

SALT RIVER FITNESS CENTER: Bench Press Contest

Weight Classes Division Men's & Women's:

Competition will be divided into men's and women's divisions with the following weight classes. Competition is open to male and female ages 16 – above.

Men	Women
1. Under - 158lbs	1. Under -158lbs
2. 159lbs-179lbs	2. 159lbs-179lbs
3. 180lbs-199lbs	3. 180lbs-199lbs
4. 200lbs-220lbs	4. 200lbs-220lbs
5. 221lbs-242lbs	5. 221lbs-242lbs
6. 243lbs-270lbs	6. 243lbs-270lbs
7. 271lbs-Above	7. 271lbs-Above

If you are the only in your weight division you will be moved down or up weight division.

1. All participants must be a SRPMIC Community Member, Community Resident, or Spouse/Significant other of a Community Member, Tribal Employee or Enterprise Employee (AZ Casino, Saddleback, Devco, Salt River Fields, Sand & Rock, Landfill, Talking Stick Golf or Red Mountain/Lehi Boys and Girls Club employee). **You may ask to verify your SRPMIC Community membership, residency or employment. Please have your Tribal or Employee ID with you.*
2. Each Participant's official weight will be determined on the day of competition at the time of registration. We will be using the Salt River Fitness Center scale located in fitness center area.
 - Sign-up and Weigh-in will be Wednesday, June 12 10:00am – 7:00pm & Thursday, June 13 10:00 am – 1:00 pm
 - All participants must sign waiver before lifting.
3. All participants must check in with Fitness Staff before they are allowed to lift.
4. Competition will take place from 1: 30 pm to 3:00 pm on Thursday, June 13.
5. Competition will END at 3:00PM, NO EXCEPTIONS.
6. Participant will be allowed 3 lift attempts.

The following are basic rules for competition in the bench press. However exact rules may vary depending organization you compete in. These rules outline the mechanics of a regulation competition bench press. The equipment allowed will depend on the specific bench press meet you enter.

RULES OF BENCH PRESS PERFORMANCE:

1. The lifter must lie on their back with head, shoulders and buttocks in contact with the flat bench surface. Shoes MUST be FLAT on the floor/built up surface. This position MUST be maintained throughout the attempt once the "PRESS" signal has been given.
2. To achieve firm footing, the lifter may use plates/step. The entire foot MUST be flat on the surface.
3. The lifter may have a lift-off from a spotter which MUST be taken at arm's length not down at chest.
4. The spacing of the hands may NOT exceed 81 cm (31 7/8") measured between the forefingers.
5. After receiving the bar at arms length, the lifter shall lower the bar to the chest and await the signal. Before receiving the signal, the lifter may make position adjustments without penalty.
6. When the bar is MOTIONLESS on the chest, the signal will be given. The signal consists of the audible command "PRESS".
7. After the signal to commence the lift has been given, the bar is pressed upward to straight arms length and HELD MOTIONLESS until the audible command RACK is given.
8. The bar is allowed to stop during the upward motion but is NOT allowed any downward movement of either or both hands.

CAUSES FOR DISQUALIFICATION OF THE BENCH PRESS:

1. Failure to observe the signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift, i.e., any raising movement of the head, shoulder, buttocks, or feet ONCE the "PRESS" signal has been given.
3. Heaving or bouncing the bar off the chest (any downward movement of the bar after the "PRESS" signal has been given).
4. Any uneven extension of the arms at the completion of the lift.
5. The bar may stop; if in the opinion of the referee, the safety of the lifter is in jeopardy, the RACK signal will be given.
7. Contact with the bar by the spotter between the referee's signals.
8. Contact of the lifters feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rest upright during the lift which would aid the press

