

Weightlifting Competition Rules

PERFORMANCE OF THE BENCH PRESS

1. The lifter must lie on his back with shoulders and buttocks in contact with the bench surface. The soles of the shoes or any part thereof must be in contact with the platform or blocks. The lifter's head must be over and above the bench surface i.e. not to one side or hanging over the end of the bench. This body position shall be maintained throughout the lift.
2. To achieve firm footing the lifter may use flat surfaced plates or blocks to build up the surface of the platform. Slight or very minor foot movement is allowed for both the platform and the blocks, i.e. the width of the foot laterally, and half the length of the foot forward or backward.
3. For safety purposes, the lifter must use a grip where the thumbs wrap around the bar. The thumb-less grip, also referred to as "the suicide grip" will not be allowed which will result in automatic disqualification of the lift.
4. Not more than three and not less than two spotters / loaders shall be on the platform at anytime. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift-off assisted by the spotter / loader must be at arms' length.
5. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter must take the bar at arms' length, showing control of the weight. He/she shall then lower the bar to the torso, hold it motionless with a definite and visible pause. (Motionless to mean: the bar's movement is stopped and the weight is under the lifter's control, then wait for the head judge's audible command "PRESS"). The lifter must then return the bar to arms length with no excessive / immoderate uneven extension of the arms, both arms locking out simultaneously / together. When held motionless in the locked out position the audible command "RACK" shall be given.
6. If anatomically, the arms cannot be fully extended the lifter shall inform the referees prior to each attempt.

MAJOR CAUSES FOR DISQUALIFICATION OF A BENCH PRESS

1. Failure to observe the Head Judge's signals during the lift. Specifically, the lifter must observe the Head Judge's audible "PRESS" and "RACK" commands. The lifter must wait for the PRESS command before pressing the bar off the chest and he/she must wait for the RACK command before returning the barbell to the racks. Failure to wait for the PRESS and/or RACK commands will result in disqualification of the lift.
2. Any change in the elected lifting position during the lift proper i.e.: any raising movement of the shoulders, buttocks, from the bench, or feet from the floor. Slight or very minor foot movement is allowed for both the platform and the blocks, i.e. the width of the foot laterally, and half the length of the foot forward or backward.
3. Failure to use a grip where the thumbs wrap around the bar will result in automatic disqualification of the lift. The thumb-less grip, also referred to as "the suicide grip," is not allowed.
4. Heaving, bouncing, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
5. Any pronounced / exaggerated uneven extension of the arms during the lift.
6. Any downward movement of the bar in the course of being pressed out.

7. Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.
8. Contact with the bar or the lifter by the spotter / loaders during the performance of the lift, in order to make the lift easier. Any contact of the lifter's feet with the bench or its supports in order to gain leverage and assist the lift.
9. Incidental, momentary contact of the bar with the bench uprights during the press is allowable, so long as this does not provide leverage to assist the lift. However, if the contact is sustained and/or provides a mechanical advantage that makes the lift easier, the lift will be disqualified.
10. Failure to take the bar at arms' length before commencing the bar's descent (a so-called "soft hand-off") will result in disqualification of the lift.

LIFTING UNIFORM

1. Lifters must wear either a lifting singlet, or athletic shorts that are not excessively loose, so as to allow the judges to determine whether the buttocks remain in contact with the bench during the lift.
2. Athletic or comparable shoes of a suitable design must be worn.
3. The lifter shall wear either a T-shirt/athletic shirt or a bench press shirt (not both). Shirts may be any number of layers of material, but all layers must be sewn together into one garment. The shirt must, as a whole, be a singular component. The material may be denim, canvas, or polyester. The shirt may be of an open back or closed back design and Velcro closures are permitted. The length of the shirt's sleeves may not extend beyond the top of the lifter's elbows. The neck of the shirt must remain at all times covering the crease of the lifter's armpits.
4. Wrist wraps may be worn but may not exceed 1.5m in length or 8cm in width. Thumb loops are permitted, but must be removed from thumb prior to lift. Velcro closures are permitted.
5. A weight lifting belt or other belt for holding the bench press shirt in place is allowable.

UNSPORTSMANLIKE CONDUCT

1. Lifters are expected to conduct themselves respectfully and appropriately at all times. Unsportsmanlike conduct such as outbursts of temper and/or profanity will not be tolerated and will result in immediate disqualification of the lifter from the competition.
2. If there is a question about a rule or a judge's call, the lifter may ask the officials for a brief explanation at the time of the attempt. However, arguing with officials is not appropriate and will not be allowed.