



Sporting weekend PEPA Opava

RULES: Bench-press

Competitors compete at categories Men up to 82kg, Men up to 100kg, Men over 100kg and Women open category. Participation of at least 8 competitors per category is required for competition otherwise categories will be joined up. Winner of category is competitor with best achievement (difference between uplift weight and competitor's body weight). Winners of single categories will advance to Saturday finale. Absolute winner will be determined by Wilkse tables.

Bench-press

Competitors compete on bench with specified proportions. Competitor lies on back with legs bended in knees and feet leaned on floor. Competitor takes a barbell from stand or from helpers to taut arms and lowers it on chest with smooth motion at judge's command. After seeable pause, competitor pushes the barbell back to taut arms and puts the barbell back to stand at judge's command. The barbell is held by wrist-hold (over-grasp) during the exercise. Maximal allowed hold wide (between forefingers) is 81cm. Competitor isn't allowed to raise up a back, change legs' position or choke the barbell off the chest during the exercise. Push must be done with both hands at the same time, turning the body on the bench isn't allowed.

Competitors use adequate suit and shoes to allow them sport achievement and to allow judges to check the exercise. Condition is closefitting shirt with short sleeves or no sleeves. Only wrist bandages are allowed. No other accessories (bandages, dresses etc.) are allowed.

Competitor or his/her trainer reports to starting attempt during weight-in.

1. Bench stays by head to Chief Judge or in angle to 45°.
2. Competitors must lie on back with head, shoulders and buttocks kept in contact with surface of the bench. Feet must be in contact with floor. Hands will hold a barbell. The barbell axis is in closed palm. This position must be kept during whole time of the exercise.
3. Competitors are allowed to use disks or platform (no higher then 30cm) to achieve steady position.
4. The space between hands mustn't exceed 81cm (measured between forefingers). At maximal hold wide, forefingers must be in contact with marks tagging 81cm.
5. Comb-hold (under-grasp) isn't allowed.
6. After taking the barbell to taut arms, competitor must wait for judge's signal to start the exercise. Signal must be said immediately while competitor lies still with barbell in taut arms. If the competitor cannot keep the specified position in 5 seconds after taking the barbell, judge is allowed to give direction "Replace" attended by back move of judge's hand. Then Chief Judge gives reason of not giving direction to start exercise. Competitor can try again to get to basic position in remaining time limit.
7. Signal must be created by arm move down and loud direction "Start".
8. After direction to start the exercise, competitor must lower the barbell on chest with smooth motion and then wait with no move. Then judge gives loud direction "Press", this means that competitor must push the barbell to taut arms without excessive asymmetric moves. While the barbell stays in this position with no move, judge gives loud direction "Rack".

Invalid attempts:

1. Competitor doesn't wait for judge's direction at the beginning of the exercise, during the exercise and/or at the end of the exercise.
2. Any change of position during exercise (e.g. raise of head, shoulders or buttocks from origin position on the bench, move of feet on the floor or side hand move on barbell axis)
3. Repulsing the barbell of a chest or its dipping after stopping it on a chest which conduces to ease of attempt.
4. Any evident, excessively unsymmetrical move of arms during attempt.
5. Any decline of the barbell during pressing from a chest.
6. The barbell isn't pressed to fully taut arms at the end of attempt.
7. Any helper's contact with the barbell or competitor during judge's signals which conduces to ease of attempt.
8. Any contact of competitor's feet with bench or its construction.
9. Intentional contact of barbell with stands.
10. Breach of any Rules point written in previous text.