



MaxFit Monsters Events & Weights

Event 1: Deadlift Medley (Barbell → Axle → Deadlift Bar)

Rules: One rep on each implement, fastest time wins. Athletes strap in on their own time. Conventional stance only, no sumo stance. If the athlete fails to lift all 3 bars within the time limit then total successful lifts will be scored.

Down command is given when: athlete is fully locked out and looking straight ahead.

Equipment: Straps, knee/elbow sleeves, soft/hard belts, wrist wraps.

Time limit: 60 Seconds

Class	Weights
Men's 80kg	315 → 365 → 405 lbs
Men's 90kg	345 → 375 → 425 lbs
Men's 100kg	365 → 405 → 455 lbs
Men's Open	405 → 455 → 495 lbs
Women's 66kg	135 → 165 → 205 lbs
Women's Open	165 → 195 → 225 lbs

Event 2: Max Axle Clean & Press

Rules: Rising bar, athletes will have unlimited attempts within the time limit to get 1 successful lift.

Down command given when: the bar is fully locked out overhead, feet are together, and the athlete's head is looking straight ahead.

Equipment: Knee/elbow sleeves, knee/elbow wraps, soft/hard belts, wrist wraps, grip shirt.

Time limit: 60 Seconds

Class	Starting Weights
Men's 80kg	Start 165lbs, jumps 10-20 lbs
Men's 90kg	Start 165lbs, jumps 10-20 lbs
Men's 100kg	Start 185lbs, jumps 10-20 lbs

Men's Open	Start 205lbs, jumps 20 lbs
Women's 66kg	Start 45lbs, jumps 5-10 lbs
Women's Open	Start 55lbs, jumps 5-10 lbs

Event 3: Sandbag to Shoulder (Trump Weight)

Rules: Each athlete chooses their bag. 1 rep of a heavier bag beats any rep on a lighter bag. If a bag is picked up off the ground when the time runs out, then the athlete may attempt to finish the rep.

Down command is given when: athlete shows control of the bag on their shoulder, and their feet are together with the are pointing straight out to the side,

Equipment: Knee/elbow sleeves, soft/hard belts, wrist wraps, grip shirt. ***Hard belt must face backwards in order to not damage the bags.**

Time limit: 60 Seconds

Class	Bag Options
Men's 80kg	80kg → 300lbs
Men's 90kg	80kg → 300lbs
Men's 100kg	80kg → 300lbs
Men's Open	80kg → 300lbs
Women's 66kg	60lb → 300lbs
Women's Open	60lb → 300lbs

Event 4: Yoke + Farmer's Medley

Course: 30 ft yoke → 30 ft farmers, fastest time wins. The athlete may get ready under the yoke before the time starts, but may not leave the starting area until the time starts. The front end of the implement must pass the finish line. Unlimited drops, but obvious sliding will end the athlete's turn after one warning. If time runs out, then the distance will be measured on the relevant implement.

Equipment: Knee/elbow sleeves, soft/hard belts, wrist wraps, grip shirt.

Time limit: 60 Seconds

Class	Yoke	Farmers (each hand)
Men's 80kg	400 lbs	180 lbs
Men's 90kg	450 lbs	180 lbs
Men's 100kg	550 lbs	200 lbs
Men's Open	650 lbs	220 lbs
Women's 66kg	190 lbs	85 lbs
Women's Open	230 lbs	115 lbs

Event 5: Arm-Over-Arm Truck Pull

Rules: Seated pull with rope until the truck's front bumper crosses the line. If time runs out before the athlete has completed the event, then the distance will be measured.

Equipment: Knee/elbow sleeves, soft/hard belts, wrist wraps.

Time limit: 75 seconds

GENERAL INFORMATION:

Dates:

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

- **MaxFit Monsters competition.**

Timeline: 0900 weigh-in/rules

1000 start time

Only equipment listed in the events section is allowed; everything else is prohibited.

Weight classes: There will be 4 weight classes for men and 2 classes for women. Weights will be taken on the MaxFit scale.