Bench Press Meet Rules

A. Entries
No advance entry is necessary. Enter on site at the Campus Recreation Center Weight Training and Conditioning Room

B. Equipment
Weights, bar, bench, and chalk will be provided.

C. General Rules
1. A lifter must lower the bar to the chest and have the bar become stationary before beginning the upward lift.
2. A lifter may not raise his/her hips off the bench during the lift.
3. A lift will be disqualified for uneven arm extension.
4. A lift will be disqualified for using too wide a grip.
5. Replacing the bar in the racks to quickly will disqualify a lift.
6. UNL Weightlifting Club Members are eligible to lift, however, a team may only have one club member on their team for the purpose of awarding All-University points.
7. Co-Rec teams must be declared before participating.
8. Bench Press shirts are not allowed in the competition.

D. Eligibility
1. UNL students and faculty/staff members are eligible to participate.
2. Participants are required to present a current UNL photo ID on site.

E. Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals participate in intramural sports at their own risk.

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