

# Competitor rules for 2010 Natural British Open Strongman



## Axle deadlift

- The bar will be loaded to 200kg inclusive of wheels, bar and collars for lightweight competitors
- The bar will be loaded to 250kg inclusive of wheels, bar and collars for heavy competitors.
- The bar will be stationary on the lifting station at the beginning of each rep.
- No grip aids such as straps are allowed, although chalk or resin may be used.
- The only lubricant allowed on lifters thighs will be talcum powder.
- At commencement of the seventy five seconds the lead judge will state "begin" as the timer starts.
- A complete rep will comprise of starting on the ground, lifted to complete lockout with the body full erect and both knees and spine extended, the bar must be lowered back to the ground fully. Bouncing into the next repetition is allowed
- Any repetition dropped on the lowering will not count
- The head judge will state good lift or no lift to indicate whether the repetition was successful
- Any repetition concentrically completed outside of the seventy five seconds will not count. A lift that is locked out before the end of the seventy seconds but not lowered will still count as long as weight is not dropped and is lowered successfully.
- Only belts or neoprene supports are allowed, any lifter wishing to use a support must present this to the head judge when checking in.

## Press medley

- Four incrementally heavy objects must be cleaned to shoulder height and pressed overhead
- The object must be pressed to the lockout position with arms full extended
- The second judge will note time of object reaching full extension
- Push pressing, jerking and "double dipping" are allowed
- The only part of the body the log can rest upon once cleaned is the upper chest clavicle region.
- Failure to press the object on initial press will not count as a fail if the lifter maintains the weight in the cleaned position, the lifter may attempt to press the weight again. Once the object is lowered to the tires the attempt is over or if the time for the press runs over.
- The person with the fastest time for all objects lifted wins. Those who fail to press all objects will have their time counted at the last object lifted. A heavy object trumps a lighter object regardless of time

## Farmers walk

- Going in twos unless uneven numbers. The competitors will line up at the start of the twenty five metre course
- No grip aids are allowed apart from chalk
- The head judge will announce "ready" to prime the athletes who can grip the implements at this point.
- The judge will indicate go at which point the timer will start, lifting or moving before the signal will forfeit the attempt by the athlete.
- The athlete over the line in the fastest time wins.
- The complete loaded device must be over the line and grounded to count as complete.
- Failure to cross the finish line will result in the athletes score being calculated by the distance compared to other athletes if more than one does not finish the distance.

## Tire flip

- Athletes will line up at the edge of their tires
- Upon the head judges signal the athlete may begin flipping the tire and the timer will start
- A completed flip counts as when the tire is turned fully and rests back on the ground
- The athlete must move around to the opposite side of the tire and flip the tire back the way it has come, alternating sides for each flip.
- Any tire in mid flip at the end of the allotted time does not count as a repetition.
- The athlete with the most flips wins.
- The time period for tire flipping is seventy five seconds

## Truck pull

- Once in position the athlete will drag the truck across the distance
- Completion is at the point the truck crosses the line or the time expires.
- The fastest athlete crossing the line wins, failure to complete the course will result in the distance accumulated in the time counting as the athletes score.

## Scoring

- Competitors will be scored in descending order with first place for an event receiving ten points, second nine points and so on until tenth place receiving one with those placing outside of the top ten receiving nil point.
- Any competitors tied for a place will receive a tied score – i.e. if someone is tied for second they will receive half the total second and third place score (8.5 points)
- A competitor who places below tied competitors will be scored with the next lowest place (i.e. if two competitors tie for second place and share points for second and third the next lowest competitor will be placed fourth)
- The competitor who finishes with the highest score in total will win, with scores after that dictating second, third etc
- Any competitors tied on points at the end will have their placing decide upon count back for placing in events with highest number of wins, seconds etc determining higher placing.

## Order of competition

- Athletes must check in an hour before event
- The athletes will meet half an hour before the start time of the event in an athlete's meeting where rules and weights will be reconfirmed.
- The athletes at this point will have their numbers drawn randomly to allocate the order of event participation. This order will stay for the entire competition except the final event where athletes will be paired according to their current placings with first versus second and so on.