

## **YOKE:**

- One attempt - 60 sec time frame - 40' down ( repic ) 40' back - 2 drops allowed
- Athlete will start with the Yoke on the floor and shoulders under the crossbar
- Yoke's front feet will be lined up to the line – must cross line completely at 40' mark and finish
- No Sliding of the Yoke will be permitted, Disqualification from the event if sliding is obvious or a 2 second penalty if inadvertent (Note we have rubbing matting on our lanes ,sliding will be difficult if you try and could cause you harm)
- Equipment Allowed: Belt, Knee Sleeves or wraps , supportive suits, chalk
- Equipment Not Allowed: Tacky

## **Deadlift Medley (Axle – Truck Tire – Farmers – Frame – Deadlift Bar)**

- 60 sec time frame- Implements must be done in order- Split times take –
- Athlete must wait for down command - Implements may not be dropped (hands must stay in contact) – if dropped will be no rep – warned once if 2<sup>nd</sup> time disqualified
- Equipment Allowed : Belt – Knee Sleeves – Straps – Rehband Shorts
- Equipment Not allowed: Deadlift Suits -

## **MAX BARBELL OVERHEAD PRESS (out of rack- standard Bar)**

- For Max weight – • 3 attempts.- 10lb jumps -NO 4th attempts Wessels Rule in effect ( you miss you are out)
- A 60 second time limit per attempt - Standard Olympic Bar (Texas Power Bar) taken from a power rack
- The bar must start from the front of the body below the chin.
- Athlete may press, push press, push jerk, split jerk the bar overhead
- The athlete must wait for the judges “good” signal before lowering the weight. • \*Pay Attention to this Rule!
- The athlete must lower the bar under control and place the weight in the rack
- Good Lift: arms must be locked out overhead, under control, with the arms straight and legs/ feet stationary and parallel
- Equipment allowed: Belt, chalk, knee wraps, wrist wraps, and elbow sleeves.
- Equipment NOT allowed: Tacky, elbow wraps, any artificial support to rest the bar. • 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

## **TIRE FLIP X 3 / FINGAL FINGERS ( X2 INCREASING IN WEIGHT)**

- 60 sec time frame- Flip Tire 3 x - Flip 2 Fingal Fingers increasing in weight in order
- Equipment Allowed: Belt – Chalk – Elbow Sleeves - Tacky Towel only
- Equipment Not Allowed: Tacky

## **STONE'S: LAST MAN STANDING STONE LOAD:.**

- Stones increasing in weights, all athletes will attempt stone before moving on, Miss and you are done Each stone is timed. –
- 30 sec time frame each stone
- Equipment Allowed: Tacky , Belt, Chalk, Knee wraps or sleeves, Belt with Buckle to the back ,
- Equipment NOT allowed: lifting straps or hooks.