2015 INTRAMURAL BENCH PRESS COMPETITION
(Updated 12/14)

**RULE 1: Facility**
1. The event will be held in the Core of the George S. Eccles Student Life Center.

**Rule 2: Player Eligibility**
1. This is a drop-in event. Registration for the event will take place on-site during the competition. Anyone eligible to enter the facility past the turnstiles is eligible to participate in the competition.
   a. Participants must show a University ID card to register.

**Rule 3: Equipment**
1. Lifters should feel free to wear the lifting attire of their choice, so long as it conforms to the dress code of the George S. Eccles Student Life Center.
2. The use of any equipment which aids a lifter is prohibited; this includes lifting gloves, wrist straps and any other device deemed to be an aid by the Intramural Staff.
3. Equipment used for the purpose of injury prevention is permitted; this includes, a weight belt, and wrist wraps.
4. The Intramural staff has the right to declare any equipment illegal.

**Rule 4: Ground Rules**
1. Lifters will receive 3 attempts. The heaviest successful attempt will count as the lifters score.
2. Lifters will be judged on their form and the completion of the lift. After a missed attempt, lifters are allowed to ask the judges why an attempt was nullified.
3. Winners will be determined based upon a per-bodyweight formula coefficient called “Wilks.” Shortly after the conclusion of the competition, winners will be tabulated, and champions will be called up to receive their Championship Shirt. If a winner is not present he/she will be contacted to pick up his/her shirt.

**Rule 5: The Lift**
1. The lifter must lie on his/her back with shoulders and buttocks in contact with the flat bench surface.
2. The lifter’s hands may grip the bar with a “thumbs around” grip.
   Note: The use of the "reverse grip" or a thumb-less grip on the bench is strictly prohibited.
3. The lifter’s shoes must be in contact with the floor. This position shall be maintained throughout the attempt.
4. The head may rise off the bench or move during the performance of the lift.
5. To achieve firm footing, the lifter may use flat surfaced bumper plates to build up the surface of the platform.
6. The spacing of the hands shall not exceed 81 centimeters between the forefingers. In other words, the index finger must completely cover the 81 cm. ring.
7. After receiving the bar at arm’s length, the lifter shall lower the bar to his/her chest and await the Intramural Staff’s signal to raise the bar.
8. The signal shall be the command: “PRESS” to lift the bar from a motionless position on the chest.
9. After the signal to “PRESS” has been given, the bar is pressed upwards to straight arm’s length and held motionless until the audible command “RACK” is given by the staff.