



I. General Competition Rules

- **Athlete Conduct:** Unsportsmanlike behavior toward staff or competitors results in immediate DQ.
- **The "Down" Signal:** Athletes **must** wait for the judge's signal. Dropping a lift early or intentionally "slamming" weights results in a "No Rep."
- **Equipment:** No deadlift suits. Specific gear (tacky, straps) must be approved at the morning briefing.

II. Challenge Rule

Each athlete is allowed one official challenge. The Challenge must be submitted by the athlete's coach on their behalf within 30 seconds of the competition of the event.

Challenge Outcome Rules

✓ Successful Challenge (Accepted by judges):

- If the judge reviews and modifies the result (time, distance, rep, etc) in favor of the athlete:
 - The athlete retains their challenge
 - The challenge remains available for future use in the competition

✗ Unsuccessful Challenge (Rejected by judges):

- If the judge confirms the original result with no change:
 - The athlete loses their challenge permanently
 - No further challenges may be submitted for the remainder of the competition

III. Official Event Rules

Event 1: Car Deadlift

- **Equipment:** Straps allowed. **No suits.**
- **Lockout:** Shoulders stacked over hips, rigid/fully extended knees. No soft lockouts.
- **Command:** Must wait for the "Down" command at full lockout.

Event 2: Log Press (AMRAP)

- **The Lift:** Clean and press every rep. Log must return to the ground/pads after every rep.
- **No Head Resting:** Touching the log to the head is an automatic "No Rep."



- **Lockout:** Feet parallel, elbows locked, head neutral, shoulders stacked over hips.
- **Control:** A visible 1-second pause at the top is required for the command.

Event 3: Max Distance Sandbag Carry

- **The Carry:** Front carry only. **No shouldering.**
- **The Start:** Must pick the bag within **30 seconds** or receive a zero.
- **The 5-Second Readjustment Rule:** If an athlete stops forward progress to readjust, the judge will begin a vocal **5-second count**.
 - If forward movement does not resume before "5," the distance is marked.
 - Shuffling in place or stepping backward does **not** reset the clock.
- **Crossing the Line:** Athlete's foot must cross the line in order for the distance to count. If an athlete does not cross foot over the line, the distance after the turn will not count.
- **The End:** The attempt ends the moment the bag touches the ground.

Event 4: 3-Bag Toss

- **Order:** Bags must be thrown in the designated weight order.
- **The Clear:** Bags must completely clear the bar.
- **Stuck Bags:** If a bag hangs on the rig for **3+ seconds**, it counts as a success.
- **The Buzzer:** If the bag is in the air when time expires and clears the bar, it is **good**.

Event 5: Circus Dumbbell (AMRAP)

- **The Box:** Athlete must stay within the taped **White Box**.
- **The Lift:** Off-hand must be removed before the upward leg drive/press begins.
- **Lockout:** Arm fully extended, feet parallel, body stable and "mostly upright."
- **The Drop:** "Touch and Go" allowed. DB must land within the designated mat area. Any reps that do not land on the crash pad will be ruled as no rep.

Event 6: Stone Shouldering (The Finisher)

- **Lockout:** Stone on shoulder, hips and legs at vertical extension.
- **Control:** "Down" command given once the off-shoulder hand is extended away from the stone and control is established.
- **Posture:** Must be in a "mostly upright" position.
- **Bring it down:** All reps must land on the crash pad. Any reps that do not land on the crash pad will be ruled as no rep.