

Rep WARS Official Rules

Bench Press:

- Lifting period= 1 minute, clock starts once the bar is unracked/handed off and the “Start” command is given.
- Positioning:
 - Lifter must lie on back with shoulder and buttocks in contact with the bench surface for the duration of the lifting period.
 - If buttocks do not remain in contact with the bench, the rep will not be counted.
 - Feet must maintain contact with the ground (flat or on the balls of the feet) for the duration of the lifting period.
- Execution of Lift:
 - Lifter must lower the bar to the chest, touch chest, and press bar back to lockout.
 - Chest: finishes at the base of the sternum.
 - If lifter bounces the bar off the chest, rep will not count.
 - If lifter does not touch the chest with the bar at the bottom of the rep, the rep will not count.
- Lifter will complete as many reps as possible in the 1-minute lifting period.
- Lifter with the most reps in each weight category/division will be deemed the winner.
- Belts, wrist wraps, and elbow sleeves are allowed.
 - Elbow wraps are not allowed.

Deadlift:

- Lifting period= 1 minute, clock starts once the lifter initiates upward movement of the barbell (first actual rep begins).
 - Pulling the slack out of the bar does not count as initiating upward movement.
- Lifter shall face the front of the platform.
- Overhand, mixed grip, and hook grip allowed.
 - Lifting straps and any variations are not allowed.
- Execution of Lift:
 - Lifter must stand erect at the top of the lift, with shoulders back and knees locked in a straight position.
 - Prior to lowering the bar, lifter must wait for the “Down” command.
 - Lifter must maintain control of the of the bar with both hands on the descent.
 - i.e., Lifter must not release the bar from the palms of the hand.
 - At the bottom of the lift, lifter must fully set the weight down.
 - Bouncing and “Touch and go” reps will not be counted.
 - Conventional Stance deadlifts only (no sumo stance).
- Lifter will complete as many reps as possible in the 1-minute lifting period.
- Lifter with the most reps in each weight category/division will be deemed the winner.
- Belts, knee sleeves, deadlift socks are allowed.