



Powerlifting Australia Ltd 2020 Schools' Bench Press Championships

Entries must be submitted by 24th August 2020 .

How to run the Bench Press Competition

1. Enter the student's full first and last name, sex, bodyweight (kg), date of birth and home address onto the electronic Excel spreadsheet, or if this is not possible, hard copies (also provided) can be used. Where possible enter the body weight to one decimal place e.g. 75.2kg. The age category will be based on the student's age at 31 December 2019.
2. After warming up, students are allowed 3 official attempts. The best result of those three attempts is to be entered on the Excel spreadsheet sheet. The competition operates in a "round-system". Everyone has one attempt in the first round, and then everyone attempts their second attempt and so on.
3. Weight lifted should include the weight of the bar.
4. Each student's best successful lift is their entry in the competition.
5. All entries must be submitted on the official student entry form and results sheet - Microsoft Excel spreadsheet format or paper copies are acceptable. Each student must provide the required information for their lift to be included in the competition
6. All lifts must be supervised by an experienced teacher, emphasizing safety. i.e. a 'spotter' must be used at all times.
7. Results can then be recorded and sent in electronic format, this is the preferred method of entry.
8. Students who submit an entry without the coordinated assistance of their school (independent entry) **must provide an accompanying video for verification** by the designated adjudicator. This video should be shot **from the side** in order to allow the viewer to verify the *rules of execution* as detailed below.

Placing

1. Medals will be mailed to the competition organiser at each school upon completion of the event.
2. First, second and third placings are based on sex, age category and weight category and body weight.
3. If two students bench press the same weight, the student with the lighter body weight will win.

Rules of execution of the Bench Press

1. Students must lay flat on their back on a bench specifically designed for weight training.
2. The student's feet must remain flat on floor and their buttocks and shoulders touching the bench at all times.
3. The student shall lift the weight from the rack to arms length, or be assisted to do so.

4. After holding the bar motionless with arms locked straight, the student will lower the bar to the chest.
5. Once the bar has touched the chest (and paused for approx 1 second), with no bouncing, it shall be pressed back to arms length in one movement.
6. Once at arms length, the bar shall remain motionless with arms locked and then returned to the rack.

WEIGHT CLASSES

Women	Men
Under 48kg	Under 62kg
Under 53kg	Under 59kg
Under 58kg	Under 77kg
Under 64kg	Under 85kg
Under 72kg	Under 94kg
Under 84kg	Under 105kg
Under 100kg	Under 120kg
Over 100kg	Over 120kg

AGE GROUPS

Women	Men
Under 12 yrs	Under 12 yrs
Under 14 yrs	Under 14 yrs
Under 16 yrs	Under 16 yrs
18 yrs and under	18 yrs and under

If you have any questions please contact:

Powerlifting Australia Ltd
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Entries must be submitted by August 24th August 2020.
 Email: mmckay@powerliftingaustralia.com

For more information about Powerlifting Australia Ltd visit www.powerliftingaustralia.com