



THE LOG PRESS

*Competitors will be able to lift on whichever log they choose to based on their ability level. For record purposes all record attempts must be on the following logs;

Mens Heavyweight & U105kg= 12" or larger

Mens U90kg & U80kg= 10" or larger

Womens Open & U82kg= 10" or larger

Womens U65kg= 8" or larger

The Log Press;

- The lifter has 3* attempts to achieve a max weight. 2.5kg minimum increment increase on each attempt. Due to the competitor numbers this weekend 4th attempts may be permitted for record purposes.

-There is a 60 second time limit to complete the lift.

-Athlete may press, push press, push jerk or split jerk the log overhead to the locked out position.

-Athlete must wait for the "good" down signal before lowering the log.

-The athlete must lower the log under control. No deliberate dropping of the log will be permitted. The athlete may forfeit his attempt in doing so.

-Good Lift= Log locked out under control overhead with arms straight, head thru, legs and feet parallel and stationary.

-Equipment allowed: Belt, chalk, wrist wraps, elbow sleeves, knee sleeves.

-Equipment NOT allowed: Any item placed within the belt to provide a "shelf". Belt tongue may not protrude so as to create a shelf. Tacky, elbow wraps and lifting straps.

- * 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 STRONGMAN DEADLIFT

- The deadlift will be performed using a Texas Deadlift Bar and Competition Powerlifting weight plates.
- Wrist Straps and figure eight straps can be used
- Hitching is allowed
- Deadlift suits are allowed
- Chalk and talc can be used
- The competitor will have 60 seconds to complete the lift once the bar is called as "ready"
- The competitor can attempt to lift the bar multiple times in the 60 seconds
- 3 attempts can be nominated to achieve your max deadlift. Due to the competitor numbers this weekend 4th attempts may be permitted for record purposes.
- Once the hips knees hips and shoulders are locked out and upright the down call will be given
- The bar must be lowered to the ground not dropped
- The minimum weight increase on each attempt is 2.5kg
- Records can be broken by 1kg. Full records for each weight division will be announced in the coming weeks.
- If no record currently stands and standard will be set that must be broken for someone to obtain the record. The standard must be broken by 2.5kg or more to establish a record. i.e. you cannot take a 1kg attempt to beat a standard, only an existing record.



THE ATLAS STONES

- There is a 60 second time limit per attempt
- Atlas stones will be loaded to 1.2m
- Once the stone is stationary on top of the loading platform the attempt will be considered complete
- Each competitor will have 3 attempts
- You can choose the weight of your stone for each attempt based on the stone selection we have.
- You cannot decrease your attempt weight you can only increase for each attempt.
- ☒- Tacky IS allowed
- Belt grip and tacky towels ARE allowed
- ☒- Chalk is NOT 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.