



STRONG | STRONG M A N | W O M A N CHALLENGE



EVENT RULES

COMPETITION LIFTS

SQUAT

Lifter will unrack the weight and stand with locked out knees awaiting the refs call to begin movement with and audible "SQUAT" and hand motion down at which point the lift can begin. At lifters own will, they will bend the knees until the top of the thigh is lower than the top of the knee (hip crease lower than knee crease), and recover to an upright position with knees locked. Lifter must remain there until motionless and the ref calls to "RACK" the weight.

 Belts allowed | No bare feet / socks | Knee sleeves allowed, no knee wraps

BENCH

Lifter will begin laying on bench, with shoulders and buttox remaining on the bench. Lifter can be assisted with a lift off from a spotter. Once bar is motionless over chest with elbows fully locked, ref will call "PRESS" to begin movement. Lifter will bend elbows until the bar comes in contact with the chest, once at a dead stop (no bouncing) the lifter will await the refs signal to begin the press. Lift is completed once the elbows are fully locked out and bar is motionless and again will wait for refs call to "RACK" the bar.

 Belts allowed | Shoulders, buttox and feet must remain in contact at all times | Wrist wraps and elbow sleeves allowed

DEADLIFT

Lifter will step to bar and begin lift with any grip and stance (sumo, conventional). Lifter will lift bar until knees lock and shoulders / back are straight and the bar is motionless in the lifters hands. Lifter will wait for refs call to "LOWER" the weight. The bar must maintain an upward path at all times during the deadlift, with no hitching or ramping on the thighs and must be returned to the floor with both hands in control of the bar after the refs signal.

 Belts allowed | Chalk allowed, no straps or wraps | Must be wearing shoes, deadlift slippers allowed

HIGH INTENSITY CIRCUIT

2 Competitors at a time, on individual set up courses. A race against the clock to complete a variety of movements and exercises as fast as possible. Exercises include: rowing, kettlebell swings, burpees and box jumps. The timer will begin with a "Go" announcement and end when the competitor finishes the final exercise. Men and women will have set kettlebell weights and box jump heights.

OBSTACLE COURSE

An outside event where 2 competitors at a time will complete a series of obstacles and exercises in succession as fast as possible. Obstacles and exercises include sprinting, tire flipping, weightlifting and farmers carries. Timer will begin with a "Go" announcement and finish when competitors cross the finish line. Men and women will have set weights for obstacles and weights.

TRUCK PULL EVENT

An outside event where competitors will pull a vehicle with a rope across a set distance as fast as possible. The timer starts as soon as vehicle becomes in motion and ends when the vehicle crosses the finish line.