



## **ARIZONA BEER BULLIES 2022 (LEVEL II)**

**(Strongman Corporation Membership Required of all Contestants PRIOR TO COMPETING)**

**PROMOTER:** Richard Mulder, MS, CSCS (Liberty Performance Training)

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**DATE:** Saturday, February 19th, 2022: LWW, MWW, HWW, LWM, & Women's Masters

Sunday, February 20th, 2022: MWM, HWM, Men's Masters

**TIME:** 10:00 AM – 5:00 PM (Contestants arrive NLT 9:00 for rules briefing) both days

**WEIGH-INS (ALL ATHLETES):** Friday, February 18th, 2022: 3:00 PM to 7:00 PM  
(Please bring proof of Strongman Corporation Membership)

**LOCATION:** Invictus Strength USA - 3730 E. Superior Ave. Phoenix, AZ 85040

**HOTEL:** Embassy Suites by Hilton – 2333 E. Thomas Rd. Phoenix, AZ 85016

**DIVISIONS: WOMEN:** LWW (under 140 pounds), MWW (140.5-179.5 pounds), HWW (over 180 pounds); **MEN:** LWM (Under 175.5 pounds), MWM (175.5-231.5 pounds), HWM (Over 231.5 pounds).

*Sub-Divisions for each weight class will be created if there are five athletes per sub-division. Sub-Divisions can be found on Strongman Corporation website FAQs. Men's & Women's Masters Classes will be available for athletes over the age of 40 so long as there are 5+ athletes to compete.*

**EVENTS:** Press Medley (Axle, Log, Axle Bench), Mammoth Bar Max Deadlift (3 Attempts), Hercules Hold, Sicko Stone Medley (Atlas Load, Husafel Carry, Atlas Load, Natural Carry), Semper Fi Arm Over Arm VIC Pull

**AWARDS:** 1st Place – Trophy, Medal, Supplement Package, Qualification + Airfare & 2 night hotel stay for Strongman Corporation Nationals courtesy of [Travel With Cookie](#):



2nd Place - Medal, Qualifies for Strongman Corporation Nationals

3rd Place - Medal

**ENTRY FEE:** \$75 – Entries after January 1<sup>st</sup> will be \$90. Payable via Venmo (preferred) @LibertyPerformance, PayPal to [richardtmulder@gmail.com](mailto:richardtmulder@gmail.com), or debit/credit card. Please email [performanceliberty@gmail.com](mailto:performanceliberty@gmail.com) or DM @libertyperformance on Instagram for any inquiries.

**ADDITIONAL INFO:** Spectator Fee is \$5. Help us continue to grow this great show! Beer will be available for purchase for spectators over the age of 21. All alcohol must remain inside event venue. There will be a food truck available from 11:00 to 1:00 with food available for purchase. In the event of a tie after all five events, a tiebreaker event will be held which will be a surprise to all athletes.

## **EVENT RULES**

### **EVENT 1: PRESS MEDLEY**

- Each athlete will have 60 seconds for this event. In ascending weight order, athlete must clean and press the axle bar once, then the log once, then an axle bench press with chains for reps. Athlete will lay on bench, pick axle bar from standards and perform a max rep bench press. Axle must touch chest and fully lock out arms for rep to count. Back and feet must remain in contact with bench while bar is in hand and athlete must wait for the verbal down command before attempting the next rep. Axle can be re-racked and un-racked while time is still available. If a weight is dropped, you may attempt to re-clean and/or press again for as long as time allows. Each lift must be completed before moving to the next lift. **YOU MUST WAIT FOR DOWN CALL FOR THE REP TO COUNT AND ALL IMPLEMENTS MUST BE LOWERED UNDER CONTROL.** We are looking for full elbow, shoulder, hip, and knee extension. Chalk, belt, wrist straps, knee/elbow sleeves OK. **NO TACKY OF ANY KIND.**
  - LWW - Axle: 123#, Log (12"): 132#, Axle Bench: 70# + 40# of chains
  - MWW - Axle: 133#, Log (12"): 152#, Axle Bench: 95# + 40# of chains
    - Women's Masters Use MWW Weights
  - HWW - Axle: 153#, Log (12"): 162#, Axle Bench: 115# + 40# of chains
  - LWM - Axle: 183#, Log (12"): 212#, Axle Bench: 185# + 40# of chains
  - MWM - Axle: 223#, Log (12"): 252#, Axle Bench: 225# + 40# of chains
    - Men's Masters Use MWM Weights

- o HWM - Axle: 265#, Log (12"): 300#, Axle Bench: 275# + 40# of chains

## **EVENT 2: MAMMOTH BAR MAX DEADLIFT - ASCENDING LADDER**

- Athletes will be given up to 3 attempts to find their maximum deadlift. Weight will continually ascend and lifters may choose to take any weight they'd like within the ladder. Athletes must announce their name to judge prior to lift! All failed and successful lifts will be recorded, with the final successful lift counting towards the athlete's score. On Day 1, LWW, MWW, HWW, and Masters Women will lift together. LWM will lift separately. On Day 2, MWM, HWM, and Masters Men will lift together. Barbell is a Building Strongman Mammoth Bar and we will be able to load the bar up to 1,000 pounds. During the lift, the bar can be hitched, stopped, and even lowered so long as it is brought to the correct finish position at the conclusion of the lift. The legs and body must be held straight and motionless and the shoulders must be in line with the sides of the body before the "down" signal is made. Knees must also be locked at the end of the lift. YOU MUST WAIT FOR DOWN CALL FOR THE REP TO COUNT. Chalk, belt, wrist straps, lifting straps, knee/elbow sleeves OK. NO TACKY OR DEADLIFT SUITS OF ANY KIND. Starting weights are as follows:
  - o LWW, MWW, HWW, Women's Masters: 300 lbs (10 lb jumps)
  - o LWM, MWM, HWM, Men's Masters: 500 lbs (20 lb jumps)

## **EVENT 3: HERCULES HOLD FOR TIME**

- Athletes will hold roughly 1 inch handles for time. No straps or tacky, but other supportive equipment is ok (Chalk, belt, Knee/elbow sleeves). Weights are subject to change, but rough estimate per hand:
  - o LWW: 150 lbs
  - o MWW: 175 lbs
    - Women's Masters use MWW Weights
  - o HWW: 225 lbs
  - o LWM: 275 lbs
  - o MWM: 300 lbs
  - o HWM: 330 lbs

## **EVENT 4: "SICKO" STONE MEDLEY**

- Each athlete will have 90 seconds to complete the following: Atlas Stone to 60" platform, Husafel Stone Carry 50' (one turn), Atlas Stone to 48" platform, Natural Stone Carry for Distance. Husafel Stone is Invictus Strength Loadable Tombstone. All picks will be from the ground. ATHLETES WILL BE GIVEN A 10' PENALTY FOR ANY DROPS OF THE NATURAL STONE. All loads and carries must be completed before moving onto the next implement.
- Tacky, chalk, knee/elbow sleeves, gloves, and forearm protectors allowed.
  - o LWW - Stone 1: 96#, Stone 2: 150#, Husafel: 135#, Natural Stone: TBD
  - o MWW - Stone 1: 120#, Stone 2: 160#, Husafel: 155#, Natural Stone: TBD

- Women's Masters will use MWW Weights
- o HWW - Stone 1: 160#, Stone 2: 180#, Husafel: 175#, Natural Stone: TBD
- o LWM - Stone 1: 185#, Stone 2: 250#, Husafel: 225#, Natural Stone: TBD
- o MWM - Stone 1: 250#, Stone 2: 300#, Husafel: 250#, Natural Stone: TBD
  - Men's Masters will use MWM Weights
- o HWM - Stone 1: 300#, Stone 2: 340#, Husafel: 275#, Natural Stone: TBD

**EVENT 5: SEMPER FI ARM OVER ARM VIC PULL (Sponsored by QRF Fitness)**

- Athletes will start seated, facing the humvee with their feet braced against a 1000 pound tire and rope in hand. They will have 60 seconds to pull the humvee 50 ft while remaining behind the tire (sitting/standing, bracing all allowed). Front humvee tires will begin on the starting line and time will stop when they cross the finish line. Measurements will be taken at 60 seconds and rounded down to the nearest foot. All athletes except LWW will pull the Humvee, with additional loads as weight classes progress. LWW will pull a small pickup truck, equivalent to a Nissan Frontier. Chalk, belt, knee/elbow sleeves, gloves OK. NO LEFTOVER TACKY CAN BE FOUND ON GLOVES OR HANDS. Tacky will result in immediate disqualification and zero on event.

**Make all checks payable to: Liberty Performance Training**

**Send entry forms via email to [performanceliberty@gmail.com](mailto:performanceliberty@gmail.com) or to:**

**Richard Mulder  
4136 W Sandra Terrace  
Phoenix, AZ 85053**

***\*Entries received are non-refundable\****

**Assumption of Risk & Waiver Release Form**

STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING, STRONGMAN CORP. and LIBERTY PERFORMANCE TRAINING will take reasonable endeavors to comply with all applicable obligations of the Health & Safety at Work, Act 1974 and the Management of Health and Safety at Work Regulations 1992 (amended 1999) ensuring as far as reasonably practicable, the health, safety and welfare of all its employees freelance and contracted personnel and others, including the general public, who come into contact from time to time with any of, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING's work activities.

The Athlete shall fully co-operate with, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING and not disregard any information, instruction or training given in the interest of the Athlete's health and safety in accordance with sections 2 and 3 of the Health and Safety at Work, etc. Act 1974 and Regulation 10 & 13 of the Management of Health & Safety at Work Regulations 1999. Furthermore, the Athlete agrees not to willfully interfere with or damage any equipment including protective equipment

provided in the interest of health, safety and welfare and the Athlete agrees to strictly comply with all of, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING's instructions at all times, in accordance with sections 7 and 8 of the Health & Safety at Work, etc. Act 1974.

In accordance with the Health & Safety at Work Act 1974, the Athlete shall take all reasonable steps to safeguard their own health and safety and that of any person who may be affected by their activities during participation in events and competitions.

The Athlete shall co-operate with, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING and their designees or appointees in this regard. The Athlete shall not participate in any competition or event if not in good health nor fit enough to participate.

The Athlete shall inspect all equipment used in the competition and confirm that in his opinion it is safe to use.

### **INJURIES**

The Athlete understands and accepts that events and competitions involving contests of strength may as with any sporting contest result in injury.

The Athlete hereby waives and indemnifies STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING from any and all liabilities that may arise or be incurred by STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING through the Athlete's participation in any event and/or competition organized or licensed by or for and on the behalf of STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING.

The Athlete fully understands and accepts that events and competitions of Strength athletics involves physical exertion. The Athlete shall not enter nor continue in any event or competition unless medically and physically fit enough to do so and by any event or competition the Athlete shall warrant the same and hold, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING free from any and all liability.

The Athlete warrants that he has read and fully understood the, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING Health Policy and agrees to comply with the same and hold, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING free from any and all liability in respect of, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING adopting and implementing the same.

The Athlete expressly releases, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING and its employees, servants, agents, designees and appointees from any and all actions, claims, liabilities, loss, costs or expense which may arise whether directly or indirectly from participation in any, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING event or competition including but not limited to injury and the implementation of the, STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING Health Policy.

Therefore, I affix my signature below to serve as proof that I have read and fully understand the STRONGMAN CORP. AND LIBERTY PERFORMANCE TRAINING health policy:

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_  
**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**DIVISION:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_ **T-SHIRT SIZE:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)**