

Propositions

Benchpress Challenge vol.1

General Provisions:

Organiser: Doplnějch z.s.
Date: Friday 1st May 2020
Venue: Pod Harfou 9, 190 00 Praha 9 – Vysočany

Applications: Send by April 24, 2019 at the website benchpresschallenge.cz. Application for the competition must contain all information according to the rules given on deadlift.cz. Competitors who are not registered in time or have not paid the entry fee will not be admitted to the competition.

Information: doplnejch.office@gmail.com

Technical Provisions

Starting fee: EUR 25
EUR 30 from od 1st February 2020

Regulation: The competition is in accordance with the rules of Doplnějch z.s. and in keeping with the idea of Fairplay. Athletes serving the doping penalty may not participate in the competition.

Condition of participation: Reaching the age of 15, timely and properly submitted application form, paid entry fee and identity card.

Choir of officials

Competition Director: David Lupač
Announcer: Milan Peleška
Paramedic: Tereza Korecká
Registerers and loaders: Members of organisation Doplnějch powerlifting
Technical Support (IT): Zdeněk Tuháček
Main Referee: Petra Švadlenková
Side Referees: Kryštof Veber,

Timetable

Presentation and Weigh-in: will be specified
Division into groups: will be specified
Competition: will be specified
The announcement of the winners will start after the competition.
The expected end of the competition is subject to change.

Categories:

- Junior Women under 23 (1997 and younger) - rating by Wilks points
- Women -rating by Wilks points
- Amateur Men under 90 kg - rating by maximum performance
- Amateur Men above 90 kg - rating by maximum performance

- Junior Men under 23 (1997 and younger) - rating by Wilks points
- Men under 85 kg - rating by maximum performance
- Men under 105 kg - rating by maximum performance
- Men above 105 kg - rating by maximum performance

Titles and prizes:

Competitors in the first 3 places in the category will receive a cup and prizes. In absolute ranking according to Wilks' points the best men competitor or women competitor will be evaluated.

Competition Rules:

1. The bench is positioned with the competitor's head facing the front of the stage or at an angle of up to 45 °.
2. The competitor must lie on his back with his head, shoulders and more than half of the buttocks in contact with the bench surface. The feet must be fully in contact with the floor or blocks (as much as the shoes allow). Hands hold the bar with a thumb grip, the bar rests in a closed palm. This position must be maintained throughout the attempt. Foot movement is allowed, but the foot must remain in full contact with the pad. If a competitor has long hair, it must not be disband or altered to prevent the judges from objectively judging the position of the head on the bench. Long hair must be arranged in such a way that the back of the head can rest on nothing on the bench. It is therefore not permissible for the hair to be tied or otherwise attached to the back of the head.
3. In order to achieve a stable leg position, a competitor may use discs or blocks not exceeding 30 cm in total height, the minimum length and width of which are 60 x 40 cm. 5 cm, 10 cm, 20 cm and 30 cm heights must be available at all international competitions.
4. There must not be more than five and no less than two loaders at the same time. They can help the competitor to move the barbell from the racks to the outstretched arms.
5. The distance between the hands must not exceed 81 cm measured between the index fingers. It means that at maximum grip width, the index fingers must overlap the entire 81 cm mark. Undershot is prohibited.
6. After taking the dumbbell into the preload, with or without loaders, the competitor must wait with his arms stretched in his elbows to signal the Main Referee to start the attempt. The signal shall be given as soon as the competitor is lying still with the barbell in the prescribed position. If he is unable to take the prescribed position within 5 sec. from taking the dumbbell off the racks, for safety reasons, the Referee may give him a loud command "REPLACE!" accompanied by a backward movement of the hand. The Main Referee will then give the reason why the start attempt was not given. The competitor may try to take the starting position again within the remaining time limit.
7. The start signal must be a downward movement of the arm and a loud command "START!"
8. After receiving the command to start the attempt, the competitor must run the barbell to the chest or stomach (barbell must not touch the belt) and let it rest motionless. Then the Referee gives a loud "PRESS!" Signal. Subsequently, the competitor must push the dumbbell into fully extended arms. When the barbell rests motionless in this position, the competitor receives a loud "RACK!" Signal from the Referee accompanied by a backward movement of the hand. If the barbell has touched the belt, the Referee shall give the "PRESSURE" command and mark the attempt as invalid after the end of the attempt.