

Guidelines & Rules for Today's Competition

Bench Press Rules: The Lifter must lie on their back with shoulders and buttocks in contact with the flat bench surface. Shoes must be flat on the floor or flat on the built up surface. This position must be maintained throughout the attempt once the "press" command has been given.

The Lifter may have a lift-off to arms length, but not to the chest in order to get the bar into proper starting position. The "press" command is given by the Chief Referee when the bar is motionless on the chest. Once this signal has been given, the bar is pressed upward to straight arms length and held motionless until the audible command "rack" is given.

Causes for Disqualification of a Bench Press:

1. Failure to observe the Chief Referee's signals at the commencement or completion of the bench press.
2. Any change in the elected lifting position during the lift (i.e., any raising movement of the shoulder, buttocks, or feet from their original points of contact with the bench or platform, or lateral movement of the hands on the bar, once the press command has been given). Slight or minor foot movement is allowed. Both sole and heel must stay in contact with the floor/blocks.
3. Heaving or bouncing the bar off the chest.
4. Allowing the bar to sink into the chest after the "press" command has been given.
5. Any uneven extension of the arms at the COMPLETION (Lockout) of the lift.
6. Any downward movement of either hand taking place as the bar is being pressed upwards and/or downward movement of the bar during the upward phase.
7. Contact of the lifter's feet with the bench or its supports.
8. Deliberate contact between the bar and the uprights during the lift which would make the press easier.

Deadlift Rules: The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect. On completion of the lift the knees shall be locked in a straight position and the shoulders back. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

Causes for Disqualification of a Deadlift:

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands, i.e.: releasing the bar from the palms of the hand.
8. Failure to comply with any of the items outlined under Rules of Performance.



BACKYARD Bench & Deadlift

Divisions:

Teenage

Master Men (over 40) & Women (over 40)

Open Men & Women

Awards:

1st - 3rd place in teenage division as calculated by Wilks formula

1st - 3rd place in Master's division as calculated by Wilks and age formula

1st - 3rd place in open weight classes

"Best Lifter" calculated by Wilks formula.

Bench Press

	Name	Weight	1st	2nd	3rd	Place
Teen Female	Abbi Hicks					
	Laura Stephenson					
Masters Women	Shelia DeForest					
Open Women						
132lbs	Rene Turgeon					
	Lynn Gilpin-Parks					
148lbs	Terese Market					
	Shelia DeForest					
	Brande Browne					
165 lbs	Yovanka Kienzle					
	Melissa DeJesus					
181 lbs	Tessie Johnson					
198+ lbs	Leah Hanson					
Teen Male	Briggs DaBoll					
	Luke Gratz					
	Brian Kinczfoegel					
Men's Masters	Gary Koch					
	Jason Allen					
	Robert Tupper					
	Marty Becker					
	Mark Haeuser					
Gerald Lindas						
Men's Open						
148 lbs	Chad Richards					
165 lbs	Josh Hicks					
	Andy Kaszubski					
	Omar Mireles					
181 lbs	John Schuetz					
	Dale Straight					

Bench Press

	Name	Weight	1st	2nd	3rd	Place
198 lbs	Luke Briggs					
	Albert Strohm					
	Nick Tyson					
	Nick Wisneski					
	Jesse Sojka					
	Kyle Pedersen					
220 lbs	Randy Fry					
242 lbs	Jacob Kubacki					
	Ralf Auer					
	Jake Holbrook					
SHW	Tyler Haarklau					

Deadlift

	Name	Weight	1st	2nd	3rd	Place
Teen Female	Abbi Hicks					
	Laura Stephenson					
Masters Women	Stacy Stone					
	Emma Taylor					
Open Women						
132lbs	Rene Turgeon					
	Lynn Gilpin-Parks					
148lbs	Terese Market					
	Sarah Prange					
	Brande Browne					
165 lbs	Yovanka Kienzle					
	Melissa DeJesus					
181 lbs	Tessie Johnson					
	Tonya Griffin					
198+ lbs	Leah Hanson					

Deadlift

	Name	Weight	1st	2nd	3rd	Place
Teen Male	Briggs DaBoll					
	Jacob Leet					
Men's Masters	Tom Glembin					
	Marty Becker					
	Dale Downie					
	Stuart Coogan					
Men's Open						
114 lbs	Juan Ramirez					
165 lbs	Chuck Lawson					
	Josh Hicks					
181 lbs	Jordan LaMasney					
	John Schuetz					
	Stuart Coogan					
	Matt McHugh					
198 lbs	Luke Briggs					
	Shaun Cherry					
	Nick Tyson					
	Ryan Bushman					
	Jesse Sojka					
	Albert Strohm					
220 lbs	Kyle Pedersen					
	Joe Burkeland					
242 lbs	Jacob Kubecki					
	Ralf Auer					
	Jake Holbrook					
275 lbs						
SHW	Lloyd Nell					