

# **Spring 2019 Push/Pull Competition: Rules and Regulations**

Each participant must present a valid ERAU Eagle Card and check in at the Fitness Center front desk to be eligible to participate-NO EXCEPTIONS.

Staff members of the Eagle Fitness Center will be assisting with the competition. These staff members will be in absolute control of the tournament. The tournament staff will have the power to make decisions on any matters or questions not specifically covered in the rules.

## **1. Weight Classes**

1.1. Competitors will be divided into men's and women's divisions and weight classes.

**Weigh-ins will take place on competition day.**

**Female <140.0**

**Female >140.1**

**Male <150.0**

**Male 150.1 - 170.0**

**Male 170.1 - 190.0**

**Male 190.1 - 215.0**

**Male 215.1 - 240.0**

**Male > 240.1**

1.2. **All weights will be measured on the scale on the fitness floor next to the water fountains. Weigh-In Procedures:**

1.2.1. **Empty all pockets**

1.2.2. **Remove shoes**

1.2.3. **Remove excess layers (jackets, hoodies, hats etc.)**

1.2.4. **Jewelry & belts do not need to be removed**

1.3. The winner of each weight class will be determined by the participant who lifts the heaviest **combined** lift (Bench & Deadlift). In the event of a tie in a particular weight class, each lifter's bench press ratio (weight pushed/body weight) will be used to determine the winner.

## **2. Equipment**

2.1. All lifters must wear athletic shoes

2.2. Participants are required to dress in recreation attire. No excessively loose fitting clothes may be worn and all shirts must be tucked in.

2.3. Chalk in any form will NOT be permitted.

2.4. Wrist wraps, knee sleeves, elbow sleeves & medical tape/bandages are permitted under the following circumstances:

2.4.1. Wrist Wraps

2.4.1.1. Only wrist wraps of one ply commercially woven elastic that is covered with polyester, cotton or combinations of either materials is permitted.

2.4.1.2. Wrist wraps may not exceed 1m in length and 8cm in width. Any sleeves, and Velcro patches/tabs for securing, must be incorporated within the one-meter length. A loop may be attached as an aid to securing. The loop shall not cover the thumb or fingers during the lift.

2.4.1.3. A wrist wrap shall not extend beyond 10cm above and 2cm below the center of the wrist joint, and shall not exceed a covering width of 12cm when worn

2.4.1.4. Standard commercial sweat bands may be worn, not exceeding 12cm in width. A combination of wrist wraps and sweat bands is not allowed.

2.4.1.5. **Wrist wraps will be allowed for the Bench Press only and not for the Deadlift**

2.4.2. Knee Sleeves

2.4.2.1. Only knee wraps of one ply not exceeding 2.5m in length and 8cm in width may be used. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the knee joint and shall not exceed a total covered width of 30cm.

2.4.2.2. Alternatively, a one ply knee sleeve or knee cap made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either material of not more than 30cm in length, and not exceeding 7mm in thickness. Knee sleeves cannot have any crisscross seams that allow additional support. The placement of the sleeve is the same as in 2.4.2.2

2.4.2.3. Knee sleeves may not have any Velcro on it, must be both non-adjustable and non-fastening.

2.4.3. Elbow Sleeves

2.4.3.1. Elbow sleeves made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials not exceeding 20cm in length and 7mm in thickness may be worn. Elbow sleeves may not have any Velcro on it and must be both non-adjustable and non-fastening.

2.4.3.2. The placement of the sleeve shall be approximately 10cm above, and 10cm below the elbow joint.

2.4.4. Medical Tape/Bandages

2.4.4.1. Contingent upon prior approval by the Head Referee the lifter or medical personnel may apply bandages or wraps to bodily injuries in a fashion that would not grant the lifter an undue advantage

#### 2.4.5 Belts

2.4.5.1. Belts may not be worn during the Bench Press portion of competition. Belts may be worn during the Deadlift portion of competition. Lifters must provide their own belts. Fitness Center belts will not be available for use during this time.

2.5. Any questions about equipment or attire must be addressed before first lifting attempt. If a lifter competes wearing or using any item that is illegal or not approved, the lifter will lose credit for the lift and may be disqualified from the competition.

2.6. The tournament will use a bench, bar, collars, and plates supplied by Eagle Fitness Center.

### 3. Tournament Procedures

3.1. Each lifter will have three (3) attempts at each lift (Bench & Deadlift). The heaviest combined weight lifted (Bench + Deadlift) will be used to determine the champion in each weight class.

3.2. Lifters will declare the weight of their first (1<sup>st</sup>) attempt for each lift during the weigh-in for the competition. The weights for their second and third attempts must be submitted within one (1) minute of completing the preceding attempts. Once an attempt is submitted, it cannot be changed.

3.3. If there is an unsuccessful lift, you may not decrease the weight on succeeding attempts.

3.3. The bar will be loaded progressively on the principle of a rising bar. At no time will the bar be reduced, except for errors made by the tournament staff. Attempts that are redone due to staff error will occur after all other competitors requesting that weight have attempted that weight.

3.4. The lifting order will be determined by the lifter's choice of weight per attempt. When multiple lifters are attempting the same weight, the order will be determined by body weight – lightest to heaviest.

3.5. If unsuccessful with an attempt, a lifter must wait until all other competitors requesting that weight have lifted before attempting the weight again. This will count as their next lift. If a lifter's third (3<sup>rd</sup>) attempt is unsuccessful, no additional attempts may be made.

3.6. Once a competitor's name is called and the correct weight is placed on the bar, he/she will have one (1) minute to begin their attempt. If a participant is required to lift directly after their first (1<sup>st</sup>) or second (2<sup>nd</sup>) attempt, he/she will receive a maximum two (2) minute rest.

3.7. If the equipment becomes disarranged during an attempt and that attempt is successful, the attempt will be accepted. If the attempt is unsuccessful, the lifter may be granted an additional attempt at the same weight.

#### **4. Bench Press**

- 4.1. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface.
- 4.2. The feet must be flat on the floor (as flat as the shape of the shoe will allow). This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform.
- 4.3. After correctly positioning himself, the lifter may enlist the help of the spotter/ loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be at arm's length. Lifter will give the spotter a command to begin the lift-off.
- 4.4. After removing the bar from the racks, with or without the help of the spotters/loaders, the lifter shall wait with elbows locked into the starting position for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned.
- 4.5. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".
- 4.6. After receiving the signal, the lifter must lower the bar to the chest hold it motionless on the chest, after which the Chief referee will signal the audible command "Press".
- 4.7. The lifter must then return the bar to straight arm's length elbows locked.
- 4.8. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.
- 4.9. Spotters will be provided by the Fitness Center staff; lifters may not provide their own spotter.
- 4.10. The judge will use a thumbs-up for a "good lift" and a thumbs-down for a "no-lift."

#### **5. Causes for Disqualification of a Bench Press:**

- 5.1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
- 5.2. Any change in the elected lifting position during the lift proper (i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or lateral movement of hands on the bar)
- 5.3. Heaving sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
- 5.4. Any downward movement of the whole of the bar in the course of being pressed out.
- 5.5. Bar is not lowered to the chest (i.e., not reaching the chest).
- 5.6. Failure to press the bar to [arm's length with elbows locked into the finished position] at the completion of the lift.

#### **6. Deadlift**

- 6.1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

6.2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.

6.3. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.

6.4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

## **7. Causes for Disqualification of a Deadlift**

7.1. Any downward movement of the bar before it reaches the final position.

7.2. Failure to stand erect with the shoulders back.

7.3. Failure to lock the knees straight at the completion of the lift.

7.4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.

7.5. Lowering the bar before receiving the Chief Referee's signal.

7.6. Allowing the bar to return to the platform without maintaining control with both hands (i.e. releasing the bar from the palms of the hand)