

Berwick YMCA

Bench Press Competition

What is a Bench Press Competition?

This competition provides an opportunity for members and non-members to build a relationship through a common interest in strength training. Each participant will be given three attempts to lift as much weight as possible for one repetition.

Where is the Bench Press Competition taking place?

The Berwick YMCA Gymnasium.

Who can participate?

Anyone ages 16 and up.

When is the Competition?

Saturday, April 20th at 10:00am. Doors open, day of registration, and weigh-ins begin at 8:00am.

What does it cost?

If you register on or before April 5th you will be guaranteed a t shirt.

Pre-registration is \$25 for members and \$35 for non-members. Day of registration costs \$30 for members and \$40 for non-members.

How do I register?

In person at the Berwick YMCA.

What do I wear?

Please wear regular athletic attire. No special bench press suits are allowed. Wrist straps are permitted. All standard YMCA dress code policies apply.

Awards:

Prizes will be given to the top male and female lifters in each age group.

Berwick Area YMCA
231 W Third St. Berwick PA 18603
P 570-752-5981

Berwick YMCA

Bench Press Competition

Rules:

The lifter must lie on their back with head, shoulders, and buttocks in contact with the bench surface. Feet must be flat on the floor. Hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position must be maintained throughout the lift. Foot placement is allowed but feet must remain in contact with the floor.

After correctly positioning themselves, the lifter may enlist the help from the spotter / loaders in removing the bar from the rack.

After removing the bar from the rack, with or without help, the lifter must wait with straight locked arms for the judges 'start' signal. The signal will be given as soon as the lifter is motionless, and the bar is properly positioned.

After receiving the signal, the lifter must lower the bar to their chest, and lightly touch before returning the bar back to straight arm's length with locked elbows. When the bar is held motionless in this position, the judge with signal 'rack' and the lifter may re-rack the bar.

There will be three rounds with each participant performing one lift per round. The lifter can increase the amount of weight they chose to lift each round. If the lifter does not successfully lift the weight they may reattempt the weight the next round or decrease the weight. Lifters may only decrease the weight one time during the competition.

Scoring:

Scores will be calculated using the DOTS powerlifting calculator. The calculator provides a DOTS score which can be used to compare the strength level of lifters adjusted to their bodyweight. 01.