



**WINSTON-SALEM**  
STATE UNIVERSITY

# **Bench Press Competition**

**Tuesday, April 25, 2017, 7:00 pm**

**Pre-Registration will begin on Monday, April 17, 2017 thru Monday, April 24, 2017**

**Day-of-Event-Registration Available 8:00 a.m. –12:00 noon**

**Return this entry form to Vanessa Hood University Recreation Suite 109D DJR**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age: \_\_\_\_\_ Email address \_\_\_\_\_

Affiliation: Freshman\_\_\_ Sophomore\_\_\_ Junior\_\_\_ Senior\_\_\_ Graduate Student\_\_\_ UREC Member\_\_\_

Gender: Female Division \_\_\_\_\_ Male Division \_\_\_\_\_ First Attempt Weight (lbs.) \_\_\_\_\_

**Competition Location: Donald Julian Reaves Student Activities Center-Gymnasium**

**Please circle your weight class category below:**

**Weight Class:** Note: Your weight class will be validated by staff at the weight-in on **April 24, 2017.**

Women's Weight Classes: 100-125, 126-150, 151-175, 176-200, 201-225, Over 225

Men's Weight Classes: 125-150, 151-175, 176-200, 201-225, 226-250, 251-275, 276-300, Over 300

## **Informed Consent:**

I understand that the activity I have chosen to participate in involves physical activities which could result in injury or death. I voluntarily choose to participate in this activity, assuming all risks due to my participation. I will not hold Winston-Salem State University or the University Recreation Department or staff responsible for injuries or complication which could result from my participation in this event.

Participants Signature \_\_\_\_\_ Date \_\_\_\_\_

Name of Emergency Contact \_\_\_\_\_ Emergency Contact Phone Number \_\_\_\_\_

***Note: A Bench Press Lifting Clinic will be held Tuesday, April 25<sup>th</sup> 2017, 5:00 pm-6:45 pm in Campus Hall Room 100 to review lifting expectations, rules, and guidelines.***

For more information: Contact Vanessa Hood @ 336-750-3353

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Vanessa M. Hood, Associate Director University Recreation, Bench Press Competition Coordinator 2017



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# Bench Press Competition Rules

**Doors open @ 6:00 pm\*Weigh-In 5:45 pm to 6:45 pm\*Competition begins @ 7:00 pm**

**Competition Location: Donald Julian Reaves Student Activity Center-Gymnasium**

**Competition Date: Tuesday, April 25th, 2017, 7:00 pm**

## Rules:

### General Rules:

- Must wear appropriate athletic attire and closed toe athletic shoes
- Each participant will have 3 attempts
- Wrist straps are limited to less than 80cm in width
- Each competitor must use tournament provide spotter
- Participant Weigh-In 5:45 pm-6:45 pm

### Requirements for a successful lift:

- Back and buttocks are in contact with the bench
- Heels must be in contact with the floor
- Weight must not bounce off the chest, but pressed in one continuous motion
- Bar must be even as weight is being pressed
- Must obey all commands by the Chief Referee (**Commands: Start-Press-Rack**)
- Thumbs must be wrapped around the bar.
- **Full pre-lockout extension of the arms- pause at top of the lift- wait on the command from the judge to rack.**

### Cause for disqualification:

- Any change in the elected lifting position during the lift
  - Raising movement of the head
  - Raising buttock or feet from their original point of contact with the bench or floor
  - Lateral movement of hands on the bar
- Weight is not bounce off the chest, but pressed in one continuous motion
- Any uneven extension of the arm during the lift
- Any downward movement of the bar in the course of being pressed out
- Failure to press the bar to full extension of the arm at the completion of the lift
- Contact of the bar by spotters/loaders between the Chief Referee's signal
- Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier
- Failure to comply with any of the requirements contained in the general description of the lift, which precedes this disqualification list.

### Process:

The competition will be run in flights. Please list the weight of your first attempt to easily allow us to pre-sort the flights. Each competitor will be allowed 3 attempts to lift the maximum amount of weight in 1 rep. After each attempt, the competitor will report to the data table to enter their next attempt.

**Flight Categories:** Less than 50 pounds, 50.1–100 pounds, 100.1–150 pounds, 150.1–200 pounds, 200.1–250 pounds, 250.1–300 pounds, Over 300 pounds

**Bench Press Clinic:** A Bench Press Lifting Clinic will be held **Tuesday, April 25th, 2017, 5:00 pm-6:45 pm in Campus Hall 100** to review lifting expectations, rules, and guidelines.

### Winners / Results:

The competitors' performance scores will be calculated using the Wilks Formula.