

2015 AAU FEATS OF STRENGTH RULE BOOK (INCLUDING AAU MAS)**A. IMPORTANT NOTES:**

1. All Referees must be certified except as otherwise authorized by the AAU Strength Sports Executive Committee.
2. For National or International FOS meets, American or World Feats of Strength (FOS) Records cannot be established without the full complement of Referees specified herein.
3. For other than National or International meets, AAU American Records may be established without the full complement of Referees specified herein under the following condition: The Meet Director must provide and review sufficient video evidence to complement the judgment of the meet Referees, recommend approval of the American Records, and have them ratified by the AAU Strength Sports Executive Committee.
4. "Approved Equal" is defined as: "Approved by the AAU Strength Sports Executive Committee".
5. All events shown in this rule book have been approved by the AAU Strength Sports Executive Committee.

B. GENERAL REQUIREMENTS

1. **Event Officials** may be any of the following:
 - a. **Referee**--a current AAU Strength Sports Member who has successfully completed the AAU Feats of Strength (FOS) Referee certification process which includes a written exam and active test and approval of the AAU Strength Sports Executive Committee. While being assigned to a FOS meet event, he/she shall be under the direct supervision of the Meet Director or the Head Judge.
 - b. **Meet Director**--a Referee. Must be assigned by a member of the AAU Strength Sports Executive Committee. If logistics prevents the Meet Director from taking both the written and active tests in a timely manner in order attain a certification as an AAU FOS Referee, the AAU FOS National Chair or Vice-Chair temporarily may waive the active test for the Meet Director at their discretion. Prior to the meet, the Meet Director must brief the Head Judge, Referees, and other Event Officials about proper safety procedures. The Meet Director shall send the signed or certified scoresheet to the AAU FOS National Chair or Vice-Chair after the meet.
 - c. **Head Judge**--a Referee. In addition, the Head Judge may be the Meet Director. He/she is assigned by the Meet Director as being in charge of directing a specific FOS meet event, including implementation of required safety procedures. The Head Judge shall assign the Referees for his/her event. Prior to the competition, the Head Judge shall be responsible for making sure that all of the Event Officials have become familiar with the rules and safety requirements pertaining to all of the events being staged for the meet.
 - d. **Side Judge**--a Referee. As in an AAU Powerlifting meet, two of these judges (one on each side of the contestant), this judge will be used for certain events and will rule on infractions. As per these Rules, this judge may be employed in the Bench Presses for Reps, Deadlifts for Reps, Deadlift Lockout,

- Overhead Lift from Chest, Power Clean, 1-Arm Partial Deadlift, Strict Curl, and Strict Pushups events.
- e. **Bar Judge**-a Referee. This judge will be used only for the pullups and 1-arm pullups events. This judge will stand by one of the pullup bar posts with eyes at the level of the top of the bar, and rule on whether the chin goes over the top of the bar. This judge has the only definitive view of the chin in relation to the top of the bar, and as such, he/she will have veto power over the other Referees to disallow an attempt or rep.
 - f. **Scorekeeper**—a current AAU Strength Sports member. This person has been briefed by the Meet Director or other AAU Strength Sports member who is experienced using the official AAU FOS scoresheet in an AAU FOS meet. After each contestant's turn the Scorekeeper(s) or other assigned Event Official(s) will announce the competition order of at least the next three contestants (as applicable).
 - g. **Volunteer**--a current AAU Strength Sports member. This person is assigned by the Meet Director or the Head Judge of an event. He/she assists the Head Judge with spotting, loading, photographing, videoing, helping contestants prepare for their events, lining up contestants in the order of competition, and counting reps.
2. Staffing of Event Officials
 - a. The Meet Director and/or Head Judge shall appoint the staff of Event Officials for each event as specified in these Rules.
 - b. The Meet Director may reduce the staffing of Event Officials below the levels specified in these Rules ONLY IF the specified Spotting crew is maintained and safety measures are NOT compromised.
 3. Staffing of Referees
 - a. If any event does not have the complete staffing of Referees as specified in these Rules, then NO official AAU records may be set for that event.
 - b. At National and International competitions, the Meet Director shall take concerted measures to guarantee the staffing of Referees specified in these Rules for every contested event
 4. Any of the officials may compete when not officiating.
 5. Equipment:
 - a. Contestants may wear a weight belt, knee or elbow sleeves, knee wraps, and knee braces for any event except as excluded for specific events.
 - b. For the Bench Presses for Reps, Deadlifts for Reps, Deadlift Lockout, and Strict Curl, events shall be RAW as defined by AAU Powerlifting rules. Special considerations may be given for certain handicaps as allowed by the Meet Director.
 - c. For the Power Clean, Overhead Press, Overhead Presses for Reps, Log Clean (once) and Press for Reps, and Log Cleans & Presses for Reps, events shall be as defined by AAU Weightlifting rules. Special considerations may be given for certain handicaps as allowed by the Meet Director.
 - d. Contestants may not use gloves except as allowed in these rules for specific events.
 - e. Contestants shall not wear elbow wraps, wrist straps, tight suits, e.g., bench shirts, erector shirts, squat suits, deadlift suits or supportive suits for any event.
 - f. Snug-fitting shirts are required only for the Strict Pushups event. Otherwise, AAU Powerlifting rules for approved apparel shall be observed, except that

gym shorts, tank tops, tee shirts, and sweatshirts may be worn instead of singlets, and hats may be worn for outdoor events. Markings on all apparel shall be in good taste as determined by the Meet Director.

- g. No substances may be put on the hands except chalk and water.
6. Number of Attempts: The number of allowed meet attempts is three except for record attempts as allowed by the Head Judge or Meet Director. Additional attempts may be allowed by the Head Judge or Meet Director as record attempts. It may vary depending on available time and the number of events being staged for a planned time period.
7. For reps events, the competitor's score will be the number of complete reps as announced by the Head Judge. There will be a 60-second time limit except as otherwise specified.
8. For reps events, there shall be a maximum of two rests between reps of no more than three seconds each. If the contestant pauses during the event, the Head Judge shall announce that there is a pause and start counting the seconds out loud. If the contestant has still paused when the count reaches 3 seconds, the Head Judge shall announce that the event is terminated and the total number of valid reps counted up until that time will be the score. Note that a pause means keeping control of the bar or weight. For strict pushups, pauses are acceptable only in the "up" position.
9. If the Meet Director is absent during any event, the Head Judge of the specific event shall take responsible charge of the Meet Director's duties.
10. Weight Classification
 - a. Contestant shall follow the official AAU Powerlifting (PL) weigh-in procedures.
 - b. For a FOS competition of more than one day, athletes will be weighed in for each day they are competing and no more than 24 hours prior to their first event on a given day.
11. Video Documentation
 - a. Video documentation IS NOT REQUIRED.
 - b. Videos of record attempts are preferable (but not required) for national and international meets. They add a layer of credibility for AAU records and also aid in publicity.
 - c. The Meet Director shall forward meet videos of competitive events to either the National Chair or Vice-Chair of AAU PL FOS. Good examples may be posted on the AAU PL FOS YouTube channel. Permission shall be obtained from a parent or guardian of those 17 and under before videos can be publicly displayed.
12. Status of AAU American and World Records Henceforth Established in accordance with these "Rules"
 - a. For American and World Records, performances shall receive "white lights" from the majority of Event Judges Officials, e.g., for events with three judges, two judges must independently rule that the performance is a "good lift" or "good performance".

C. EVENTS

- Event 1. Pullups/Chinups for Reps and Weighted Pullup/Chinup, 1-Arm Pullups/Chinups for Reps, Weighted 1-Arm Pullup/Chinup, Orangutan Hang
- Event 2. Dynamometer Hand Grip ("Dyno")
- Event 3. Handstand Race
- Event 4. Standing Long Jump

- Event 5. Strict Pushups
- Event 6. Farmer's Walk, Sandbag Carry, Zercher's Carry, Super Yoke
- Event 7. Deadlift Lockout
- Event 8. Heavy Shot Put
- Event 9. Bench Presses for Reps
- Event 10. Deadlifts for Reps
- Event 11. Tire Throw
- Event 12. 1-Hand Partial Deadlift
- Event 13. Tire Flip
- Event 14. Strict Curl, Strict Curls for Reps
- Event 15. Overhead Press, Overhead Presses for Reps, Log Clean (Once) and Presses for Reps, Log Cleans and Presses for Reps, 2" Axle Clean & Press (Max Weight), 2" Axle Clean & Press (Clean Once & Press for Reps)
- Event 16. Power Clean, Power Cleans for Reps
- Event 17. 40-yd Dash
- Event 18. Wheelbarrow Push, Sled Push
- Event 19. Medicine Ball Throw, Stone Throw, Sandbag Throw
- Event 20. Sled Pull
- Event 21. Atlas Stone for Reps, Atlas Stones-Ascending Weights
- Event 22. Dip, Dips for Reps
- Event 23. Event Medleys
- Event 24. MAS Strength Challenge
- Event 25. Bobsled Push

EVENT 1. PULLUPS/CHINUPS FOR REPS AND WEIGHTED PULLUP/CHINUP, 1-ARM PULLUPS/CHINUPS FOR REPS, WEIGHTED 1-ARM PULLUP/CHINUP, ORANGUTAN HANG

A. General

1. The maximum hand grip width when using two hands shall be in accordance with AAU Powerlifting rules for the Bench Press: The spacing of the hands shall not exceed 81 cm (31-7/8 in) measured between the forefingers (both forefingers must be within the 81 cm marks). The Head Judge shall mark the bar accordingly.
2. Neither foot shall touch the floor at any time during the attempt.
3. Leg kicks and lower body movement cannot be used to gain momentum. If the feet move downward during the lift, it shall be done so in extremely slow motion.
4. The bar must be straight, continuous, and level. It may be of any diameter. A solid bar may not be used because that produces too much spring that can be used to give the lifter momentum. The bar shall exhibit no visually discernible flex during the performance.
5. Straps, dowels, or substances other than basic chalk that aid a competitor's grip are strictly forbidden. Bare hand only.
6. Contestant must not receive any assistance from officials, bystanders etc. touching or assisting the contestant will result in disqualification.
7. For reps events, the contestant's score will be the number of complete reps as announced by the Head Judge.
8. The contestant shall not leave the bar, use the pullup bar posts for support, or deliberately put his/her feet on the ground at any time during the event. If he/she

does so, the Head Judge shall announce that the event is terminated, and the number of reps counted at that point will be the score.

9. No preference will be given to pullups or chinups for award of medals—pullups and chinups will be all lumped together and treated equally. However, records will be kept separately for pullups and chinups.

B. Event Officials—Reps Events

1. The **Head Judge** shall stand in front of the contestant and shall vote on the validity of all of the pullup/chinup reps preferably using the Referee's Rep Scoresheet. At the completion of the event, the Head Judge shall compile the information from the himself and the two Side Judges for each rep (preferably marked on the Referee's "Rep Scoresheets"), rule on the validity of each rep based on the compiled information from the three voting judges, confer with the Bar Judge (see the item for "Bar Judge" below), and finally, announce the final result to the lifter and the audience.
2. Two **Side Judges** shall stand approximately 30 degrees from the pullup bar in front of the contestant and off to both sides, and rule on each rep whether valid or not, preferably on their "Rep Scoresheets".
3. The **Bar Judge** shall stand next to one of the posts on the pullup bar with his/her eyes no more than 3 feet from the contestant and at the level of the top of the pullup bar. He/she is the only judge who has a definitive view of the chin in relation to the top of the bar. His/her sole function is to independently rule whether the chin goes over the top of the bar for each rep. If he/she rules that the chin does NOT go over the top of the bar on any rep, the "no lift" ruling shall take precedence over that of the three other Referees, and thence the Head Judge shall rule the rep to be invalid.

C. Event Officials—Single Lift Events

1. The **Head Judge** shall stand in front of the contestant, give commands, and advise the contestant if any of the reps are invalid and why—so that the contestant can correct his/her form for subsequent reps.
2. Two **Side Judges** shall stand on each side and in front of the contestant, approximately 30 degrees from the pullup bar in front of the contestant and off to both sides.
3. White lights, paddles, or flags from at least 2 out of the 3 "primary Referees" (i.e., Head Judge + two Side Judges) constitute a good lift depending on a possible "no lift" decision of the Bar Judge.
4. The **Bar Judge**, a "secondary Referee" shall stand next to one of the posts on the pullup bar with his/her eyes no more than 3 feet from the contestant's chin and at the level of the top of the pullup bar. He/she is the only judge who has a definitive view of the chin in relation to the top of the bar. His/her sole function is to independently rule whether the chin goes over the top of the bar for each rep. If he/she rules that the chin does NOT go over the top of the bar, the "no lift" ruling shall take precedence over the best 2 of 3 ruling of the three other Referees, and thence the Head Judge shall rule the performance to be a "no lift".

D. Events to be Contested

1-1. Pullups or Chinups for Reps

Pullups: Grab the bar with your palms facing away from you.

Chinups: Grab the bar with your palms facing towards you.

1. Either the pullup or the chinup grip may be used.
2. The contestant has one minute to initiate the event after his/her name is called to perform.
3. Each chinup must be started from a hanging position—i.e. arms must be straight. Competitors may select either pullups or chinups but cannot do both.
4. The bottom of the chin must be raised above the bar (or to touch the top of the bar) for each repetition (rep) to be counted.
5. The competitor's score will be the number of complete reps as determined by the referee(s). No preference will be given to pullups over chinups. He/she may have only one attempt. If two competitors have the same number of reps then the heavier competitor wins.
6. Hands cannot be overlapped.

1-2. Weighted Pullup or Chinup

Pullup: Grab the bar with your palms facing away from you.

Chinup: Grab the bar with your palms facing towards you.

1. Either the pullup or the chinup grip may be used.
2. The contestant has one minute to initiate the pullup or chinup after his/her name is called to perform. More time will be allowed if there is only one dip belt or not enough weights available.
3. The pullup/chinup must be started from a hanging position—i.e. arms must be straight. Competitors may select either a pullup or chinup but cannot do both.
4. The chin must be raised above the bar for each repetition (rep) to be counted.
5. A "special weigh-in" will be conducted just prior to the event in which the competitor will weigh in with all of the clothes and shoes he/she will wear during the event. This has no bearing on the contestant's official weight classification.
6. The competitor's score will be the sum of his bodyweight at the "special weigh in" plus all of the "extra weight" while doing the attempt (e.g., dip belt, weight vest, barbell plates, dumbbells or other items). Example: A 200-lb contestant (at the "special weigh-in) chins one rep with 50 lb "extra weight". His/her score is 250 lb.
7. There will be three progressively greater weight attempts in accordance with AAU Powerlifting rules.

1-3. One-Arm Pullups or Chinups for Reps

Pullup: Grab the bar with your palm facing away from you.

Chinup: Grab the bar with your palm facing towards you.

1. This event may be performed with either hand in either the pullup or chinup position.

2. Each pullup/chinup must be started from a hanging position—i.e. arm must be straight. Competitors may select either pullups or chinups but cannot do both. The chinning arm is not to be contacted by the other arm in any way that would help it —e.g. grabbing the arm at the wrist or bicep.
3. The chin must be raised above the bar for each repetition (rep) to be counted.
4. The competitor's score will be the number of complete reps as determined by the Head Judge. No preference will be given to pullups over chinups. He/she may have only one attempt with either hand but not both. If two competitors have the same number of reps then the heavier competitor wins.

1-4. Weighted One-Arm Pullup or Chinup

Pullup: Grab the bar with your palm facing away from you.

Chinup: Grab the bar with your palm facing towards you.

1. This event may be performed with either hand in either the pullup or chinup position.
2. Each pullup/chinup must be started from a hanging position—i.e. arm must be straight. Competitors may select either pullups or chinups but cannot do both. The chinning arm is not to be contacted by the other arm in any way that would help it —e.g. grabbing the arm at the wrist or bicep.
3. The chin must be raised above the bar for each repetition (rep) to be counted.
4. A “special weigh-in” will be conducted just prior to the event in which the competitor will weigh in with all of the clothes and shoes he/she will wear during the event. This has no bearing on the contestant's official weight classification.
5. The competitor's score will be the sum of his bodyweight at the “special weigh-in” plus all of the “extra weight” while doing the attempt (e.g., dip belt, weight vest, barbell plates, dumbbells or other items). Example: A 150-lb contestant (at the “special weigh-in) chins one rep with 10 lb “extra weight”. His/her score is 160 lb.
6. There will be three progressively greater weight attempts in accordance with AAU Powerlifting rules.

1-5. Orangutan Hang

1. This event may be performed with either hand in either the pullup or chinup position.
2. The timer starts when the contestant is fully suspended with arm fully locked.
3. Timer stops when contestant either is assisted by an individual; attempts to rest part of their body-weight, i.e. elbow on any part of the bar in order to reduce their own body-weight or pushing foot off a side bar to help support weight; or if any one of their feet touch the ground. Note: The contestant may touch a side bar briefly to help from swinging, but in no way grip the bar,
4. The hand must be open and can only lightly tap the bar.
5. Contestant may choose one form of grip only. A contestant who hooks his wrist through a hanging ring or strap will be disqualified.
6. Using an angled bar or wedging your hand against another bar is also prohibited. The hand must not be aided in any way by other attachments or bars.

7. Weight and age should be noted and documented, as well as height.

EVENT 2. DYNAMOMETER HAND GRIP (“DYNO”)

Hand Grip Dynamometer: A device for measuring grip strength.

1. **Event Officials:** The **Head Judge** shall conduct the event. In the absence of videoing, the reading of the dynamometer dial shall be witnessed by a **Referee** independently of the **Head Judge**. The **Head Judge** shall make a ruling after conferring with the **Referee**.
2. Since different brands of dynamometers measure grip differently only the following brands are permissible: Baseline (B), Jamar (J), Robert Baraban (R) and Takei (T). The letters in parentheses are symbols for recording results. It is recommended that either Baseline or Jamar brands (both hydraulic) be used since the other two brands are spring types and will produce lower results and will probably vary more with age.
3. The contestant has one minute to initiate the event after his/her name is called to perform.
4. At the start of the test, indicator needles must be set to zero.
5. The dynamometer is seized in one hand with the dial facing away from oneself and towards the referee so that the referee can watch to make sure no jerky movement is used—i.e. the referee watches the needles to make sure that one doesn't jump from a jerk or surge. If it is jerked then the attempt counts but as a foul. The dynamometer should not be squeezed until the referee gives a signal.
6. The arm with the dynamometer should be extended straight out or bent at the elbow. During the trial the other arm may not touch the dynamometer or any part of the body—i.e. no bracing of any sort.
7. After the referee signals to start the dynamometer should be squeezed as hard as one can. It may be squeezed rapidly but not with a jerk or a surge. A minor shaking of the dynamometer at the end of the squeeze may be allowed by the referee. When it's obvious to the referee that the contestant has maxed out the referee tells him to stop. The referee takes the dynamometer and announces the amount squeezed in kg and shows it to the contestant. The mark is then recorded. The dial of the dynamometer indicates both kilograms (inner circle of numbers) and pounds (outer circle). For most contests kilograms (kg) will be used.
8. After each attempt the needles are reset to zero. Contestants will have three tries and may select either hand or any width option for any of their tries. On the B and J dynamometers there are five different grip widths varying from narrow to wide.
9. Each contestant's score is the best of the three trials. If there is a tie then second or even third best attempts can be used to break the tie.
10. Video documentation is not required.
11. The Meet Director shall make sure the dynamometer is maintained in good order and that it has been calibrated on a schedule to measure within 5% accuracy in accordance with the manufacturer's recommendations.

EVENT 3. HANDSTAND RACE

The race will be against the clock, one or more contestants at a time. It will be held on the hardwood floor inside the gymnasium. The distance shall be either 10m, 20m, or 50m at the discretion of the Meet Director, and in the case of 20m or longer courses, may include a single turnaround line.

1. **Event Officials:**
 - a. The **Head Judge** and **Event Official** shall each time the event with hand-held stopwatches, with both positioned at the starting line at the beginning of the race and at the finish line at the end of the race. Both shall be Certified AAU PL FOS referees.
 - b. If there is more than 1 contestant racing, the **Head Judge** shall assign an additional **Event Official** for each additional contestant to time the race with a hand-held stopwatch.
2. The starting line and the turnaround line (if any) shall be marked with brightly-colored duct tape. For the start, turnaround, and finish, the contestant's entire hands (both hands) shall cross and land *OUTSIDE THE INSIDE EDGE OF THE TAPED LINE*.
3. The contestant has one minute to be in place ready to start the event after his/her name is called to perform.
4. At the discretion of the Meet Director, more than one contestant may compete at a time and run the course in separate lanes.
5. If the contestant falls during the race, he/she may continue from that point with an assessed penalty of 5 seconds.
6. If the contestant falls at the turnaround (if any), he/she may continue from that point with an assessed penalty of 10 seconds.
7. The timed course must be completed within 60 seconds for 10m or 20m-long courses, and 90 seconds for 50m-long courses. If not, the total distance traveled at the time limit will be marked and measured, and that will be the contestant's mark.
8. If the course is completed before the time limit has elapsed, then the official time will be the elapsed time when the finish line is crossed plus all the time penalties (if any).

EVENT 4. STANDING LONG JUMP

The contestant has one minute to initiate the jump after his name is called to perform. At the start of the jump, toes may be "behind the line" or "over the edge" for all contestants, at the discretion of the Meet Director. "Over the edge" may be employed at the edge of a concrete barrier with a vertical edge in which the toes may grip over the edge for more powerful takeoff. A separate set of records will be kept for each alternative. This event will be held indoors or outdoors at the discretion of the Meet Director. Indoor landing may be on a cushioned mat. Outdoor landing shall be in a sand pit or other pit similarly conditioned for a similarly soft landing.

1. **Event Officials:**
 - a. The **Head Judge** shall mark at the end of the measuring tape and announce the distance jumped.
 - b. A **Referee** shall stand by the starting line and judge whether the jump is legal. He/she shall hold the beginning of the tape measure on the starting line.
 - c. **Event Officials** shall be assigned to rake the pit (if applicable).
2. The contestant has one minute to initiate the event after his/her name is called to perform.
3. Arms should be swung to gain momentum with the jumper jumping as far as he/she can without falling down.
4. Measurement is made from the takeoff line to the heel or any other part of the body that touched the surface nearest the takeoff line.
5. Measurements are made to the next lower quarter-inch or centimeter (cm).

6. If both feet are not on the takeoff line when beginning this is not a jump; it's a hop and is a foul.
7. If part of even one foot moves over the line before jumping it is a foul.
8. If a jumper bounces it's a foul.
9. Each contestant is allowed three tries with the best jump being his/her score. If there are ties then second and third best jumps should be used to break those ties.
10. In a standard long jump pit, the contestant must leave the pit under control (i.e., not falling). However, when contested in a narrow pit (equal to or less than 5 ft wide), the contestant may fall sideways or forward beyond the pit boundary.

EVENT 5. STRICT PUSHUPS

1. Event Officials: There will three Referees. The **Head Judge** will observe, strictly enforce the aforementioned rules, and count the number of invalid reps. He will confer with both **Side Judges** (all preferably using a "Reps Scoresheet" to record which reps are invalid and why) before ruling on the number of invalid reps. It will take a "no lift" of at least two of the three judges to invalidate any rep.
2. The contestant has one minute to initiate the event after his/her name is called to perform.
3. Upper body must be covered with a form-fitting (not loose) T-shirt or equivalent. The chest must touch the ground (or barbell plate) on downward motion, and legs must be straight (not bent) on a flat, level surface. At the Meet Director's discretion, male contestants may be required to wear a special belt around their chest as a backup measure to aid referees in determining whether the chest actually strikes the ground. The belt may be worn no lower than the sternum. The three referees will listen for the sound of the buckle hitting the barbell plate below the contestant's torso. If any referee does not hear the "clink" but visually determines that the torso has struck the ground, he/she shall count the rep as valid.
4. The maximum hand grip width when using two hands shall be in accordance with AAU Powerlifting rules for the Bench Press: The spacing of the hands shall not exceed 81 cm (31-7/8 in) measured between the forefingers (both forefingers must be within the 81 cm marks).
5. "Swayback" reps (in which the belly or thighs may touch the ground but not the chest) will not be counted as valid.
6. Elbows must be locked out (straight), not bent, at upward movement (top) of the pushup.
7. Participants may have, if needed, two 3-second rests in the up position between individual pushups. If a longer rest occurs, the referee will terminate the attempt the total number of valid reps will be counted up to that point.
8. Unless the contestant requests otherwise, the head Judge will verbally inform the contestant of rules infractions and invalid reps during the competition so that the contestant can make adjustments and correct his/her technique for subsequent reps.
10. Legs must be straight—no bent knees.
11. There shall be a maximum of two rests between reps of no more than three seconds each. Once that happens, the Head Judge will give a warning. If there is no compliance, the attempt will be terminated at that point and the total number of valid reps counted up until that time will be the score.
12. At the completion of the event, the Head Judge shall compile the information from the himself and the two Side Judges for each rep (preferably marked on the Referee's "Rep Scoresheets"), rule on the validity of each rep based on the

compiled information from the three voting judges, and announce the final result to the lifter and the audience. At least two out of the three judges must rule “no lift” to invalidate any rep.

EVENT 6. FARMER’S WALK, SANDBAG CARRY, ZERCHER’S CARRY, SUPER YOKE,

A. General

1. Event Officials

- a. The **Starter** for each contestant shall be the **Head Judge** who will give the commands “On Your Marks”, “Get Set”, “Go”.
 - b. There will be a **Timer** (who is an **Event Official**) or two for each contestant. If there are two timers for a contestant, the lower time shall govern except the **Head Judge** determines that there was an error made for the lower time, in which case he/she shall choose the higher time.
 - c. All **Timers** must be at the starting line close to the **Starter**, and start their hand-held stopwatches upon hearing the “Go” command. Each **Timer** must be at the finish line at the end of the race and shall time the contestant that is assigned to him/her.
 - d. A **Referee** shall be stationed at the turnaround line (as applicable) to advise and rule on infractions at the turnaround. If a contestant fails to correctly make the turnaround, the **Referee** shall instruct him/her to repeat the turnaround before continuing.
2. The course length shall be either 25m, 50m, 75m, or 100m, at the discretion of the meet director. The course may be a straight run or include U-turns at the discretion of the meet director. The lap length may be anywhere from 12.5m to 100m.
 3. The contestant has one minute to be in place ready to start the course after his/her name is called to perform.
 4. The starting line and the turnaround line shall be marked with brightly-colored duct tape. For the start, turnaround, and finish, the contestant’s entire feet (both feet) shall cross and land *OUTSIDE THE INSIDE EDGE OF THE TAPED LINE*.
 5. The standard handle shall be according to Weight Tables provided by the Meet Director. The weights will vary according to the distance of the event. The **STANDARD WEIGHTS** shall be determined for each age or age-group and gender.
 6. Weight belt may be used.
 7. Weightlifting gloves and/or wrist wraps may be used, but no wrist straps.
 8. Knee sleeves, braces, and/or wraps may be used.
 9. If approved by the Head Judge, a contestant may choose to compete with a higher or lower than the **STANDARD WEIGHT**. If competing with a lower than the **STANDARD WEIGHT**, the contestant shall not place above another contestant using standard or higher than the **STANDARD WEIGHT**, but will be eligible for an AAU age-group American or World record at the weight used.
 10. Before the race, the handles shall be placed at the starting line with the contestant’s toes behind the starting line and his/her hands grasping the handles. The handles may be placed either on the ground or on 4” x 4” wooden blocks. If blocks are used, an **Event Official** shall move them out of the way before the contestant returns to the starting line.
 11. The race shall end when the toes of both the contestant’s shoes cross the finish line.

B. Events to be Contested**6-1. Farmer's Walk**

1. Farmer's Walk apparatus: Use one of the following: a) Farmer's Walk handle as manufactured by New York Barbell of Elmira NY or Pitbull Strongman Equipment of Clay Center, Kansas, or Approved Equal.
2. Upon the starter's signal "GO", the contestant shall pick up a farmer's walk handle or barbell of designated weight in each hand and start moving. He/she shall walk or run the required distance along the set course until both feet clear the finish line. Fastest time determines the winner. If a contestant is unable to finish the course, the distance covered will be used to rate the performance. Each contestant shall perform only one trial.
3. The contestant shall walk or run the required distance along the set course until both feet touch or clear the finish line. Fastest time determines the winner. If a contestant is unable to finish the course, the distance covered will be used to rate the performance. Each contestant shall perform only one trial.
4. The contestant shall walk or run the required distance along the set course until both feet clear the finish line. Fastest time determines the winner. If a contestant is unable to finish the course, the distance covered will be used to rate the performance. Each contestant shall perform only one trial.

6-2. Sandbag Carry

1. Due to the potential of leakage of sand from the bags, all of these possible events shall be held outdoors.
2. Each sandbag shall be made of natural jute with "handles" made by tying the open end of the sandbag with twine. The length of the handles will depend on the size and weight of the sandbag. They shall be large enough for a competitor to grab the handle with at least one hand.
3. Sandbags shall be of the following weights: 15 lb, 25 lb, 50 lb, 75 lb, and 100 lb.
4. Plastic-sealed bags of 50-lb bags shall be used whenever possible, and inserted into the jute bags. If the seal of the plastic bag is cut or broken, it is preferable to seal it back up before inserting into the jute bag; this will minimize leakage of sand from the jute bag.
5. Gloves may be worn.

6-3. Zercher's Carry

1. Zercher apparatus: Use one of the following: a) Farmer's Walk handle (with handle facing downward), as manufactured by New York Barbell of Elmira NY or Pitbull Strongman Equipment of Clay Center, Kansas, or Approved Equal.
2. On the referees command the contestant will lift the weighted implement from the rack or platform provided. Once the weight is lifted, the contestant steps up to the starting line, stops, and has control, the referee will give the GO command and then time will begin.
3. The contestant shall walk or run the required distance along the set course until both feet clear the finish line, and then place the handle in the rack or platform provided just beyond the finish line.

4. Fastest time determines the winner. If a contestant is unable to finish the course, the contestant must place the handle on the ground without dropping it. The contestant will be given credit for distance traveled to the rear point where the handle first touches the ground. Dropping the weight will result in disqualification.
5. Each contestant shall perform only one trial.
6. The race shall end when the toes of both the contestant's shoes cross the finish line.
7. The contestants must carry the implement in the crook of the arms (forearms/ biceps)
8. No shouldering of the implement is allowed. Once contestant sets the implement down, time & measurements will be taken.
9. No excessive sliding will be permitted. Distance will be measured from point of contact, not where implements slide to.
10. Equipment Allowed: Chalk, Knee wraps or sleeves, wrist wraps, Fore-arm sleeves. Belt with buckle to the back.
11. Equipment NOT Allowed: Any item placed in the lifting belt to provide a "shelf".

6-4. Super Yoke

1. Super Yoke apparatus: As manufactured by Pitbull Strongman Equipment of Clay Center, Kansas, or Approved Equal. The yoke's crossbar is designed to be supported by the upper back muscles as in a back squat. Hands and arms may be used to touch, grasp, or brace against the yoke.
2. The course distance shall 15m or 25m long, one way.
3. Prior to the race start, the contestant will take his position under the yoke's crossbar on his upper back, with the front of the yoke placed behind the starting line.
4. On the referees command the contestant will lift the yoke completely off the ground and begin walking. Once the yoke has broken daylight underneath the skids, the clock will start. Running will result in disqualification.
5. The contestant shall walk the required distance along the set course until both the contestant's shoes touch or cross the finish line. Fastest time determines the winner.
6. The contestant must carry and walk with the yoke simultaneously. Pulling or dragging will result in disqualification.
7. If the contestant does not complete the distance before the 60-second time limit, the distance will be measured from the starting line to the to the point on the yoke closest to the starting line.
8. The contestant is allowed to place the yoke down at any point to rest. Maximum of 2 stops.
9. Time will stop when any part of the yoke crosses the finish line.
10. Equipment Allowed: Chalk, Knee wraps or sleeves, wrist wraps, forearm sleeves. Belt with buckle to the back.

EVENT 7. DEADLIFT LOCKOUT

1. **Event Officials:**
 - a. The **Head Judge** shall give commands to the lifter, and independently judge whether each attempt is legal. Two **Side Judges** who are **Referees** shall also independently judge whether each attempt is legal. Paddles, flags, or lights may be used. Two or three "whites" constitute a good lift.

- b. The **Head Judge** will give the “DOWN” command and signal when the contestant is fully locked out in accordance with AAU Powerlifting rules for the Deadlift. If the contestant fails to lock out after being warned of the infraction, the **Head Judge** will give the “DOWN” command and signal, and then give a red light, paddle, or flag.
 - c. The Head Judge shall assign two **Event Officials** as loaders.
 - d. It is up to the **Head Judge** to be sure that the pins are set at a proper height so that the lift may be completed and that at the top of the lift there is no more than 4 inches clearance from the bar to the pins. This will minimize wear or damage to the pins.
2. There shall be three **Referees** (Head Judge and two Side Judges) as in an AAU Powerlifting meet for the Deadlift. White lights, paddles, or flags from at least 2 out of the 3 Referees constitute a good lift.
 3. A lifter attempts to lift a barbell off of supports with no help from anyone else or any machine. These supports could include a power rack (J-Hooks or steel pins) or other types of supports.
 4. This event is RAW—no supportive suits, gloves, wrist straps or knee wraps.
 5. Hands shall not be pressed into the thighs while lifting.
 6. The barbell has to reach a lockout position in accordance with the AAU PL Deadlift (back straight, shoulders square, and knees locked). The referee will give a “DOWN” signal at the top of the lift.
 7. The hands when gripping the barbell may not rest or be pressed into the thighs for additional support. This is not a hand & thigh lift.
 8. The contestant has one minute to initiate the event after his/her name is called to perform.
 9. There will be three progressively greater weight attempts in accordance with AAU Powerlifting rules.
 10. Entrants may be of any age or gender.
 11. Loaders will be used.
 12. For their own safety, Spotters shall NOT be used.
 13. The lifter shall take the bar off the steel pins on the power rack, and then set the bar back down on the pins after the lift without slamming. The bar shall not be taken off the J-hooks because of the significantly greater difficulty after the lift of returning the bar to both J-hooks.
 14. Hands shall not be pressed into the thighs while lifting.

EVENT 8. HEAVY SHOT PUT

Rules of the USATF for the Shot Put (<http://www.usatf.org/usatf/files/2c/2cf4ef89-b3f9-43fe-82d8-66b94f21c546.pdf>) shall apply with exceptions as noted herein.

1. **Event Officials:**
 - a. The **Head Judge** shall stand by the throwing circle or throwing area. He shall give commands to the contestant and judge whether the throw is legal. Raising a red flag or white flag is preferable.
 - b. A **Referee** will mark the spot of the shot’s ground impression nearest to the back of the toe board.
 - c. A **Referee** shall hold the beginning of the measuring tape on the marked landing spot.

- d. The **Head Judge** or **Referee** shall read the end of the measuring tape at the rear of the toe board, and he/she shall announce the distance thrown.
 - e. **Event Officials** shall be assigned to retrieve and return shots to the throwing area.
 2. The standard shot put weight is according to a predetermined set of values (listed in the Standard Weight tables), based on age group, bodyweight, and gender. The Meet Director shall post this table prior to the competition. This event is designed to allow the event to be staged in smaller dimensions than the standard shot put dimensions, and where a standard toe board cannot be securely anchored.
 3. The shot preferably shall be of iron or steel. However, for economy, granite stones may be used for the heavier weights.
 4. If approved by the Head Judge, a contestant may compete with a higher or lower than the STANDARD WEIGHT. If competing with a lower than the STANDARD WEIGHT, the contestant shall not place above another contestant using standard or higher than the STANDARD WEIGHT, but will be eligible for an age-group world record at the weight used.
 5. The following USATF track & field rules shall be observed with regard to the layout of the throwing circle and sector lines:
 - a. The throwing circle shall be 2.5m (8.20 ft) in diameter with two chalk lines inside the circle edges separating the front half from the back half of the circle.
 - b. The sector lines shall form an angle of 34.92 degrees, measured to the center point of the throwing circle, proportionately on an isosceles triangle as 5 meters along both sector lines and 3 meters between the 5 meter distances along the sector lines.
 6. No part of the body shall touch or cross the throwing circle during the throw. Upon completion of the throw, the contestant shall cross out of the throwing circle *under control* crossing the circle line behind the front half of the throwing circle.
 7. The head judge shall rule infractions regarding the throw inside the throwing circle. The field judges shall rule infractions regarding sector line fouls. Red and white flags shall be employed whenever available.
 8. The Meet Director, at his option, may forego the preceding Rule 5, and use a straight 4-ft long toe board instead, with measurements made perpendicular from the straight toe board or extension thereof. If a straight toe board is used, the sector lines shall be perpendicular to the toe board or extension thereof, parallel to each other and 10 feet apart.
 9. The contestant has one minute to initiate the event after his/her name is called to perform.
 10. If a throwing circle and curved toe board are used, the tape measure shall pass through the center point of the throwing circle.

EVENT 9. BENCH PRESSES FOR REPS

AAU Powerlifting Rules shall apply, with the following amendments:

1. Event Officials
 - a. The **Head Judge** and two **Side Judges** who are **Referees** shall independently judge whether each rep is legal. The three **Referees** shall use "Rep Scoresheets" to aid them in this endeavor.

- b. The **Head Judge** shall give the “START” and “PRESS” commands to the lifter for each rep. This is NOT a “touch and go” event. The lifter must wait for every START signal and every PRESS command.
 - c. Unless the lifter requests otherwise, the **Head Judge** shall advise the lifter of any possible infractions during the event so that the lifter may adjust his/her technique and make adjustments for subsequent reps. In order to avoid confusing the lifter, the Head Judge is the only official who may speak to the lifter during the lift, except in an emergency situation.
 - d. If the lifter fails to lock out in the opinion of the **Head Judge** after being warned of the infraction, the Head Judge then shall give the “START” command and signal for the subsequent rep.
 - e. As in an AAU Powerlifting meet for the Bench Press, it is up to the three Referees (i.e., the **Front Judge** and **two Side Judges**) to rule whether a lockout occurs at the end of each rep or that the lifter waited for the “PRESS” before beginning each rep.
 - f. At the completion of the event, the **Head Judge** shall compile the information from the Front Judge and two Side Judges for each rep (preferably marked on the Referee’s “Rep Scoresheets”), rule on the validity of each rep based on the compiled information from the three voting judges, and finally, announce the final result to the lifter and the audience. At least two out of the three judges must rule “no lift” to invalidate any rep.
 - g. The Head Judge shall assign one or two Event Officials as Loaders.
 - h. The Head Judge shall assign a Spotter in front of and on each side of the lifter.
2. The Head Judge will direct the loaders to load the bar with the correct weight in accordance with the Weight Table for the contestant’s gender, age group, and bodyweight classification.
 3. If approved by the Head Judge, a contestant may compete with a higher or lower than the STANDARD WEIGHT. If competing with a lower than the STANDARD WEIGHT, the contestant shall not place above another contestant using standard or higher than the STANDARD WEIGHT, but will be eligible for an age-group world record at the weight used.
 4. AAU Powerlifting rules for the RAW Bench Press will be observed, except that gym clothes may be worn. No gloves or wrist straps, etc. Regulation wrist wraps are OK as allowed by AAU PL rules for the RAW Bench Press.
 5. The lifter has one minute to begin the lift after the Head Judge gives the “BAR IS LOADED” command.
 6. The lifter has 60 seconds to complete all of his/her reps, beginning with the when the lifter begins lifting.
 7. The Head Judge shall assign a Timer who must be an AAU FOS Official. This timer shall warn the lifter 10 seconds before time is up and when time is up.
 8. After the lift off the racks and the bar is fully extended with the elbows locked, the contestant shall wait for the Head Judge to give the “START” signal.
 9. The contestant shall slowly bring the bar to his chest UNDER CONTROL until it touches (not bounces on) his/her chest.
 10. When the bar touches the chest and is motionless, he/she must pause for a split second for the referee to verbally command the “PRESS’ signal.
 11. The contestant shall raise the bar to a fully extended position with the elbows locked, with equal extension of the arms and the bar motionless.

12. The event will end when the referee orders the spotters to secure the bar, when the contestant asks for assistance or bailout, or when the 60-second time limit after the referee gives the verbal START signal.
13. The contestant shall under no circumstances give up the bar. He/she at all costs shall make a maximum effort return the bar to the racks. The spotters are there to assist in that effort.

EVENT 10. DEADLIFTS FOR REPS

A. General

AAU Powerlifting Rules shall apply, with the following amendments:

1. Event Officials

- a. The **Head Judge**, a **Front Judge** and two **Side Judges** who are **Referees** shall independently judge whether each rep is legal. The three **Referees** shall use "Rep Scoresheets" to aid them in this endeavor.
 - b. The **Head Judge** shall give the "DOWN" command to the lifter at the end of each rep. The lifter must wait for every DOWN command.
 - c. If the lifter fails to lock out in the opinion of the **Head Judge** after being warned of the infraction, the **Head Judge** then shall give the "DOWN" command and signal for the subsequent rep to begin.
 - d. Unless the lifter requests otherwise, the **Head Judge** shall advise the lifter of any possible infractions during the event so that the lifter may adjust his/her technique and make adjustments for subsequent reps. In order to avoid confusing the lifter, the Head Judge is the only official who may speak to the lifter during the lift, except in an emergency situation.
 - e. If the lifter fails to lock out in the opinion of the **Head Judge** after being warned of the infraction, the Head Judge then shall give the "DOWN" command and signal for the subsequent rep.
 - f. As in an AAU Powerlifting meet for the Bench Press, it is up to the three Referees (i.e., the **Front Judge** and **two Side Judges**) to rule whether a lockout occurs at the end of each rep or that the lifter waited for the "DOWN COMMAND" before beginning each rep.
 - g. At the completion of the event, the **Head Judge** shall compile the information from the Front Judge and two Side Judges for each rep (preferably marked on the Referee's "Rep Scoresheets"), rule on the validity of each rep based on the compiled information from the three voting judges, and finally, announce the final result to the lifter and the audience. At least two out of the three judges must rule "no lift" to invalidate any rep.
 - h. The Head Judge shall assign one or two Event Officials as Loaders.
 - i. The Head Judge shall assign a Spotter in front of and on each side of the lifter.
2. The Head Judge shall direct the loaders to load the bar with the correct weight in accordance with the Weight Table for the lifter's gender, age group, and bodyweight classification.
 3. If approved by the Head Judge, a lifter may compete with a higher or lower than the STANDARD WEIGHT. If competing with a lower than the STANDARD WEIGHT, the

lifter shall not place above another lifter using the STANDARD WEIGHT or higher than the STANDARD WEIGHT, but will be eligible for an age-group world record at the weight used.

B. Events to be Contested

10-1. Deadlifts for Reps

1. The lifter has one minute to begin the lift after the Head Judge gives the "BAR IS LOADED" command.
2. The lifter has 60 seconds to complete all of his/her reps, beginning with the when the lifter begins lifting.
3. After the Head Judge raises his/her hand, the lifter may begin his/her lift.
4. When the bar is raised to the correct position, the lifter shall wait for a "DOWN" verbal signal with the right hand motioned downward to signal the start of the next rep, and so on.
5. Hitching is not allowed.
6. AAU Powerlifting rules for the RAW Deadlift will be observed except that gym clothes may be worn. No gloves, wrist straps, knee wraps/braces or supportive suits. Regulation knee sleeves are OK as allowed by AAU PL rules for the Raw Deadlift.
7. Dropping or slamming the bar on the platform between reps is not allowed.
8. The bar shall touch or moderately tap the platform on both sides of the barbell before the next rep is attempted. The lifter does not need to pause at the bottom of the lift, and as such, this is considered to be a "touch and go" event at the bottom of the lift.
9. The event will end when the contestant returns the bar to the floor and declines to continue, the Head Judge orders him/her to stop, or when the Timer announces that the 60-second time limit has elapsed after the lifter initiates his/her first rep.
10. The contestant shall under no circumstances drop or give up the bar. He/she at all costs shall make a maximum effort return the bar to the racks. The spotters are there to assist in that effort.

EVENT 11. TIRE THROW

Rules of the USATF for the Discus Throw (<http://www.usatf.org/usatf/files/2c/2cf4ef89-b3f9-43fe-82d8-66b94f21c546.pdf>) shall apply with exceptions as noted herein.

1. Event Officials:

- a. The **Head Judge** shall stand by the throwing circle or throwing area. He shall give commands to the contestant and judge whether the throw is legal. Raising a red flag or white flag is preferable.
- b. A **Referee** shall mark where the part of the tire closest to the starting line initially strikes the ground.
- c. A **Referee** shall hold the beginning of the tape on the marked spot where the tire initially strikes the ground.
- d. The **Head Judge** or **Referee** shall read the end of the measuring tape at the starting line or front of the throwing circle, and announce the distance thrown.

- e. **Event Officials** shall be assigned to return the tire to the throwing area after the spot is marked where the tire initially strikes the ground.
2. Each contestant will get three attempts at throwing a tire with the correct specification (or as otherwise directed by the Meet Director) in accordance with the Weight Table for the contestant's gender, age group, and bodyweight classification. Farthest throw counts.
3. If approved by the referee, a contestant may compete with a heavier or lighter than standard tire. If competing with a lighter than the STANDARD WEIGHT, the contestant shall not place above another contestant using standard or heavier than the STANDARD WEIGHT, but will be eligible for an age-group world record at the weight used.
4. The following USATF track & field rules shall be observed with regard to the layout of the throwing circle and sector lines:
 - The throwing circle shall be 2.5m (8.20 ft) in diameter with two chalk lines inside the circle edges separating the front half from the back half of the circle.
 - The sector lines shall form an angle of 34.92 degrees, measured to the center point of the throwing circle, proportionately on an isosceles triangle as 5 meters along both sector lines and 3 meters between the 5 meter distances along the sector lines.
5. No part of the body shall touch or cross the throwing circle during the throw. Upon completion of the throw, the contestant shall cross out of the throwing circle *under control* crossing the circle line behind the front half of the throwing circle.
6. The head judge shall rule infractions regarding the throw inside the throwing circle. The field judges shall rule infractions regarding sector line fouls. Red and white flags shall be employed whenever available.
7. Gloves and knee wraps/braces are optional.
8. Either one or two hands may be used.
9. The contestant has one minute to initiate the event after his/her name is called to perform.

EVENT 12. 1-HAND PARTIAL DEADLIFT

1. **Event Officials:**
 - a. The **Head Judge** shall give commands to the lifter, and independently judge whether each attempt is legal. Two **Side Judges** who are **Referees** shall also independently judge whether each attempt is legal. White lights, paddles, or flags from at least 2 out of the 3 referees constitute a good lift.
 - b. The **Head Judge** will give the "DOWN" command and signal when the contestant is fully locked out in accordance with AAU Powerlifting rules for the Deadlift. If the contestant fails to lock out after being warned of the infraction, the Head Judge will give the "DOWN" command and signal, and then give a red light, paddle, or flag.
 - c. The **Head Judge** shall assign one or two **Event Officials** as loaders.
2. This is a one-handed weight lift, 1 rep. Only one hand may be used and may not touch the any part of the body or the apparatus.
3. There will be three progressively greater weight attempts in accordance with AAU Powerlifting rules.

4. The steel outer handle shall be designed to loosely “roll” around a steel inner handle. For record keeping purposes, it shall be the Rolling Handle as manufactured by New York Barbells or approved equivalent.
5. The Contestant will be assigned a STANDARD HANDLE DIAMETER in accordance with the Weight Table for this event. This is based on the contestant’s category of gender/age group/range of bodyweights.
6. The Contestant may elect to use a smaller or larger diameter rolling handle but may not go below his/her STANDARD HANDLE DIAMETER to compete for a medal in his/her respective age and bodyweight classification, except as authorized by the Meet Director. However, the Contestants will still be eligible for AAU American and World Records for his/her age, bodyweight, and selected handle diameter.
7. The contestant has one minute to initiate the event after his/her name is called to perform.
8. Weight belt may be used.
9. This event is RAW--no supportive suits, wrist straps, gloves, or knee wrap/braces.
10. The contestant has one minute to initiate the event after his/her name is called to perform.
11. The contestant is required to lock out in accordance with AAU PL rules for the Deadlift. When the contestant stops moving at the top of the lift, he/she must wait for the head referee’s “DOWN” verbal signal with the right hand motioned downward, and then return the apparatus to the ground UNDER CONTROL without dropping it.

EVENT 13. TIRE FLIP

1. **Event Officials:**
 - a. The **Starter** for each contestant shall be the **Head Judge** who will give the starting commands “On Your Marks”, “Get Set”, “Go”.
 - b. There will be a **Timer** (who is an **Event Official**) for each contestant.
 - c. All **Timers** must be at the starting line close to the **Starter**, and start their hand-held stopwatches upon hearing the “Go” command. Each **Timer** must be at the finish line at the end of the race and shall time the contestant that is assigned to him/her.
2. Before the race, the tires shall be placed behind the starting line with each contestant in a crouched position grasping his/her tire.
3. The race shall end when each contestant’s tire completely crosses the finish line.
4. The course length shall be either 12.5m, 25m 50m, 75m, or 100m, at the discretion of the Meet Director. The course may be a straight run or include U-turns at the discretion of the Meet Director. The lap length may be anywhere from 12.5m to 100m.
5. The contestant has one minute to be in place ready to start after his/her name is called to perform.
6. The contestant shall stand in a crouch position with his/her hands on the tire while waiting for the verbal starting command.
7. Upon the starter’s signal, each contestant shall flip his/her tire end over end (not rolled) along the designated course until the entire tire passes the finish line.
8. Either one competitor will compete at a time, or two simultaneously and side by side in marked lanes.
9. The clock will stop for each competitor when the entire tire has crossed the finish line.

10. The time limit (depending on course distance) will be announced in advance of the event.
11. Each contestant is provided a tire with the correct specifications in accordance with the Weight Table for the contestant's gender, age group, and bodyweight classification. The entire tire shall be placed before the starting line.
12. If approved by the referee, a contestant may choose to compete with a higher or lower than standard tire for his/her classification (if available). If competing with a lower than the STANDARD WEIGHT, the contestant shall not place above another contestant using standard or higher than the STANDARD WEIGHT, but will be eligible for an age-group world record at the weight used.
13. If the tire rolls or otherwise moves out of the designated lane, the contestant shall roll or otherwise move it back to the point where it began to roll, place it down on its side to that point (or further back), and upon the referee's signal, continue on the course.
14. Weight belt may be used.
15. Weightlifting gloves may be used.
16. Knee sleeves, knee wraps, and/or knee braces may be used.
17. If the contestant attempts the event but is not able to move the tire because it is beyond his/her capability, he/she will be offered an opportunity to begin the event with a lighter tire. The contestant will be allowed at least a 5-minute recovery time.

EVENT 14. STRICT CURL, STRICT CURLS FOR REPS (1 rep, max weight, 3 attempts):

A. Event Officials

1. The **Head Judge** shall stand in front of the contestant, and shall give the "CURL" and "DOWN" commands.
2. A **Side Judge** (a Referee) shall stand on both sides of the contestant with a good view of whether the head, shoulders, and buttocks remain in contact with the wall (and feet stationary with heels no more than 12 inches perpendicular to the wall) for the entire lift until the Head Judge gives the "DOWN" command.
3. This lift will be judged by 3 Referees (**Head Judge** + two **Side Judges**).
4. At least two out of the three judges must rule "no lift" to invalidate any rep or attempt.

B. General

1. After removing the bar from the rack, blocks, a handoff, or the floor, the lifter must move backwards to the wall to establish his starting position. The lifter shall face the front of the platform toward the audience.
2. The Starting Position shall consist of the bar shall be held horizontally across the thighs with the hands palms of the hands facing outward and fingers gripping the bar, the feet flat on the platform with heels no more than 12 inches from the wall, the knees locked, the head erect; the head, shoulders, and buttocks in contact with the wall; and body motionless.
3. The lifter shall wait in the Starting Position for the Head Judge's "CURL" signal. The Head Judge will give the signal once the two Side Judges have raised white flags or paddles to indicate that the lifter has reached the proper position, and thereupon after the Head Judge determines from his vantage point that all other aspects of the lifter's position are acceptable before starting the lift. The Head Judge shall then give the "CURL" verbal command signal with upward movement of the arm.

4. The lifter must then perform the lift by bringing the bar up to the fully curled position (bar near chin or throat with palms facing backward and forearms firmly pressing against the biceps).
5. The knees must remain locked and the head, shoulders and buttocks in contact with the wall throughout the entire lift. The bar may stall but at no time shall any part of the bar go downward to constitute a "good lift". No hitching. Even extension required at lockout. The legs and hips may not be used in any way for momentum to complete the lift. The lifter may not lean back to assist in bringing the weight up. Any thrusting of the legs or hips for momentum is not allowed. The feet must remain flat and motionless throughout the lift.
6. The finished position is with the upper arm vertical and the forearms in contact with the biceps, the knees locked and the shoulders squared.
7. When the Head Judge determines that the finished position had been accomplished with the body and bar motionless, or the lifter has otherwise completed the lift, he/she shall give the "DOWN" signal and verbal command. The Head Judge may advise the lifter what he/she must do to reach the correct finished position before giving the DOWN signal.
8. Any rising of the bar or any deliberate attempt to do so will count as an attempt.
9. The lifter may, at the Head Judge's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error by one or more of the loaders.
10. The back part of the heel cannot be more than 12" from the wall. There should be a line (tape) designated on the floor where the heels cannot cross over.

C. Causes for Disqualification of the Strict Curl attempt or rep:

1. Any downward movement of the bar before it reaches the final position.
2. Leaning back to assist the lifter in raising the weight.
3. Head, shoulders or buttocks coming off the wall during the lift while going up.
4. Failure to keep the head erect during the entire lift.
5. Failure to stand erect with the head, shoulders, and buttocks in contact with the wall at the completion of the lift.
6. Failure to keep the knees locked and straight during the lift.
7. Failure to keep feet flat during the lift.
8. Stepping backward or any foot movement such as rocking the feet.
9. Lowering or racking the bar before receiving the Head Judge's signal to do so.
10. Bouncing the bar off the thighs or bending the back to assist the lifter in starting the upward motion.

D. Events to be Contested

14-1. Strict Curl (1 rep, max weight, 3 attempts):

1. There will be three progressively greater weight attempts in accordance with AAU Powerlifting rules.
2. This lift will be judged by 3 Referees (Head Judge + two Side Judges). White lights, paddles, or flags from at least 2 out of these 3 referees constitute a good lift.

14-2. Strict Curls for Reps

1. The lifter must wait for each CURL and DOWN signal for each rep before proceeding. No touch and go.
2. At the completion of the event, the **Head Judge** shall compile the information from himself and the two Side Judges for each rep (preferably marked on the Referee's "Rep Scoresheets"). At least two out of the three judges must rule in favor of any specific rep for it to be counted as valid. After compiling the information the Head Judge shall announce the final result to the lifter and the audience.

EVENT 15. OVERHEAD PRESS, OVERHEAD PRESSES FOR REPS, LOG CLEAN (ONCE) AND PRESSES FOR REPS, LOG CLEANS AND PRESSES FOR REPS, 2" AXLE CLEAN & PRESS (MAX WEIGHT), 2" AXLE CLEAN & PRESS (CLEAN ONCE, PRESS FOR REPS), 2" AXLE CLEAN & PRESS (CLEAN & PRESS EACH REP)

A. Event Officials:

- a. The **Head Judge** (a Referee) shall stand in front of the contestant and give the "PRESS" command and the "DOWN" command.
- b. A **Side Judge** (a Referee) shall stand on each side of the contestant. White lights, paddles, or flags from at least 2 out of the 3 referees constitute a good lift.
- c. **Loaders** will be used. **Spotters** may be used depending on the setup of the event.
- d. Wooden platforms (Rhode Blocks or Approved Equal) are recommended.
- e. **Bumper plates** shall be used on the bar if the bar is to be returned to the floor at the end of the lift.

B. Events to be Contested

15-1. Overhead Press

1. The implement to be used in the Overhead Press and in the Overhead Presses for Reps is a standard Olympic barbell. The implement to be used in the Log Clean (Once) and Presses for Reps and in the Log Cleans and Presses for Reps is a standard log with two handles as manufactured by Pitbull Strongman Equipment of Clay Center, Kansas, or Approved Equal.
2. The object of this event is to lift the maximum weight possible overhead. Once the lifter has taken the weight at chest level, or slightly higher, he/she may not receive additional aid.
3. No supportive suits, wrist straps, knee wraps, or knee braces. Gloves may be worn.
4. The weight may reach the chest in any of these ways :
5. The lifter may clean the weight to his chest (lift it from floor to chest in one movement).
6. The lifter may continental the weight to his chest (lift it from floor to chest in more than one movement, e.g. lifting it to the belt or abdomen en route).
7. The lifter may take the weight from J-Hooks mounted on the outside of a rack, back up and take a starting position behind the rack sufficiently far enough to safely drop the bar upon completion of the lift.
8. The lifter may be handed the weight by another lifter/lifters.

9. The lifter may stand the weight on end and put his shoulder under it to lift it to one shoulder and then transfer the weight to two hands.
10. The weight may be lifted from chest to overhead in any of these ways:
11. Jerking the weight (using a split or squat to dip under the weight)
12. Pressing the weight (no knee bend)
13. Push-pressing the weight (knee bend allowed)
14. Bent pressing the weight (lifting it with one hand and standing erect with the weight overhead).
15. Completing the lift means waiting for a referee's signal to drop the bar after the lifter has the weight locked out overhead, and standing still. The referee shouldn't wait more than a second once stability has been achieved.
16. Lifters are given three attempts with the the best attempt counted in the scoring.
17. In case of ties, the lighter lifter wins. If still a tie, the taller lifter wins since he/she has to lift it a greater distance.
18. The bar may be lifted off the rack or the floor depending on which of the five methods are selected for the meet. If lifted off the rack, the J-hooks shall be mounted on the outside of the rack, the lifter shall bring the weight to his chest, back up, spread his legs to a starting position, and reach a stationary position before being given the Press signal (if pushing the bar off his chest) or the Start signal (if pulling the bar off the floor).
19. Prior to the meet, the Meet Director shall select one or more of the five allowable methods of lifting that all contestants shall follow, and he/she shall notify potential participants when the meet publicity information is released.
20. There will be three progressively greater weight attempts in accordance with AAU Powerlifting rules.

15-2. Overhead Presses for Reps

1. One attempt and multiple reps with a 60-second time limit (with up to two pauses of up to 3 seconds each). The rules shall be no different than the Overhead Press event except that two "white lights" constitute a good lift for each rep.
2. Contestant must wait for the "Good" down signal to get a good lift and continue with the next rep.
3. There will be a 60-second time limit.

15-3. Log Clean (Once) and Presses for Reps (Clean once/ press for reps)

1. One attempt, one rep for a power clean and multiple reps for presses with a *60-second time limit (with up to two pauses of up to 3 seconds each)*. Clean from the ground once and press for reps.
2. 8" to 12" Log with handles, set 24" to 29" apart.
3. Contestant must wait for the "Good" down signal to get a good lift and continue with the next rep.
4. The contestant must lower the log under control. NO deliberate dropping of the log will be permitted. The contestant may forfeit his attempt in doing so.
5. One must hand **MUST** be in contact with the Log at ALL times until the contestant is finished with this event.
6. Good Lift: Log locked out under control overhead with arms straight, head thru, legs and feet either parallel or staggered and stationary.

7. Equipment allowed: Belt, chalk, wrist wraps, elbow sleeves, knee wraps or sleeves.
8. Equipment NOT allowed: Any item placed within the belt to provide a “shelf”. Back of belt built up to no more than 8” wide.
9. Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This is solely the responsibility of the contestant.

15-4. Log Cleans & Presses for Reps (Clean & Press each rep)

1. One attempt, multiple reps with a 60-second time limit (with up to two pauses of up to 3 seconds each). Clean from the ground each rep and Press each rep.
2. 8” to 12” Log with handles set 24” to 29” apart.
3. Contestant may press, push press, push jerk or split jerk the log overhead to a locked out position with their head thru forward.
4. Contestant must wait for the “Good” down signal to get a good lift and continue with the next rep.
5. The contestant must lower the log under control. No deliberate dropping of the log will be permitted. The contestant may forfeit his attempt in doing so.
6. Good Lift: Log locked out under control overhead with arms straight, head thru, legs and feet parallel or staggered and stationary.
7. Equipment allowed: Belt, chalk, wrist wraps, elbow sleeves, knee wraps or sleeves.
8. Equipment NOT allowed: Any item placed within the belt to provide a “shelf”. Back of belt built up to no more than 8” wide. Tacky, elbow wraps.
9. Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This is solely the responsibility of the contestant.

15-5. 2” Axle Clean & Press, Max Weight

1. 3 attempts.
2. Wessels Rule may be in effect.
3. Axle diameters from 1.9” to 2.5” may be used.
4. The Axle will start from the floor and must be cleaned to the shoulders, then pressed, push pressed, push jerked or split jerked overhead to a locked out position.
5. The athlete may clean or continental the bar to the shoulders however NO resting of the bar on the belt or similar object will be allowed.
6. The Athlete must wait for the “good” down signal before lowering the Axle.
7. “Good” signal: Axle locked out overhead with arms straight, head thru, legs and feet parallel and stationary.
8. The athlete must lower the Axle under control. No deliberate dropping of the axle will be tolerated. The athlete may forfeit his attempt in doing so.
9. Equipment Allowed: Chalk, belt, wrist wraps, elbow sleeves, Knee sleeves or wraps.
10. Equipment NOT Allowed: Any item placed within the belt to provide a “shelf”, back of belt built up more than 8”, tacky, elbow wraps.

11. Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This solely the responsibility of the athlete.

15-6. 2" Axle Clean Once & Press for Reps

1. One attempt, Clean once and press for reps.
2. There may be a 60 second time limit.
3. Axle diameters from 1.9" to 2.5" may be used.
4. The Axle will start from the floor and must be cleaned to the shoulders, then pressed, push pressed, push jerked or split jerked overhead to a locked out position.
5. The athlete may clean or continental the bar to the shoulders, however NO resting of the bar on the belt or similar object will be allowed.
6. The Athlete must wait for the "good" down signal before lowering the Axle.
7. "Good" signal: Axle locked out overhead with arms straight, head thru, legs and feet parallel and stationary.
8. The Axle must touch the chest or have the axle below the chin before proceeding to lockout.
9. The athlete must lower the Axle under control. No deliberate dropping of the axle will be tolerated. The athlete may forfeit his attempt in doing so.
10. Equipment Allowed: Chalk, belt, wrist wraps, elbow sleeves, Knee sleeves or wraps.
11. Equipment NOT Allowed: Any item placed within the belt to provide a "shelf", back of belt built up more than 8", tacky, elbow wraps.
12. Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This solely the responsibility of the athlete.

15-7. 2" Axle Clean & Press for Reps (Clean and Press each rep)

1. One attempt, Clean and Press each rep.
2. There may be a 60 second time limit.
3. Axle diameters from 1.9" to 2.5" may be used.
4. The Axle will start from the floor and must be cleaned to the shoulders, then pressed, push pressed, push jerked or split jerked overhead to a locked out position.
5. The athlete may clean or continental the bar to the shoulders however NO resting of the bar on the belt or similar object will be allowed.
6. The Athlete must wait for the "good" down signal before lowering the Axle.
7. "Good" signal: Axle locked out overhead with arms straight, head thru, legs and feet parallel and stationary.
8. The Axle must touch the chest or have the axle below the chin before proceeding to lockout.
9. The athlete must lower the Axle under control. No deliberate dropping of the axle will be tolerated. The athlete may forfeit his attempt in doing so.
10. Equipment Allowed: Chalk, belt, wrist wraps, elbow sleeves, Knee sleeves or wraps.
11. Equipment NOT Allowed: Any item placed within the belt to provide a "shelf", back of belt built up more than 8", tacky, elbow wraps.

12. Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This is solely the responsibility of the athlete.

EVENT 16. POWER CLEAN. POWER CLEANS FOR REPS

A. Description of the Lift

1. The bar is placed horizontally in front of the lifter's legs.
2. It is gripped, palms downward and pulled in a single movement from the platform to the shoulders. Squatting to receive the bar on the shoulders is permitted but not required. During this continuous movement, the bar may slide along the thighs and lap. The bar must not touch the chest before the final position.
3. It then rests on the clavicles or on the chest above mid-pec, or on the arms fully bent. The feet return to the same line, legs straight, and parallel to the plane of the trunk and the barbell.
4. The lifter then waits on the signal from the referee to replace the barbell on the platform. The referee will give the signal to lower the bar as soon as the lifter becomes motionless.

B. Event Officials:

1. The **Head Judge** (a Referee) shall stand in front of the contestant and give the "START" command and the "DOWN" command.
2. A **Side Judge** (a Referee) shall stand on each side of the contestant. White lights, paddles, or flags from at least 2 out of the 3 referees constitute a good lift.
3. **Loaders** will be used.
4. **Spotters** shall NOT be used.

B. Rules

1. The technique known as the "hook grip" is permitted but not required.
2. The referee must declare "no lift" any unfinished attempt in which the bar has reached the height of the knees.
3. After the referee signals to lower the barbell, the lifter must lower and not let it drop. The grip can be released when it has passed the level of the waist.
4. The use of grease, oil, water, or any lubricant on the thighs is forbidden.
5. The use of chalk on the hands and/or thighs is permitted.
6. This event is RAW—no knee wraps or elbow wraps.

D. Incorrect movements and positions

1. Pulling from the hang position.
2. Touching the platform with any part of the body other than the feet.
3. Placing the bar on the chest before turning the elbows.
4. Touching the thighs or the knees with the elbows or upper arms.
5. Leaving the platform during the execution of the lift, i.e. touching the area outside the platform with any part of the body.

6. Replacing the barbell on the platform before the referee signals.
7. Dropping the barbell.
8. Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.
9. Failing to replace the complete barbell on the platform, i.e. the complete barbell must first touch the platform before rolling or exiting.

E. Events to be Contested

16-1 Power Clean (1 rep max wt, 3 attempts)

1. There will be three progressively greater weight attempts in accordance with AAU Powerlifting rules.
2. This lift will be judged by 3 Referees (Head Judge + two Side Judges). White lights, paddles, or flags from at least 2 out of these 3 referees constitute a good lift.

16-2 Power Cleans for Reps

1. The lifter must wait for each DOWN signal for each rep before proceeding..
2. At the completion of the event, the **Head Judge** shall compile the information from himself and the two Side Judges for each rep (preferably marked on the Referee's "Rep Scoresheets"). At least two out of the three judges must rule in favor of any specific rep for it to be counted as valid. After compiling the information the Head Judge shall announce the final result to the lifter and the audience.

EVENT 17. 40-YD DASH

1. Event Officials:

- a. The **Head Judge** shall make sure that the starting line and finish line are measured correctly.
 - b. The **Head Judge** will be stationed at the starting line and be assisted by at least one **Referee**. The Head Judge shall give the commands to start the race. He and the Referees shall monitor the start and officiate false starts.
 - c. A different **Referee** or **Volunteer** shall be assigned to each contestant. Each Referee or Volunteer shall hold his/her own stopwatch and shall be positioned at the finish line.
2. May be held either indoors or outdoors
 3. The race may be run one at a time or multiple racers in delineated lanes.
 4. Athletic shoes must be worn. No bare feet.
 5. The starting line AND the finish line shall be considered the back edge of the taped or painted line.
 6. Shoes must be of an approved type for the specific indoor facility being used.
 7. Spikes may be worn outdoors on dirt or synthetic track. Spikes must be of an approved type and length for the specific track being used.
 8. Timing shall be either manual or automatic.
 9. For manual starts, all contestants shall position all parts of their body BEHIND the starting line with their bodies motionless at SET signal. There will be a starting gun or verbal start. The timer shall be a different official from the starter and shall start his

- stopwatch immediately upon hearing the gun or verbal start. The timer will be positioned at the finish line.
10. The most forward position of the contestant's body must be behind the starting line at the beginning of the race.
 11. The stopwatch will be stopped when the contestant's upper torso crosses the plane of the finish line.
 12. A false start will be declared if any contestant moves after the SET signal prior to the start. If any contestant false starts, the starter will halt the race with either a second gunshot or verbal command, and the race will be started over again.
 13. The "no false start" rule will be enforced. Any contestant false starting will be eliminated from the race.
 14. For manual gun or verbal starts, 0.24 seconds will be added to the recorded time to convert to an equivalent automatic time which will become the official time. When automatic timing equipment is used, the official automatic time will be the time recorded on the automatic timing equipment.
 15. The scoresheet will add 0.24 seconds to each hand time to convert to automatic time.
 16. If an automatic timing system is to be used, USATF or AAU Track & Field equipment and procedures shall be used and followed. Officials associated with the automatic timing process shall be official USATF or AAU Track & Field Referees.

EVENT 18. WHEELBARROW PUSH, SLED PUSH

A. General Requirements

1. Event Officials (Carry/Push Events):

- a. The **Scorekeeper** or other **Event Official** shall announce the order of competitors.
- b. The **Head Judge** shall time the event with a hand-held stopwatch. He/she shall be positioned at the starting line at the beginning of the race and at the finish line at the end of the race. A Referee shall stand by the turnaround line and judge whether the turnaround is legal.
- c. **Event Officials** shall be assigned as needed to ensure rule compliance. They shall assess penalties as applicable.

2. Event Officials (Throwing Events):

- a. The **Scorekeeper** or other **Event Official** shall announce the order of competitors.
- b. The **Head Judge** shall mark at the end of the measuring tape and announce the distance thrown. The measurement shall be to the closest point to the starting line of the sandbag's initial impact.
- c. A **Referee** shall stand by the starting line or throwing circle and judge whether the throw is legal. He/she shall announce "Officials are ready", and then the thrower has one minute to initiate the throw inside the throwing circle. The Referee shall hold the beginning of the tape measure on the starting line or circle.
- d. **Event Officials** shall be assigned to line up contestants in the throwing order (as necessary or desired).

B. Events to be Contested**18-1. Wheelbarrow Push**

1. The wheelbarrow shall be plate loaded as manufactured by Mike Kozlowski of Menifee CA, or Approved Equal. The distance carried shall be either 10 meters or a multiple of 10 meters.
2. All plates 15 kg and heavier shall be placed near the wheel and all smaller plates placed next farther from the wheel.

18-2. Sled Push

1. The sled shall be plate loaded as manufactured by Mike Kozlowski of Menifee CA, or Approved Equal.
2. Gloves may be worn.
3. Course length depends on the venue; however, 25 meters or 50 meters will be used and level is the standard. 50 meters can be a straight distance or a turnaround at 25 meters.
4. 60 second time limit. Best time wins. Best distance wins if none in the same classification complete the course.
5. Various sleds may be used. Preferably plate loaded.
6. The front of the sled will be placed on the starting line.
7. The contestant will place their hands on the vertical bars of the sled waiting for the referees signal. Time begins at the referees signal.
8. The contestant will push the weighted sled as fast as possible for the designated distance.
9. Time stops when the front of sled crosses the finish, otherwise distance will be recorded from the starting line to the front of the sled.
10. Equipment Allowed: Belt, Chalk, knee wraps or sleeves, wrist wraps. Elbow sleeves. Work boots, climbing shoes, or sneakers.

18-3. Sandbag Gutblaster (a combination of Sandbag Carry and Wheelbarrow Push)

1. Place all the designated sandbags behind the starting line in any configuration you want. You have 3 minutes to accomplish this before the starting whistle. Pick up and carry sandbags of varying weight in any order accordance with the WEIGHT TABLE for this event.
2. Carry the sandbags in any order and as many as you wish to carry at a time down a 0% to 3% grade as long as the sandbags (other than the handles) are not dragging on the ground, and run 25m past the turnaround line; then load them in any order into a wheelbarrow positioned just past the 10m turnaround line, and push the wheelbarrow in as many trips as necessary back up the 0% to 3% grade to the unloading zone and dump the bags there.
3. There will be a 3-meter-long unloading zone off the side of the left side of the course inside the starting line. This is to be used for dumping the sandbags out of the way of the race course. Once the sandbags have been dumped within this zone, the total weight of the sandbags dumped will count toward the Contestant's score of total number of pounds delivered.

4. There is a 3-minute time limit. Every 30 seconds that have elapsed will be announced by the Head Timer. You may need to revise your pre-race strategy during the race in order to maximize your poundage delivered before the time limit.
5. After the 3-minute time limit has elapsed, if you have made partial progress of carrying and wheel barrowing any bags short of dumping the bags in the unloading zone, those bags will not count toward your total.
6. The most total pounds of sandbags carried to the turnaround line and wheel barrowed back to the beginning and dumped wins. If there are two or more contestants who dump all of their sandbags before the time limit, the one with the best time wins.
7. If you drag the sandbags on the ground: (a) If you finish the course before time expires, you will be assessed a 5-second penalty for each occurrence after the end of the race. (b) If you don't dump all your sandbags in the unloading zone before time expires, you will be assessed a 5-lb penalty for each occurrence after the end of the race.
8. You do not have to run sandbags all the way to the wheelbarrow without stopping. You may run back to the starting line and pick up more sandbags in any order you want.
9. You can drop the sandbags and pick them up again any number of times.
10. You may not push the wheelbarrow and carry sandbags at the same time.
11. You may be exhausted well before the time limit has expired and your mind may be too numbed to remember all the pre-race instructions and hints. Therefore, the Head Judge will assist you with verbal instructions and strategy hints during the race if you so desire. You may ask for a clarification of the rules at any time during the race. If you are evidently not fully aware of the rules and repeat rules violations, the Head Judge will verbally advise you before you go any further.

EVENT 19. MEDICINE BALL THROW, STONE THROW, SANDBAG THROW

13. Event Officials:

- a. The **Scorekeeper** or other **Event Official** shall announce the order of competitors.
- b. A **Referee** shall stand by the point of initial impact of the back end of the medicine ball with the ground. Another **Referee** shall stand by the Head Judge and hold the measuring tape taught through the center point of the throwing circle prior to the Head Judge measuring the throw on the starting line (i.e., the arc of the starting circle).
- c. **Event Officials** shall be assigned to line up contestants in the throwing order (as necessary or desired).
- d. A **Side Judge** shall be positioned on each of the two sector lines, 30 degrees apart. If either of the two Side Judges raises a red flag, it shall be ruled a foul. Any part of the sandbag touching or crossing a sector line upon impact shall be ruled a foul.
- e. The **Head Judge** shall be stationed to one side of the thrower just outside the throwing circle with a close view of the front of the circle. No part of the thrower's body shall touch or cross the front of the circle or the ground in front of it. The thrower must leave the throwing circle behind the front of the circle (between the two sector lines) under control. The **Head Judge** shall mark at

- the end of the measuring tape on the “starting line” and announce the distance jumped.
- f. If the **Head Judge** raises a red flag it shall be ruled a foul. If he/she raises a white flag it shall be ruled a good throw pending the sector line ruling of the two Side Judges.
 2. The distance of one up to seven throws shall be added together to compute a total distance for the event. For simplicity of adding the distances, either a metric tape or tape that reads in decimals of a foot is preferable. Medicine balls of various weights shall be used, and contestants of any given age group/weight class shall be assigned an appropriate STANDARD WEIGHT. Contestants may throw only their STANDARD WEIGHTS.
 3. To minimize the time of this event, the **Meet Director** may require each thrower to complete his allotment of throws and delay measurement of the throws until all have been completed. The contestant shall have up to one minute to initiate his next throw after completing the previous throw and the “OFFICIALS ARE READY” command (or raising a white flag) has been given by the **Head Judge**.
 3. No repeated throws from any one position.
 4. The Contestant may rotate or glide to the starting line as in the shot put or discus so long as neither foot touches or crosses the starting line. Otherwise, the Head Judge will declare a foul and the throwing distance for that throw is 0 (in feet or meters).
 5. The distance shall be measured perpendicular to the starting line. In effect, accuracy will be rewarded.
 6. The Contestant shall start the throwing movement with both feet no more than 8'-2" behind the starting line, and no more than 4'-1" laterally from the both feet at the point of release.
 7. The distance shall be marked at the back of the ball where it first strikes the ground.
 8. The ball may have a cylindrical hole in the middle to be used for a finger grip with either or both hands, as in the “Podium” brand medicine ball. The ball may be of any surface. If thrown indoors or on pavement, it shall have a soft or rubbery surface that will not damage the flooring or pavement.
 9. Gloves may be worn.
 10. Possible throwing positions are as follows:
 - a. Over the head forward
 - a. Over the head backward
 - b. Underhanded forward from between the legs
 - c. Pushing forward with both hands from the chest
 - d. Shotput style with either hand
 - e. Discus style, rotating either clockwise or counterclockwise, releasing the ball with both hands.
 - f. Javelin style forward with both hands up in the air on one side of the head
 - g. For the Stone Throw, for safety reasons, the stone shall not be thrown over the head.
 - h. Stones preferably shall be of granite. They may be oblong and have sharp edges to provide a better grip. The Standard Weights shall be 25 lb, 38 lb, 56 lb, 72 lb, & 90 lb. See the Standard Weight tables for weight tolerances.

EVENT 20. SLED PULL

1. The Sled shall be plate loaded and manufactured by Pit Bull Equipment of Clay Center, Kansas, or Approved Equal. The sled shall be of a specific weight as specified in the Standard Weight Table for this event.
2. Course length depends on the venue; however, 25 meters or 50 meters will be used and level is the standard. 50 meters can be a straight distance or a turnaround at 25 meters.
3. The Meet Director may determine the distance traveled and number of turnarounds. If it is a new combination not identified in the standard weight tables, the Meet Director shall identify a different standard weight and create a new weight table for the specific event prior to staging the event.
4. All plates 15 kg and heavier shall be placed on the sides near the wheel (until there is no more space) and then on the sides next farther from the wheel. All smaller plates placed on the sides next farther from the wheel. The Meet Director shall distribute Standard Weight tables for this event.
5. A 1.5-inch or 2-inch diameter hemp rope shall be held by the contestant to pull the sled. An official will pull the rope off to the side of the contestant after it passes through the contestant's hands.
6. Gloves may be worn.
7. Two methods will be allowed with separate sets of records:
 - a. With the sled behind the contestant, pull the sled forward by pulling on the rope,, leaning and walking forward with the sled dragging behind.
 - b. With the sled ahead of the contestant, pull the sled back toward the contestant by pulling on the rope and sitting with feet braced in a large tire or other fixed object.

EVENT 21. ATLAS STONE FOR REPS, ATLAS STONES-ASCENDING WEIGHTS

A. General

1. Stones either may be pre-fabricated by a manufacturer or set in a mold as manufactured by Slater Hardware of Lancaster Ohio and Bound for Fitness of Northridge CA, or Approved Equal.
14. Stones shall be spherical. They shall not have a slippery surface. If dropped they shall fall on a rubber mat or other surface that will prevent them from breaking.
15. Standard weights of stones shall be of the following weights (in lb): 30, 42, 73, 95, 116, 130, 142, 160, 175, 215, and 250. Tolerances of up to 5 lb are acceptable for the first 9 stones in the aforementioned series; tolerances of up to 10 lb are acceptable for the last two. Additional (heavier) stones may be added as needed.

B. Events to be Contested

21-1. Atlas Stone for Reps

1. 1 attempt for the lifting one Atlas stone for reps with the fastest time.
2. There will be a 60-second time limit.
3. The contestant will choose the Atlas Stone that is the heaviest for him to lift.
4. Bar height on the Yoke is between 48" to 50" from the ground. (36" for Youth Ages 6 thru 12)
5. Stones will be placed at the base of Yoke prior to the start of the event.
6. During warm-up, the contestant must demonstrate the proper "sumo" technique (i.e., feet positioned wider than shoulder width) such that if a stone is dropped it

- will fall on the ground safely between the contestant's legs. If the contestant does not use this technique during the competition, he will be warned and must comply immediately. On the second warning, the contestant must stop lifting and return the stone to the ground, and the attempt will be terminated with no score.
7. Contestant shall stand above the Atlas Stone with a wide stance. After Atlas Stone is lifted over the bar the contestant will stay clear. The spotter will roll the Atlas Stone forward to the contestant to make his/her next rep.
 8. The stones must be loaded in a controlled manner. If a stone falls before going over the bar during the attempt, the contestant must repeat with that stone to complete the rep.
 9. Stones must clear the bar. Placing the Atlas Stone on the bar & rolling it over is allowed. The last Atlas Stone lifted at the end of 60 seconds, MUST clear the bar in order for it to count.
 10. Contestant starts with hands on the bar or a short distance from the bar at start of the event.
 11. The contestant will wait for the referee's signal of "LIFT". Time will then start.
 12. Equipment Allowed: Belt with buckle to the back, chalk, knee wraps or sleeves, forearm sleeves. Tacky or tape can be applied to the forearm area.
 13. Equipment NOT Allowed: Belt buckle to the front or an object in the belt to provide a "shelf". NO built up shoes to provide extra height. No gloves.

21-2. Atlas Stones-Ascending Weights

1. If the contestant does not complete setting all five stones within the 60-second time limit, the number of stones set when time has expired will be counted.
2. The person who places the most stones is the winner. A tiebreaker will be the time elapsed upon the last stone placed.
3. There will be a 60 or 75 second time limit, as determined by the Meet Director.
4. Bar height on the Yoke is between 48" to 50". (36" for Youth)
5. For Youth it suggested that they compete in the Atlas Stones For Reps Event. For ALL others TBD.
6. Stones either may be pre-fabricated by a manufacturer or set in a mold provided by a manufacturer. They shall not have a slippery surface. If dropped they shall fall on a rubber mat or other surface that will prevent them from breaking.
7. The contestant will choose the five Atlas Stones in a sequence of five consecutive stones within the following series of 11 available stones (in lb): (30, 42, 73, 93, 116, 130, 142, 160, 173, 207, 246)
8. Stones shall be placed at the base of Yoke.
9. Contestant shall stand above the Atlas Stone with a wide stance. After Atlas Stone is lifted over the bar the contestant will stay clear. The spotter will roll the Atlas Stone forward to the contestant to make his/her next rep.
10. The stones must be loaded in a controlled manner. If a stone falls before going over the bar during the attempt, the contestant must repeat with that stone to complete the rep.
11. Stones must clear the bar. Placing the Atlas Stone on the bar & rolling it over is allowed.
12. Contestant starts with hands on the bar or a short distance from the bar at start of the event.

13. There will be a 60 second time limit no more than 75 seconds. The contestant will wait for the referee's signal of "LIFT". Time will then begin.
14. Equipment Allowed: Belt with buckle to the back, Tacky, Chalk, Knee wraps or sleeves, Fore-arm sleeves,
15. Equipment NOT Allowed: Belt buckle to the front or an object in the belt to provide a "shelf". No built up shoes to provide extra height.

EVENT 22. DIP, DIPS FOR REPS

A. General

1. This event shall be performed on either a special dip apparatus or a dip attachment to the outside of a power rack. The apparatus shall be adjustable in width and height to accommodate all sizes of athletes. It shall be manufactured by Fitness Cages Unlimited of Riverside CA, or Approved Equal. When on a power rack, the Meet Director shall attach barbell plates to the rack to pegs designed for that purpose as required to prevent the rack from tipping over.
2. Equipment Allowed: Wrist wraps, elbow sleeves, chalk, weight belt
3. Rules: The contestant shall begin with his arms erect and elbows locked. The Head Judge will give the START command when the contestant is fully locked out and stationary. The contestant shall have arms erect and elbows locked at the start of the rep, and the back of the upper arm between each elbow and the base of the deltoid on the same arms shall be at least 2" above parallel or lower at the bottom of the rep.

B. Dip

1. The contestant will have 3 attempts of progressively greater weight as in a powerlifting competition. Highest total weight counts. The total weight of the attempt shall be counted as the clothed bodyweight + dip belt weight + barbell plates.
2. The event director may allow 4th record attempts, time permitting, if he deems the attempted weight to be safe for the contestant under the conditions and that the contestant was successful in his 3rd attempt.

C. Dips for Reps

1. The weight of the attempt shall be counted as the clothed bodyweight + dip belt weight + barbell plates.
2. Additional equipment allowed: Added weight with dip belt and barbell plates.
3. Three referees (head judge and two side judges) shall rule on every rep. Two white lights on any rep constitute a good lift for that rep.
4. The head judge may advise the contestant when compliance with the rules is either inadequate or borderline to assist the contestant in making adjustments, but that advice is not relevant to the outcome of judging for any rep.

EVENT 23. EVENT MEDLEYS

1. The Meet Director may combine two or more events into medleys of any combination. It is recommended that there be a time limit of 3 minutes or less, mindful that AAU Feats of Strength is a strength sport—not and endurance sport. The Meet Director shall establish guidelines for each medley event. After the meet

he shall document the distance and guidelines so that the event may be duplicated and records maintained in the future.

EVENT 24. MAS STRENGTH CHALLENGE

MAS Wrestling is an ancient sport from Yakutia (far northern region of the Russian Republic of Sakha). Athletes sit in front of each other, prop their feet against the jamb board that divides the competition arena and pull on a short stick (33mm diameter for adults, 30mm for teens 12-18, 38mm for youth 11 and under and 20 inches long).The athlete that is assigned the “red” side chooses the stick hold position (internal or external for the first bout), and the one who chooses the external hold, shows his position (left or right) and has no right to change it. In second bout the grip is reversed/switched (internal/external), and if third bout is necessary, coin toss. The stick must be over the jamb board and parallel to it, hands and fingers are not to overlap. Bout starts on Referee’s whistle/signal (Sit = “Olor!”; Ready = “Belem!”; Go =“Che!”).

AAU MAS Strength Challenge shall be exactly in accordance with the MAS WRESTLING USA OFFICIAL COMBAT RULES that were approved by the Congress of the International MAS Wrestling Federation (the IMWF) on November 24, 2012. For a complete description of the English version of IMWF OFFICIAL INTERNATIONAL RULES, go to:

<http://maswrestlingusa.com/international-rules> In addition, the rules are explained in:
<https://www.youtube.com/watch?v=Fia8W49hBNI>.

The following provisions are a synopsis of those identified in the aforementioned MAS WRESTLING USA OFFICIAL COMBAT RULES:

The competitors are divided into the following age groups:

No	Group	Age
1	Mini MAS Boys	5-11 years
2	Mini MAS Girls	5-11 years
3	Junior Boys	12-14 years
4	Junior Girls	12-14 years
5	Senior boys	15-17 years
6	Senior Girls	15-17 years
7	Junior Men	18-21 years
8	Junior Women	18-21 years
9	Men	18 years and older
10	Women	18 years and older
11	Veteran Men Masters I	40-49 years
12	Veteran Men Masters II	50 years and older
13	Veteran Women	40 years and older

The competitors are divided into the following weight categories (kg):

Boys			Girls			Juni or Men	Junior Wome n	Men	Wome n	Veterans		
Mini MAS	Juni or	Seni or	Mini MA S	Juni or	Seni or					Men	Men	Wome n
										Master s I	Master s II	
25	40	50	25	40	50	60	50	60	55	65	70	60
35	50	60	35	50	60	70	60	70	65	75	70+	70
45	60	70	45	60	70	80	70	80	75	85		70+
55	70	80	55	70	70+	90	80	90	75+	85+		
55+	70+	80+	55+	70+		90+	80+	105				
								125				
								125 +				

Weight categories with 2 or less athletes may be merged with next higher weight category; weight categories with 3-5 athletes conducted in Round Robin format; and weight categories with 6 or more athletes conducted in Double Elimination A-B format.

The competitions in every weight category begin and end in one (1) or two (2) days. Weigh-in of each weight category can be held a day before or on the day of competition in that weight category. The order of meetings (matches) between athletes (teams) is determined by the drawing of lots and the selected system of events. Procedure of meetings (matches) among athletes (teams) determined by drawing and chosen system of the competition. The system of competition can be single or double elimination, or combination thereof, round-robin etc. as outlined in Chapter 1, Article 2 pages 6-9 of the IMWF International Rules:

<http://maswrestlingusa.com/international-rules>

An athlete wins the bout if he/his:

- pulls (snatches out) the stick;
- pulls the opponent over with the stick;
- opponent releases a hand (hands);
- opponent moves one or two feet over the jamb board higher than knee level; or
- opponent gets second caution in single bout.

Cautions are given for:

- hooking and resting the stick and/or arms against the board and/or toes;
- twisting the stick over 90 degrees vertically and horizontally;
- re-gripping and twisting the stick before start;
- disobeying the Referee's orders before start;
- false start; or
- setting feet, body or head against the lateral device fastening the board;

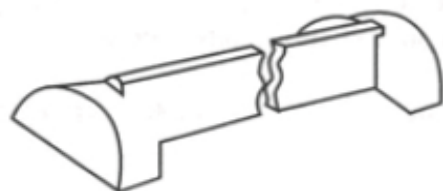
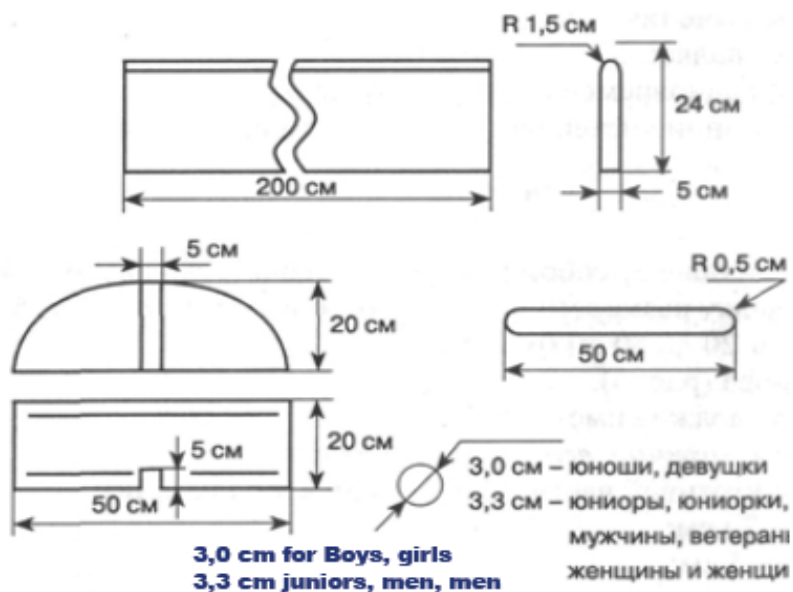
No Contest is declared if:

- the stick breaks; or
- athletes fall together and are not able to continue the bout.

Best two of three bouts win the Match. Each Match is best two of three bouts, and Points are awarded as follows: Win 2-0 and receive 3 Points; win 2-1 and receive 2 Points; lose 1-2 and receive 1 Point; and lose 0-2 and receive NO Points. The points may be used for tie breaking to expedite tournaments, and will be recorded forwarded to MAS Wrestling USA to be accumulated towards "belt" status/standing/ranking.

Official MAS Wrestling Board set-up and accessories are available from:

www.MASWrestlingUSA.com (Visegrip Viking Shop) --OR-- Can be manufactured from specs per the following diagram:



Governing Board

Рис. 6. Доска упора

EVENT 25. BOBSLED PUSH



A. General Description

Sanctioned by both Amateur Athletic Union Strength Sports and the US Bobsled & Skeleton Federation, the bobsled push is a single event within the Feats of Strength competition. The

Bobsled Push is a test of explosive power and speed; contestants push a wheeled, weighted “bobsled” in an effort to cover 20 yards in the fastest time possible, as divided into AAU Strength Sports age groups and weight classes. The Bobsled Push is the ultimate test of raw athletic ability.

i. Important Notes

1. All Referees must be certified as otherwise authorized by the AAU Strength Sports Executive Committee.
2. For National or International Feats of Strength meets, American or World records cannot be established without the full complement of Referees specified herein.
3. For other than National or International meets, AAU American Records may be established without the full complement of Referees specified herein under the following condition: The Meet Director must provide and review sufficient video evidence to complement the judgment of the meet Referees, recommend approval of American Records, and have them ratified by the AAU Strength Sports Executive Committee.

D. General Requirements

1. Staffing of Event Officials
 - a. The Meet Director and/or Head Judge shall appoint the staff of Event Officials for each event as specified in these Rules.
 - b. The Meet Director may reduce the staffing of Event Officials below the levels specified in these Rules ONLY IF the specified Spotting crew is maintained and safety measures are NOT compromised.
2. Staffing of Referees
 - a. At National and International competitions, the Meet Director shall take concerted measures to guarantee the staffing of Referees specified in these Rules for every contested event.
3. Any of the officials may compete when not officiating.
4. Equipment:
 - a. AAU Powerlifting rules for approved apparel shall be observed, except that gym shorts, tank tops, tee shirts, and sweatshirts may be worn instead of singlets, and hats may be worn for outdoor events. Markings on all apparel shall be in good taste as determined by the Meet Director.
 - b. Contestants may wear knee sleeves, or knee pads, but not both.
 - c. Contestants may not use gloves for any event.
 - d. Contestants shall not wear supportive gear, e.g., bench shirts, erector shirts, squat suits, deadlift suits or supportive suits for any event.
5. Number of Attempts: Contestants will receive two attempts to achieve their fastest time. Only the fastest time will count for the purpose of competition. A record may be set on any attempt.
6. If the Meet Director is absent during any event, the Head Judge of the specific event shall take responsible charge of the Meet Director’s duties.
7. Weight Classification: Contestants shall follow the official AAU PL weigh-in procedures.

8. Video Documentation

- a. Video documentation IS NOT REQUIRED.
- b. Videos of record attempts are preferable (but not required) for national and international meets. They add a layer of credibility for AAU records and also aid in publicity.
- c. The Meet Director shall forward meet videos of competitive events to either the National Chair of AAU Strength Sports or Vice-Chair of AAU Strength Sports Feats of Strength for approval. Examples may be posted on the AAU Feats of Strength YouTube channel. Permission shall be obtained from a parent or guardian of those 17 and under before videos can be publicly displayed.

E. Event Execution

Event Officials:

1. The Head Judge shall make sure that the starting line and finish line are measured correctly.
2. The Head Judge will be stationed at the starting line and be assisted by at least one Referee. The Head Judge shall give the commands to start the bobsled push. He and the Referees shall monitor the start and officiate false starts.
3. A different Referee or Volunteer shall be assigned for each push, shall hold his/her own stopwatch, and shall be positioned at the finish line.

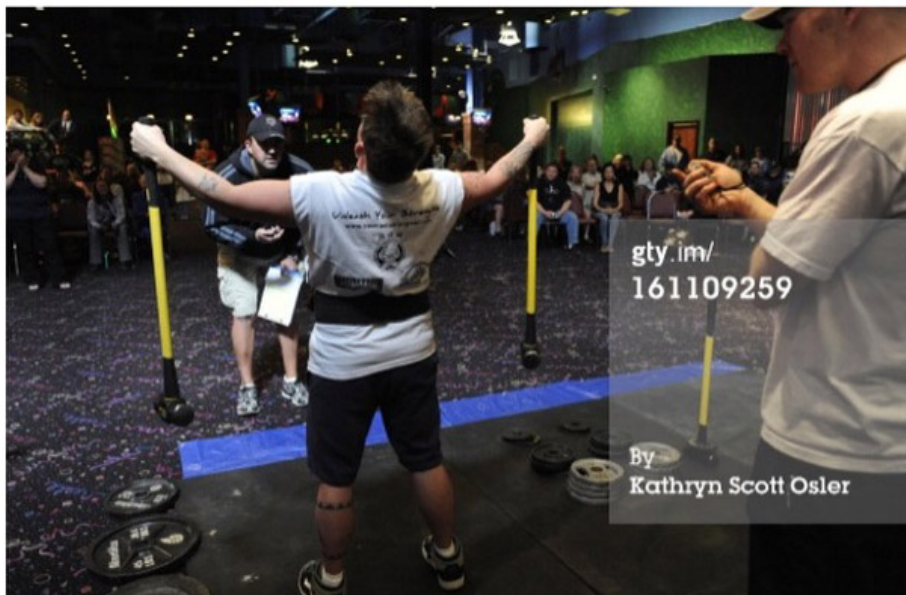
Rules of Performance:

1. The bobsled push is a test of explosive power and speed, as each athlete will push the wheeled, weighted sled from the starting line to a finish line 20 yards away.
 - a. Event may be held either indoors or outdoors
 - b. The bobsled push is contested one competitor at a time, although future considerations will include doubles competition of competitors within the same age group.
 - c. The push sled will be constructed of sturdy metal, with a weight-plate-loading capability and rubberized wheels. For the push competition, the sled will be loaded with the same weight as would be used for the repetition deadlift competition for that competitor's age and weight class.
 - d. Competitor's hands must grip the pushbar tightly to enable the sled to move. Releasing the sled while pushing will result in disqualification from that heat.
 - e. If a competitor releases the sled pushbar, any Referee may halt the event and disqualify the competitor.
 - f. A competitor's knees may touch the ground during the push.
 - g. Athletic shoes must be worn. No bare feet.
 - h. Shoes must be of an approved type for the specific indoor facility being used.

- i. Spikes may be worn outdoors on dirt or synthetic track, or indoors on synthetic track. Spikes must be of an approved type and length for the specific track being used.
- j. The starting AND finish lines shall be considered the back edge of the taped/painted line.
- k. Timing shall be either manual or automatic.
- l. All contestants shall position themselves behind the sled, with the front end of the sled BEHIND the starting line. There will be a starting gun or verbal start. The timer shall be a different official from the starter and shall start his stopwatch immediately upon hearing the gun or verbal start.
- m. Competitors may “pump” the sled to initiate movement, as long as the front end of the sled does not cross the start line prior to the start command.
- n. The timer will be positioned at the finish line.
- o. The stopwatch will be stopped when the front end of the sled crosses the plane of the finish line.
- p. A false start will be declared if the front end of the sled crosses the start line prior to the “START” command. If any contestant false starts, the starter will halt the race with either a second gunshot or verbal command, and the race will be started over again.
- q. A second “false start” will result in the contestant being eliminated from that heat, with no time recorded.
- r. When automatic timing equipment is used, the official automatic time will be the time recorded on the automatic timing equipment.

EVENT 27. CRUCIFIX HOLD

27-1 Crucifix Hold (for time)



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1. 1 attempt for the best time.
 2. No time limit.
 3. Implements: May have various designs at the meet director's discretion, including dumbbells, sledge hammers, kettlebells, handles and hanging chains attached to weights, and Weaver Sticks.
 4. The athlete may have to lean against a board or similar object to reduce excessive lean back.
 5. Hands must have palms facing forward, not up or down.
 6. Staff members may hand the implements to the athlete.
 7. The athlete must hold the implements straight out from the sides of the torso. A slight bend in the elbows is permitted however if bend becomes too great the judge has the right to stop the event and record the time.
 8. Using the fists as a guide the implements must not go below chin level or higher than eye level. The athlete may get one warning from the judge to correct the form. Next time the level is broken time will be stopped.
 9. The judge may read off every 5 seconds.
 10. Equipment Allowed: Belt, Chalk, knee wraps or sleeves, wrist wraps.
 11. Equipment NOT Allowed: Tacky