

Arnold Master's Strongman

2025 Event Details

All details subject to change.

Events - Sunday, Mar 2nd, 2025

Event 1: Slater Max Log

Max Log Clean and Press. 3 Attempts. Done in three rounds, powerlifting style, in preset increments.

Competitor score will be based on heaviest log lifted. No additional points for getting it on an earlier attempt.

Event Format:

- Competitors will have **3 attempts**, performed in **3 rounds** in a **powerlifting-style** format.
- Rounds progress from **lightest to heaviest weights**.
- Competitor may start with their hands on the log. On the judge's start command, they have 30 seconds to complete the rep.
- Competitors must declare their next attempt weight to the expeditor within **1 minute** of completing their previous attempt.
- If a competitor fails a weight, they can try the same weight, or a higher weight, on the next round, but may not go down in weight.

Weight Increments:

- **Below 210 lbs (95.2 kg):** Increments of **10 lbs (4.5 kg)**.
- **Between 210 lbs (95.2 kg) and 300 lbs (136.1 kg):** Increments of **15 lbs (6.8 kg)**.
- **Above 300 lbs (136.1 kg):** Increments of **20 lbs (9.1 kg)**.
- **World Record Attempts:** Smaller increments are allowed.

Equipment Specifications:

- **Slater 12" Log:** Used for all classes, starting at the empty weight of the log. The empty weight of the log will be 140-160lbs / 63-72kg in the women's lanes and 225-250lbs / 102-113kg in the men's lanes.
- **Pitbull 12" Log:** Used for weights lighter than the Slater Logs (140-160lbs / 63-72kg) in the women's lanes
- **Rogue 12" Log:** Used for weights lighter than the Slater Logs (225-250lbs / 102-113kg) in the men's lanes.

- All lifts will be off foam pads (Rogue Crash Pads, Cerberus Log Pads, or similar)

Rules for Lift Execution:

1. **Down Command:**
 - A **down command** from the judge is required for the lift to count.
2. **Allowed Techniques:**
 - Competitors may use any technique, including **strict press**, **push press**, **split jerk**, or **viper press**.
3. **Time Expiry:**
 - If the log is **off the chest** and being locked out when time expires, the competitor may complete the lift.
 - If the log remains **on the chest** when time expires, it is a **no lift**.
4. **Dropping the Log:**
 - Logs may be dropped from overhead but must land in a **controlled manner** on the pads.
 - Dropping the log off the pads or leaving the designated lifting area with the log will result in a **no rep**.
5. **Prohibited Actions:**
 - Resting the log on the head will result in a **no rep**.

Lockout Standards:

- Competitors must demonstrate **full lockout** with:
 - Hips, knees, and elbows fully extended.
 - Feet parallel.
 - Head pushed through.
 - Control of the log at the top.
- **Accommodations:** Competitors with physiological limitations must discuss adjustments with the judge beforehand. Approval is at the judge's discretion.

Dispute Resolution:

1. **Judging Disputes:**
 - Video evidence is required for any disputes.
 - Competitor must present the dispute to the scoring table before the next event starts.
 - In the case of a data-entry error, the scorekeeper will correct the error.
 - For other disputes, a panel of 3 judges will review the dispute and make a ruling.
2. **Lockout Quality Disputes:**
 - Disputes where a competitor did not receive the rep but believes they should have will have a high barrier to overturn.
 - Disputes where a competitor received the rep and received a down command from the judge will not be entertained. **If a down command is given, the lift counts.**

Equipment Rules:

1. **Allowed Equipment:**
 - **Gloves, chalk, sleeves, knee wraps, belts**, and **Strongman Corp** or **Cerberus Grip Shirts**.
2. **Prohibited Equipment:**

- **Tacky** or spray tack.
 - **Elbow wraps.**
 - Shirts that are not **Strongman Corp** or **Cerberus Grip Shirts.**
3. **Belt Use:**
- Belts must not be built up with towels or other materials.
 - For lever and prong belts, the buckle must be worn **backwards.**

| MAX LOG | | | | | |
|------------------------|------|--|-----|-------|--|
| Weight Attempt Options | | | | | |
| lbs | kg | | lbs | kg | |
| 90 | 40.8 | | 190 | 86.2 | |
| 100 | 45.4 | | 200 | 90.7 | |
| 110 | 49.9 | | 210 | 95.3 | |
| 120 | 54.4 | | 225 | 102.1 | |
| 130 | 59.0 | | 240 | 108.9 | |
| 140 | 63.5 | | 255 | 115.7 | |
| 150 | 68.0 | | 270 | 122.5 | |
| 160 | 72.6 | | 285 | 129.3 | |
| 170 | 77.1 | | 300 | 136.1 | |
| 180 | 81.6 | | 320 | 145.1 | |

Event 2: Kabuki Trap Bar Deadlift for Reps With Light/Heavy Weight Options

Deadlift one of two Kabuki Trap Bars for max reps in 60 seconds.

Competitor will be presented with a heavier option and a lighter option. A rep on the heavier option will beat any number of reps on the lighter option.

No time splits will be taken.

Competitor score is based on number of reps on the heaviest deadlift they completed.

Equipment Specifications:

- Kabuki The Trap Bar HD with Wide handle bracket width.
- Handles are 27" apart, pick height is 12.75".
- Handle diameter is 29mm.

Rules for Lift Execution:

1. **Down Command:**
 - A **down command** from the judge is required for the lift to count.
2. **Time Expiry:**
 - Last rep must be locked out before the time expires for the rep to count.
 - If the rep is locked out at the time time expires, competitor may be given rep even if judge hasn't signaled for it yet.
3. **Dropping the bar:**
 - Bar may be dropped from lockout.
 - Leaving the designated lifting area with the bar will result in a **no rep**.
4. **Prohibited Actions:**
 - Competitor may not purposefully bounce the bar.

Lockout Standards:

- Competitors must demonstrate **full lockout** with:
 - Hips and knees fully extended.
 - Shoulders neutral or back.
- Fingers must extend past the bottom of the handles. Handles can't be hanging from straps.
- **Accommodations:** Competitors with physiological limitations must discuss adjustments with the judge beforehand. Approval is at the judge's discretion.

Dispute Resolution:

1. **Judging Disputes:**
 - Video evidence is required for any disputes.
 - Competitor must present the dispute to the scoring table before the next event starts.
 - In the case of a data-entry error, the scorekeeper will correct the error.
 - For other disputes, a panel of 3 judges will review the dispute and make a ruling.
2. **Lockout Quality Disputes:**
 - Disputes where a competitor did not receive the rep but believes they should have will have a high barrier to overturn.
 - Disputes where a competitor received the rep and received a down command from the judge will not be entertained. **If a down command is given, the lift counts.**

Equipment Rules:

1. **Allowed Equipment:**
 - **Straps (including figure 8s and Versa Gripps), gloves, chalk, sleeves, knee wraps, belts.**
2. **Prohibited Equipment:**
 - **Deadlift Suits, Non-Stretchy Powerlifting Briefs, Tacky, Spray Tack**

| | | |
|--|-------------------|-----------|
| | TRAP BAR DEADLIFT | |
| | Heavy Bar | Light Bar |

| | | lbs | kg | lbs | kg |
|---|-----------------------|-----|-------|-----|-------|
| < | Women 40+ 64kg | 400 | 181.4 | 320 | 145.1 |
| | Women 50+ 82kg | 400 | 181.4 | 320 | 145.1 |
| < | Women 40+ 82kg | 440 | 199.6 | 350 | 158.8 |
| | Women 50+ Open | 440 | 199.6 | 350 | 158.8 |
| | Women 40+ Open | 480 | 217.7 | 380 | 172.4 |
| < | Men 40+ 90kg | 650 | 294.8 | 520 | 235.9 |
| | Men 50+ 105kg | 650 | 294.8 | 520 | 235.9 |
| < | Men 40+ 105kg | 700 | 317.5 | 560 | 254.0 |
| | Men 50+ Open | 700 | 317.5 | 560 | 254.0 |
| | Men 40+ Open | 800 | 362.9 | 640 | 290.3 |

Event 3: Rogue Yoke Down and Back

Competitor will carry a yoke 60ft / 18m, set down, turn around, and carry 60ft / 18m back.

Competitor will start under the yoke, but may not pick it up until they get the start command. Competitor will carry the yoke 60ft / 18m down so that the front of a plate on the yoke cross the line. Competitor will then turn around, repick the yoke and carry it back. Time stops when the front of the plates break the plane of the line. Unlimited drops allowed.

60 second time limit. Competitor will get a time if completed, or a distance if not completed. No split time.

Equipment Specifications:

- Yoke will be the Rogue Competition Yoke
- 48in / 122cm long 2.875in / 7.3cm diameter double crossbar.
- Carries done on rubber mats.

Rules for Carry Execution:

- Starting Position:**
 - Competitor may start under the bar, but all four corners of the yoke must remain on the ground until judge gives the go command.
- Completion:**
 - Time stops when the front of a plate on the yoke crosses the line.
- Prohibited Actions:**
 - Competitor may not intentionally slide the yoke. If the yoke is intentionally slid, competitor will get a distance based on where the slide starts.
 - Incidental sliding and ground contact is ok.

Dispute Resolution:

1. Disputes:

- Video evidence is required for any disputes.
- Competitor must present the dispute to the scoring table before the next event starts.
- In the case of a data-entry error, the scorekeeper will correct the error.
- For other disputes, a panel of 3 judges will review the dispute and make a ruling.

2. Timing/Measurement Disputes:

- If timing based on video evidence is within 1 second of the official time, time will not be changed.
- If distance based on video evidence is within 1 meter of the official distance, distance will not be changed.

Equipment Rules:

1. Allowed Equipment:

- **Gloves, chalk, sleeves, knee wraps, belts, and Strongman Corp or Cerberus Grip Shirts.**

2. Prohibited Equipment:

- **Tacky, Spray Tack**

| | YOKE | | |
|---|-----------------------------------|-----|-------|
| | Down and Back, 60ft /18m each way | | |
| | | lbs | kg |
| < | Women 40+ 64kg | 400 | 181.4 |
| | Women 50+ 82kg | 400 | 181.4 |
| < | Women 40+ 82kg | 450 | 204.1 |
| | Women 50+ Open | 450 | 204.1 |
| | Women 40+ Open | 480 | 217.7 |
| < | Men 40+ 90kg | 650 | 294.8 |
| | Men 50+ 105kg | 650 | 294.8 |
| < | Men 40+ 105kg | 720 | 326.6 |
| | Men 50+ Open | 720 | 326.6 |
| | Men 40+ Open | 770 | 349.3 |

Event 4: Grip Gauntlet

10 grip challenges will be presented to the athlete, including 2" v-bars, 1" v-bars, rolling handles, pinch blocks, and hubs. Each grip challenge will be accomplished by, with one hand, lifting the object by the designated apparatus, and setting it on an approximately 10" high box. Your score

will be based on how many apparatuses are successfully loaded, or a time if all challenges are complete. No split times.

Either hand can be used for each apparatus. Grip challenges can be performed in any order.

More specifics on what grip challenges will be presented will be announced closer to the show.

Time limit: 90 seconds

Equipment Rules:

1. **Allowed Equipment:**
 - **Chalk, sleeves, knee wraps, belts, stretchy shorts/briefs** (Rehband, Evolution, Spud, Slingshot).
2. **Prohibited Equipment:**
 - **Tacky, Spray Tack, Tack Towels, Gloves.**

Event 5: Cerberus Sandbag/Húsafell Sandbag Loading Medley

Carry five bags of ascending weight over a short distance, and load over a bar. Bags will alternate between a Cerberus Dual-Ply Sandbag V3 and Cerberus Dual-Ply Húsafell Sandbag.

Bags set up 8.2ft/2.5m, 6.6ft/2m, 4.9ft/1.5m, 3.3ft/1m and at the bar.

The first three bags will be loaded over a higher bar. The last two over a lower bar.

Athlete will start behind a line.

Athlete is permitted to shoulder the sandbags.

60 second time limit. Split times will be taken with each sandbag load.

Your score will be based on number of successful loads and time. Distance won't be taken. Time will be taken when the sandbag hits the ground.

Equipment Specifications:

- Regular sandbags will be [Cerberus Dual-Ply Sandbag V3](#)
- Húsafell sandbags will be [Cerberus Dual-Ply Húsafell Sandbag](#)
- Sandbags will be filled with sand and rubber mulch to achieve the desired firmness.
- Bags will be loaded over 7 ft / 2.1 m long bars.

Equipment Rules:

3. **Allowed Equipment:**

- **Gloves, chalk, sleeves, knee wraps, belts, stretchy shorts/briefs** (Rehband, Evolution, Spud, Slingshot) and **Strongman Corp** or **Cerberus Grip Shirts**.
4. **Prohibited Equipment:**
- **Tacky, Spray Tack, non-Strongman Corp** or **Cerberus Grip Shirts**

| Sandbag/Húsafell Sandbag Loading Medley | | |
|--|----------------|--------------------------|
| Women 40+ 64kg Women 50+ 82kg | Height | Distance from Bar |
| 132lbs / 60kg Húsafell | 46 in / 122 cm | 8ft / 2.5m |
| 150lbs / 68kg Sandbag | 46 in / 122 cm | 6.5ft / 2m |
| 154lbs / 70kg Húsafell | 46 in / 122 cm | 5ft / 1.5m |
| 175lbs / 79.4kg Sandbag | 42 in / 112 cm | 3ft / 1m |
| 198lbs / 90kg Húsafell | 42 in / 112 cm | At Bar |
| | | |
| Women 40+ 82kg Women 50+ Open | Height | Distance from Bar |
| 154lbs / 70kg Húsafell | 46 in / 122 cm | 8ft / 2.5m |
| 175lbs / 79.4kg Sandbag | 46 in / 122 cm | 6.5ft / 2m |
| 198lbs / 90kg Húsafell | 46 in / 122 cm | 5ft / 1.5m |
| 200lbs / 90.7kg Sandbag | 42 in / 112 cm | 3ft / 1m |
| 220lbs / 100kg Húsafell | 42 in / 112 cm | At Bar |
| | | |
| Women 40+ Open | Height | Distance from Bar |
| 175lbs / 79.4kg Sandbag | 46 in / 122 cm | 8ft / 2.5m |
| 198lbs / 90kg Húsafell | 46 in / 122 cm | 6.5ft / 2m |
| 200lbs / 90.7kg Sandbag | 46 in / 122 cm | 5ft / 1.5m |
| 220lbs / 100kg Húsafell | 42 in / 112 cm | 3ft / 1m |
| 225lbs / 102.1kg Sandbag | 42 in / 112 cm | At Bar |
| | | |
| Men 40+ 90kg Men 50+ 105kg | Height | Distance from Bar |
| 225lbs / 102.1kg Sandbag | 48 in / 122 cm | 8ft / 2.5m |
| 243lbs / 110kg Húsafell | 48 in / 122 cm | 6.5ft / 2m |
| 250lbs / 113.4kg Sandbag | 48 in / 122 cm | 5ft / 1.5m |
| 265lbs / 120kg Húsafell | 44 in / 112 cm | 3ft / 1m |
| 275lbs / 124.7kg Sandbag | 44 in / 112 cm | At Bar |

| | | |
|--------------------------|----------------|--------------------------|
| | | |
| Men 40+ 105kg | | |
| Men 50+ Open | Height | Distance from Bar |
| 265lbs / 120kg Húsafell | 48 in / 122 cm | 8ft / 2.5m |
| 275lbs / 124.7kg Sandbag | 48 in / 122 cm | 6.5ft / 2m |
| 287lbs / 130kg Húsafell | 48 in / 122 cm | 5ft / 1.5m |
| 300lbs / 136.1kg Sandbag | 44 in / 112 cm | 3ft / 1m |
| 309lbs / 140kg Húsafell | 44 in / 112 cm | At Bar |
| | | |
| Men 40+ Open | Height | Distance from Bar |
| 300lbs / 136.1kg Sandbag | 48 in / 122 cm | 8ft / 2.5m |
| 309lbs / 140kg Húsafell | 48 in / 122 cm | 6.5ft / 2m |
| 325lbs / 147.4kg Sandbag | 48 in / 122 cm | 5ft / 1.5m |
| 331lbs / 150kg Húsafell | 44 in / 112 cm | 3ft / 1m |
| 350lbs / 158.8kg Sandbag | 44 in / 112 cm | At Bar |