

# 2018 Arnold Strongman & Strongwoman Championships

The following event rules will be used for the 2018 competition.

## **THE AXLE SQUAT**

- There will be a 60 second time limit
- Knee wraps and knee sleeves ARE allowed.
- Wrist wraps and elbow sleeves ARE allowed
- Squat suits or briefs are allowed. You can wear one or the other not both
- Squat MUST be walked out
- The competitors will be able to start with their back on the bar but not un-rack the weight until the whistle blows.
- The squat platforms will be set for each competitor so the crease of the hip is lower than the top of the knee at the bottom of the squat to ensure the lifter has to “break parallel” each rep
- The implements on both sides of the bar must touch the platforms on each rep for the rep to be counted
- There is a “squat” command for each rep that will be given once the lifter has reached a locked out position

## **THE FARMERS WALK**

- There will be a 60 second time limit to complete the course
- The course is 30m in one direction followed by 30m in the opposite direction with the same implement.
- Competitors may start with the hands on the Farmers handles
- The front of the implement must cross the line on the first 30m before the athlete can begin the return trip. The entire implement must cross the line completely on the finish line to end the event. The competitor should aim to pass the finish line sufficiently to ensure the fastest possible time and least room for error.
- There is no limit to the amount of drops in this event
- The implement must be carried and not dragged or slide. Intentional sliding of either implement will result in a warning first followed by a 2 second penalty. If the sliding continues then the competitor may be disqualified.
- The athlete can hold the handles using any grip (regular, thumb less/false grip, hook grip etc)
- No straps of any kind can be used or any other item to attach the implement to your body/hands/arms/legs/belt.
- If the competitor fails to complete the course a distance score will be obtained for the event.
- *Equipment allowed:* Belt, Knee sleeves or wraps, Elbow sleeves, Wrist wraps chalk. Two belts can be worn.
- *Equipment NOT allowed:* Tacky, supportive suits.

## **THE DB PRESS FOR REPS**

- There is a 60 second time limit for this event
- The DB will start from the floor (or on the tire/drop mats) and must be cleaned to the shoulders, then pressed, push pressed, push jerked or split jerked overhead to a locked out position.
- The DB must be pressed with ONE hand only. The other hand must be clearly away from the DB before any pressing or dipping motion is commenced.
- The Athlete must wait for the “good” down signal before lowering the implements.
- “Good” signal= implement locked out overhead with arms straight, head thru, legs and feet parallel and stationary.
- The DB must be dropped onto the provided crash pad in a controlled effort from the shoulder NOT above the head. Any throwing of the implements will result in a no lift call and immediate disqualification from the event.
- Maximum reps performed will win the event.
- *Equipment Allowed:* Chalk, belt, wrist wraps, elbow sleeves, Knee sleeves or wraps, neoprene shorts
- *Equipment NOT Allowed:* Any item placed within the belt to provide a “shelf”. The Belt also CANNOT be looped, tacky, elbow wraps.
- Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This is solely the responsibility of the athlete.

## **THE MYSTERY DEADLIFT**

- There is a 60 second time limit
- The event will be reps for max weight event
- Starting weights and further details will be announced on the evening of Thursday the 15<sup>th</sup> March.

## **THE ATLAS STONE FOR REPS:**

- There is a 60 second time limit.
- The event will be contested head to head
- Mens height 1.4m bar height
- Womens height 1.3m bar height
- The competitor with the most reps wins
- If a competitor fails to complete a single rep they will receive a score of 0
- While every effort will be made by the helpers to return the stone for the competitor as fast as possible it is the responsibility of the athlete to ensure they place the stone over the bar as safely as possible so as to allow the helpers to return the stone. If at ANY time during the event any competitor unnecessarily launches an atlas stone over the bar that is deemed to be intentional and dangerous they will be immediately disqualified from the event.
- Tacky IS allowed
- Knee sleeves, elbow sleeves and forearm sleeves ARE allowed
- Soft belts are allowed
- Leather buckle belts are permitted ONLY if the buckle is on the back of the body and not in contact with the stones.
- *Equipment Allowed:* Knee & Elbow sleeves, Tacky, Soft Belt
- *Equipment NOT Allowed:* Talc, chalk or similar products. Leather buckle belts may be used if prior approval is given and the buckle of the belt is on the competitors back so as to not make any contact with the stones.