

United States Strongman, Inc. Contest Entry Form

**IRON WARRIOR STRONGWOMAN &
SAVAGE STRENGTH CHALLENGE II**

CASH PRIZES

PRO WOMAN'S WORLDS 2017 QUALIFIER

Contest Director: Aaron Snider & Christina Bangma

Contact: 774-239-4016 Email: chrstrong2013@gmail.com

Date & Time: April 15th, 2016 @ 11am

Weigh-in: Friday, April 14th (10am to 1pm, and 5pm to 8pm @ Champs Academy 900 E State Street, 46750); Saturday, 15th- 8am to 10am

Location: Champs Academy 900 E State Street, Huntington, IN 46750

Hotel: Holiday Inn Express Huntington, 2205 N Jefferson St, Huntington, IN 46750

Divisions: Novice Women (+/- 148), Novice Men (+/- 220), Teen, Masters Open Women, Masters Men +/- 220), Open Women LWW (123/132), MWW (148/165), HWW (165/198), SHWW (198+) Open Men LW (-181), MW (198/220), HW (242/275), SHW (275+)

Events:

1. Axle OHP (C&P each)
2. Yoke walk
3. 13" Deadlift for Reps
4. Husafell Carry Max Distance
5. Stone over Bar

*****Events, weights & order of events may change without Notice*****

Awards: Trophies for Top 3 in each Weight Class

****Top 3 women qualify for Pro Woman's Worlds 2017 and Top 3 in each class qualify for USS Nationals (Detroit) 2017****

CASH PRIZES: Women's: Overall LW, MW, HW, SHW Men's Overall: LW, MW, HW, SHW

Entry Fees: \$55 (\$65 After March 27th) PayPal: cbangma@cinergymetro.net

Entry Deadline: April 15th

Mail Entries & Fees: Aaron Snider 900 E State Street, Huntington, IN 46750

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against United States Strongman, Inc., Willie Wessels, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the United States Strongman, Inc. CONTEST and its related events, I hereby grant United States Strongman, Inc., and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate United States Strongman, Inc., and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that United States Strongman, Inc. and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to United States Strongman, Inc. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name:		Email:	
Street Address:			
City:	State:		Zip:
Phone:		Date of Birth:	
Weight Class:	Division:	Height:	
Signature:	Age:	T-Shirt Size:	
<i>(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)</i>			

Women	NLWW/MAsW	NHWW	LWW	MWW	HWW/SHWW	
Axle OHP	80	90	90	110	130	
Yoke Walk	257	300	300	350	400	
13" Wheel Deadlift	200	225	250	275	300	
Husafell Carry	125	150	150	185	225	
Stone Over Bar 46"	120	150	150	165	185	
Men	Teen	NLW/MLW	NHW/MHW	LW	MW	HW/SHW
Axle OHP	150	175	200	200	225	250
Yoke Walk	425	545	625	625	675	725
13" Tire Deadlift	400	425	475	475	525	575
Husafell Carry	200	250	275	275	325	350
Stone Over Bar 50"	205	238	283	258	283	315

RULES

2" AXLE CLEAN AND PRESS: (Clean and Press each rep)

- One attempt, clean and Press each rep.
- 60 second time limit.
- Axle diameters from 1.9" to 2.5" may be used.
- The Axle will start from the floor and must be cleaned to the shoulders, then pressed, push pressed, push jerked or split jerked overhead to a locked out position.
- The athlete may clean or continental the bar to the shoulders however NO resting of the bar on the belt or similar object will be allowed.
- The Athlete must wait for the "good" down signal before lowering the Axle.
- "Good" signal: Axle locked out overhead with arms straight, head thru, legs and feet parallel and stationary.
- The athlete must lower the Axle under control. **No deliberate dropping of the axle** will be tolerated. The athlete may forfeit his attempt in doing so.
- Equipment Allowed: Chalk, belt, wrist wraps, elbow sleeves, Knee sleeves or wraps.
- Equipment NOT Allowed: Any item placed within the belt to provide a "shelf", back of belt built up more than 8", tacky, elbow wraps.
- Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This solely the responsibility of the athlete.
- Equipment allowed: Knee sleeves or wraps, chalk, belt with buckle to the back, elbow sleeves
- Equipment NOT allowed: Tacky, suits, straps, Belt with buckle in the front or any object placed within the belt to provide a shelf

YOKE:

- One attempt.
- There may be a 60 second time limit.
- 100' course length with turn

- Multiple set downs allowed throughout the 100' course.
- Various Yoke designs may be used however every Yoke will adjust height.
- Athlete will start with the Yoke on the floor and shoulders under the crossbar.
- The signal is given and the athlete must lift and carry the yoke throughout the course.
- Touch line on the way down and fully cross the finish on the way back.
- No sliding of the yoke will be permitted. Disqualification from the event if sliding is obvious, or a 2 second penalty if inadvertent.
- Equipment allowed: Belt, Knee sleeves or wraps, chalk.
- Equipment **NOT** allowed: Tacky, suits.

13" Deadlift:

- 1 attempt for repetitions.
- 60 second time limit.
- Conventional stance ONLY allowed.
- Hitching is allowed.
- Weights must touch the floor before the athlete may proceed to the next rep.
- Good Lift: Athlete must lift the bar to a standing position with head up, shoulders back, legs and feet in line. Once the signal is given for the lift the athlete must return the bar to the floor under control. NO DROPPING OF THE implement WILL BE ALLOWED.
- Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, Lifting Straps,
- Equipment **NOT** Allowed: Tacky or similar product, Lifting hooks, Suits.

Husafell CARRY:

- 1 Attempt for max distance.
- No time limit is given.
- Picking up the From the ground
- The athlete will be given 30 seconds to successfully pick up the implement and proceed to carry the implement over the course. If the athlete is unable to pick up the implement within the 30 seconds the athlete may forfeit his attempt.
- The athlete must carry the implement over a course for the farthest distance. Standard course will have turns between 50'.
- Distance will be measured from the point of contact the implement has with the ground to the starting line.
- NO devise that will assist the athlete to hang onto the implement will be permitted (i.e. Stumpy Raines duct tape ring).
- Equipment allowed: Chalk, Knee wraps or sleeves, elbow sleeves, fore-arm sleeves, belt with buckle to the back,
- Equipment **NOT** allowed: Any devise to aid in the holding onto of the implement, Belt with buckle in the front or any object placed within the belt to provide a shelf, Tacky.

ATLAS STONE OVER BAR:

- 1 attempt as many repetitions as possible.
- 60 second time limit.
- Platform height between 46"(Women) to 50"(Men).
- Athlete starts with hands on the bar at start of the event.
- Equipment Allowed: Belt with buckle to the back, Tacky, Chalk, Knee wraps or sleeves, Fore-arm sleeves,
- Equipment **NOT** Allowed: Belt buckle to the front or an object in the belt to provide a "shelf". No built up shoes to provide extra height.

