

WPF REFEREES JUDGING CHECK LIST

BENCH PRESS

- Lifters shoulders and buttocks must remain in contact with the bench.
- Lifters shoes must remain flat, with feet motionless and in contact with the floor.
- Feet may not touch the bench.
- One personal coach may hand out bar to lifter: but they must leave the platform area immediately after handout.
- Hand space may not exceed 81cm – Hands not outside marks.
- Lifter must receive bar at arms length and may only lower bar after Chief Referee gives verbal “start” signal. Lifter then lowers bar to chest.
- Chief Referee’s verbal ‘press’ signal is given when bar becomes motionless in contact with chest.
- Bar may not sink further into chest after signal; is given; hands must remain motionless.
- Lifter presses bar upward to reach arm’s length locked out.
- Bar may move horizontally or stop during ascent, but not move downward toward chest.
- Chief Referee gives verbal signal to ‘rack’ the bar when it is held motionless in lock out position at top.
- Buttocks may not raise off bench at any time during signals.
- No pronounced uneven extension of arms during ascent or uneven lockout is by judgement of referees.
- Deliberate contact with bar and uprights is not permitted to assist the lifter.
- One bench shirt of single ply material is permitted. Arms not extending beyond elbow joint.
- Official wrist wraps are permitted. No elbow wraps.
- A one piece lifter suit is required. Leg length not beyond mid thigh.
- Lifters may request foot elevation by using blocks or weight plates with flat surface.
- During bench press after Chief Referee’s, signal, Referees must remain in seat, not give hand motions during lift.
- Referee’s must make their own judgment in pressing white or red signal. Be prepared to justify their decision if asked by lifter, but not enter into any argument.

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