

## Strongman Rules

### 18" Keg Dead-lift

1. 18" Keg dead-lift is an event in which contestants will have 60 seconds to complete as many repetitions as possible. Dead-lift weight: 405lbs for Males under 190lbs, 450lbs for males 190lbs and over.
2. Contestants may use the following items: lifting belt, lifting gloves, wrist straps, knee and elbow wraps, and lifting chalk.
3. Contestants will start at the sound of the whistle.
4. Standard Olympic bar should be used.
5. Conventional stance only allowed. No SUMO Stance.
6. Hitching is allowed.
7. Good Lift: The athlete must lift the barbell to a standing position with head up, shoulders back, legs and feet in line. Once the signal is given for the lift, the athlete must return the bar to the floor under control. NO DROPPING OF THE BAR WILL BE ALLOWED.
8. The head referee will announce a "no lift" if the lift is no good or announce the number of the rep "one" if the lift is good.
9. Points will be awarded based on the following criteria: most reps to least reps within the 60 second time frame.
10. Placement Points:

1 <sup>st</sup>	20 points	5 <sup>th</sup>	8 points
2 <sup>nd</sup>	16 points	6 <sup>th</sup>	6 points
3 <sup>rd</sup>	12 points	7 <sup>th</sup>	4 points
4 <sup>th</sup>	10 points	8 <sup>th</sup>	2 points

### Tractor Tire Flip

1. Tractor Tire flip is a timed event with a time maximum of 2 minutes.
2. Contestants may use the following: weight belts, lifting gloves, knee and elbow wraps, and lifting chalk.
3. Contestants will start at the sound of the whistle.
4. Contestants will flip a tractor tire, end over end for the length of the 40-yard course.
5. Contestants will pick the tire up from the bottom each time.
6. Contestants must keep the tire within the course outlined or a time penalty or disqualification will be imposed.
7. If the above violation impedes an opponent's progress, the violator will be disqualified or receive a 5 second penalty.
8. The head referee will make all calls regarding penalties.
9. Should a contestant be unable to finish the course within the given time limit, the distance the tire was flipped will be measured.
10. Once the tire is completely across the finish line time will stop.
11. Points will be awarded based on the following criteria: fastest to slowest time, farthest to shortest distance (if contestant does not finish).
12. Placement Points:

1 <sup>st</sup>	20 points	5 <sup>th</sup>	8 points
2 <sup>nd</sup>	16 points	6 <sup>th</sup>	6 points
3 <sup>rd</sup>	12 points	7 <sup>th</sup>	4 points
4 <sup>th</sup>	10 points	8 <sup>th</sup>	2 points

## Overhead Axel Press

1. Overhead Axel Press is an event in which contestants will have 60 seconds to complete as many repetitions as possible.
2. Contestants may use the following items: lifting belt, lifting gloves, knee and elbow wraps, and lifting chalk.
3. Contestants will start at the sound of the whistle.
4. Contestants will press the bar over their head.
5. The bar must be brought back down to the contestant's chest before attempting another rep.
6. Contestants must lock out their elbows to complete the lift.
7. The head referee will announce a "no lift" if the lift is no good or announce the number of the rep "one" if the lift is good.
8. Contests may set the axel down during their attempts. The athlete must return the bar to the floor under control. **NO DROPPING OF THE BAR WILL BE ALLOWED.**
9. Points will be awarded based on the following criteria: most reps to least reps within the 60 second time frame.
10. Placement Points:

1 <sup>st</sup>	20 points	5 <sup>th</sup>	8 points
2 <sup>nd</sup>	16 points	6 <sup>th</sup>	6 points
3 <sup>rd</sup>	12 points	7 <sup>th</sup>	4 points
4 <sup>th</sup>	10 points	8 <sup>th</sup>	2 points

## Hand over Hand Van Pull

1. Van pull is a timed event with a time maximum of 2 minutes.
2. Contestants may use the following items: lifting belt, lifting gloves, knee and elbow wraps, and lifting chalk.
3. Contestants will start at the sound of the whistle.
4. Contestants will pull; hand over hand, a van that is attached to a rope over the designated course.
5. Should a contestant be unable to finish the course within the given time limit, the distance the van was pulled will be measured.
6. Once the van's front tire crosses the finish line time will stop.
7. Points will be awarded based on the following criteria: fastest to slowest time, farthest to shortest distance (if contestant does not finish).
8. Placement Points:

1 <sup>st</sup>	20 points	5 <sup>th</sup>	8 points
2 <sup>nd</sup>	16 points	6 <sup>th</sup>	6 points
3 <sup>rd</sup>	12 points	7 <sup>th</sup>	4 points
4 <sup>th</sup>	10 points	8 <sup>th</sup>	2 points

## Farmer's Walk

1. Farmer's walk is an event for distance.
2. Contestants may use the following items: lifting belt, lifting gloves, knee and elbow wraps, and lifting chalk. **Wrist straps are not allowed.**
3. Contestants will carry two cement blocks, one in each hand as far as they can up and down a 40-yard course.
4. Contestants will begin the farmer's walk at the sound of the whistle.
5. Once the contestant drops the block(s), the distance the blocks were carried will be measured.
6. Points will be awarded based on the following criteria: longest to shortest distance traveled.
7. Placement Points:

1 <sup>st</sup>	20 points	5 <sup>th</sup>	8 points
2 <sup>nd</sup>	16 points	6 <sup>th</sup>	6 points
3 <sup>rd</sup>	12 points	7 <sup>th</sup>	4 points
4 <sup>th</sup>	10 points	8 <sup>th</sup>	2 points

## Sandbag Sled Medley

1. Sandbag Sled Medley is a timed event.
2. Contestants may use the following items: lifting belt, lifting gloves, knee and elbow wraps, lifting chalk.
3. Contestants will pick up 2 sandbags of different weight, carry the sandbags a distance, and put the sandbags in a sled.
9. Contestants will then pull the sled backwards a distance over the designated course. Should a contestant be unable to finish the course within the given time limit, the distance the sled was pulled will be measured.
10. Once the sled is completely across the finish line time will stop.
11. Points will be awarded based on the following criteria: fastest to slowest time, farthest to shortest distance (if contestant does not finish).
12. Placement Points:

1 <sup>st</sup>	20 points	5 <sup>th</sup>	8 points
2 <sup>nd</sup>	16 points	6 <sup>th</sup>	6 points
3 <sup>rd</sup>	12 points	7 <sup>th</sup>	4 points
4 <sup>th</sup>	10 points	8 <sup>th</sup>	2 points

## Atlas Stones

1. Atlas Stones is a timed event.
2. Contestants may use the following items: lifting belt, lifting gloves, knee and elbow wraps, lifting chalk, and tacky.
3. Contests will pick up five atlas stones, carry the stones a distance, and put the stones atop a barrel.
4. Contestants will begin the atlas stones on the sound of the whistle.
5. Time will stop once the last stone is atop the barrel.
6. Points will be awarded based on the following criteria: fastest to slowest time. Should a contestant be unable to load all the stones, the time will be taken from the last stone loaded. Example: 1<sup>st</sup> - 4 stones in 2:35 minutes 2<sup>nd</sup> - 4 stones in 4 minutes and 3<sup>rd</sup> - 3 stones in 2:00 minutes
7. Placement Points:

1 <sup>st</sup>	20 points	5 <sup>th</sup>	8 points
2 <sup>nd</sup>	16 points	6 <sup>th</sup>	6 points
3 <sup>rd</sup>	12 points	7 <sup>th</sup>	4 points
4 <sup>th</sup>	10 points	8 <sup>th</sup>	2 points

**\*In the event of a tie, points for that place will be split and the next place will not be awarded.**