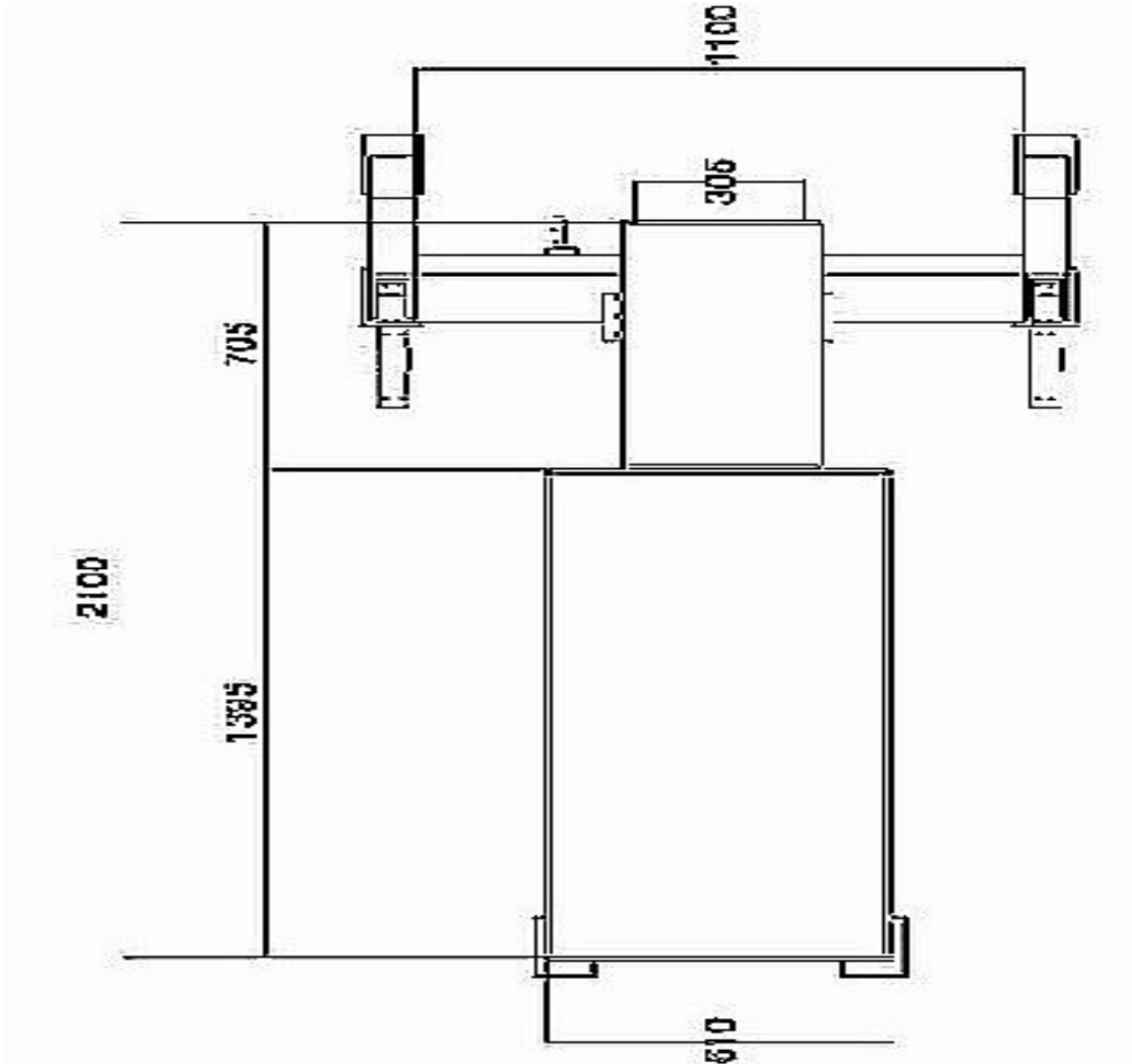


14.4. **BENCH.**

For all national or international competitions, World or Continental Championships and Paralympic Games the bench shall be of sturdy construction and provide maximum stability and conform to the following dimensions:





- a. **Length** Shall be 2100 mm long overall and be flat and level.
- b. **Width** The main body of the bench shall be 610 mm wide, but for a distance of 705 mm from the head end, the width shall be 305 mm leaving two equal shoulders of 152.50 mm.
- c. **Height** The height shall be not less than 450 mm and not exceeding 500 mm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.
- d. **Stands** The height of the uprights on both adjustable and non-adjustable benches shall be a minimum of 750 to 770 mm to a maximum of 1000 to 1100 mm measured from the floor to the bar rest position.  
Minimum width between insides of bar rests shall be 1100 mm.