BENCH PRESS COMPETITION RULES

Moraine Valley Community College Health, Fitness & Recreation Center’s Bench Press Competition will be a powerlifting style meet in which each participant will be allowed a total of 3 attempts to bench press with appropriate form for one maximum repetition. Classes will be divided into male and female weight classes.

1. Event Details & Registration
   1.1 Wednesday, March 1, 2017, from 6-9 p.m. at FitRec located at 9000 W. College Parkway, Building H in the Gymnasium.
   1.2 Participation Fee: MVCC Students or FitRec Members $15; Non-Members $20;
   1.3 Non-Member spectators are required to check-in with FitRec Staff; no fee is required to observe this event, but non-member spectators are required to wear a designated wristband and are restricted to the event area only.
   1.4 Early registration open through Tuesday, February 28th but to guarantee a t-shirt must register by Wednesday, February 15th. Day of the event registration will be accepted for an additional $5 fee.
   1.5 Weigh-ins MUST be completed on the day of the event between 3-5 p.m. at the Weigh-In Table. No early or late weigh-ins will be performed; therefore if a competitor doesn’t weigh in between 3-5 p.m., he/she forfeits competing in the event.
   1.6 Warm-up begins 30 minutes before competition at 5:30 p.m.
   1.7 Registration is accepted online or in-person at our Membership Desk; except part-time MVCC students without a FitRec membership who must register in-person at our Membership Desk.
   1.8 Awards ceremony will begin immediately after competition ends or however long it takes the judges to determine the winners.
   1.9 For questions or concerns, please contact Julie Bearden, Senior Asst. Director – Fitness & Wellness, at (708) 608-4029 or Julie.bearden@morainevalley.edu.
   1.10 For day of the event questions, please contact FitRec directly at (708) 608-4000 Ext. 3 and speak with a Building Manager.

2. Player Eligibility
   2.1 Participants can include currently enrolled Moraine Valley Community College students, active members of FitRec and/or community non-members.
   2.2 Participants must be 18 years of age or older.
   2.3 In order to participate all individuals MUST pay the fee in full based on their status (student, member or non-member).
2.4 Participants will be asked to present, on the day of the event at Membership/Welcome Desk, their active MVCC Student ID, Active FitRec Membership Key Tag or Driver’s License/State ID for identification purposes.

3. **Judging**  
3.1 The formula used to determine the winners will be:  
   - Weight pressed/body weight = adjusted % value  
   - Example: 260/144.5 = 179.93%  
3.2 Trophies will be given to the top male and female OVERALL winners.  
3.3 Medals will be given to the first place male and female in each WEIGHT CLASS.  
3.4 Overall male and female winners will be pulled out of his/her weight class division to prevent a double win.  
3.5 Judges will be appointed by the Senior Assistant Director – Fitness and Wellness. These judges will be in absolute control of the lifting portion of the event. For other decisions and rulings not outlined in our Bench Press Competition Rules, the Director of Campus Recreation makes any and all final decisions.

4. **Weight Classes**  
4.1 Competition will be divided into men's and women's divisions with the following weight classes (note that ALL classes are subject to change based on the number of entries in each division):

**Male (6 categories)**  
148lbs & under  
149-165lbs  
166-182lbs  
183-199lbs  
200-216lbs  
217lbs and above

**Female (3 categories)**  
129lbs & under  
130-149lbs  
150lbs & over

4.2 Participants must compete in their weight class if there are at least three other participants in that same class. If there are less than three participants signed up for a weight class, those participants may be required to compete in the next higher weight class.  
4.3 Each participant's official weight will be determined on the day of the tournament during weigh-in and measured to the tenth of the pound (xxx.x pounds).
5. **Equipment and Clothing**
5.1 The tournament will use a scale, bench, bar, and weights supplied by FitRec.
5.2 All lifters must wear athletic shoes – cleats, construction boots, open heel/toe shoes will NOT be permitted.
5.3 Participants are required to dress in recreation attire. No excessively loose fitting clothes may be worn and shirts must be tucked in.
5.4 Weight belts and wrist wraps will be permitted.
5.5 Chalk is allowed and will be provided by FitRec.
5.6 Power lifting grips and gloves will NOT be permitted.
5.7 Any questions about equipment or attire must be addressed during weigh-in only. If a lifter competes wearing or using any item that is illegal or not approved, the lifter will lose credit for that lift and may be disqualified from the competition.

6. **Lifting Procedures**
6.1 Each lifter will have three (3) attempts.
6.2 Lifters will declare the weight of their first attempt during weigh-ins. The weights for their second and third attempts must be submitted within one minute of completing the preceding attempt.

   a) The weight submitted for the first attempt may be changed one time. The change may take place at any time up to five minutes before the start of the tournament.

   b) The weight submitted for the second attempt may not be changed.

   c) The weight submitted for the third attempt may be changed as many times as the lifter desires as long as his/her name has not been called to lift.

6.3 The bar will be loaded progressively on the principle of a rising bar. At no time will the bar be reduced except for errors made by the tournament staff.
6.4 The lifting order will be determined by the lifter’s choice of weight per attempt. When multiple lifters are attempting the same weight, the order will be determined by body weight.
6.5 Whether successful or unsuccessful with an attempt, a lifter must wait until all other competitors have completed that round before attempting next weight.
6.6 If the equipment becomes disarranged during an attempt and the attempt is successful, the attempt will be accepted. If the attempt is unsuccessful, the lifter may be granted a further attempt at the same weight.
6.7 Index fingers must be in contact with the knurl markers for lift to be considered legal.
6.8 NO reverse or suicide grips allowed.

7. **Before the Lift**
7.1 Spotters will be designated by FitRec.
7.2 If a lifter prefers to use their own spotter, that spotter needs to check in with FitRec Staff and sign a FitRec waiver (if not a member of the FitRec).
7.3 Collars must always be used for each lift.
7.4 The lifter must lie with their head, shoulders and buttocks in contact with the bench surface. The elected position of the buttocks shall be maintained throughout the attempt.
7.5 Feet must be in contact with the floor and remain in the same position throughout the lift.
7.6 Competitor will be called to the bench with the audible command “BAR IS READY”, which means you are up and you have 1 minute to get in position.
7.7 The lift will commence with the audible command “START”.

8. **During the Lift**
8.1 The lift-off must be to arm's length and not down to the chest. After receiving the bar at arm's length, the lifter shall lower the bar to the chest and await the head judge's signal.
8.2 The signal will be the audible command "PRESS", and will be given as soon as the bar is motionless on the chest.
8.3 After the signal to "PRESS" has been given, the bar should be pressed upward. The lifter will press the bar to straight-arm's length and hold it motionless until the audible command "RACK" is given. The bar may move horizontally and may stop during the ascent, but may not move downward toward the chest.
8.4 The following will result in the disqualification of a lift:
   a) Failure to observe the judge's signals at the commencement or completion of the lift
   b) Raising the head during any part of the lift
   c) Any change in the elected lifting position or the raising of the buttocks off the bench
   d) Lateral movement of the hands
   e) Excessive movement or change of contact of the feet
   f) Allowing the bar to sink into the chest after receiving the referee's signal
   g) Pronounced uneven extension of the arms during or at the completion of the lift
   h) Any downward motion of the bar during the course of being pressed
   i) Contact with the bar by the spotters between the referee's signals
   j) Deliberate contact between the bar and the bench supports during the lift
   k) Index fingers NOT in contact with the knurl markers

8.5 Each referee will use a **thumbs-up** for a "good lift" and a **thumbs-down** for a "no lift".

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