

**Heart of America Games**  
**Rules & Guidelines**  
**Bench Press**

**Guiding Bodies:**

KPFAA

United States Powerlifting Federation

**Events:** The following weight categories are offered for men in the Open Division, 40-49 Division, & 50+ Division:

132 lbs.

148 lbs.

165 lbs.

181 lbs.

198 lbs.

220 lbs.

242 lbs.

275 lbs.

Unlimited

Women Lightweight up to 165  $\frac{3}{4}$  lbs.

Women Open unlimited is over 165  $\frac{3}{4}$  lbs.

Women use a ration method (body weight) – the Malone Formula

**Competition Duration:** Competition will last from 3 to 6 hours. The time for weigh-ins varies.

**General Rules:**

Olympic bars and weights shall be used in the competition and warm-up areas.

One-piece weight lifting or wrestling suits will be worn. Shoes must be worn. A belt may be worn but cannot exceed 1 centimeter in width.

Wraps may be worn on the knees and wrists (3"x39" on wrists and 3"x79" on knees)

Only powder or pool chalk may be used. All other lubricants are prohibited.

One minute will be allowed between lifts, if a lifter doesn't start his/her lift before the one minute limit the lift will not be allowed. A lifter attempting the second or third lift will be given three minutes-unless the round system is in effect.

There must be at least three people signed up for an event to be a go.

Bench shirts are allowed. No. 2-ply. All commercially made bench shirts, INZER and other makes are allowed. Both poly and denim are allowed. Velcro and pull over type shirts are allowed. Basically, not alterations to shirts that came from the factory.

**Infractions for the bench press:**

Bar went back down after the referee's signal - "clap" (double dipping)

Lifter did not wait for the referee's signal, (bar absolutely motionless at the chest then motionless at arms length – "clap" and/or "rack").

Lift not given to the lifter at arms length (not necessary if no hand-off given)

Spacing of the hands too wide on the bar. No part of the tape or paint showing the measurement of the 81 cm. Can show in the inside of the forefingers.

Lifter's butt or head came off of the bench after the referee's signal "clap".

Lifter's shoes not flat on the floor, and/or movement of feet.

Feet touching against bench support during the lift proper.

Uneven extension of the arms.

Lifter ran out of time.

Spotter touched the bar after the lift of and before the signal to "rack".

Lifter has 30 seconds to leave the platform.

Shoulder touched uprights of the bench.

Any change of elected lifting position after the referee's signal – "clap".

May not ride uprights on way up.

Send email to [dakpfaa@gmail.com](mailto:dakpfaa@gmail.com) with questions or comments about this Web site.