

# Strongest Warrior Competition

## Rules for Events.

Weigh-Ins: 0800

Start Time: 0930

### 1. HMMWV/Jeep Pull-

- 40 meter course
- Maximum of 120 seconds to complete the course.
- Once the competitor has the vehicle in continuous forward motion the vehicle must stay in motion.
- If the vehicle comes to a stop (called by the referee) the competitor stops and will be awarded 0 points. Staff will mark and record the distance in the event that we do not have 10 competitors completing the course (the furthest distance will receive the highest point total in descending order.
- Once the front grill of the HMMWV breaks the finish line the time is stopped and recorded.
- Belt must be worn.
- Athletic shoes must be worn.
- Competitors may use the rope in front of them to pull themselves forward in a rowing motion

### 2. Military Press for reps-

- From a weight rack the competitor will attempt to press out as many reps overhead.
- Time limit of 60 seconds
- Full extension of arms.
- Bar must go below the chin on the eccentric portion of each lift.**
- Resting the bar behind the head between repetitions is prohibited.**
- The use of the legs to “push” the bar is allowed.
- If the bar is dropped or re-racked their turn is complete.
- Time begins when bar is in control in the down position on the chest and the referee gives the command “press”.
- If competitor ends before 60 seconds their reps may be recorded.
- If the competitor does not lock out arms to full extension the referee will repeat the last good rep number until a good rep is completed, i.e.  
“10..10..10..10..11..12..13
- If the bar does not come to the chest the referee will repeat the last good rep  
“10..10..10..11..12..13”
- The referee will alert the competitor of these form discrepancies.
- Belt must be worn.
- Athletic shoes must be worn.
- Highest numbers of complete reps wins.
- Competitor 135lb Men/65lb women for this event.

### 3. Tire Flip:

- 10 meter course.
- Tire is in upright position at edge of starting line.
- Time starts when referee blows the whistle.
- Event is complete when tire breaks the finish line.
- Fastest time gains most points.
- Belt must be worn
- Athletic shoes must be worn.
- Mouthpiece must be worn**

### 4. Stone Carry:

- Competitor will pick up a 244/140lb stone from a platform.
- Carry the stone at chest level.
- Competitor is allowed to take shirt off
- Wrap arms around stone.
- May clasp fingers (interlocked)
- No time limit
- Furthest distance carried wins.
- 40 meter course, competitor will walk towards the end of the 40 meter course round a traffic cone and head back to the starting point (if they can)
- Belt must be worn
- Athletic shoes must be worn

### 5. Farmers walk:

- 80 meter course (down 40m and back 40m)
- Competitor will pick up their dumbbells (125lb/70lb) and begin walking when the referee blows the whistle, their time will begin.
- Competitors will walk the course to the cones and round the cones. They will then return to the start/finish line.
- Each competitor's time will be recorded upon breaking the finish line.
- Competitors may put the dumbbells down and pick them up during the course. (Be aware that you are on the clock and there are other competitors in the same event).
- Belt must be worn
- Athletic shoes must be worn.
- Straps and Gloves are prohibited