

General Rules:

1. Event T-shirts must be worn at all times unless an exception is made within a specific event rule.
 - a. Sponsors have generously given money to support the show and the cause, not being able to broadcast their company is against our terms and conditions with those sponsors; and to maintain these sponsorships for future competitions in various sports.
2. If you create a mess clean it up
 - a. Putting away any equipment used during warm ups
 - b. Cleaning up spills/messes caused by food or other objects
 - c. Arranging the competing grounds to its normal operating state prior to day end, meeting the standard of any the Show Organisers, including the inspection of all areas for tacky
3. Profanity or criticism of any kind directed towards judges, scorekeepers, or other competitors will result in disqualification from the competition and competitor will be asked to leave without refund
4. Challenging your score:
 - a. If you feel as though you were judged incorrectly/inaccurately you may provide evidence to your judge that judged your event for a primary review
 - b. If you're still not satisfied:
 - i. Mosaic – The opposite judge (If Brent was your Judge, ask Ben to review your video, and vice versa)
 - ii. PRO/AM – Review with Tristain, if not satisfied secondary review by Nathaniel
 - c. Video evidence is required.
 - d. Score challenges must be made immediately after your performance, once the order of athletes for the following event has printed, the window of opportunity to challenge your score has been terminated.
 - e. Do not provide an explanation or commentary while the video is under review, let the reviewing judge view the lift commentary free. (This includes telling the reviewer to watch a specific rep)
 - f. Section 3 of these rules must be abided by
5. When you are on deck to perform next, athletes must be on the competition floor near the starting point to commence their lift to ensure the flow of the show.
6. Competitors are to talk to the judge at the time of their performance of the specific event, prior to setting up, if there is a mobility concern to be noted.
7. Order of Athletes:
 - a. Event 1
 - i. Mosaic - based off of competitors sign up date, latest signups going first
 - ii. PRO/AM - Name Draw out of a hat
 - b. Event 2, 3, 4, 5 will be based off of placement in the previous event, last place going first c. Event 6 will be based off of overall standings at the end of event 5, last place going first

EVENT SPECIFIC RULES:

1. Hercules Hold
 - a. Scoring Metric: For Time
 - b. Prohibited Equipment: Anything Sticky including all forms of tacky, wrist straps/deadlift straps
 - c. Permitted Equipment: Sleeves, Wrist wraps, soft/hard belt, chalk
 - d. Athletes are permitted to set hands and feet prior to event start
 - e. Hook Grip Permitted
2. Viking Press
 - a. Scoring Metric: Reps
 - b. Time Limit: 60 Seconds
 - c. Prohibited Equipment: Anything Sticky including all forms of tacky, wrist straps/deadlift straps
 - d. Permitted Equipment: Sleeves, Wrist wraps, soft/hard belt, chalk
 - e. Event Procedure
 - i. Athlete will start by getting into the implement and can get hands and feet in position and “unrack” the implement facing towards the handles
 - ii. Judge will ask “athlete ready?” and wait for a response. After confirmation of start, judge will say “3, 2, 1, go” and the timer will start
 - iii. Athlete will need to fully lock out their elbows, and the judge will give a down command
 - iv. The implement must be parallel or at ear level to start the next rep
 1. If it’s not parallel or at ear level you will be given 1 warning by the judge, subsequent lifts that do not start parallel or at your ears will not be good reps
 - f. No Double Dip presses (What Halfthor did at WSM)
 - g. Feet must be planted at the start of the lift (No Swinging under the bar to get momentum for a rep)
 - h. Athlete can rack the implement at any time for a break, timer continues
 - i. Platform Height:
 - i. PRO/AM - Individual Athlete Preference
 - ii. Mosaic - Based off the shortest athlete in the class
 1. LW Men - Shandy Donaldson (Or one of 4 @ 5’10”)
 2. HW Men - Jonathan Norman
 3. Novice Men - Kenneth Belhomme
 4. LW Women - Laura White
 5. Novice Women - Jazlyn Persaud
3. Wagon Load + Carry
 - a. Scoring Metric: Distance or Completion Time
 - b. Time Limit: 60 Seconds
 - c. Prohibited Equipment: Anything Sticky including all forms of tacky, wrist straps/deadlift straps
 - d. Permitted Equipment: Sleeves, Wrist wraps, soft/hard belt, chalk
 - e. Event Procedure
 - i. Athlete will stand at the handles, Judge will ask “Athlete Ready”, upon given a confirmation, the judge will say “3, 2, 1, Go”
 - ii. Athlete loads first implement, followed by taking the wheel barrow to

- the next implement; repeat until passed the finish line
 - iii. Finish Definition: Front Wheels Fully cross the finish line
 - f. The Wheels must be the only object on the ground when moving the wheel barrow (No Sliding)
- 4. Zercher Yoke Carry
 - a. Scoring Metric: Distance or Completion Time
 - b. Time Limit: 60 Seconds
 - c. Prohibited Equipment: Anything Sticky including all forms of tacky, wrist straps/deadlift straps
 - d. Permitted Equipment: Sleeves, Wrist wraps, soft/hard belt, chalk
 - e. Event Procedure
 - i. Athlete will start with hands or forearms resting on the top of the Yoke, Judge will ask "athlete Ready?". When ready, judge will say "3, 2, 1, go"
 - ii. Athlete will zurcher carry the yoke approx 25 feet, turn around and bring it back.
 - f. No sliding the yoke at any point
- 5. 18" Axel Hummer Tire Deadlift
 - a. Scoring Metric: Reps
 - b. Time Limit: 60 Seconds
 - c. Prohibited Equipment: Anything Sticky including all forms of tacky
 - d. Permitted Equipment: Sleeves, Wrist wraps, soft/hard belt, chalk, Deadlift Suits, Any straps that do not contain metal or plastic
 - e. Event Procedure
 - i. Athlete will start with hands on the bar, strapped in. Judge will ask "Athlete Ready", followed by "3, 2, 1, go" when athlete is ready
 - ii. Athlete will start deadlifts
 - iii. Judge will give both Up and Down Commands (To ensure the tires don't bounce into the next rep)
 - f. No bouncing the tires into the next rep; must fully stop (listen to the ref)
 - g. No Sumo Deadlifts
 - h.
- 6. Atlas Stones
 - a. Scoring Metric: Split Time on best stone
 - b. Time Limit: 60 Seconds
 - c. Permitted Equipment: Sleeves, Wrist wraps, soft/hard belt, chalk, Tacky, any shirt
 - d. Event Procedure
 - i. Athlete will start with hands or forearms on the first platform/castle
 - ii. Judge will ask "Athlete Ready?", followed by "3, 2, 1, go" when the athlete is ready
 - iii. Athlete will proceed to pick up each atlas stone and place it on top the platform/castle
 - iv. The Stone must be settled on the platform "hole" before proceeding to the next stone