

Bellarmino University Intramural Sports

BENCH PRESS RULES HANDOUT

ELIGIBILITY RULES:

1. Bellarmine University Intramural Sports program participation is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The Sport, Recreation, and Fitness (SuRF) Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs.
2. You must have a Bellarmine University ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
3. No Person shall play on more than one team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
4. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly SuRF for a period of time determined by the Intramural Director.

1. Weight Classes

1.1 Competition will be divided into men's and women's divisions with the following weight classes:

- a) 97 lbs. or less
- b) 98 - 105 lbs.
- c) 106 - 114 lbs.
- d) 115 - 123 lbs.
- e) 124 - 132 lbs.
- f) 133 - 148 lbs.
- g) 149 - 165 lbs.
- h) 166 - 181 lbs.
- i) 182 - 198 lbs.
- j) 199 - 220 lbs.
- k) 221 - 242 lbs.
- l) 243 - 275 lbs.
- m) 276 - 308 lbs.
- n) 309 lbs. and above

1.2 Each participant's official weight will be determined on the day of the tournament at the time of registration.

1.3 Participants must compete in their weight class if there are at least four other participants in that same class. If there are less than four participants signed up for a weight class, those participants will compete in the next higher weight class.

1.4 All lifters must be checked in with an Intramural Staff Member before they are allowed to participate.

1.5 The Schwartz/Malone Formula will be used to determine each lifter's strength coefficient. This score is determined by the formula) by his/her heaviest lift.

1.6 The winner of each weight class will be determined by the participant who makes the heaviest lift. In the event of a tie in a particular weight class, each lifter's Schwartz/Malone Formula score will be used to determine a winner.

2. Equipment

2.1 All lifters must wear athletic shoes - cleats or open heel/toe shoes will NOT be permitted.

2.2 Participants are required to dress in recreation attire. No excessively loose fitting clothes may be worn.

2.3 Wrist wraps and gloves will NOT be permitted.

- 2.4 Weight belts will be permitted.
- 2.5 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.
- 2.6 The tournament will use a bench, bar, and weights supplied by the SuRF Department.

3. Tournament Procedures

- 3.1 Each lifter will have three (3) attempts. The highest legal weight achieved will be used to determine the champion in each weight class.
- 3.2 Lifters will declare the weight of their first attempt during weigh-ins. The weights for their second and third attempts must be submitted within one minute of completing the preceding attempt.
 - a) The weight submitted for the first attempt may be changed one time. The change may take place at any time up to five minutes before the start of the tournament.
 - b) The weight submitted for the second attempt may not be changed.
 - c) The weight submitted for the third attempt may be changed as many times as the lifter desires as long as his/her name has not been called to lift.
- 3.3 The bar will be loaded progressively on the principle of a rising bar. At no time will the bar be reduced except for errors made by the tournament staff. Attempts taken over due to a tournament staff error will occur after all other competitors requesting that weight have attempted that weight.
- 3.4 The lifting order will be determined by the lifter's choice of weight per attempt. When multiple lifters are attempting the same weight, the order will be determined by body weight.
- 3.5 If unsuccessful with an attempt, a lifter must wait until all other competitors requesting that weight have lifted before attempting that weight again.
- 3.6 Once a competitor's name is called and the correct weight is placed on the bar, he/she will have one minute to begin their attempt. If a participant is required to lift shortly after their first or second attempt, he/she will receive a maximum of two minutes of rest.
- 3.7 If the platform or equipment becomes disarranged during an attempt and the attempt is successful, the attempt will be accepted. If the attempt is unsuccessful, the lifter may be granted a further attempt at the same weight.

4. Before the lift

- 4.1 No one will be allowed on the platform during a lift except the lifter, an official spotter, and the three referees. A lifter may use his/her own spotter if they wish.
- 4.2 The first and heaviest plate will be loaded on the bar face in, with the rest of the plates loaded face out.
- 4.3 Collars must always be used for each lift.
- 4.4 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).
- 4.5 The spacing of the hands shall not exceed 81 cm (measured between the forefingers). The bar will have markings indicating the maximum grip allowance.

5. During the lift

- 5.1 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.
- 5.2 The signal will be the audible command "Press", and will be given as soon as the bar is motionless on the chest.
- 5.3 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.
- 5.4 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
- 5.5 Each referee will use a *thumbs-up* for a "good lift" and a *thumbs-down* for a "no lift".

6. Tournament Staff

- 6.1 The tournament will consist of the following staff members:
- a) Announcer/Time Keeper
 - b) Scorekeeper
 - c) Spotters/Loaders
 - d) 2 side referees (watching the feet and buttocks)
 - e) Head referee (watching the bar and giving the necessary signals)
- 6.2 The referees may stop a lift for discretionary safety. The head referee shall signal the spotters to take the bar if it is safe to do so.

6/2009