

Arnold 2020 Events AM

Event 1 – Yoke carry into arm over arm pull.

Competitors will have chosen a yoke pin height before they commence.

Athlete starts under the yoke, on refs whistle, they commence.

The yoke is to be carried 10m, wait for the refs DOWN call to be sure the front feet of the yoke have cleared the line.

Athletes will then proceed to the arm over arm platform. Athlete must be in a fully seated position before pulling commences (no standing start)

A completion time is achieved when the sled comes into contact with the end stop, or a distance score is given. A split time on the yoke will be recorded.

75 second time cap

Event 2 – Giant wagon wheel DL for reps

60 second time cap

Standard DL rules apply, wait for down and up call. Full lock out at the top (hips, knees, shoulders)

No suits or fig 8s allowed. Competitors may begin strapped to the bar, please do so quickly as a courtesy to your fellow competitor. 30 seconds grace will be granted for this. No Assistance from a coach or anyone other than an Arnold official will be permitted.

Event 3 – The choose your own adventure OH medley

75 seconds, log, MDB, yoke/safe, barbell. Fastest to complete, splits are recorded on successful lifts.

Implements will be configured in a line, in the above order. Athletes will start behind a line at the log end, and cross it on the refs whistle.

Athletes can choose the order of implements. Once they begin an implement, they must complete that implement though.

Please indicate to your judge which implement you intend to start on, so they can be on position ready for you. From there, they will follow you to your next choice.

All standard OH rules apply for lock out. The implement must be held stable at lockout to receive a down call. If split jerking, feet must be returned to under the body. If a down call isn't given, the rep has not been awarded.

For the yoke in particular, loaders will set a height for you when it's your turn, at mid chest height.

A down call for the yoke will be given when the athlete has shown they have stabilised the yoke and themselves. The yoke may still be moving at this time, but the ref will be waiting to ensure the yoke isn't about to spit the athlete out.

Belt Cleans are not permitted. The referee must be clearly able to see a gap between the belt and the bar otherwise a no rep call will be made.

Event 4 – Farmers walk brutality

20m – The farmers will be single direction only. The tip of the front foot of the farmers (both) must cross the line. The ref will indicate a DOWN call when this is successful, if the call has not been given, the run is not complete.

NO DROPS are allowed during the run, until the DOWN call is given. If either one or both farmers are placed down, the ref will indicate for you to step away from the implements, and a distance score will be given. If the implement bunts the ground, but no clear advantage has been gained (ie not dragging the implement) this is ok.

60 second time cap

Event 5 – Max stone

Athletes will have 3 attempts to achieve a max stone load. This will be in rising bar format. An athlete may choose when to come in, and skip attempts, but these must all be clearly communicated to the scribe before beginning and immediately after each attempt. 60 seconds will be allowed for 2 legitimate attempts. Stones will be loaded to 1.2m. Tacky is allowed.

Successful lift times will be recorded. This way, if many competitors are tied on a particular stone, the competitor who loads it fastest/most efficiently will place higher.