Bench Press Competition Rules

* Starting weight is 250 lbs
* Increase in 50 lb increments
* Maximum weight is 500 lbs
* Each person must touch their chest to the bar
* The attempter must then be able to push the bar all the way back up with no help from a spotter
* Elbows must be completely locked
* The attempters rear end must stay in contact with the bench at all times
* There will be different weight classes for men and women
* The Intramural Graduate Assistant and one Intramural student worker must be present for the lift to count