

# TECHNICAL RULES FOR PERFORMANCE OF BENCH PRESS IN SOFT-EQUIPMENT

1.1. The front (head) part of the bench must be located on the platform in front of the Head referee.

1.2. The athlete should lie on his back with shoulders and buttocks in contact with the flat surface of the bench. This position must be maintained throughout the entire exercise. The head can lie or be raised while lifting. The athlete may place his feet completely on the floor or stand on his toes, but the feet must be in contact with the surface of the platform. The legs can move up and down while lifting.

1.3. Hands should grasp the bar with a grip "in the lock". The grip width should not exceed 81 cm. If the athlete has to use an offset or uneven grip, in which one hand is located behind the mark, it is his responsibility to explain the need for such a grip to the Head referee and get permission to do so before starting his approach.

1.4. To provide solid support for the feet, the athlete can use even plates or blocks no higher than 30 cm from the surface of the platform, 45 cm long and 45 cm wide.

1.5. No more than 4 and no less than 2 spotters / assistants may assist the athlete on the platform. The athlete can be assisted by spotters / assistants when removing the bar from the racks. The lift is performed until the athlete's arms are fully extended.

1.6. If there is a center spotter, he must leave the platform immediately after passing the barbell to the athlete before the start of the exercise, but for safety reasons, spotters are allowed to remain close to the athlete (but not obstructing the view of the judges) in case of emergencies.

1.7. After removing the barbell from the racks or receiving it from the assistants, the athlete must wait for the command "Start" by the Head referee with his arms fully extended at the elbows.

1.8. For safety reasons, the referee may ask the athlete to return the barbell to the racks by giving a clear command "Replace" with the simultaneous movement of the arm backwards if, after five seconds after removing the barbell from the racks, the athlete was unable to take the correct starting position to start exercise.

1.9. When the exercise begins, the athlete should lower the barbell to the chest or abdomen and keep it in a stationary position for a moment doing a clear pause. The barbell should not come into contact with the athlete's belt.

1.10. When the bar is lowered to the chest or abdomen in a stationary position, a clear "Press" command will be given. After receiving this command, the athlete must lift the bar up with his arms fully extended at the elbows. Any obvious uneven bar lockout after completion of the exercise is not permitted. Note: If an athlete is physically handicapped or disabled and unable to extend the arms or arm to full length with elbows fully extended, he/she must inform the Head referee of that and show physical and visible evidence prior to starting the exercise.

1.11. When the barbell is in a stationary position, a clear "Rack" command is given. Spotters / assistants can help the athlete return the barbell to the racks.

1.12. If an athlete unintentionally begins to lower the barbell before the referee's command "Start", but does not touch the chest, he may return it to its original position on straightened elbows or even return it to the racks, and then try again, after the command of the referee "Start".

2. Reasons why the bench press does not count.

2.1 Incompliance of any signals or commands of the head referee.

2.2. Any change in the starting position during the exercise, but not the head (i.e., any lifting of the shoulders, buttocks from the bench, or movement of the arms along the bar after the "Start" command has been given). The feet must touch the floor, however non-significant movement of half the length or width of the athlete's foot is permitted.

2.3. Raising or lowering the barbell when it is stationary on the chest or abdomen, and the command "Press" was given.

2.4. Any obvious uneven extension of the arms at the end of performing of the exercise.

2.5. Any downward movement of the barbell during the press from the chest.

2.6. Arms are not fully extended at the elbows at the end of performing of the exercise.

2.7. Deliberate contact with the barbell by spotters / assistants between the signals of the Head referee.

2.8. Any contact the athlete's feet with the bench or its supports.

2.9. Deliberately or unintentionally touching the racks with the barbell while performing the bench press. However, an unintentional touch that did not make lifting easier is not a reason for not counting the try.

2.10. The barbell is in contact with the athlete's belt.

2.11. Failure to comply with any requirements contained in the description of the bench press general rules that precede this list.

2.12. If the belt buckle is on the athlete's back during the bench



press.

2.13. Mistake in taking the starting position with the arms "off" at the elbows before the "Start" command was given.

2.14. Receiving help (adjusting the belt, bandages, body position) from any person who either stepped onto the platform or leaned towards it before or during the exercise. Setting the athlete's hands on the bar and adjusting the soft equipment by the assistant is not a mistake.

2.15. If the barbell is not removed from the racks within 1 minute.

2.16. Double bouncing, or more than one upward or downward movement during the bench press.

2.17. Contact of the bar with the athlete's soft equipment in case of bending the loops in the "multi-loop" division. In the "multi-loop" division, it is permissible to change the number of loops downwards by bending, but it is forbidden to lower the barbell onto the equipment due to a decrease in the amplitude of motion by artificial thickening in the chest area when the bar touches the athlete's body.