



## **SPECIFIC GUIDELINES PACK**

This document acts as a guide to the specific considerations and undertakings for your potential attempt on the Guinness World Records™ category and is used in conjunction with the Record Breakers' Pack, which outlines the evidence required to prove your attempt's success. This should be read and understood by all concerned with the record attempt prior to the attempt – this includes every participant, organiser and witness.

These guidelines are specific to your attempt and **must** be followed. Should any guideline be contravened, your attempt will be disqualified, without any right of appeal.

Please note that, as detailed in the Agreement Regarding Record Attempts, these guidelines in no way provide any kind of safety advice or can be construed as providing any comfort that the record is free from risk. Guinness World Records will not accept responsibility for the safety of participants or bystanders in any record attempt. It is your sole responsibility to ensure that all necessary safety precautions are in place and that all equipment used is suitable and thoroughly checked prior to the record attempt taking place and in compliance with any and all local health and safety laws and regulations.

# **BENCH PRESS – MOST WEIGHT IN 24 HOURS (TEAM)**

## **DEFINITION OF RECORD**

This record is for the greatest weight bench pressed in 24 hours.

This record is to be attempted by a team of five people – no substitution allowed.

## **GUIDELINES FOR ‘BENCH PRESS – MOST WEIGHT IN 24 HOURS (TEAM)’**

1. Each participant must have their own bar/bench.
2. Each bar must be overseen by a suitably qualified person, who is able to verify the reps are carried out with the correct technique. This person is also responsible for counting the reps.
3. The weight lifted is at the discretion of the team and can vary through out the attempt.
4. No member of the team may leave the venue once the attempt has started.

## **GENERAL ‘MOST...IN 24 HOURS’ GUIDELINES**

- The name of the organisation, company or person(s) making the attempt must be given, along with the date and place.
- The event must take place in a public place or in a venue open to public inspection.
- No person under the age of 16 may attempt this record. Persons aged between 16 and 18 must be in possession of a document signed by their parent or legal guardian, giving them permission to compete. This must be added to the log book and witnessed before the attempt has started.
- The event is continuous. The clock does not stop. 24 hours means a complete 24-hour cycle including rest breaks. For example, if the event starts at 12 noon on Monday, it must finish at 12 noon on Tuesday.
- The participant may take as many breaks as he/she wishes, but the clock must not stop at any time for any reason.
- A loud start and finish signal recognized by all participants must be used.
- Two experienced timekeepers (e.g. from a local athletics club) must time the attempt with stopwatches accurate to 0.01 seconds.

## **ADDITIONAL EVIDENCE**

- The activity you are attempting **MUST BE CLEARLY VISIBLE** on the video footage as we will not be able to accept your claim. This comes from problems we have encountered when trying to count legitimate push-ups.
- The entire attempt must be filmed in case further evidence is required.
- For times up to one hour, we expect the entire attempt to be submitted on video. For events longer than this, a ‘highlights package’ will be acceptable but must include the following points:
  - Footage of the start of the attempt
  - Two minutes footage every hour
  - Any points where the claimant takes a break – a clock or timer must be visible on screen, but not the camcorder’s own time display

- The point at which the record is broken
  - The end of the attempt.
- The camera must be focused on the attempt at all times and preferably be static.
- Failure to include the required documentation will ultimately delay the outcome of your claim or lead to its rejection.