



# Brute's Strongest Man/Woman Feats of Strength

Feb. 16<sup>th</sup> 2019

(top 2 Open Weight class/division qualifies for SC Nationals)

**\$\$\$CASH PRIZE AWARDS ! Best Female and Male Lifter**

**\*\*New Disabled Division\*\***

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

**Time: 9am  
Weigh In: Friday 8am-11am & 4pm-7pm  
Sat 7am-8am Rules 8am  
email: brando\_waterfront@yahoo.com**

**EVENTS:**

**Truck Tire Axle Press /Circus DB  
Truck Tire Deadlift 15"  
One arm Barbell Snatch  
Tire Flip  
Dinnie Stone Lift/Hold  
Nail Bending \*\* Bonus Points**

**DIVISION**

**Women's Masters  
Women Novice LW <140/HW 141+  
Womens Open LW <140/MH 141-180/ HW 181+  
Mens Masters  
Men Novice LW <231/HW 232+  
Open Men 175/200/231/265/SHW  
Adaptive Divisions (seated,standing,Cerebral Palsy)**

**Awards 1<sup>st</sup>-3<sup>rd</sup> \*\* Cash Payout Overall Male/Female Open Class  
Entry Fee \$75 must be post marked by Feb 2, 2019 (no refunds)**

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

All Athletes Must have current SC Membership card (can be purchased day of with the State Chairman)

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, NAS 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 \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Phone: \_\_\_\_\_

Division: \_\_\_\_\_ Weight Class: \_\_\_\_\_ Tee Shirtsizes \_\_\_\_\_

Signature: \_\_\_\_\_

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

**Truck Tire Axle Press /Circus DB** -60 sec time frame, Truck Tire Press will be for one rep (women will use bumpers) , DB will start on the ground. Clean and press for reps. Implement may be cleaned with 2 hands, but Only One hand to press the dumbbell, other hand must not come in contact with any part of the lifting arm/hand/DB. Arm Must Be locked out overhead with wt under control, legs and feet stationary. Wait for Good Command before lowering or rep will not count. Athlete must lower the DB under control. Equipment allowed: Belt, Chalk, Knee wraps, wrist wraps, and elbow sleeves Equipment not allowed: tacky. Any and all anatomical limitations preventing lockout as described above must be demonstrated to the judge prior to the start of the event. This is solely the responsibility of the athlete.

**Truck Tire Deadlift:** Max Weight. 3 attempts. Auction Style. 25lb jumps (athlete may jump in at any weight-preset start weight Listed. Weight will always increase. Wessels Rule. 45 sec. Standard Texas Bar. 15” Height for pulling. Athlete must wait for Good Lift Approval before lowering or rep will not count. Implement may not be dropped, athletes hands must stay in contact with implement . Conventional Stance Only (hands outside of knees). Hitching is allowed. Equipment Allowed: Belt, Straps, Rehband Shorts, Briefs, Deadlift Suite, Wrist Wraps, Knee Sleeves, Baby Powder (to reduce friction). Equipment NOT allowed: Baby Oil, Tacky or similar products, lifting Hooks

**One Arm Snatch Lift:** Max Weight. 3 attempts. Auction Style. 10lb jumps (athlete may jump in at any weight-preset start weight Listed) Weight will always increase. 60 sec. each attempt. The Bar is standard. Women 15kg and Men 20Kg.

The lift is a single continuous movement, then stands upright hold the bar overhead. The lifter cannot “Pressout” the barbell. Press out is when the elbows are bent and the lifter uses strength of the arms to lock out the elbows.

The arm that is not holding the barbell cannot touch the floor or your body it should remain on the opposite hip or be held to the side.

Once the lift is in control, the judge will give the “Down” Command, the lifter must guide the bar down at least to shoulder level when the lift is complete. Dropping from overhead is prohibited and will constitute a No Lift.

**TIRE FLIP:** 60 SEC. Flip tire 4 x , Alternating side, Must walk around, No Jumping on or in tire.

**Dinnie Stones:** Hold for Time. The handle must not touch the leg at any point during the lift ( a little brushing is allowed, but no locking) Implement must break the ground. Lifters choice of heavier stone in front or back. Only Chalk is allowed as Grip Aid. No Wrist Wraps or Straps are allowed.

**Nail Bending :** \*\*\*\* BONUS POINTS \*\*\*\* OPTIONAL 60 sec. Acceptable Methods:  
hands at waist level, bending the nail downward into a U -hands at chest level, bending the nail downward into a U -hands at head or chest level, bending the nail upward into a U

\*\* No Part of the Benders arms, hands may touch the body below the waist level.\*\*

Legs of the nail spread no more than 2 inches at the completion of the bend Ordinary chalk may be used on the bender's hands, but nothing else is permitted (liquid chalk and tacky is specifically disallowed). The bender is not allowed to use any wraps, tape or any other supporting material on his body.

	Truck Tire Axle /Circus DB Press	Truck Tire Deadlift	One Arm Snatch	Tire Flip	Dinnie Stone Lift/Hold
LW Novice WM <140	95/50	200	33	300	tbd
HW Novice WM	100/60	250	33	380	tbd
Masters WM	100/60	275	33	380	tbd
Open LWWM<140	100/60	275	33	380	tbd
Open MWWM <180.4	110/70	300	33	500	tbd
Open HWWM 180.5+	120/70	350	33	500	tbd
LW Novice Men <231	175/100	450	44	625	tbd
HW Novice Men 232 +	225/115	500	44	700	tbd
Masters Men	265/115	500	75	700	tbd
175 Open Men	175/100	450	75	625	tbd
<200 Open Men	225/125	500	75	700	tbd
231 Open Men	265/140	600	75	700	tbd
265 Open Men	280/165	650	95	900	tbd
SHW	280/165	650	95	900	tbd