



UNIVERSITY OF WYOMING

Intramural Sports

Bench Press Rules

(Updated: 8/5/22)

General Rules Adapted for Intramural Play.

Competition Procedure: Each participant has **THREE** attempts to achieve his/her maximum weight. An unsuccessful attempt at a certain weight does not disqualify the lifter – participants may reduce the weight and make another attempt if they have attempts remaining.

1. **Equipment:** The following equipment will not be allowed: Bench Press Shirts, Elbow Wraps, or Athletic tape other than on the fingers. Shirts must be tucked in during the lift. Participants are required to dress in athletic attire. The Referee has the final decision regarding any apparel.
2. **Lift Position:** The lifter must lie on his/her back with head, shoulders, and buttocks in contact with the flat bench surface. The hands must grip the bar with a “thumbs around grip” thus locking the bar safely in the palms of the hand. Shoes must be flat on the floor. This position must be maintained throughout the performance of the lift. Any deviation from this position will constitute a disqualification of that attempt.
3. **Bar Removal:** After removing the bar from the racks or receiving it from the spotters/loaders, the lifter shall wait with the elbows in a locked position for the Referee’s signal. The signal will be given as soon as the bar is motionless and the bar is properly positioned above the chest. The signal will consist of a downward motion of the arm along with the audible command “begin”. Beginning the descent of the barbell prior to the start command will constitute a disqualification of that attempt.
4. **The Start:** Upon receiving the signal to start, the lifter must lower the bar to the chest and hold it motionless with a definite and visible pause. The lifter is then required to wait until the Chief Referee gives the signal to begin the press. The signal will consist of the audible command “press”. Beginning the ascent of the barbell prior to the press command will constitute a disqualification of that attempt.
5. **The Press:** Upon receiving the signal to press, the lifter must press the barbell upwards with even extension of both arms to a fully extended position. The Chief Referee will give the signal to rack the weight. The signal will consist of the audible command “rack”. Racking the barbell prior to the rack command will constitute a disqualification of that attempt.
6. **Disqualification:** The following are grounds for disqualification of a lift:
 - Failure to observe any referee’s commands.
 - Any change in the lifting position.
 - Later movement of the hands during the lift
 - Bouncing the bar off of the chest.
 - Any downward movement of the bar after the “press” command is given.
 - Any downward movement of the bar after the upward motion has begun.
 - Contact by a spotter after the “begin” command has been given.
7. **Champion:** The Schwartz/Malone Formula will be used to determine each lifter’s strength coefficient. The formula is (Lifter’s Strength Coefficient = SMF coefficient x Weight Lifted). The Schwartz/Malone Formula Table is the last page of this document. The Schwartz/Malone Formula will be used on the highest legal weight achieved and will be used to determine the male and female champion of the contest.

	Men	Women	Lbs	Men	Women	Lbs.	Men	Women	Lbs.	Men	Women
90	1.28	1.1756	144	0.748	0.801	198	0.586	0.6317	252	0.532	
91	1.263	1.1645	145	0.743	0.7959	199	0.584	0.63	253	0.532	
92	1.246	1.1557	146	0.743	0.7918	200	0.583	0.6286	254	0.531	
93	1.229	1.145	147	0.734	0.7867	201	0.581	0.6269	255	0.531	
94	1.212	1.1365	148	0.729	0.7827	202	0.579	0.6256	256	0.53	
95	1.197	1.1261	149	0.725	0.7769	203	0.578	0.6239	257	0.53	
96	1.181	1.118	150	0.721	0.7737	204	0.576	0.6226	258	0.53	
97	1.166	1.1079	151	0.717	0.7697	205	0.574	0.6209	259	0.529	
98	1.151	1.098	152	0.712	0.766	206	0.573	0.6196	260	0.529	
99	1.137	1.0903	153	0.708	0.7627	207	0.571	0.618	261	0.528	
100	1.122	1.0807	154	0.704	0.7596	208	0.57	0.6167	262	0.528	
101	1.109	1.0732	155	0.7	0.7565	209	0.569	0.6151	263	0.528	
102	1.095	1.0657	156	0.697	0.752	210	0.567	0.6134	264	0.527	
103	1.082	1.0566	157	0.693	0.749	211	0.566	0.6122	265	0.527	
104	1.069	1.0494	158	0.689	0.7453	212	0.564	0.6109	266	0.526	
105	1.057	1.0405	159	0.686	0.7431	213	0.563	0.6093	267	0.526	
106	1.045	1.0336	160	0.682	0.7387	214	0.562	0.6077	268	0.525	
107	1.033	1.025	161	0.679	0.7358	215	0.56	0.6064	269	0.525	
108	1.021	1.0165	162	0.675	0.7322	216	0.559	0.6049	270	0.524	
109	1.01	1.0098	163	0.672	0.7293	217	0.558	0.6036	271	0.523	
110	0.999	1.0016	164	0.669	0.7258	218	0.557	0.6021	272	0.523	
111	0.988	0.9952	165	0.666	0.723	219	0.556	0.6008	273	0.523	
112	0.978	0.9872	166	0.662	0.7196	220	0.555	0.5993	274	0.522	
113	0.968	0.9809	167	0.659	0.7168	221	0.554	0.5981	275	0.521	
114	0.958	0.9731	168	0.656	0.7134	222	0.552	0.5965	276	0.521	
115	0.948	0.967	169	0.653	0.7107	223	0.551	0.5953	277	0.52	
116	0.939	0.9595	170	0.65	0.7074	224	0.55	0.5938	278	0.52	
117	0.929	0.9536	171	0.648	0.704	225	0.549	0.5926	279	0.519	
118	0.92	0.9462	172	0.645	0.7014	226	0.549	0.5911	280	0.519	
119	0.912	0.939	173	0.642	0.6981	227	0.548	0.5896	281	0.518	
120	0.903	0.9333	174	0.639	0.6956	228	0.547	0.5884	282	0.518	
121	0.895	0.9263	175	0.637	0.6923	229	0.546	0.5869	283	0.517	
122	0.886	0.9208	176	0.634	0.6898	230	0.545	0.5858	284	0.516	
123	0.878	0.911	177	0.631	0.6866	231	0.544	0.5843	285	0.516	
124	0.871	0.9086	178	0.629	0.6811	232	0.543	0.5831	286	0.515	
125	0.863	0.9019	179	0.626	0.681	233	0.543	0.5817	287	0.515	
126	0.856	0.898	180	0.624	0.6786	234	0.542	0.5805	288	0.514	
127	0.848	0.8902	181	0.621	0.6755	235	0.541	0.5791	289	0.514	
128	0.841	0.8851	182	0.619	0.6731	236	0.541	0.5779	290	0.513	
129	0.834	0.8788	183	0.617	0.6701	237	0.54	0.5765	291	0.513	
130	0.828	0.8738	184	0.614	0.6671	238	0.539	0.5754	292	0.512	
131	0.821	0.8676	185	0.612	0.6618	239	0.539	0.574	293	0.512	
132	0.815	0.8628	186	0.61	0.6618	240	0.538	0.5725	294	0.511	
133	0.808	0.8568	187	0.608	0.6595	241	0.537	0.5714	295	0.51	
134	0.802	0.8508	188	0.606	0.6566	242	0.537	0.57	296	0.51	
135	0.796	0.8462	189	0.604	0.6543	243	0.537	0.5693	297	0.509	
136	0.79	0.8101	190	0.601	0.6521	244	0.536	0.5686	298	0.509	
137	0.785	0.8358	191	0.599	0.6492	245	0.536	0.0.5681	299	0.508	
138	0.779	0.8302	192	0.598	0.6464	246	0.535	0.5671	300	0.508	
139	0.774	0.8257	193	0.595	0.6442	247	0.535	0.5669	301	0.507	
140	0.768	0.8202	194	0.594	0.6415	248	0.534	0.5662	302	0.507	
141	0.763	0.8159	195	0.592	0.6387	249	0.534	0.5656	303	0.506	
142	0.758	0.8105	196	0.59	0.6366	250	0.533	0.5649	304	0.506	
143	0.753	0.8052	197	0.288	0.6339	251	0.533		305	0.505	

