



# RULES & REGULATIONS

## WEIGHTLIFTING

1. Participant will be split into 3 weight categories, which are as follows:
  - a. Light weight – <75KG
  - b. Middleweight 75 – 85KG
  - c. Heavyweight 86KG+
2. The competition will work on an AMRAP (as many reps as possible) basis, with one attempt per participant. The weight for each category is as follows:
  - a. Light weight – 60Kg AMRAP
  - b. lightweight – 80Kg AMRAP
  - c. Middleweight – 100Kg AMRAP
3. The lift will be a flat barbell bench press.
4. A legal repetition requires your lower back to remain on the bench at all times, and the bar to touch your chest on each rep, with full lockout (extension) of the arms at completion.
5. The legality of the repetition and the total number of them will be counted by a SEJ (Sehat-e-Jismani) official.
6. An official can refuse the right to participation to anybody not being deemed to conduct themselves in a safe manner around the equipment, or anyone deemed unable to safely participate in the competition.
7. The winner in each category will be determined by the participant completing the most legal repetitions of their designated weight.
8. No belt, wrist wraps, or chalk provided.
9. No use of a belt is permitted.
10. The National Sehat-e-Jismani Team reserves the right to amend any of the above rules and regulations as it deems fit.



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