

TRUMAN STATE UNIVERSITY INTRAMURAL RECREATIONAL SPORTS

BENCH PRESS RULES

Rules

1. All participants must weigh in before lifting. You will be weighed wearing the clothes and shoes you will be competing in.
2. Each participant will be given three lifts for competition. Each lifter must give his/her starting weight to lift at the weigh-in. Lifting order is determined by the weight on the bar. The winner will be determined by the use of the Wilks formula (a correlation using weight lifted and weight of competitor)
3. A judge will determine a legal lift:
 - a. After receiving the bar at arm's length, the lifter lowers the bar to his/her chest and awaits the referee's signal, which is a verbal command of "PRESS."
 - b. The signal to "PRESS" is given when the bar is motionless on the chest and under control.
 - c. After the "PRESS" command is given, the bar is pressed upward to straight-arm length and held motionless until the audible command "RACK" is given.
 - d. Once the bar begins the upward motion, the bar cannot be lowered.
 - e. Both feet must remain in contact with the floor.
 - f. The back of the head and buttocks must remain in contact with the bench.
4. Apparel: A tee shirt may be worn with short sleeves or no sleeves. The sleeves of the shirt may not cover the elbows. The tee shirt must be tucked into the shorts. Shorts must be worn and should be of a tight-fitting material, not loose.