

TECHNICAL RULES FOR PERFORMANCE OF BENCH PRESS FOR MANY REPS OWN BODYWEIGHT

1.1 The weight on the barbell is set equal to the athlete's own weight recorded at the weigh-in. The weight must be in multiples of 2.5 kilograms. If the weight of the athlete is not a multiple of 2.5, then it is rounded up to the nearest weight multiple of 2.5 kilograms.

1.2 The bench must be placed on the platform with the headboard facing the referee. The athlete should lie on his/her back with shoulders and buttocks in contact with the bench surface. The buttocks must not come off the bench during the exercise. The sole of his/her shoe, or part of the sole, must be in contact with the surface of the platform. The choice of head position is at the discretion of the athlete.

1.3 Athletes of all heights may use discs or blocks to increase height to secure firm foot support. The size of the blocks should not exceed 45 * 45 cm.

1.4 There must be no more than four and at least two spotters / assistants. The athlete can ask assistants or personal spotter to help him remove the bar from the racks. Only designated spotters / assistants are allowed to stay on the platform during the bench press.

1.5 The bar is fed to straight arms, but not to the chest. The personal spotter, having assisted the athlete in removing the barbell from the racks, must immediately clear the area in front of the Head referee and leave the platform. If the personal spotter of the athlete does not immediately leave the platform, or in one way or another obstructs the view, the Head referee has the right to give the

command "Racks". After the Head referee explains the reason for giving that command, the athlete continues to compete within the time allotted for the start of the exercise.

1.6 The distance between the hands on the bar, which is measured between the index fingers, should not exceed 81 cm. If the athlete grasps the bar at different distances, with one hand extending beyond the marked notch or strip, it is his responsibility to notify the referee of that, and let him/her to check the chosen grip out before attempting the exercise. If this is not done before the athlete enters the platform for the competition attempt, all necessary explanations or measurements of the grip width will be taken within the athlete's allotted time for the attempt. It is allowed to use a reverse grip and one-sided grip.

1.7 The athlete performs only one approach (except in cases of mistakes in determination of the weight of the barbell and the like).

1.8 After removing the barbell from the racks on fully extended arms with a grip not exceeding the permitted one, and taking the starting position in which the buttocks touch the bench, and the legs are on the platform, without touching the bench or its supports, the Head referee gives the command: "Press".

1.9 The athlete is only given a single command to start the exercise.

1.10 After receiving the command, the athlete should perform the first repetition in the exercise: lower the barbell until the bar touches the body and then bench-press the barbell up to the "Straightened arms" position (the forearms are straightened at the elbow joints no less than when taking the starting position, before the command "Press"). After that, the Head referee on the platform immediately begins counting the reps performed, after which the

athlete performs the next repetition and so on.

1.11 The goal of the athlete is to complete the maximum number of repetitions with the barbell of the specified weight, within one set.

1.12 Referee's counting means a successful attempt. If instead of counting, the referee's command or repetition of counting sounds, then the athlete has made a mistake.

2. Reasons why the repetition in the bench press does not count.

2.1 In case of the referee's command "Racks" during the lifting of the barbell to the "Straightened arms" position.

2.2 In case of incomplete extension of the forearms in the elbow joints at the highest point of the amplitude of movement.

2.3 In case of the lack of touching the barbell to the chest when performing the movement at the lowest point of the amplitude.

2.4 In case of intentional touch of the barbell with the racks or safety stops during the exercise in order to facilitate the completion of the repetition.

3. Clarification.

3.1 It is allowed and not a mistake to move the feet on the platform (or foot rests) without completely losing contact with its surface.

3.2 It is allowed and not a mistake to skew the barbell, "bounce" from the chest, double movement. In any case the "Straightened arms" position is considered a successful attempt.

3.3 In case of a significant change in the allowed width of the grip that occurred during the performance of the competitive attempt, the referee on the platform gives the command "Stop" and / or points out to the athlete the need to restore the previous width of the grip by giving the command "Grip".

3.4 The "Barbell on Chest" position is defined as the position of the barbell on the chest with the explicit purpose of resting at the lowest point of the range of movement of the bar.

