



BLAST BENCH PRESS CONTEST OFFICIAL RULES 2003

COSTUME AND PERSONAL EQUIPMENT

1. Costume

The lifting costume shall consist of a one-piece, full length lifting suit of one-ply stretch material without any additional patches or padding. The straps must be worn over the shoulders at all times while lifting in competition.

* For purposes of BLAST competition lifters may wear T-shirt and shorts if so desired. Otherwise costumes must meet official NASA guidelines.

The lifting suit shall also be subject to the following requirements:

- a. It may be of any color or colors.
- b. The lifting suit may bear the name of the lifter's church, district, or any suitable Christian logo.
- c. The lifting suit may not be altered in any way that enhances the execution of the bench press.

2. The Bench Press Shirt

The Bench Press Shirt shall consist of a one-piece lifting suit of single-ply polyester or denim material without any patches or padding. Nothing may be worn under the shirt.

The Bench Shirt shall also be subject to the following requirements:

- a. It may be of any color.
- b. The Bench Shirt may bear the name of the lifter's church, district, or any suitable Christian logo.
- c. Any alterations to the Bench Press Shirt from manufacturers specifications shall make the suit illegal for competition. Lifters may not alter the shirt in any way, shape or form.
- d. Canvas or thickness of greater than a single ply shirt will be considered illegal and will cause you to get a failed lift.

3. Undershirt

A shirt of any color or colors may, at the option of the lifter, be worn under the lifting suit provided that it:

- a. Is not ribbed.
- b. Does not consist of any rubberized or similar stretch material.
- c. Is made either exclusively of cotton or polyester, or a mixture of cotton and polyester.
- d. Does not have sleeves that terminate below the lifter's elbow. Lifters may not push the sleeves of such an undershirt up the deltoid during competition.

4. Belt

Competitors are encouraged to wear a belt. If worn, it shall be on the outside of the lifting suit.

Materials and Construction

- a.) The main body shall be made of leather or vinyl in one or more laminations which may be glued and/or stitched together.
- b.) It shall not have any additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- c.) A standard metal buckle and studs are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- d.) The belt may have a buckle with one or two prongs or "quick release", lever action type.
- e.) A leather tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- f.) The belt shall display no logos or inscriptions that would be offensive.

5. Shoes or Boots

Lifting shoes or boots shall be worn.

- a.) Shoes shall be taken to include boots, sport shoes, trainers gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole.
- b.) Shoes with metal spikes or cleats are not permitted!

6. Wrist Wraps

- a.) Only wraps or bandages of a one ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials; or medical crepe are permitted. Bandages of rubberized substitutes are strictly forbidden.
- b.) Wraps may be used as follows:
 - 1. Wraps not exceeding 4 inches in length and 3 1/2 inches in width may be worn. Alternatively, wristbands not exceeding 4 inches may be worn. A combination of the two will not be permitted.
 - 2. If wristbands are wrap around style, they may have a thumb loop and Velcro patch for securing them. However, the thumb loop shall not be over the thumb during the actual lift.
 - 3. A wrist wrap shall not extend beyond 4 inches above and 3/4 inch below the center of the wrist joint shall not exceed a total covered width of 4 3/4 inches.

7. Inspection of Costume and Personal Equipment

All lifters will be responsible to obtain and wear proper equipment.

- a.) Typically, inspection of Costume and Equipment should take place one hour prior to weigh ins. Inspection time may be varied at the discretion of the event coordinator and judging staff.
- b.) Any item considered unclean or torn shall be rejected.
- c.) If a lifter appears on the platform wearing or using any illegal item he/she shall be warned the first time. If the infraction is repeated, the lifter will be disqualified for that lift.

8. General

- a.) The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- b.) Baby Powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonate are the only substances that may be added to the body and attire.

c.) No foreign substances may be applied to the equipment or wraps.

THE BENCH PRESS - RULES AND PERFORMANCE

1. The head of the bench must be placed on the platform facing the Chief Referee.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. His/her shoes must be flat on the floor. This position shall be maintained throughout the attempt.
3. If the lifter's costume and the bench surface are not of a sufficient color contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
4. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 12 inches in height to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used they shall not exceed 18 inches by 18 inches.
5. Not more than five and not less than two spotter/loaders shall be in attendance. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off must be to arms length and not down to the chest.
6. The spacing of the hands shall not exceed 32 inches measured between the forefingers.

Note: The use of the "reverse grip" on the bench is strictly forbidden.

7. After receiving the bar at arms length, the lifter shall lower the bar to his chest and await the Chief Referees signal.
8. The signal shall be a clap of the hands or the command to press when the bar is motionless on the chest.
9. After the signal to commence the lift has been given, the bar is pressed upwards to straight arms length and held motionless until the audible command "rack" is given.

CAUSES FOR DISQUALIFICATION OF A BENCH PRESS

1. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift proper, i.e., any raising movement of the head, shoulders, buttocks or feet from their original points of contact with the bench or floor, or lateral movement of the hands on the bar.
3. Heaving or bouncing the bar off the chest.

4. Allowing the bar to sink into the chest after receiving the Chief Referee's signal.
5. Any uneven extension of the arms during the lift.
6. Any downward movement of the bar in the course of being pressed out.
7. Contact with the bar by spotter/loaders between the Chief Referee's signals, at the Chief Referee's discretion.
8. Any contact of the lifter's feet with the bench or its supports.
10. Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.

ORDER OF COMPETITION

1. The Round System

(a) At the weigh-in, the lifter or his coach must declare a starting weight for the Bench Press. Opening attempts must be entered on the appropriate first attempt card, signed by the lifter or his coach and retained by the official conducting the weigh-in. The lifter will then be given three additional blank attempt cards for use during competition. Each lift is distinguished by a different colored card.

Having made the first attempt at a lift, the lifter or his/her coach must decide upon the weight required for the second attempt. This weight must be filled in where indicated upon the card and submitted to the competition secretary or other appointed official before the one-minute time allowance has elapsed. The same procedure is to be used for all three attempts.

Responsibility for submitting attempts within the time limit rests solely with the lifter or his/her coach.

(b) When a group consists of less than 6 lifters, compensatory time allowance shall be added at the end of each round as follows: For 5 lifters add 1 minute; 4 lifters add 2 minutes; 3 lifters add 3 minutes. Three minutes is the maximum allowance permitted at the end of a round.

3. The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight of the bar be lowered within a round except for errors, and then only at the end of a round.

(c) Lifting order within each round will be determined by the lifter's choice of weight for that round.

(d) If unsuccessful with an attempt, the lifter does not follow himself, but must wait until the next round before he can attempt that weight again.

(e) If in a round an attempt is unsuccessful due to a wrongly loaded bar or spotter error, the lifter will be granted a further attempt at the correct weight. However, the extra attempt can only be taken at the end of the round in which the error occurred. If the lifter also happened to be the last lifter in the round, he shall be granted a three-minute rest prior to making his attempt.

A lifter is granted one change of weight on the first attempt. The change of weight may be higher or lower than that originally submitted and the order of lifting

in the first round will be changed accordingly. If he is in the first group, this change may take place at any time up to within five minutes before the start of the first round. The following groups are according a similar privilege up to within time attempts from the end of the previous group's last round. The speaker shall announce prior notice of these deadlines.

(e) A lifter must submit his second and third attempts within one minute of completing his preceding attempt. If no weight is submitted within the one-minute time allowance the lifter will forfeit his next round attempt.

(f) Weights submitted for second and third rounds cannot be changed.

(g) When two or more groups take part in a session upon a single platform, lifting will be organized on a group repetition basis. No time interval will be allowed between rounds other than that necessary for arranging the platform. For example, if there are two groups taking part in a session, the first group will complete all three rounds of the bench press. They will be followed immediately by the second group who will complete their three rounds of the bench press.

(h) During any competition taking place on a platform or stage, only the lifter and his coach, members of the Jury, the officiating referees and spotter/loaders will be allowed around the platform or on the stage. During the execution of a lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Jury or Technical Officer in charge.

(i) A lifter may not wrap or adjust his costume within the vicinity of the platform. The only exception to this rule is that he may adjust his belt.

(j) Lifters and/or coaches may ask why a lift was turned down.

(k) The meet director can designate selected areas where baby powder or chalk can be applied.

(l) The use of ammonia capsules is legal as long as they are used off the platform.

(m) There will be no head lapping in the platform area.

(n) The lifter has one minute from the time it is announced that the bar is loaded until the attempt begins - failure to begin the lift within one minute will result in disqualification for that lift.

(o) Three unsuccessful attempts will automatically eliminate the lifter from the competition.

(p) Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself for an attempt.

(q) Upon completion of a lift, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.