

Atlas Stone National Records Guidelines

Loading Bar or Platform

The Atlas Stone records for all women's classes will be set at a height of 44", with a tolerance of +0.75" and -0". For men's classes, the height will be set at 48", with a tolerance of +0.75" and -0". The loading bar or platform must be constructed from wood or metal and must not be covered with rubber or any other material that could provide additional assistance during the lift.

Acceptable Atlas Stone Sizes

- **For Atlas Stones weighing 350 pounds (158.8 kg) or more:**
 - Men's stones must have a diameter of at least 21".
 - Women's stones must have a diameter of at least 20".
- **For Atlas Stones weighing less than 350 pounds (158.79 kg):**
 - Men's stones must have a diameter of at least 20".
 - Women's stones must have a diameter of at least 18".

There is no maximum diameter for any stone in any class. However, each stone's diameter must not be undersized by more than 0.75" from the required minimum size.

Weight Verification

- All scales used to verify Atlas Stone weights must be calibrated within 0.25% accuracy of a known weight.

Steps for Verifying Scale Calibration:

1. Place the scale on a stable, flat surface, and reset it to zero.
2. Place a calibrated 25-kilogram (55.115 lbs) weightlifting plate in the center of the scale.
3. The scale reading must fall within $\pm 0.5\%$ of the plate's weight. For a 25 kg plate, this means the reading should be between 24.875 kg and 25.125 kg (or 54.825 lbs and 55.375 lbs).

If the scale does not meet this standard, it may not be used for verifying records.

Additional Information

- All records must be set during a competition following the rules established by the event promoter.
- While specific rules and the number of allowed attempts may vary slightly from contest to contest, at no point may the loading bar or platform be used to assist in the lift. Incidental contact with the bar or platform is permitted, provided it does not aid in the successful execution of the lift.

The scale verification process, loading bar or platform height, and Atlas Stone diameters must be witnessed on the day of the lift by a national judge approved by United States Strongman President, Willie Wessels. The current approved judges include:

- John Albrecht
- Willie Wessels
- Steve Barkley
- Tim Kovach

Questions

For inquiries, please contact:

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