

JERAI STRONGMAN 2023

THE EVENTS

Event - 1

LOGLIFT

Athletes will clean the log and overhead press for max reps from the ground within 60 sec time limit.



Men

U95kg - 70kg

U110kg - 80kg

Open - 90kg

Women

U65kg - 40kg

U110kg - 45kg

Open - 50kg

LOGLIFT (rules and regulations)

- 60 second time limit.
- Clean once, press away.
- Total reps completed is your score.
- Athlete begins at a starting line.
- Athlete must wait (2sec) for judge's down command to receive a good rep
- Athlete can clean the Log any way they choose.
- Log is not allowed to touch or rest on the athletes head.
- Knees of the athlete should be bent when lifting, but at the end of exercises legs should be straight, feet still in line.
- Log must be controlled back to the ground. (No Throwing of the implement). The log does not need to be returned to the chest on the descent, only controlled to the ground.
- Any dropped lift will result in a failed lift and will not count.
- Everytime the repetition is exercised from the ground, the athlete should not take his hands off the log at all.
- Wraps and sleeves are allowed, including "equipped" elbow sleeves. One item per joint. i.e one elbow sleeve, not multiple sleeves on the one elbow. (wraps on elbows aren't allowed).

Event - 2

Axle Deadlift

Athletes will have 60 seconds to complete as many reps of deadlifts as possible with an axle bar from standard height.



Men

U95kg - 200kg
U110kg - 220kg
Open - 240kg

Women

U65kg - 65kg
U80kg - 75kg
Open - 90kg

Axle Deadlift (rules and regulations)

- Athlete begins with hands off the implement.
- Athletes must wait for judge's DOWN command to receive a good lift.
- No split times. Ties are possible.
- No deadlift suits or briefs allowed.
- Straps allowed.
- No hooks, tacky, or tack towels allowed.
- Form of attempting Deadlift should be conventional and Knees should be inside the elbows.

Event - 3

Monster Dumbbell

Athletes will have 60 seconds to complete as many reps of the dumbbell as possible from the ground over the head.



Men

U95kg - 45kg
U110kg - 50kg
Open - 55kg

Women

U65kg - 15kg
U80kg - 20kg
Open - 25kg

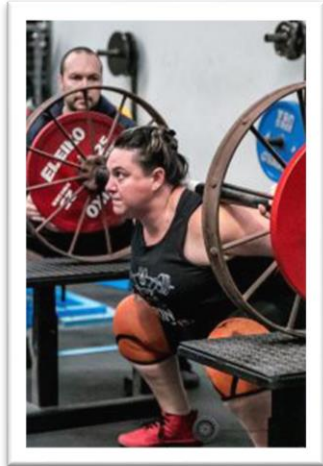
Monster Dumbbell (rules and regulations)

- 60 sec time limit.
- Athlete lift the dumbbell located on the platform with two hands and raises it to his shoulder.
- Note use single hand to push press dumbbell over the head.
- Elbow should be straight and lock over the head.
- Athletes must wait for judge's DOWN command hold it in the top position (2 sec.).
- Knees can be bent when lifting, but at the finish feet should be straight, feet still in line.
- Dumbbell must be controlled back to touch the ground after a successful rep. (No Throwing of the implement).
- Any dropped lift will result in a failed (rep) and will not count.

Event - 4

SQUATS (For Reps)

Athletes will have 60 seconds to complete as many reps.



Men

U95kg - 120kg
U110kg - 140kg
Open. - 160kg

Women

U65kg - 70kg
U80kg - 75kg
Open - 80kg

Squats (rules and regulations)

- 60 sec time limit.
- Knee wraps, sleeves and belt is allowed.
- Squat suits not allowed.
- Athletes must touch the platform to ensure its complete rep. If there is no touch on the platform from both sides then it will not be counted as Rep.
- Bounce back not allowed.
- Athlete must wait for judges command while squat.

Event - 5

Bench Press

Athletes will have 60 seconds to complete as many reps in bench press.



Men

U95kg - 80kg
U110kg - 90kg
Open - 100kg

Women

U65kg - 40kg
U80kg - 50kg
Open - 55kg

Bench Press (rules and regulations)

- 60 second time limit.
- The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor.
- Athlete must wait a sec for judge's down command to complete a good rep.
- Neck and hips should be on the flat surface of the bench.
- No split times.
- wrist wraps are allowed.
- Any dropped lift will result in a failed lift and will not count.
- Maximum reps in 60 sec.

MISCONDUCT

Disciplinary offense those who:

- Deliberately violate the rules of competition.
 - Presents an unsportsmanlike conduct.
 - Use Banned athletic performance-enhancing drugs or any purpose solicitation methods during a competition or contest.
 - During a competition attest unruly, abusive behavior.
 - The competitors in the competition or out of the competition have been behaving roughly with other competitors.
- The presence at announcement of the placing at the end of the contest is mandatory.
- The absence, respectively to leave the competition venue - before its completion - may only be authorized by the Head Referee. In the event of no participation of a competitor at the Closing Ceremony will not be eligible for the prize money the outcome of the tournament is canceled and will be disqualified.

DISQUALIFICATION

- All podium winners (first 3 placed athletes) - winners can be involved in anti doping tests. In case of a Positive test, the person or group receives lifetime banning and further legal action can be taken under NADA.
- For whatever reason, the exclusion of a competitor or competitors shall not apply or be entitled for any claim for damages for the organizer.

The organizer of the event, is entitled to exclude from further participation the competitor in case when :

- The competitors participate in a different way at the event.

Commit one or several serious breach of competition rules :

- In breach of any of the Rules, the organizer's own discretion applies.
- The exclusion of a competitor to be decided after a hearing.

RESPONSIBILITY

When during the competition a personal injury or property damage occurs, the organizer does not assume any liability. Possible occurrence of any property damage during a contest the competitor has the full responsibility. In the event of gross violation of the contest rules of engagement during a competition the organizer reserves the right to exclude a competitor or a team.