

Gonzaga University Intramural Department

Bench Press Competition

Every participant must present a GU ID card before each contest to be eligible to participate. No exceptions.

All contestants will be required to register and weigh in between the hours of 3:00 and 4:30 PM. At this time, all contestants will be weighed and placed into their appropriate weight categories. Standard IPF weight categories will be used (see below). During the registration process, all contestants must also give their opening lift attempt. After the registration period, the registration table will be closed.

All contestants will be allowed to perform 3 single repetitions of the bench press movement. All contestants must abide by the following rules adapted from the official IPF rules and guidelines for the bench press:

1. The lifter must lie on his/her back with head, shoulders, buttocks, and feet in contact with the flat bench surface and the floor. The hands must grip the bar with a “thumbs around grip”, thus locking the bar safely in the palms of the hand. This position must be maintained throughout the performance of the lift. **Any deviation from this position will constitute a disqualification of that attempt.**
2. The spacing of the hands shall not exceed 81 cm measured between the forefingers. The use of a reverse grip is forbidden.
3. After removing the bar from the racks or receiving it from the spotters/loaders, the lifter shall wait with the elbows in a locked position for the Chief Referee’s signal. The signal will be given as soon as the bar is motionless and the bar is properly positioned above the chest. The signal will consist of a downward motion of the arm along with the audible command “start”. **Beginning the descent of the barbell prior to the start command will constitute a disqualification of that attempt.**
4. Upon receiving the signal to start, the lifter must lower the bar to the chest and hold it motionless with a definite and visible pause. The lifter is then required to wait until the Chief Referee gives the signal to begin the press. The signal will consist of the audible command “press”. **Beginning the ascent of the barbell prior to the press command will constitute a disqualification of that attempt.**
5. Upon receiving the signal to press, the lifter must press the barbell upwards with even extension of both arms to a fully extended position. When the bar is held motionless in the full arm extension position, the Chief Referee will give the signal to rack the weight. The signal will consist of the audible command “rack”. **Racking the barbell prior to the rack command will constitute a disqualification of that attempt.**
6. In the event of an unsuccessful attempt, the lifter may attempt the same weight or a greater weight. Reduction of the magnitude of the weight is not allowed.

In addition, the following rules regarding apparel will be enforced.

7. No weightlifting equipment will be allowed. This includes:
 - Bench press shirts
 - Wrist wraps
 - Wrist straps
 - Athletic tape
 - Lifting shoes
 - Weight-belts
 - Hand chalk
8. No excessively baggy clothing will be allowed. Shirts must be tucked in during the lift.
9. The Chief Referee has the final decision regarding any apparel.
10. The lifter that successfully completes their lift with the greatest amount of weight within their weight class will be declared the winner of that weight class.

Weight Classes

Men

Up to 48 kg
48-52 kg
52-56 kg
56-60 kg
60-67.5 kg
67.5-75 kg
75-82.5 kg
82.5-90 kg
90-100 kg
100 kg and above

Women

Up to 40 kg
40-44 kg
44-48 kg
48-52 kg
52-56 kg
56-60 kg
60-67.5 kg
67.5-75 kg
75-82.5 kg
82.5 kg and above

Blood Rule

Any participant who is bleeding must not participate until the bleeding stops. The Chief Referee has the authority to remove the contestant from the event. The Chief Referee must approve the contestant to re-enter competition. If the bleeding is not stopped within the allotted five (5) minutes the contestant will forfeit their lifts.