

Battle of the Bears 2023

Event and Rules

1) Log Clean and Press

Athletes will have 60 seconds to clean and press the log from the crash pads to complete lockout above the athletes head.

- Athletes may strict press, push press, push jerk, split jerk, or 1 motion/viper the log. Athletes may not rest the log on their head. Any contact with the head during a rep will result in a no rep.

A down signal will be given for each successful rep

- A successful rep will require the athletes to lockout knees, hips, shoulders, and elbows with feet parallel demonstrating control overhead. Chest and head must come through demonstrating a complete lockout

Upon a successful rep the log will then be lowered to the ground.

- Log must touch the crash pads between every rep.

No dropping of the log from overhead is allowed. Control of the bar must be maintained throughout the repetition. Most reps in the time allowed wins.

Equipment allowed: knee sleeves, elbow sleeves, lifting belt, wrist wraps, No grip aids other than chalk.

2) Max 13" Axle Deadlift (Rising Bar)

Athletes will have 60 seconds after the start command to strap in and begin deadlift complete the deadlift to a full lockout to receive a down signal and good lift.

- In order to receive a down command. knees and hips standing tall demonstrating control.

Rising bar

- Weight will start at the approximate weight for each division until every athlete has attempted or passed on the weight. After each round the weight will be increased 20lbs until all athletes have failed or passed.
- Conventional Deadlifts only! No sumo.

Reps must be lowered under control keeping the hands on the bar all the way to the ground. Reps dropped from any height will result in a no rep, possible zero in the event, or expulsion from the competition.

Athlete with the highest deadlift wins.

Equipment allowed: Straps, belts, knee sleeves, elbow sleeves, lifting belt, wrist wraps. No bare feet allowed. No suits or briefs. No grip aids other than chalk allowed.

3) Farmers Walk

Athletes will have 60 seconds to complete a 100ft course. At the start command athletes will pick up each of the implements and proceed down the course 50ft, once the tips of the implement cross the line drop and re-pick and carry back down 50 ft to cross the finish.

- The whole implement must cross the lines for time to stop. There will be no drop limit. Belts and knee sleeves allowed.

Fastest time to complete the event will win. Distance will be measured if the athlete does complete the course.

Equipment allowed: knee sleeves, elbow sleeves, lifting belt, wrist wraps,
No grip aids other than chalk

4) Yolk Walk

Athletes will have 60 seconds to complete a 100ft course. At the start command athletes will pick up and carry the implement and proceed down the course 50ft, once the tips of the implement cross the line drop and re-pick and carry back down 50 ft to cross the finish.

- The whole implement must cross the lines for time to stop. There will be no drop limit. Belts and knee sleeves allowed.

Fastest time to complete the event will win. Distance will be measured if the athlete does complete the course.

Equipment allowed: knee sleeves, elbow sleeves, lifting belt, wrist wraps,
No grip aids other than chalk.

5. Max Distance Sandbag Carry

The sandbag will start behind a start line of a 50 ft course. Athletes will have 30 seconds to pick a sandbag from the floor and position it in front of their body. Once the athlete moves across the start line they will have 60 seconds to travel down and back the 50 ft course for a maximum distance within the time limit. The athlete must cross or touch the end lines with at least one foot before turning back the opposite direction on a 50 ft course.

- If an athlete doesn't cross the line they will be asked to return and cross before continuing.

The bag must be carried in front of the body and cannot be shouldered at any time. The athlete can bring the bag back down to the lap and reposition

if desired.

for the greatest distance. The furthest distance wins.

Equipment allowed: knee sleeves, elbow sleeves, lifting belt, wrist wraps,
No grip aids other than chalk.

Check-Ins will be at The Muscle Shack on Friday 8/25 from 10am-12pm
and 4pm-7pm. Address: 1519 East Isaacs Ave, WA 99362

Rules meeting will be held at 9am on 8/26 at

Cinemark Grand Cinemas 1325 W Poplar St, Walla Walla, WA 99362

Contest will begin at 10am.

Division	Log Clean and Press	13# Max Dead (Start weight)	Farmers Walk (Per hand)	Yoke Walk	Max Sandbag Carry
Women					
Teen W 13-15	8" 55 lbs	135 lbs	65 lbs	185 lbs	70 lbs
Teen W 16-18	10" 70 lbs	160 lbs	85 lbs	215 lbs	100 lbs
LWW U165	10" 85 lbs	185 lbs	105 lbs	250 lbs	100 lbs
MWW 166-185lbs	10" 95 lbs	200 lbs	115 lbs	275 lbs	135 lbs
HWW Above 186lbs	10" 105 lbs	225 lbs	135 lbs	300 lbs	135 lbs
Masters W 40+	10" 85 lbs	185 lbs	105 lbs	250 lbs	100 lbs
Men					
Teen M 13-15	8" 70 lbs	160 lbs	85 lbs	215 lbs	100 lbs
Teen M 16-18	12" 115 lbs	225 lbs	135 lbs	330 lbs	150 lbs
LWM U185	12" 145 lbs	275 lbs	165 lbs	400 lbs	175 lbs
MWM 186-225lbs	12" 165 lbs	315 lbs	185 lbs	450 lbs	200 lbs
HWM Above 226lbs	12" 185 lbs	350 lbs	205 lbs	500 lbs	220 lbs
Masters M 40+	12" 145 lbs	275 lbs	165 lbs	400 lbs	175 lbs