

SPRING 2022 BENCH PRESS COMPETITION RULES

Friday, March 4, starting at 3:00pm; **FREE!**

****All competitors must:**

- 1. Register at the Member Services Desk or at my.recsports.unt.edu by March 3 at 11:59pm.**
- 2. Use the scale and submission sheet at the weight room desk to submit your weight no later than March 4 at 2:45pm.**

Weight classes for men and women:

<114.4 lbs	154.5 - 174.4 lbs	214.5 - 234.4 lbs
114.5 - 134.4 lbs	174.5 - 194.4 lbs	234.5 - 254.4 lbs
134.5 - 154.4 lbs	194.5 - 214.4 lbs	254.5 - 274.4 lbs
		274.5+

Competition Rules:

1. Only UNT students and faculty/staff with a valid Rec Sports Membership are eligible.
 2. Competitors must register by March 3 at 11:59pm.
 3. Participants can weigh-in before the day of the event at the weight room desk but **must do so no later than 2:45pm the day of the event** at the weight room desk.
 4. Each competitor is allowed a total of **3 lifts**. Only the best of the three lifts will be considered for the final placing in one's weight division. Rec Sports Personal Trainers will be available for spotting. Lifters may provide their own spotters if desired.
 5. Once a lift is attempted, participants *may not* lower the weight amount for subsequent attempts. Only lifts weighing the same amount or an increased amount are permitted.
 6. Baggy and/or loose shirts must be tucked in to allow judges to see total body movements.
 7. Only lifting belts and wrist-wraps are allowed. No compression shirts are permitted.
 8. Overall event winners are determined by % of weight pressed to body weight (lbs).
- **Any additional rules and procedures will be explained the day of the event, before competition begins.*

Factors That Constitute a Legal Bench Press:

1. Both feet, hips, and back must remain in contact with the floor & bench throughout the lift
2. Arms must be straight at the starting lift. Reverse-grip hand placement is prohibited.
 - Verbal command of "**START**" will be given to the participant via the Head Judge to lower the bar down to touch the chest with proper control.
 - Verbal commands will be given to the participant via the Head Judge to "**PRESS**" after total cessation of movement. Press the bar upward smoothly until the elbows are locked-out at the final position.
 - Even arm extension is required throughout the lift.
 - After full extension, the "**RACK**" command will be given before racking the bar.
3. Any bounce off from the chest position or failure to comply with verbal commands may result in a scratched attempt.
4. The head judges' decision on all *completed* or *scratched* lifts is **FINAL**.