

Constraints for Bench Press (Powerlifting Rules)

1. Starting Position:

- The lifter must lie flat on their back on the bench, with the head, shoulders, and buttocks in contact with the bench.

2. Bar Path:

- The bar must start from full arm extension.
- The bar must touch the chest and be pressed back to full extension in a straight or controlled path.

3. Commands:

- **Start Command:** Wait for the judge to signal "Start" before lowering the bar.
- **Press Command:** Once the bar is motionless on the chest, the judge will signal "Press."
- **Rack Command:** After locking out the lift, the judge will signal "Rack."

4. Body Contact:

- The lifter's buttocks(Glutes) must maintain contact with the bench throughout the lift.
- The feet must remain flat on the floor without lifting or excessive movement.

5. Bar Control:

- The bar must not move downward after the press has started (no bouncing).
- The bar must be lowered and raised under full control.

6. Spotters:

- Spotters may assist with lifting the bar off the rack but cannot touch the bar during the attempt.

7. Equipment:

- Approved lifting belts, wrist wraps, and singlets may be worn.
- Elbow sleeves, lifting straps, or any other assistance gear are generally not allowed.

8. Disqualifications:

- Failing to touch the chest with the bar.
- Uneven lockout or failure to achieve full arm extension at the top.

- Barbell sinking after the "Press" command has been issued.
- Lifting the buttocks(Glutes) off the bench.
- Any contact with the bar by spotters will result in a failed lift.