

FITNESS INTRAMURAL COMPETITION RULES

Max Bench Press:

1. The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. Shoes must be flat on the floor. The position must be maintained during repetition
2. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks.
3. After receiving the bar the lifter shall lower the bar to his chest and await the referee's signal.
4. The signal to commence the lift shall be the audible command "**Press**" and will be given as soon as the bar is motionless on the chest.
5. After the signal to commence the lift has been given, the bar is pressed vertically until arms are fully extended and held motionless until the audible command "**Rack**" is given.
6. Sleeves must be used for the safety of all members.

Speed Bench Press:

1. The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. Shoes must be flat on the floor. The position must be maintained during repetition.
2. Bar must touch chest & arms must lock up on each repetition
3. Lifter will have one minute to complete as many repetitions as possible.
4. Timer will begin when lifter has bar off rack and is ready.
5. Sleeves must be used for the safety of all members.
6. Lifter may rest in between reps; cannot replace bar on rack during rest

Squat:

1. Knee wraps are allowed.
2. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loader shall not assist the lifter
3. The Chief Referee's signal shall consist of a downward movement of the arm and audible command "**Squat.**"
4. The lifter lowers the body until the top surface of the legs at the hip joint is **lower** than the top of the kneecaps.
5. The lifter must recover at will, with one continuous movement with knees locking upon completion of lift
6. The signal to replace the bar will consist of a backward motion of the hand and the audible command "**Rack.**"
7. Sleeves must be used for the safety of all members.

Push-ups:

1. Start position: palms on floor (shoulder width apart), arms locked, feet together touching floor (women: knees together touching floor)
2. Complete Repetition: Triceps must be parallel to ground (90 degree angle) OR chest touch ground for a complete repetition. Arms must straighten upon each repetition.
3. Lifter will have one minute to complete as many repetitions as possible
4. Lifter may rest in between reps; cannot lay down during rest

Sit-ups:

1. Start Position: Head, shoulders, & buttocks touching floor with arms folded across chest; knees must be bent at a 90 degree angle.
2. Shoulder blades must touch floor & elbows must touch knees on each repetition
3. Participant will have one minute to complete as many repetitions as possible
4. Participant may rest in between reps

Pull-ups:

1. Start position: Palms must face you; must be hanging & arms straight
2. Complete Repetition: Chin must be parallel to the bar and arms need to straighten when returning down; no swinging allowed
3. Participant will have one minute to complete as many repetitions as possible
4. Participant may rest in between reps but must remain hanging on bar.

Dip Competition:

1. Start Position: hands must be on dip bar; body must be hanging with arms straightened
2. Complete Repetition: Triceps must be parallel to the floor (90 degree angle) when going down; Arms must straighten when going up
3. Participant will have one minute to complete as many repetitions as possible
4. Participant may rest in between reps but must remain hanging on bar.