

**MWR Sports.Fitness.Aquatics**

# RAISE THE BAR

## PUSH-PULL COMPETITION

**29 SEPTEMBER at 0900**  
**MURPHY FIELD HOUSE**

*Open to all Ranks and Services! Participants must show a valid Active Duty, Retiree, Reserve, DoD Civilian, or Family Member ID card.*

*Must be ages eighteen or older and may participate in one or more events.*

*There is a maximum of thirty participants for this event!*

**Early Bird Registration Fees:**

**Deadlift: \$15 / Bench Press \$15 / Both Lifts: \$25**  
Pre-registration ends on 22 September!

**Same Day Registration Fees:**

**Deadlift: \$20 / Bench Press \$20 / Both Lifts: \$35**

*Early Weigh-In: 28 SEP - 0900 to 1800 / Same Day Weigh-in: 29 SEP - 0730 to 0830*

*Additional details available at the fitness centers.*

**Call 301-677-2349**



# 2018 "Raise the Bar" Push - Pull Rules

**Saturday, 28 September - 0900 Lift-off - Murphy Field House**

*Weigh-ins: Friday, 28 Sep - 0900 to 1800 & Saturday, 28 September - 0730 to 0830*

## **Lift: BENCH**

1. The lifter will lie on the bench with shoulder blades and buttocks in contact with the bench and feet in contact with the floor. Neither the shoulder blades nor the buttocks may be raised off the bench at any point in the attempt, nor may the feet be lifted completely off the floor.
2. The lifter will grip the bar anywhere between the rack uprights.
3. The lifter will remove the bar from the rack with or without the assistance of the center spotter (hand-off). No other assistance in removing the bar from the rack will be permitted. No assistance other than the hand off is permitted at any point in the lift. Lifters may enlist their own center spotter.
4. After removing the bar from the rack, the lifter will hold the bar at arms' length (*elbows locked out*) until the judge gives the "START" command.
5. Upon receiving the "START" command, the lifter will lower the bar until it touches the chest for a CLEAR and VISIBLE PAUSE, then press the bar back up on his/her own. If the lifter is wearing a belt, the bar cannot touch the belt.
6. The lifter will press the bar to arm's length (elbows locked out); once the bar has started moving up, it cannot move back down for any reason.
7. The lifter will hold the bar at arms' length until the judge gives the "RACK" command. At that point, the spotters will assist the lifter in replacing the bar in the rack.

## **Causes for Disqualification—Bench Press**

1. Failure to observe the judge's signals.
2. Any change in the elected position of the shoulders, raising of the buttocks, lateral movement of hands, or raising one or both feet completely off the floor.
3. Inadequate pause of the bar on the chest as well as heaving or bouncing the bar off the chest.
4. Allowing the bar to sink into the chest on the upward press.
5. Uneven extension of the arms during the lift.
6. Any downward motion of the bar on the upward press.
7. Contact with the bar by the spotter during the lift.
8. Deliberate contact with the up-rests of the bench and the bar in order to assist the lift.

## **Lift—DEADLIFT**

1. The lifter will approach the bar facing the judge. The bar must be positioned in front of the lifter's feet.
2. The lifter will grip the bar and lift it until the lifter is standing erect. Any grip is permitted.
3. Completion of deadlift: lifter's knees will be locked in a straight position with shoulders pulled back.
4. The lifter will remain standing erect and holding the bar until receiving the DOWN command, accompanied by a hand signal from the judge.
5. After receiving the DOWN command, the lifter will return the bar to the platform in a controlled manner. The lifter must not drop/dump the bar.
6. Lifting the bar off the floor or a deliberate attempt to do so will count as the lifter's attempt. Once the attempt has begun, the bar cannot move downward for any reason until the lifter receives the DOWN command. Lifter may not boost the bar with the thighs (hitching) or shrug the bar at the top of the lift.

## **Causes for Disqualification—Deadlift**

1. Failure to observe the judge's signal.
2. Failure to reach the erect position (knees locked out, shoulders back).
3. Any downward motion of the bar before the DOWN command is received.
4. Dropping (dumping) the bar at any point, including after the DOWN command.
5. Any foot movement (forwards, backwards, or sideways), other than rocking between the ball and the heel of the foot, before receiving the DOWN command.

**For any questions; contact the Gaffney Fitness Coordinator**

**301-677-2349**

