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## **Bench Press**

All lifters will receive a lifto

# Ironhawk 2021-22

## Competition Rules cont.

### Allowed

Chalk, wrist wraps, weight belts, knee wraps, knee sleeves, ankle braces.

### NOT Allowed

Gloves, bare feet, wrist straps, anything that wraps the bar to aid in a lift.

### Judging

Judges will record the attempt in which the participant lifts the most weight, along with completing factors for a successful lift (Depth, body position, hold, etc.) In the instance a successful lift is not completed, the participant will be given a score of 1lb. Please see lift specifics below, for rules and scoring guidelines.

### Winners

Overall winners from each male and female weight class, along with winners from each weight class, will be based on the following strength equation score:

$$(\text{Bench Max} + \text{Squat Max} + \text{Deadlift Max}) / \text{Body Weight} = \text{Strength Score (lbs)}$$

### Questions

Questions concerning rules or scoring can be directed to William Jackson (William.Jackson@ung.edu).

**GOOD LUCK!!**





# Ironhawk 2021-22

## Competition Rules

### Check-In

Check-in will begin at 5:30pm on the day of the competition. You will receive your official scorecard and have an opportunity to weigh-in if you did not weigh in during the open weigh-in session (see schedule). Check-ins will end at 6:30pm to allow for adequate time for warm-ups and lift attempts.

### Lifts

Each participant must warm-up on their own time. Participants can complete lifts anytime during the event hours (see schedule). Lifters will be given three (3) attempts for each category. The highest weight completed successfully will be the final score for the event. Lifts can be completed over the two-night period. Only attempts made will be scored. Cutoff time for lifts will end at 7pm sharp.

### Scorecard

Scorecards must be turned in at the end of the competition night to judges. If your scorecard is not turned in before you leave or by 7pm, your lifts and scores will be forfeited.

### Weight Divisions

#### Male Weight Divisions

<150  
150.1-170  
170.1-190  
190.1- 205  
205.1- 225  
225.1+

#### Female Weight Divisions

<115  
115.1-145  
145.1-170  
170+



# Ironhawk 2021-22

## Co petition Rules cont.

### **Bench Press**

All lifters will receive a liftoff from provided spotters, during any attempt, unless the participant specifies they do not want the assistance.

Participants must bring the weight down in a **CONTROLLED** manner to touch the chest. The weight **MAY NOT BOUNCE**. In order for the rep to count after the bar touches the chest, the participant must fully extend their arms before racking the weight. Hips, shoulder blades, glutes, and both feet must remain in contact with the bench and floor during the duration of the lift.

### **Squat Max**

The lifter may set their rack up prior to adding weight for their first attempt. They may then ask spotters to add weight plates. Participants must be able to lift off with no assistance and set themselves up for the squat. When set, the lifter must squat until the hip crease is level with or below the top of the knee and hip crease. The judge will exclaim "**up**" or "**good**" to indicate the lifter can stand up. The lifter must bring the weight up until the legs are fully extended before racking the weight for the rep to count. Assistance may be used in reracking after the lift.

### **Deadlift Max**

A double overhand or mixed grip may be used. Sumo and conventional deadlifts are both acceptable. Lifters must grasp the bar and stand up with a flat back until the back, legs, and hips are fully extended. The weight must be controlled during the entire lift. The judge will exclaim "**down**" or "**good**" to indicate when the lifter can put the weight back down.

