



**AMERICA'S
STRONGEST
AT THE OLYMPIA**

**STRONGMAN
CORPORATION**

Event Details

All details subject to change

Events for America's Strongest Man 90kg, America's Strongest Woman 82kg, America's Strongest Man, and America's Strongest Woman.

Events are tentative and will be updated as we work with the venue, shipping provider, and other events.

Day 1 Events

Log Clean and Press for Reps With Trump Weight / Mercy Weight

This is a log clean and press for reps, with trump weight/mercy weight options and a 60 second time limit.

Competitor will be presented with two logs - a heavy log and a light log. Competitor is scored based on the number of reps performed. If competitor chooses to press both logs, only their score on the heavier log will count.

Competitor will start behind a line. On the judges/announcer's command, competitor may begin pressing whichever log they choose.

Competitor may start on either log, and can switch logs if desired. So they may attempt the heavier one, and if they fail, may go on and attempt the lighter log. Or, they can start on the lighter log, then decide to attempt the heavier log. However, all attempts have to be within the 60 second time limit.

One rep on the heavier log beats any number of reps on the lighter log.
You can press both logs, but your score will only be on reps completed on the heavier log.

Competitor must wait for down command from the judge for the rep to count.

Each rep has to be cleaned from the floor.

The competitor may press the log overhead using any technique they prefer, including strict press, push press, split jerk, and viper press.

Leaving the designated area with the log or dropping the log off the pads will result in a no rep. Competitors may drop the log from overhead, but it must be done in a controlled manner to ensure safe landing on the pads. Competitor may not rest the log on their head, or the rep will not count.

Belt may not be built up with towels, etc.

Lockout Standards: Standard Strongman Corp lockout standards apply. Competitors must demonstrate full lockout with their hips, knees, and elbows extended. Feet should be parallel, and the head must be pushed through. Competitors must show control of the log. Accommodations for physiological limitations must be discussed with the judge beforehand and are subject to the judge's discretion.

We will accept rep count disputes with video evidence. We will not accept disputes about lockout quality (to take away another athlete's rep) if the athlete received a down command from the judge - if there's a down command, it counts.

Equipment allowed:

Gloves, Chalk, Sleeves, Knee Wraps, Belt, Strongman Corp or Cerberus Grip Shirts

Equipment not allowed:

Tacky, Spray Tack, Elbow Wraps, Non-Strongman Corp or Cerberus Grip Shirts

What we're using:

Light log will be Pitbull. Heavy log will be Rogue.

Log will be lifted off of pads.

	Log Press	
	Heavy	Light
Women u82	210	175
Men u90	300	250
Women Open	225	185
Men Open	360	300

Yoke

Competitor will start under the yoke, but may not pick it up until they get the start command. Competitor will carry the yoke 40' down so that the front of the plates on the yoke cross the line. Competitor then turns around and carries it 40' back. Time stops when the front of the plate on the yoke cross the line. Unlimited drops allowed.

60 second time limit. Competitor will get a time if completed, or a distance if not completed.

Equipment allowed:

Gloves, Chalk, Sleeves, Knee Wraps, Wrist Wraps, Belt, Strongman Corp or Cerberus Grip Shirts, Stretchy Shorts/Briefs (Rehband, Evolution, Spud, Slingshot)

Equipment not allowed:

Straps, Tacky, Spray Tack, Rigid (not stretchy) Briefs (Powerlifting Briefs), Deadlift Suits

What we're using:

Yoke TBD.

	Yoke Walk
	40' down and back
Women u82	550
Men u90	800
Women Open	600
Men Open	1000

America Shield

This is a Husafell-style carry, picked from the floor, and carried around an oval.

Competitor starts behind a line. On the start command, competitor has 30 seconds to pick up the Shield. Competitor must then carry it as far as possible around the oval.

If competitor drops in the first 5 feet, they can re-pick. Otherwise, your distance is when you drop it.

Competitor may stop to readjust the shield as long as it does not touch the ground, but have to a count of 5 to start walking again. You may not rest it on your legs for more than that count of 5.

Shield must be carried in front. It may not be shouldered. It must be carried with prominent America shaped to the front (away from you). It cannot be carried upside down or sideways. It may not be wedged on top of a belt.

Equipment allowed:

Gloves, Chalk, Sleeves, Knee Wraps, Wrist Wraps, Belt, Strongman Corp or Cerberus Grip Shirts, Stretchy Shorts/Briefs (Rehband, Evolution, Spud, Slingshot)

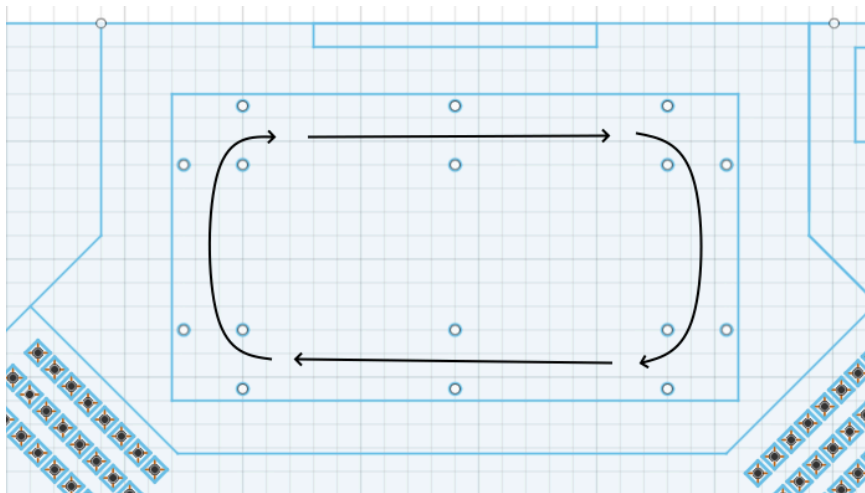
Equipment not allowed:

Tacky, Spray Tack

What we're using:

Custom made Husafell. Most relevant dimensions will be similar to a Hi Temp Husafell.

Walking in an approximately 18' x 40' rectangle. Vertical PVC pipes, about 6 feet tall, will be set up around the corners to guide athletes around the oval.



	America Shield
Women u82	275
Men u90	375
Women Open	300
Men Open	425

Day 2 Events

Deadlift Ladder

Competitor will start behind a line. On the start command, competitor deadlifts the implement. After the “good” command, the competitor moves on to the next implement.

There is a split time on each bar.

Your result is the top weight you successfully deadlift and the time in which you got it.

At minimum, your finger tips must be under the bar for the rep to count.

Hitching allowed. Bar can be dropped from the top.

Equipment allowed:

Straps (Figure 8 included), Deadlift Suit, Briefs, Gloves, Chalk, Sleeves, Knee Wraps, Wrist Wraps, Belt.

Equipment not allowed:

Tacky, Spray Tack

What we're using:

3 deadlift bars, and a Kratos bar.

Deadlift suit allowed. Figure 8 straps allowed. At minimum, finger tips must be under the bar.

	Deadlift Ladder			
	Deadlift Bar	Deadlift Bar	Deadlift Bar	Kratos Bar
Women u82	405	445	475	515
Men u90	575	615	665	715
Women Open	435	465	505	545
Men Open	695	745	805	855

Cerberus Bag Toss

In this event, the athletes will attempt to toss a series of increasingly heavy Cerberus Strongman Throw Bags over a board.

Bags will be lined up approximately 10' from the apparatus. You'll start with your hand on the upright. On go you must toss the sandbags over the board. There will be a split time on each bag. Sandbags must be thrown in order from lightest to heaviest.

If a bag gets stuck on the board for at least 3 seconds, it counts as over at that 3 second mark.

60 second time limit.

Split times on each bag.

Equipment allowed:

Chalk, Sleeves, Belt, Gloves, Stretchy Shorts/Briefs (Cerberus, Rehband, Evolution, Spud, Slingshot)

Equipment not allowed:

Tacky, Spray Tack

What we're using:

[Cerberus Throwing Bag V2](#). Bags will be filled with a combination of sand and rubber mulch to achieve the weight listed. Lighter bags will be the smaller Cerberus Throwing Bag.

All throws will be from rubber mats.

	Bag Toss
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	Height	Bag 1	Bag 2	Bag 3	Bag 4	Bag 5
Women u82	17'	20	22.5	25	27.5	30
Men u90	17'	35	37.5	40	42.5	45
Women Open	17'	22.5	25	27.5	30	32.5
Men Open	17'	45	47.5	50	52.5	55

Stone Series

Stone Series - 5 stones to platforms of descending height.

Competitor will start behind a line. On the start command, competitor must load each stone, from lightest to heaviest. If the stone rolls off the platform, the athlete must load it again.

Equipment allowed:

Tacky, knee wraps, stone sleeves, other sleeves, belt.

	Stone Series				
Women u82	200 to 52"	225 to 50"	250 to 48"	275 to 46"	300 to 44"
Men u90	275 to 52"	300 to 50"	325 to 48"	350 to 46"	375 to 44"
Women Open	225 to 52"	250 to 50"	275 to 48"	300 to 46"	325 to 44"
Men Open	325 to 56"	350 to 54"	375 to 52"	400 to 50"	425 to 48"

Tiebreaker

The Stone Series will be the tiebreaker.