

University of Wyoming
INTRAMURAL SPORTS

Bench Press Rules

(Updated: 8/05)

General Rules Adapted for Intramural Play.

1. **Competition Procedure:** Each participant has **THREE** attempts to achieve his/her maximum weight. An unsuccessful attempt at a certain weight does not disqualify the lifter – participants may reduce the weight and make another attempt if they have attempts remaining.
2. **Equipment:** The following equipment will not be allowed: Bench Press Shirts, Wrist Wraps, Wrist Straps, Elbow Wraps, or Athletic tape other than on the fingers. No excessively baggy clothing will be allowed. Shirts must be tucked in during the lift. The Referee has the final decision regarding any apparel.
3. **Lift Position:** The lifter must lie on his/her back with head, shoulders and buttocks in contact with the flat bench surface, The hands must grip the bar with a “thumbs around grip” thus locking the bar safely in the palms of the hand. Shoes must be flat on the floor. This position must be maintained throughout the performance of the lift. Any deviation from this position will constitute a disqualification of that attempt.
4. **Hand Spacing:** The spacing of the hands shall not exceed 85 cm measured between the forefingers. The use of reverse grip is forbidden. This will only be measured if the Referee suspects the grip is too wide.
5. **Bar Removal:** After removing the bar from the racks or receiving it from the spotters/loaders, the lifter shall wait with the elbows in a locked position for the Referee’s signal. The signal will be given as soon as the bar is motionless and the bar is properly positioned above the chest. The signal will consist of a downward motion of the arm along with the audible command “begin”. Beginning the descent of the barbell prior to the start command will constitute a disqualification of that attempt.
6. **The Start:** Upon receiving the signal to start, the lifter must lower the bar to the chest and hold it motionless with a definite and visible pause. The lifter is then required to wait until the Chief Referee gives the signal to begin the press. The signal will consist of the audible command “press”. Beginning the ascent of the barbell prior to the press command will constitute a disqualification of that attempt.
7. **The Press:** Upon receiving the signal to press, the lifter must press the barbell upwards with even extension of both arms to a fully extended position. The Chief Referee will give the signal to rack the weight. The signal will consist of the audible command “rack”. Racking the barbell prior to the rack command will constitute a disqualification of that attempt.
8. **Disqualification:** The following are grounds for disqualification of a lift:
 - A) Failure to observe any referee's commands.
 - B) Any change in the lifting position.
 - C) Later movement of the hands during the lift
 - D) Bouncing the bar off of the chest.
 - E) Any downward movement of the bar after the “press” command is given.
 - F) Any downward movement of the bar after the upward motion has begun.
 - G) Contact by a spotter after the “begin” command has been given.
9. **Champions:** The lifter that successfully completes his/her lift with the greatest amount of weight within his/her weight class will be declared the winner of that weight class.