

2008 NTC

Bench Press Competition



- ▶ September 18, 2008 at 1100 hours
- ▶ Weight classes to be determined based on the number of competitors

If you wish to participate, reply via e-mail to: NTCPICNIC@psta.org.

Include the following in your response:

1. Name
2. Agency/Department
3. Weight
4. Contact e-mail address and phone number

Include Bench Press Competition in the subject line of your e-mail

BENCH PRESS COMPETITION RULES

1. Each competitor is allowed a total of three (3) lifts. Competitors are allowed three (3) attempts on each of their three (3) lifts. Only the best completed of the three lifts will be considered for the final scoring.
2. Baggy and/or loose shirts must be tucked in to allow judges to see total body movements. *NO Lifting Shirts are permitted* Belts and chalk are allowed.
3. A maximum of 3-minutes rest will be permitted between lifts. Contestants will have two (2) minutes to complete each lift.
4. Contestants will submit their starting weight for bench when weighing in. Weigh in will be between 0900 and 1000 hours on competition day.
5. Contestants will determine weight for 2nd and 3rd lift attempt after all contestant's complete 1st and 2nd lift respectively.
6. Spotters will be present to ensure the safety of the contestants. Contestants may provide their own spotters.
7. Contestants must lower and raise the weight in a controlled manner.
8. Both feet must be flat on the floor surface and be on the same spot throughout the lift.
9. The head, buttocks, and back must not leave the bench (flat on bench).
10. The lift-off must be to arm's length and not down to chest. After receiving the bar at arm's length, the lifter shall lower the bar to chest, hold bar motionless on chest for ½ second, press bar upward to straight arm's length at the final position and hold for ½ second to constitute a complete lift. The bar may move horizontally and may stop during the ascent, but may not move downward toward the chest.
11. Any bounce-off from the chest position constitutes an illegal press.