DEPARTMENT OF RECREATION AND INTRAMURALS
463-6958

HOFSTRA STRONGEST
BENCH PRESS COMPETITION

Wednesday, MARCH 28, 2007 at 7 p.m. – REC CENTER
Open to all current student, faculty and staff members of the Hofstra community.

WEIGHT CLASSES (lbs) for Male and Female:
145 158 170 182 194 206 Heavyweight

Important times:
- Weigh-in (Rec Center): 3:30 p.m. – 5:30 p.m.
- Rules clinic: 6:30 p.m.
- Lifting starts: 7:00 p.m.

Team Entry: Fraternity points will be given to any fraternity with five or more members participating in this event.

Attire:
- One piece lifting suit, or T-shirt and shorts is allowed.
- Bench shirts are allowed.
- Weight belts are permitted.
- Elbow wraps are not allowed.

THE REGISTRATION DEADLINE IS 12:00 p.m., MONDAY, MARCH 26, 2007.

AWARDS WILL BE GIVEN TO THE TOP FINISHER IN EACH CLASS AND THE OVERALL CHAMPION!

Technical Information: See reverse side for event rules.
HOFSTRA UNIVERSITY
18TH ANNUAL

HOFSTRA STRONGEST
BENCH PRESS COMPETITION

Wednesday, March 28, 2007 at 7 p.m. – Rec Center
THIS APPLICATION IS DUE NO LATER THAN
12:00 p.m. ON MONDAY, MARCH 26, 2007.

Name:___________________________________________ Age:________________

Fraternity Name (if applicable):___________________________________________

Phone #:____________________________________ Major:___________________

Expected Weight Class:____________________ Highest Bench:____________

Circle all that apply: Undergraduate  Graduate  Law  Faculty/Staff

Gender: Male   Female

Please list any previous competitive experience in weightlifting and/or body-building:
________________________________________________________________________

Please list any varsity sport of which you are a member:
________________________________________________________________________

LIABILITY RELEASE – PLEASE READ CAREFULLY AND SIGN:
I acknowledge that weightlifting is a potentially dangerous sport and I accept full
responsibility for any injury that I may incur during the competition. Further, I, for
myself, my agents and my heirs, waive and release Hofstra University, along with the
agents and employees of all of the above, from any and all claims of liability for
injury, death, illness, property damage, or any other injury or damage of any form
whatsoever which I may incur as a result of my participation in the Hofstra Strongest
Competition.

Signature:___________________________________________
UNITED STATES POWERLIFTING FEDERATION RULES FOR BENCH PRESSING:

Each lifter is given three attempts. You cannot lower the weight after you have chosen your 1st attempt. So, the weight you use for your opening attempt (1st attempt) should be one that you are sure you can get. If you miss an attempt, the weight can stay the same for your next attempt. However, if you make the attempt, you must increase the weight (10 lbs minimum between your 1st and 2nd, 5 lbs between your 2nd and 3rd). In order for a lift to be judged “good”, two of the three judges must approve. You have one minute after your attempt to tell the scorers what your next attempt will be.

The rounds system will be used. This is similar to a baseball batting order in that groups of lifters (probably between 8-12) all lift together. The lifter with the lowest opening attempt goes first and all the rest follow according to their opening attempts. Once all lifters finish their opening attempts, they begin their second attempts, and so on. Elbow wraps are not allowed. Wrist wraps are allowed.

Bench Press Performance Rules:

The lifter’s head, shoulders and buttocks must be in contact with the bench at all times. Feet must be reasonably flat on the floor. Plates may be used to build up the surface of the platform. Lifters may receive a liftoff from the rack by a friend. The spacing of the hands can’t exceed 32 inches between the forefingers. There are usually two small lines on an Olympic bar. These lines should either be covered, or your hands should be inside of them. After receiving the bar at arms length, the lifter then lowers the bar to the chest and awaits the command “press”. The command “press” is given when the bar is motionless on the chest. After the signal is given, the bar is pressed upward to straight arms length and held motionless until the command “rack” is given. The bar is allowed to stop in its upward movement, but it is not allowed any downward movement after the signal “press.”