



Brute's Halloween Howl Strongman !!

Strongman Corporation & Static Monsters Worldwide Competition

2 COMPETITIONS IN 1

OCTOBER 29, 2022

Brute Strength Gym
836 Poplar Hall Drive
Norfolk, VA 23502
757-893-9111

Time: 9am
Weigh In: Friday 9am-11am & 5pm-7pm Sat. 7am-8am
Rules: 8am
brando_waterfront@yahoo.com

EVENTS:

GHOUL LOG (MAX LOG)
DAY OF THE DEAD (MAX DEADLIFT)
COFFIN CARRY & BODY DRAG
(HUSAFELL CARRY AND CHAIN DRAG)

DIVISION:

Women Teen / Women Nov LW <140 HW 141
Women Masters LW <160 HW 161+
Women Open 125-140-160- 180- 180.5+
Teen Men LW <231 HW 231.5 / Mens Nov <231 HW 231+ ...
Open Men 175-200-231 -265-265.5+
Mens Master LW <231 HW 231+
Adaptive Athlete Standing - Seated

Awards 1st-3rd must be post marked by OCTOBER 15th (no refunds)

Make Checks out to Brute Strength Gym (paypal available) brutestrengthgym.net

All Athletes Must have current Strongman Corporation Membership card

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive, and release all rights and damages I may have against (Brute Strength Gym LLC, Stella Krupinski, Strongman Corporation Inc., or Dione Wessels, and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the (Brute Strength Gyms Strongest Man) and its related events, I hereby grant NAS, Inc., Brute Strength Gym LLC and/or any other approved video or entertainment organization and all of their agents, successors, licensees, and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance, and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising, and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate NAS, INC., Brute Strength Gym LLC, and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that NAS, Inc., and/or any other approved video or entertainment organization are videotaping and photographing the Event in express reliance upon foregoing, and I represent and agree that I am free to grant the rights granted to NAS INC. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name: _____ DOB _____
Address: _____ City _____ ST _____

Division: _____ Weight Class: _____
Phone: _____

Comp Entry \$65 _____ MAX LOG ONLY \$40 _____ MAX DEADLIFT ONLY \$40 _____
Tee Shirt Size: _____ (additional \$15) Total _____

Signature: _____

(Parent or guardian signature required if contestant is under 18 years of age)

GHOUL LOG (MAX LOG) See Rules Below

DAY OF THE DEAD (MAX DEADLIFT) See Rules Below

COFFIN CARRY & BODY DRAG (HUSAFELL CARRY & CHAIN DRAG): Off Box (height TBD) 1 minute time- 40’ no drops – Chain Drag 40’ (Chain must Cross Line) Equipment Allowed: Knee sleeves, Chalk and Belt are allowed (must be turned backward– receiver gloves – Grip Shirt- Equipment Not allowed: No straps - No Tacky allowed (tacky towel allowed)

	Husafell Chain
Women Teen	125/160
Master Wm LW <160	160/240
Masters Wm HW161+	185/240
Novice LW WM <140	160/240
Novice HW WM 141+	185/240
Open Wm 125	160/240
Open Wm 140	185/330
Open Wm 160	185/330
Open Wm 180	205/430
Open Wm 180.5 +	205/430

	Husafell Chain
Teen Men LW	185/330
Teen Men HW	205/430
Novice LW Men <231	240/430
Novice HW Men	265/430
Masters LW <231	265/430
Masters HW	300/470
Men Open <175	265/430
Men Open 200	300/470
Men Open 231	325/510
Men Open 265	350/510+ shackle 260
Men Open 265.5 +	350/510+ shackle 260

The Log Lift

- Competitor will have 60 seconds to complete the lift after being given the go ahead from the judge/ref
- log must be controlled back to the ground. (No Throwing of the implement). The log does not need to be returned to the chest on the descent, only controlled to the ground.
- Any dropped lift will result in a failed lift and will not count. If you are told your lift does not count, you may attempt it again providing you still have time within your allotted 60 seconds for that particular lift
- Each competitor has 3 attempts.
- 60 seconds to complete the lift after the whistle blows. Lifter can continue to lift until the full 60 seconds are up.
- Competitor nominates their opening attempt for both events at the time of checking for the event.
- Competitor can not drop their nominated weight after a failed attempt or a completed attempt.
- No minimum weight increase. This is due to international events crossing over to lbs or kgs.
- No points awarded if no complete lifts are counted
- Lift is completed when the judge calls “down”. To receive the “down” call, the lifter must have knees, hips and shoulders locked out and head “through”. Watch this [VIDEO](#)
- Competitor may change their first lift, once only, up to 5 minutes out from the start of the event, not after.
- Competitor to nominate their second lift weight immediately after completion of their first lift
- Competitor may change their second lift weight, once only, But it can not be lesser than the weight that is currently on the bar.
- Competitor to nominate their third lift weight immediately after completion of their second lift
- Competitor may change their third lift weight, twice only, but it can not be lesser than the weight that is currently on the bar.
- If the competitor successfully locks out a rep just before the buzzer but then drops the implement in an uncontrolled way, the rep will not count.
- Belts are allowed, an under belt and an over belt is allowed. Two belts, one above the other on the torso (equivalent to a stepped setup), is not allowed. A loop in the belt is not allowed. Nothing is allowed to be added to, or stuffed into the belt to make a shelf.
- The log can touch, bounce off, rest on the belt during the clean.
- chalk is allowed
- tacky is not allowed, straps are also not allowed.
- wraps and sleeves are allowed, including “equipped” elbow sleeves. One item per joint. IE one elbow sleeve, not multiple sleeves on the one elbow. (wraps on elbows aren’t allowed)
- Spotter on Log Lift: if a spotter is on the log lifting event and they intervene with a lift, the log has to be reset to the ground for the lift to start again. If it is deemed that the log spotter stepped in too early, which can only be ruled by the judge, then the lifter can opt to have another 60 seconds added to their time then and there, or they can take this lift again at the end of the round of their flight. If the lifter chooses to continue during their current 60 seconds, they will not be allowed to take another 60 seconds after the round, if they fail during their current lift period.
- The log can not be rested on the top of the head during the lift. It may however be allowed to touch the head during the upward trajectory.

The Deadlift

- A conventional stance deadlift is mandatory. No Sumo stance allowed, no Jefferson deadlifts or any other variation, conventional deadlift only. Hands must be outside the knees for the entire duration of the lift.
- Straps allowed, figure 8 straps also allowed. However they must be tight and the hands have to be around/holding the axle. A long figure 8 strap with “fingertips” being the only thing touching the bar will not be an acceptable lift.
- Deadlift suits are allowed.
- No Tacky allowed.
- Each competitor has 3 attempts.
- Competitor can not drop their nominated weight after a failed attempt or a completed attempt.
- No minimum weight increase. This is due to international events crossing over to lbs or kgs.
- No mid lift bounce allowed. This is where the athlete forcefully pushes the bar to the ground, mid lift, to gain height on the rebound to get past a sticking point.
- No “Eddie Halls” allowed, weight must be controlled to the ground for the lift to count.
- 60 seconds to complete the lift after the whistle blows. Lifter can continue to lift until the full 60 seconds are up.
- No points awarded if no complete lifts are counted
- Lift is completed when the judge calls “down”. To receive the “down” call, the lifter must have knees, hips and shoulders locked out.
- Competitor may change their first lift, once only, up to 5 minutes out from the start of the event, not after.
- Competitor to nominate their second lift weight immediately after completion of their first lift
- Competitor may change their second lift weight, once only, But it can not be lesser than the weight that is currently on the bar.
- Competitor to nominate their third lift weight immediately after completion of their second lift
- Competitor may change their third lift weight, twice only, but it can not be lesser than the weight that is currently on the bar.
- Competitors opening lift must be at the minimum set weights or above for that class
- Chalk is allowed

Adaptive Rules

- Standing: Male – Female Adaptive Static Monsters
- Same rules as above.
- Seated: Male – Female Adaptive Static Monsters
- Seated Deadlift – A regular flat gym bench is required. Make sure the bench is load rated for the lifters weight combined with their planned maximum deadlift. Prone Row is also an acceptable lift in this scenario. The axle is needed but the athlete may use straps if they like. To judge the Prone Row, the bar must start from a full hang, then rowed to touch the underside of the bench and then lowered to the full hang again.
- Seated Log Lift – Minimum degree of angle on the incline is 55 Degrees.
- No “rolling” the log into the rack position. The log must start from a stationary position from the rack of the lifter. If the competitor is rolling the log into position, then the safety bars are too high.
- Considerations for being an Adaptive Athlete, as taken from the “Classes” section of this website:
- For the standing division, you must have a physical disability that prevents you from safely handling the weights in the open division and/or competing evenly against athletes without any disabilities. For the seated division, you need to either have a physical disability that requires you to use a wheelchair or you meet the physical criteria for the standing division but you choose to compete in a wheelchair. For instance, if you have a prosthetic leg, you may compete in either division, depending on how you feel the prosthetic limb will hold up. If you are competing in the seated division, all athletes will be using the same wheelchair for the events. For the neuro division, you must have cerebral palsy, spina bifida, MS, or some similar condition that impairs optimal neurological function at a high enough level to put you at a disadvantage going against someone with a fully functioning nervous system