

# **BENCH PRESS COMPETITION**

## **INFORMATION SHEET**

### **FALL 2009**

This information sheet is intended to provide basic information and rules for this activity. Please refer to our web site for detailed information about policies, procedures, and sport rules.

#### **REGISTRATION PERIOD**

Registration will be conducted onsite in the TREC Fitness Center area from 5:00 PM to 6:00 PM on Wednesday, November 18.

#### **LEAGUES/LEVELS OF COMPETITION**

Men's Leagues: Open

Women's Leagues: Open

#### **ROSTER INFORMATION**

Only current UT students who have paid the UPSF Fee or Faculty/Staff members who have a current RecSports membership are eligible to play. Please see the Intramural Handbook for further eligibility information.

#### **SPORT RULES**

Please make sure to read over the sport rules, which is available on our web site at <http://recsports.utk.edu/>.

#### **AWARDS**

Intramural Champion t-shirts will be awarded to the first place individual in each league.

#### **VOLCARD POLICY**

ALL participants are required to present their current VolCard prior to each game. If you have lost or misplaced your VolCard, please read the instructions on how to utilize the ID Forgiveness Policy, which is located in the Intramural Handbook.

#### **ASSUMPTION OF RESPONSIBILITY**

Participation in UT RecSports Programs is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The RecSports Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. UT does not provide personal health or medical insurance for participants.