

# MAXFIT MONSTERS

## **EVENT 1: Log-Press For Reps**

The Log will be resting on crash pads. Athletes will stand behind with hands off the log, timer begins once the start command is given. The athlete will clean and press away, each rep must have a down command from the judge for the rep to count. There are unlimited drops, it's on you if you want to clean the log back up.

**Notes:** Athletes can split jerk but must bring feet together before down command is given. If the log is dropped it must be dropped on the crash pads or the rep will not count. If the athlete does not drop the log on the crash pads 1 warning will be given. If it happens again then the athletes event attempt is over regardless of remaining time.

**EQUIPMENT ALLOWED:** Belts, knee/elbow sleeves, wrist wraps, grip shirt.

**EQUIPMENT NOT ALLOWED:** Knee/elbow wraps, tacky.

**Time Limit:** 90 seconds

## **EVENT 2: Yoke For Time**

Athletes will start getting set with the yoke. The timer begins when the start command is given, the athlete only then can pick up the yoke and walk to the finish line. Time will be called once the front end of the yoke crosses the finish line.

**Notes:** Athletes can drop the yoke 1 time between the start and finish line and must pick the yoke back up within 10 seconds or their turn ends. If the yoke is dropped a second time then the athletes turn ends and distance will be measured. No sliding of the yoke is allowed.

**EQUIPMENT ALLOWED:** Belts, knee sleeves, wrist wraps, grip shirt.

**EQUIPMENT NOT ALLOWED:** Knee wraps, lifting straps, tacky.

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**Time Limit:** 60 seconds

## **EVENT 3: Max Axel Deadlift**

Athlete will have 60 seconds per attempt and unlimited lift attempts within the time limit. Each rep must receive a down command for the rep to count. It's a max deadlift, it's pretty straight forward.

**Notes:** Axel bar will be set at 18". The bar will grow by 10kgs. Athletes can skip weights, however, you will not be allowed to go back down on weights. Mandatory 3 minute or greater rest period for athletes.

**EQUIPMENT ALLOWED:** Belts, knee sleeves, lifting straps.

**EQUIPMENT NOT ALLOWED:** Lifting straps with hooks, deadlift suit, knee wraps, tacky.

**Time Limit:** 60 seconds

## **EVENT 4: Sandbag to Shoulder**

Athlete will have 3 sandbags to choose from, all worth different points. Sandbag must be steady on the athletes shoulder, with arm straight out or straight down by the athletes side to receive the down command and for the rep to count.

**Notes:** Light bag = 1 point, Medium bag = 3 points, Heavy bag = 8 points. If the athlete is in the process of lifting the sandbag (above the knee) when timer ends, then they can finish the attempt. The moment the bag touches the ground, the event is over.

**EQUIPMENT ALLOWED:** Belts (hard belts must face backwards in order to not damage the bags), knee/elbow sleeves, wrist wraps, grip shirt.

**EQUIPMENT NOT ALLOWED:** Elbow/knee wraps, tacky, deadlift/squat suits.

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**Time Limit:** 120 seconds

## **EVENT 5: Arm Over Arm Truck Pull**

Athletes will start in the sitting area while holding the rope taught. At the start command, the athlete must pull the truck to the marked spot. Only the front bumper must pass the finish line for the event to end. Distance will be measured if the athlete does not finish pulling the truck within the time.

**Notes:** Athletes must stay seated within reason during the event, if there is full standing of the body then 1 warning will be given. 2 warnings and the attempt ends.

**EQUIPMENT ALLOWED:** Belts, knee sleeves, wrist wraps

**EQUIPMENT NOT ALLOWED:** Tacky, knee wraps, deadlift/squat suit.

**Time Limit:** 60 seconds

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## GENERAL INFORMATION:

Dates:

**25 May – Rules/equipment familiarization.** This will be the time to ask as many questions about general strongman competition rules.

**31 May – MaxFit Monsters competition.**

Timeline: 0900 weigh-in/rules (tentative)

1000 start time (tentative)

Weight classes: There will only be 2 weight classes. Weights will be taken on the MaxFit scale.

**90kg (198.4lbs)** will be the cutoff between lightweight and heavyweight.

Events and weights are subject to change even day of. This is strongman, and adaptability is part of the sport.

The only prize is bragging rights on being the first strongman champion for MaxFit. There may be more.

## TIE BREAKER:

If there is a tie for 1<sup>st</sup> place, the athletes will go head-to-head on a sandbag-over-bar tiebreaker. Athletes will have 30 seconds to lift the sandbag from their side, over the bar, and drop it to their opponent's side. The opponent then has the same time limit to repeat the action. This will continue until one athlete cannot lift the bag. If the timer ends and the bag is not on the opponent's side, then the tie breaker ends and the winner is determined. If neither athlete can lift the bag at all then they will move to a smaller bag.

**EQUIPMENT:** Same as sandbag event stated above.

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## HEAVYWEIGHT EVENT NUMBERS:

- Log-Press: 225lbs
- Yoke: 650lbs for TBD feet
- Axel Deadlift: Starting at 180kgs
- Sandbags: 100kg, 120kg, 136kg
- Truck Pull: Tacoma (with weight in the bed) for TBD feet
- Tie-Breaker: 120kg at 52”

## LIGHTWEIGHT EVENT NUMBERS:

- Log-Press: 185lbs
- Yoke: 550lbs for TBD feet
- Axel Deadlift: Starting at 160kg
- Sandbags: 80kg, 100kg, 120kg
- Truck Pull: Tacoma for TBD feet
- Tie-Breaker: 100kg at 52”