

## **BENCH PRESS RULES**

1. NO BENCH SHIRTS, POWER SUITS OR ELBOW WRAPS ALLOWED
2. GLOVES, CHALK, WRIST WRAPS, OR ANY OTHER REQUESTS WILL BE DECIDED BY MAJORITY VOTE AT CONTESTANT MEETING
3. WE WILL BEGIN WITH THE LOWEST OPENING WEIGHT AND WORK UP TO THE HIGHEST
4. THE BAR WILL BE RELOADED AFTER EACH ATTEMPT
5. WHEN THE BAR IS LOADED AND THE LIFTER IS ANNOUNCED, THE LIFTER WILL HAVE 90 SECONDS TO PERFORM THE LIFT
6. LIFTERS MAY USE THEIR OWN PERSON FOR LIFT OFF
7. SPOTTERS MAY GIVE LIFTER ONE LIFT OFF BUT THEN NEED TO LEAVE THE BENCH
8. LIFTER MUST PAUSE AND CONTROL THE BAR AFTER THE LIFT OFF AND PROCEED TO CHEST
9. THERE WILL BE NO COMMAND TO START THE LIFT
10. LIFTER MUST LOWER THE BAR UNDER CONTROL AND TOUCH AND PRESS FROM THE CHEST WITHOUT BOUNCING THE BAR OFF THE CHEST
11. LIFTER MUST CONTROL THE BAR AT THE TOP OF THE LIFT UNTIL JUDGE GIVES A "RACK" COMMAND, AND THEN RACK THE BAR
12. LIFTER MUST KEEP BOTH FEET ON THE FLOOR AND BUTT ON THE BENCH WHILE PERFORMING THE LIFT
13. IF ANY OF THESE RULES ARE NOT FOLLOWED, THE LIFT WILL NOT COUNT. THE LIFTER MAY ATTEMPT THE WEIGHT AGAIN IN THE NEXT ROUND
14. EACH LIFTER WILL HAVE 3 LIFT ATTEMPTS; THEIR HIGHEST WEIGHT SUCCESSFULLY LIFTED WILL BE CALCULATED BY PERCENTAGE OF THEIR BODY WEIGHT, THE HIGHEST PERCENTAGE LIFTED EACH CLASS WILL BE DETERMINED THE WINNER.
15. **TEEN COMPETITORS**-70% OF WEIGHT; NO TIME LIMIT; AS MANY REPS AS POSSIBLE
16. TEEN COMPETITORS CAN CROSS OVER INTO OPEN AND TEEN
17. ALL RULINGS BY THE JUDGE WILL BE FINAL
18. THUMB NEEDS TO BE AROUND THE BAR-NO SUCIDIE GRIB

# OFFICIAL ENTRY FORM

## 2011 NPC ARMBRUST PRO GYM WARRIOR CLASSIC BENCH PRESS CHALLENGE BROUGHT TO YOU BY TEAM TOM

[www.teamtomfitness.com](http://www.teamtomfitness.com)



Please make check or money orders payable to: Team Tom

**ENTRY DEADLINE and FEES – Must be post marked before deadline dates**

**REGULAR ENTRY DEADLINE – January 1, 2011 to August 7, 2011 - \$30 – Includes Event T-Shirt**

**LATE ENTRY – August 8th, 2011 to Friday August 19th, 2011 - \$40 - Includes Event T-Shirt**

**Contest Entries – Mail To: Team Tom – 3420 W 22<sup>nd</sup> St Greeley, CO 80634**

\_\_\_ Teen

\_\_\_ Men under 200lbs

\_\_\_ Women

\_\_\_ Men over 200lbs

Print Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_ City: \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ (Estimated day of competition)

Gym Affiliation: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Who would you like to Thank \_\_\_\_\_

In consideration of you accepting this entry, I hereby, intending to be legally bound for myself, my heirs, executors or administrators, waive and release all rights and claim for damages I may have against Michael Alexander, Carol Semple, NPC, Infinite Sports USA, Tom Forsyth, Team Tom Fitness LLC, Embassy Suites Hotel, Spa, and Conference Center and them or their officers, directors, partners, agents, members, employees, representatives, and assigns for any and all injuries suffered by me at said Physique Contest. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the Embassy Suites Hotel, Spa, and Conference Center including any rules or regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to the Embassy Suites Hotel, Spa, and Conference Center or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Embassy Suites Hotel, Spa, and Conference Center or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC.

Signature: \_\_\_\_\_

**If contestant is a minor, this blank must be signed by parent or guardian.**