provides magnesium carbonate, but you can bring your own.
- No foreign substances may be applied to the equipment or wraps.
- We provide 1 comp bench, and 1 warm-up bench (unsupervised but reserved)
 - Participants should be required to be “warmed-up” before their attempt

Bench Press- Rules and Performance

Weight Classes

- Men: Male lifters compete in the following UP-TO weight classes: 114, 132, 165, 181, 198, 220, 242, 259, 275, UL (276+)
- Women: Female lifters will compete in the following UP-TO weight classes: 97, 114, 132, 148, 165, 181, 198 and UL (199+)

Age Decade Classes

- Men: 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Women: 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Rules – Fitness1's head judge always has authority

- Head Judge will be set facing the competition bench and will provide all lift off's (optional)
- The lifter must lie on his or her upper back with shoulders and buttocks in contact with a flat bench service. This position shall be maintained throughout the attempt.
- The lifter's head may rise off the bench or move during the performance of the lift.
- The lifter's feet may NOT rise off the floor or move excessively during the performance of the lift.
 - NO contact can be made between the lifter's feet and the bench or it's supports.
- Three spotter/loaders will be used for each lift. The spotters are provided by Fitness1 only. NO EXCEPTIONS. The lift off, **if requested**, will be at full arms length.
- **Reverse grip is strictly forbidden.** The lifter may participate only with a "thumbs-around" or "thumb-less" hand grip.
- After receiving the bar at arms length, the lifter will lower the bar to the chest and await the head judge signal to begin pressing up.
- There must be a soft and very brief pause in which NO bouncing is permitted of the bar as the lifter must await the signal to press up the bar. Once the bar makes contact with the chest, the command "**PRESS**" shall be given to inform the lifter that the bar can be lifted. For hearing impaired participants, signals will be coordinated with the lifters before the lift begins.
- After the command "**PRESS**" is given, the bar is to be pressed upwards to straight arms length (at lockout) and held motionless until the audible command "**RACK**" is given. Lifts will be disqualified by head judge if commands are ignored.
- Lifts are reviewed by three judges (bar, hip, foot). For a successful lift, **all three** judges must determine that the lift meets the rules explained in this document.
- **SATURDAY Feb 11, 2023 10:30AM WEIGH-IN ON EVENT DAY IS MANDATORY.**
 - **NO WEIGH IN = NO PARTICIPATION = NO REFUND**
 - Your weight class will be announced at the event. Any weight class must have at least 2 participants or you will be bumped up to the next weight class.
 - NOTE: Your 1st attempt (in pounds, up to 5lb increments) will be recorded at weigh in.
 - Collar weight is considered negligible. Fitness1 provides the required the collars.

Causes for Disqualification include:

- Not attending the weigh-in **AT 10:30AM EVENT DAY.**
- No entry fee received – due by weigh-in.
- Failure to observe the head judge signals at the beginning or completion of the lift.
- Any change in the elected lifting position during the lift (ie. rising of the shoulders or buttocks from their original points of contact with the bench, lifting of a foot/feet, or lateral movement of the hands on the bar) as determined by our judges.
- There must be a soft/quick pause in which heaving or bouncing the bar off the chest is not allowed.
- Any downward movement of the barbell in the course of being pressed up.
- Contact with a barbell by spotters/loaders between the head judge signals, at the head judge discretion.
- Any contact of the lifter's feet with the bench or its supports.
- Deliberate contact between the barbell and the bar rest supports during the lift in order to make the process easier.

Order of Competition:

The Round System

- At the weigh in, the lifter must declare their starting weight for the bench press.
- If the first attempt is successful, the lifter must notify the staff of the weight they wish to attempt for their second press, and has up to 1min to do so. If first attempt is unsuccessful, the second attempt will be the same as the first. **Weight attempts cannot be lowered.**
- If the second attempt is successful, the lifter must notify the staff of the weight they wish to attempt for their third and final press, and has up to 1min to do so. If second attempt is unsuccessful, the third attempt will be the same as the first or second, whichever is higher.
- Responsibility for submitting attempts within the time limit rest solely with the lifter. If no weight is submitted within the allowance, the lifter will forfeit his or her next round attempt.
- When a group consists of less than three lifters, compensatory time allowance may be added at the end of each round to allow for a maximum of three minutes between attempts.
- Each round (three each in male and female division) begins with the lightest registered weight. The bar must be progressively loaded during each round. At no time will the weight of the bar be lowered within a round except for errors, and only then at the end of that round.
- Lifter order within each round will be determined by the lifter's choice of weight for that round.
- If unsuccessful with an attempt, **the lifter does not follow him/herself**, but must wait until the next round before the lift can be attempted again.
- If in a round an attempt is unsuccessful due to a wrongly loaded bar, 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 up to a three minute rest period prior to making the attempt.
- Lifters and/or coaches may ask why a lift was disqualified.
- The lifter has **up to three minutes** from the time it is announced that the bar is loaded until they lay down on the bench. Failure to begin the lift within this timeframe will result in disqualification for that lift.
- Three unsuccessful attempts will automatically eliminate the lifter from the competition.
- Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotters/loaders and positioning himself for an attempt. If help is needed, the lift will be ruled a "no lift".

General

- You do not need to be a Fitness1 member in order to participate.
- By signing below, you agree to Fitness1 use of event photography/videography for marketing purposes.
- **TIP:** most lifters start with a weight that's slightly lower than their goal max for the day and attempt to build up to a new best one-rep-max by their third attempt
- Our signed WAIVER & RELEASE FORM is required to participate.

CLEARLY Printed Name

Signature

Date Signed

Parental/Guardian Signature Required if above is under 18 years of age

Date Signed