

Bench Press Rules

Participants will be given 1-minute to prepare or make adjustments for this event.

1. Event official will provide assistance to the participant by putting the bar in starting position and safety spotting only.
2. Men will lift 135 pounds and women will lift 45 pounds.
3. Once the bar is in starting position for the participant, event official will say "GO" and begin tracking the participant's complete repetitions.
4. A participant's pause in the starting position of more than 2 seconds will be considered a "STOP" and the event official will rack the bar and repetitions will be recorded.
 - * Definition of a complete repetition: All participants will touch the bar (wrapped in a 3-inch pad) to his/her chest. It will be a complete repetition when the bar comes back to starting position with arms straight out.
 - * There is no time limit to this event. Participant will go to volitional fatigue (until you cannot perform any more repetitions).
4. The event official will record and initial the participant's complete repetitions on the results sheet.