

Strongman Rules & Disciplines

Weight Divisions

- Heavy weight – over 100kg
- Middle weight – under 100kg
- Light weight – under 84kg

Atlas Stones

- 5 Stones are placed 2 metres in front of 5 platforms
- Each platform is a different height for Stones from light to heavy
- Light to Heavy Stones heights mm 1 = 1600 2 = 1500 3 = 1400 4 = 1300 5 = 1200
- You must lift and place 5 stones on 5 platforms
- The time limit to lift all stones is 75 Seconds
- The fastest time to lift all 5 stones wins maximum points
- Athletes can use Sticky for grip
- Each stone has a diameter from 40cm to 55cm

Light weight stones – 70kg, 80kg, 90kg, 100kg, 110kg

Middle weight stones – 80kg, 90kg, 100kg, 110kg, 120kg

Heavy weight stones – 90kg, 100kg, 110kg, 120kg, 130kg



Farmers walk for time

- The weights will be lifted and carried up and down a 25 metre course
- The total distance of the course is 75 metres
- This will be judged by the fastest time and completing the total 75 metre course
- The farmers walk implements will be 2 large long tool boxes with rubber grip handles
- You are allowed to drop the implements numerous times and continue the course
- Light weight – 2 x 70kg = 140kg
- Middle weight – 2 x 80kg = 160kg
- Heavy weight – 2 x 90kg = 180kg



Log Lift for reps

- A large wooden log is cleaned and pressed over the head
- The Log is then placed back on the ground to the starting position
- The time limit is 75 seconds to complete the maximum reps
- The log is 30cm diameter and 2 metres long
- The arms must be locked out completely at the top of the press
- The legs can be bent slightly to press out
- One hand must be in contact with the log at all times
- Light weight – 80kg
- Middle & heavy weight – 100kg



Shield Walk for time

- 1 large concrete shield is lifted off a stand
- The shield is carried up and down a 25 metre course
- The total distance of the course to be competed is 75 metres
- The time limit for the completed course is 75 seconds
- Once the shield is dropped within the course that is measured by distance and time
- The fastest time of the completed course will receive maximum points
- You cannot throw the shield over the finish line
- you must step over the line with the shield
- The dimensions of the shield is H - 70cm x W – 45cm x D – 30cm
- Light weight – 100kg
- Middle weight – 120kg
- Heavy weight – 140kg



Conan's Wheel for distance

- There is a large tripod with a pole extended out 4 metres
- There is a large cage which is filled with stones hanging off the pole
- You have to lift the pole and carry it out around a circle
- The pole needs to be placed on the bend of your arms and held high on your chest
- The time limit to achieve maximum distance is 75 seconds
- The maximum distance achieved will receive maximum points
- Once the pole and cage is dropped on the ground that is your final measured distance



Medley – Tyre Flip & Chain drag

- A large tyre is lifted and flipped over a 25 metre course
- The tyre is approximately 6 feet tall and weighing 250kg
- Once the tyre has been flipped over the 25 metre course
- You then have to drag a large ship chain backwards over the 25 metre course
- The maximum time limit 75 seconds to complete the course
- The fastest time will receive maximum points
- The chain has to be dragged completely over the finishing line.
- The tyre has to be flipped a minimum of at least half of the tyre over the finishing line.



Assisting & support allowed

- You can use weight lifting suits
- Weight lifting belts
- Wraps – Wrist, Arm, Back, Leg & Knee
- Chalk can be used and will be supplied
- Good quality boots or shoes should be used