

MCCS BENCH PRESS CHALLENGE RULES



1. The lifter must lie on their back, with head, shoulders and buttocks in contact with the flat bench surface. Thumbs must be wrapped around the bar. Judge must not be able to fit more than a fist under the lower back. Shoes must be flat on the floor. This position must be maintained throughout the attempt. The best lift of three attempts will be counted. Once a flight has started, no changes to the weights are allowed. The weight attempts may only INCREASE in poundage, no decreases.
2. The lift may have a lift-off from the spotter that must be taken at arms length, not down at the chest. Lift will commence when spotter releases the bar.
3. The lifter must tuck in their shirt (if applicable) and take off any watches or jewelry that may impede on the lift.
4. After receiving the bar at arms length, the lifter shall lower the bar to the chest and wait for the “press” command. Then press the weight without bouncing the bar off of the chest. Once the arms are fully extended and the lifter hears the command to “rack it,” the weight can be returned to the standards and the attempt is considered good (providing there was no other breakdown in form during the lift).
5. The bar is allowed to stop during the upward motion, but is not allowed any downward movement of either or both hands.
6. Competitors may use workout gloves, chalk, belt, and/or their own spotter, but may not use a stretch suit. If using your own spotter, **they must attend spotters’ meeting and demonstration prior to beginning of competition.**
7. Judges must attend spotters’ meeting and demonstration.
8. POINTS are decided by the weight that is lifted multiplied by the Wilks co-efficient that matches your weight.
9. AWARDS: The top three lifters with the most points in each weight category will be awarded. There is also an overall award for men and women, determined by the person with the most points out of everybody who competed that day. At the last contest of the series, there will also be a “Series Overall” award for the man and woman who have the most points from three different contests in the series.

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, shoulders, buttocks, or feet from their points of contact with the bench or floor, or lateral movement of the body or of the hand on the bar once the press or upward movement of the bar is initiated).
3. Heaving or bouncing the bar off the chest (any downward movement of the bar after the upward movement of the bar is initiated).
4. Any uneven extension of the arms at the completion of the lift.
5. Any downward movement of either hand taking place as the bar is being pressed upward (this includes downward movement of the bar).
6. The bar may stop: if in the opinion of the judge, the safety of the lifter is in jeopardy, the “rack it” signal will be given.
7. Contact with the bar by the spotter/loader during the lift.
8. Contact of the lifter’s feet with the bench or its supports.
9. Elbow wraps or braces.
10. **Due to the inherent risk of this activity, prior lifting experience is required. Participants with no prior lifting experience will not be allowed to compete.**

