



Bench Rules

- 1.) During weigh-in, minimum attire must be Shorts, T-Shirts and Socks.
- 2.) Rep begins at full arm extension, then bar is lowered down until touches chest, then back to full extension. Arms must “lock-out” at top position!
- 3.) Back and Rear must be flat on bench, and both feet must be flat on ground.
- 4.) Hands must be inside, or touching, smooth outer rings of Olympic Bar.
- 5.) NO BOUNCING BAR OFF CHEST! Rep will not count if bar bounces off chest.
- 6.) Motion must be continuous with no rests or pauses at the top and chest positions. A noticeable resting pause will nullify previous rep.
- 7.) No Bench Shirts allowed
- 8.) Liability Waiver must be signed, prior to pumping.