***EVENT INFORMATION:***

Date: 4/26/2022

Time: Onsite registration and check in begins at 7:00-7:45pm. Competition will start at 8pm.

Location: Joseph Edward Gallo Recreation Center

Cost: $5

Registration: Online here till 4/26 by 5:00pm (after this date/time in Gallo)

***RULES:***

***Clothing:*** For purposes of competition, lifters may wear t-shirt and  
 shorts or athletic pants. NO bench shirts, elbow pads,   
 or rubberized materials are permitted.

***Equipment:*** Wrist wraps and lifting belts are permitted. NO oil, grease  
 or other lubricants on the body or clothing is permitted. Chalk is  
 NOT permitted.

***Registration/Sign-In***: Pre-registration is preferred; however on-site registration will begin at 7:00pm on day of event. ALL participants must sign-in AND weigh-in at Official’s table

prior to start of competition. Participants can register and participate until the start of the second round.

***Weight Classes:***

Men: 150 and below, 151-175, 176-200, 201-250, 251 and above

Women: based on percentage of bodyweight

***Performance Rules:***

1. The head of the bench will be set facing the Head Referee.
2. The lifter must lie on upper back with shoulders and buttocks in contact with the flat bench at all times (5 points of contact). This contact will be maintained throughout the lift.
3. Not more than four and no fewer than two spotters will be used for each lift.
4. No “open” or “suicide” grips are allowed. Thumb MUST be completely wrapped around bar, closing the grip.
5. NO bouncing the bar off chest. Upon lowering the bar to chest, lifter must pause before pressing. Head Referee will give “PRESS” signal after short pause.
6. To be counted as a good lift, arms must be locked out at full extension before racking of bar. Head Referee will give “RACK” signal when lift completed. Do NOT rack bar until this signal is given.
7. All lifters will be given three attempts (one lift per round).

***Order of Competition:***

1. Three cards will be given to each lifter upon sign-in. These cards will be used to declare their weighted attempt.
2. All lifters must declare an “opening weight” (first card) upon sign-in.
3. All cards must be turned in to official BEFORE the next round begins. Cards must be signed by lifter AND official. NO changes to lift cards after submission.
4. Lifting order of each round will be based on the lifter’s choice of weight for that round. Lifting order will be determined prior to the respective round. Order may change from round to round (lightest to heaviest).
5. Lifters will have no more than three minutes from the time their name is announced to the time they are positioned on the bench to attempt the lift.
6. If a lift is unsuccessful, and it is not the third and final attempt, the lifter must wait until the next round to lift again.
7. Each lifter is given three lifts, at which time the lifter with the highest weight lifted within each class will be declared the winner.

***Disqualification:***

1. If above rules are not followed.
2. All decisions are FINAL based on the word of the Head Referee.

***Awards:*** Awards will be given to the following categories:

1. Men’s
   1. Frist place in each weight class
   2. Top three overall (by percentages)
2. Women’s
   1. Top three overall (by percentages)