

SARGE'S TEEN BENCH COMPETITION

2015

GENERAL MEET RULES:

- RAW Bench Press rules apply. Lifting belts and wrist-wraps are allowed. Attire: (top) tank top, t-shirt, or underarmor-type shirt; (bottom) shorts, sweatpants, or track pants. One-piece lifting/wrestling singlet will be allowed. Compression clothing such as bench shirts, erector shirts, and deadlift suits are prohibited.
- Each lifter will get three (3) attempts.
- After a successful attempt, the next attempt must be at least five (5) pounds heavier. On a failed attempt, the lifter must either stay at that weight, or have the option to attempt a heavier weight. Important: for your first attempt, you should make sure it is a weight you will be successful with.
- Lifting will be conducted by lightest weight class first. The event will begin with the female open class. Depending on the number of competitors, weight classes may be placed groups of 5 to 6. While the first group is performing their lifts, the other groups will be in the warm-up area warming up. When all the lifters in the first group have performed all three of their attempts, it will be the next group's turn.

BENCH PRESS COMPETITION RULES:

- The lifter must lie on his back with shoulders and buttocks in contact with the flat bench surface. Feet can be flat on the floor or on toes. The position must be maintained between the "Press" and "Rack" signals.
- To achieve firm footing, the lifter may use a plate underneath his/her feet.
- The lifter may use the help of one of the spotter/loaders in removing the bar from the racks. The lifter's coach or teammate may be used as well in removing the bar from the racks.
- After removing the bar from the racks, the lifter shall lower the bar to their chest in a controlled manner and await the head referee's signal to "Press". This is a controlled stop in movement with the bar touching the chest.
- The signal to press the bar from the chest will be the audible command "PRESS" given by the head referee and will be given as soon as the bar is motionless touching the chest.
- After the command "PRESS" has been given, the lifter will then press the bar vertically until the arms are fully extended and held motionless until the audible command of "RACK" is given.

Causes for a failed bench press lift:

- Failure to observe to the head referee's signals at the commencement or completion of the lift.

- Any change in the elected lifting position after the “PRESS” command but prior to the “RACK” command; which results in the lifter’s shoulders or buttocks breaking contact with the flat bench surface.
- The lifter’s feet moving from their original point of contact on the floor.
- Lateral movement of the hands on the bar or opening and closing of the hands on the bar.
- Bouncing the bar off of the chest or allowing the bar to sink into the chest after receiving the head referee’s “PRESS” signal
- The bar descending in the course of being pressed out.
- Major uneven extension of the arms or an uneven lockout.
- Failure to press the bar to full extension of the arms at the completion of the lift.
- Contact with the bar by the spotter/loaders between “PRESS” and “RACK” commands.
- Any contact of the lifter’s feet with the bench or its supports.
- Contact with the bench uprights during the press which results in stopping movement of the bar, downward movement of the bar, or is judged to have assisted or saved the lift.