

### **Rule 1: Eligibility**

A participant may be an Ohio State University student taking a minimum of four (4) credit hours. The Department of Recreational Sports defines a student as any individual who is currently enrolled at The Ohio State University and is registered with the university registrar. Students taking four (4) or more credit hours automatically pay the recreational sports student fee and therefore do not need to purchase a membership.

The following people are eligible to participate after purchasing the appropriate Recreational Sports membership through the RPAC Welcome Center for the quarter in which they intend to participate:

- A participant may be an Ohio State University student taking less than four (4) credit hours.
- A participant may be the spouse of a student or a faculty or staff member.
- A participant may be a faculty or staff member of The Ohio State University. The Department of Recreational Sports defines faculty and staff as all current faculty and staff, as well as visiting professors at The Ohio State University who are paid through the university payroll department.
- A participant may be an affiliate of the department (alumni, member of the President's Club, other recognized affiliate groups.)
- A participant may be a member-sponsored adult.

In order to participate in any intramural activity, all participants must show a valid Ohio State University issued photograph identification card. Acceptable identification cards are limited to BuckIDs, Ohio State Medical Center identification cards, and Recreational Sports membership cards. An Ohio State identification card must include the following information and be clearly visible in order to be considered valid: the individual's name, photograph, and identification number. Identification cards that do not have one or more of these requirements will not be accepted and the individual will not be allowed to play.

Misuse of an identification card (borrowing, lending, counterfeiting, altering, etc) is a violation of the Ohio State University Student Code of Conduct. The identification card will be confiscated and the individual attempting to use the card will be ineligible to participate. If the card belongs to another student, that student must meet with a professional staff member in order to regain possession of their identification card.

### **Rule 2: Levels of Play**

#### *Men's*

Singles, tournament format. This league combines both competitive and recreational individuals.

## *Women's*

Singles, tournament format. This league combines both competitive and recreational individuals.

### **Rule 3: Equipment**

- Jewelry is not allowed. Medical or religious medallions must be removed, taped or sewn under the uniform.
- A head sweatband is permitted; however, hats, bandanas and "do-rags" are not permitted.
- Rubber, cloth, or elastic bands may be used to control hair. Hard items such as beads, barrettes and bobby pins are not permitted.
- A guard, cast, or brace made of hard and unyielding leather, plaster, pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.
- Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least 1/2 inch foam rubber (or 1/4 inch closed cell, slow recovery foam rubber).
- Closed toe shoes are required.

### **Rule 4: Participant Responsibilities**

- Ensure that you meet all eligibility requirements.
- Knowledge of tournament time, location, and ID policy.
- Ensure that you sign a "release of claims" form located on the back of the scorecard before participating in your first game.
- Ensure that you have a valid Ohio State issued identification card prior to check in.
- Display good sportsmanship at **all** times.
- Cooperating with the Intramural Supervisors at the game site concerning any protests, incidents, or accidents that may occur as well as with the Intramural Sports staff the day following such occurrences.

### **Rule 5: Players**

- The bench press competition is a singles event and therefore only requires one (1) person to participate.
  - You must check in using a valid Ohio State University issued ID.

### **Rule 6: Forfeits**

*Event time is forfeit time!*

### **Rule 7: Protests**

#### *Rules Protest*

Questions pertaining to interpretation of rules on the part of game officials must be addressed by the Intramural Supervisor at the time the interpretation occurs and prior to the next live ball. The procedure shall be:

1. Consult the Intramural Supervisor on site should you disagree with any rule interpretation.
2. The decision made by the Intramural Supervisor shall be final.

### *Eligibility Protest*

Protests involving player eligibility must be called to the immediate attention of the Intramural Supervisor prior to the completion of the contest while the protested individual is present. Eligibility protests may not be made by participants after the completion of the contest. A Protest Form should be obtained from the Intramural Supervisor and completed. The contest will continue from this point "under protest."

## **Rule 8: Play**

### *Competition*

Lifters will have two (2) minutes to complete lift. Competition will consist of a maximum single rep/each. Participant will be allowed three (3) attempts.

### *Lift*

- The lifter approaches the bench with the top of the bench facing the audience and the judges.
- The lifter must lie backwards with the head, shoulders, and buttocks in contact with the bench. The lifter receives the bar at arm's length from the spotters.
- On receiving a command from the head judge to "start", the bar is brought down onto the chest, paused, and then it is pressed back to the starting position. The lifter must pause for three seconds.
- The head judge then gives the command "rack" with a movement of the hand backwards. The bar is then returned to the bench racks.
- The lifter is then judged on the lift.

### Causes for Disqualification

- Failure to observe the referee's signals.
- Any change in the elected position of the shoulders, head, raising of buttocks, lateral movement of hands, or excessive movement of the feet during the lift itself.
- Inadequate pause of the bar on the chest as well as heaving or bouncing the bar off the chest.
- Allowing the bar to sink into the chest on the upward press.
- Uneven extension of the arms during the lift.
- Any downward motion of the bar on the upward press.
- Contact with the bar by the spotter during the lift.
- Deliberate contact with the up-rests of the bench and the bar in order to assist the lift.
- Failure of the center spotter to give the referee a clear view.

## **Rule 9: Sportsmanship**

You are responsible for your own actions. You are expected to be familiar with the rules of play and intramural policies and procedures contained in the Intramural Handbook. Sportsmanship is a vital

component for success in every intramural contest. Participants and spectators are expected to display good sportsmanship toward opponents and the Intramural Staff at all times.

#### *Unsportsmanlike Conduct*

Participants and spectators shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with staff, flagrant fouling, fighting, etc. before, during or after a contest. No player or team shall:

- Use foul or derogatory language, threaten, or verbally abuse any other participant or Intramural Employee before, during or after the game.
- Participate in a game for which he or she is ineligible.
- Argue or talk back to the Intramural Staff.
- Intentionally strike, push, trip or flagrantly foul another participant, spectator, or Recreational Sports Employee.
- Mistreat the facility, equipment or supplies of The Ohio State University and/or the Recreational Sports Department.

#### *Unsportsmanlike Conduct Penalties*

Any participant displaying unsportsmanlike conduct will be issued either a conduct warning or ejection by the game officials or Intramural Supervisors.

- Verbal Warning Resulting in Incident Report – Conduct Warning
- Ejection of Participant With/out Warning – Ejection/Forfeit

#### *Disciplinary Action*

Any player receiving two (2) conduct warnings in one game or ejected from a game is required to meet with the Coordinator of Intramural Sports. The player will be suspended from **all** intramural play until the meeting occurs and for a minimum of one week from the meeting date.

***For any questions or clarifications, please contact the Intramural Sports office at RPAC  
614-292-2732***