



STRONGMAN CHALLENGE

TIRE FLIP

- Details TBC

- Weights - Men
- Weights - Women

(60 seconds)

- Equipment Allowed: Grip Shirts, Sleeves, Belts, Wrist Wraps, Gloves, Athletic Tape, Chalk, Briefs, Compression Shorts
- Equipment Not Allowed: Built up belts, doubled up sleeves (only one pair allowed on elbows), Tacky, Spray Adhesives, Tack Towels, Powerlifting Suit, Elbow Wraps
- Athlete may start with hands on the tire, but may not lift until judge's signal.
- Once time begins, athlete start flipping the tire
- If starting before time will be added.
- This event is scored by total reps.

CARRY & LOAD MEDLEY

- Details TBC

- Weights - Men
- Weights - Women

(60 seconds)

- Equipment Allowed: Sleeves, Wraps, Belts, Gloves, Athletic Tape, Chalk, Briefs, Compression Shorts
- Equipment Not Allowed: Tacky, Spray Adhesives, Tack Towel, Powerlifting Suit.
- Each object must be carried the full distance and loaded onto the platform in the following order:
 - Object for 50'
 - Object for 25'
 - Object for 10' - Keg must be stood upright on platform.
- Competitors must be standing behind the starting line when the timer begins.

- Time will stop when the keg is upright and stable on the platform and the athlete removes their hands. All objects must stay on the platform to be considered loaded.
- Unlimited drops allowed. If an object rolls after being dropped, it must be re-picked from where it was dropped, not where it rolled to.
- Competitor will get scored with a time if all 3 objects are loaded, or a cumulative distance if all 3 objects are not completed.
For example: If an athlete loads both sandbags and only carries the keg 5', then the athlete will get a score of 80'.
- Ties will be possible

FARMERS WALK

- **Details TBC**

- Weights - Men
- Weights - Women

(60 seconds)

- Equipment Allowed: Sleeves, Wraps, Belts, Athletic Tape, Chalk, Briefs, Compression Shorts.
- Equipment Not Allowed: Gloves, Straps, Tacky, Spray Adhesives, Tack Towel, Powerlifting Suit.
- Judges will check hands for adhesives prior to event.
- Athletes may have their hands on the farmer handles prior to the timer beginning.
- Implement must be fully on the ground at the time of the start command. 2 second or greater penalty for false start, depending on severity of infraction.
- No drops allowed. After an approximately 5' grace distance, if an implement touches the ground, the competitor will be credited the distance carried up to the implement making contact with the ground. The actual grace distance is at the judge's discretion. The intent is not to penalize an athlete for an aggressive start that may allow the implements to brush the ground momentarily.
- Athlete must carry the implements 50', navigate a turn around a stationary object, and return 50' back to the start/finish line.
- Time will stop when the front of both of the farmer handles has crossed the start/finish line.
- Competitor will get a distance if entire course is not completed, or a time if it is completed.
- Implement must be lifted to count for distance. We will not count inches dragged.
- Ties will be possible.

50' down + turn + 50' back

ATLAS STONE SERIES

- Details TBC

- Weights - Men
- Weights - Women

(60 seconds)

- Equipment Allowed: Sleeves, Wraps, Belts, Gloves, Athletic Tape, Chalk, Tacky, Spray Adhesives, Briefs
- Equipment Not Allowed: Powerlifting Suit
- Athletes begin with arms on the platform.
- Stones must be loaded in order from lightest to heaviest.
- Split times will be taken on every stone. Split times will be taken when the stone is stable in the hole in the platform. Spotters will be available to assist guiding the stone into the hole, but ultimately it is the responsibility of the athlete to make sure the stone ends up in the hole.
- Even though there will be spotters, athletes will not be given credit for stones that roll off of the platform. That stone must be reloaded prior to being given credit for that stone or any subsequent stones. It is the responsibility of the athlete to make sure the stone ends up in the hole.
- Time stops when the final stone is securely in the hole in the platform and hands are off the stone.

DEAD LIFT

- Details TBC

- Weights - Men
- Weights - Women

(60 seconds)

- Equipment Allowed: Grip Shirts, Sleeves, Belts, Wrist Wraps, Gloves, Athletic Tape, Chalk, Briefs, Compression Shorts, Powerlifting Suit
- Equipment Not Allowed: Built up belts, doubled up sleeves (only one pair allowed on elbows), Tacky, Spray Adhesives, Tack Towels, Somu lift not allowed
- Athlete may start with hands on the bar, but may not lift until judge's signal.
- Once time begins, athlete start lifting
- Weight must start from the ground to the waist
- For the lift to be counted knees have to be locked and shoulders back
- If starting before time will be added.
- This event is scored by total reps.

BEARING OF THE CROSS

- Details TBC

- Weights - Men
- Weights - Women

(60 seconds)

- Equipment Allowed: Grip Shirts, Sleeves, Belts, Wrist Wraps, Gloves, Athletic Tape, Chalk, Briefs, Compression Shorts
- Equipment Not Allowed: Built up belts, doubled up sleeves (only one pair allowed on elbows), Tacky, Spray Adhesives, Tack Towels, Powerlifting Suit, Elbow Wraps
- Athlete may start with hands on the cross, but may not lift until judge's signal.
- Once time begins, athlete start to carry the cross on their backs
- If starting before time will be added.

50' down + turn + 50' back

HEART WALK

- Details TBC

- Weights - Men
- Weights - Women

(60 seconds)

- Equipment Allowed: Grip Shirts, Sleeves, Belts, Wrist Wraps, Gloves, Athletic Tape, Chalk, Briefs, Compression Shorts
- Equipment Not Allowed: Built up belts, doubled up sleeves (only one pair allowed on elbows), Tacky, Spray Adhesives, Tack Towels, Powerlifting Suit, Elbow Wraps
- Athlete may start with the heart in their hands, but may not cross the line until judge's signal.
- Once time begins, athlete start to carry the heart in front with their hands locked however they want but no equipment allowed for assistance
- If starting before time will be added.

50' down + turn + 50' back