



Empire Classic Strongman Challenge

(NAS Level I - 2019 NAS Membership Required of all Contestants)

PROMOTER: Darla Kuhman

DIRECTORS: Darla Kuhman, Dave Gronenthal, Spencer Shoesmith, Connor Buppert

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Online entry forms and expo details for the Empire Classic are available at www.SpokaneFitExpo.com

DATE & TIME: 4/13/19 - Rules briefing at 9:00 am - Start time 10:00 am

WEIGH-IN: Friday, April 12th, from 12:00pm-3:00pm at the Spokane Convention Center and from 4:00pm-6:30pm at 360 Fitness North Idaho during Magnus Ver Magnusson seminar. Late weigh-in available on Saturday morning at 8:00am sharp.

LOCATION: Spokane Convention Center at 334 W Spokane Falls Blvd, Spokane, WA 99201

DIVISIONS: Open Women: LW Women to 140; MW 140.5 – 180.4; HW 180.5 and up
Open Men: LW Men up to 175.4; MW 175.5 – 231.4; HW 231.5 and up
Novice Women: LW up to 160.4; HW 160.5 and up
Novice Men: LW up to 231.4; HW 231.5 and up
Masters: LW up to 231.4; HW 231.5 and up

EVENTS: Complete event details are listed below. Events in order are as follows:

18" Deadlift	(207 pounds implement Coin Boxes & Bar)
Axle Press	(33 pounds)
Yoke Carry	(50 feet)
Keg Load	
Power Stairs	(7 pounds implement)

AWARDS: 1st & 2nd Place in each division.

ENTRY FEES: \$85.00 if received by 4/5/19
Late entries after 4/5/19 will be \$100.00
(No refunds on any entry or seminar fees)

ENTRY DEADLINE: 4/12/19

EARLY OPEN WEIGH INS: April 12th, 12:00 pm – 3:00 pm Spokane Convention Center

MAGNUS VER MAGNUSSEN SEMINAR: April 12th, 4:00 pm – 6:00pm 360 FITNESS NORTH IDAHO, 208 E. Coeur d'Alene Avenue, Coeur d'Alene, Idaho ~ **\$25.00 for competitor; \$35 for non-competitor**

MAIL PAYMENTS & ENTRIES TO: 360 Fitness North Idaho LLC
PO Box 257
Coeur d'Alene, ID 83816

PayPal: 360fitnessnorthidaho@gmail.com

Telephone: 208-930-1972

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 Ribic Productions LLC, North American Strongman, Inc, American Strongman Corp. Dione Wessels, Spokane Convention Center, 360 Fitness North Idaho, Ultimate Training Center, Darla Kuhman, 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 Empire Classic Strongman Challenge and its related events, I hereby grant 360 Fitness North Idaho, NAS 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 any time in connection therewith. Nothing contained herein shall be deemed to obligate 360 Fitness North Idaho, NAS 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 360 Fitness North Idaho, NAS 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 360 Fitness North Idaho, NAS INC. and/or any other approved video or entertainment organization hereunder. Therefore, I affix my signature below:

NAME: _____ **AGE:** _____

ADDRESS: _____

CITY: _____ **STATE** _____ **ZIP:** _____

PHONE: _____ **DATE OF BIRTH:** _____

EMAIL: _____

DIVISION: _____ **WEIGHT:** _____ **HEIGHT:** _____

SIGNATURE: _____

PRINT NAME: _____

Athlete Categories:

WEIGHT CLASSES - WOMEN OPEN (Pounds)			
Event	Light Weight Women Up to 140.4#	Middle Weight Women 140.5# to 180.4#	Heavy Weight Women 180.5# and Up
18" Coin Box Deadlift	225 For Reps	275 For Reps	325 For Reps
Axle Press	90 For Reps	115 For Reps	135 For Reps
Yoke	275 For distance / time	325 For distance / time	400 For distance / time
Keg Load	130 For Reps	170 For Reps	210 For Reps
Power Stairs	150 200 250	200 250 300	250 300 350

*Weights are subject to change

WEIGHT CLASSES - MEN OPEN (Pounds)			
Event	Light Weight Men Up to 175.4#	Middle Weight Men 175.5# to 231.4#	Heavy Weight Men 231.5# and up
18" Coin Box Deadlift	400 For Reps	500 For Reps	600 For Reps
Axle Press	175 For Reps	210 For Reps	255 For Reps
Yoke	500 For distance / time	600 For distance / time	700 For distance / time
Keg Load	220 For Reps	260 For Reps	300 For Reps
Power Stairs	200 250 300	300 350 400	350 400 450

*Weights are subject to change

NOVICE - WEIGHT CLASSES - WOMEN (Pounds)

Event	Light Weight Women	Heavy Weight Women
	Up to 160.4#	160.5# and Up
18" Coin Box Deadlift (207)	200 For Reps	250 For Reps
Axle Press	90 For Reps	105 For Reps
Yoke	250 For distance / time	300 For distance / time
Keg Load	130 For Reps	170 For Reps
Power Stairs	100 150 200	150 200 250

*Weights are subject to change

NOVICE - WEIGHT CLASSES - MEN (Pounds)

Event	Light Weight Men	Heavy Weight Men
	Up to 231.4#	231.5# and Up
18" Coin Box Deadlift	350 For Reps	400 For Reps
Axle Press	140 For Reps	155 For Reps
Yoke	450 For distance / time	500 For distance / time
Keg Load	240 For Reps	280 For Reps
Power Stairs	150 200 250	200 250 300

*Weights are subject to change

(Age: 40 & Above)

MASTERS - WEIGHT CLASSES - WOMEN (Pounds)

Event	Light Weight Women	Heavy Weight Women
	Up to 160.4#	160.5# and Up
18" Coin Box Deadlift	225 For Reps	275 For Reps
Axle Press	90 For Reps	115 For Reps
Yoke	275 For distance / time	325 For distance / time
Keg Load	130 For Reps	170 For Reps
Power Stairs	150 200 250	200 250 300

*Weights are subject to change

(Age: 40 and Above)

MASTERS - WEIGHT CLASSES - MEN (Pounds)

Event	Light Weight Men	Heavy Weight Men
	Up to 231.4#	231.5# and Up
18" Coin Box Deadlift	400 For Reps	500 For Reps
Axle Press	175 For Reps	210 For Reps
Yoke	500 For distance / time	600 For distance / time
Keg Load	220 For Reps	260 For Reps
Power Stairs	200 250 300	300 350 400

*Weights are subject to change

General Rules

Competitor Requirements

Amateur status is any strongman that does not currently have a recognized Pro Card by SC (Strongman Corporation) or any competitor not qualified or ranked as one of the top professional competitors. The Strongman Corporation National Heavyweight and Middleweight male Champion and The Lightweight, middleweight, and heavyweight female national champion (starting in 2016) will receive a Pro Card. (He or she must turn pro or sit out of competition for one year).

All pro 105 kilo athletes are eligible to compete as a heavyweight amateur only in a licensed Strongman Corporation competition. Lightweight and middleweight women are allowed to compete up a class in a licensed amateur Strongman Corporation event.

A competitor must have a current Strongman Corporation membership card to compete in any Strongman Corporation licensed competition.

A competitor must present their Membership Card on the day of competition to the promoter/SC Rep to be allowed to compete. Obtaining and keeping a Strongman Corporation Membership Card current is the competitor's responsibility.

All competitors shall have a current Strongman Corporation card in their possession on competition day. At no time shall a competitor be allowed to compete without a current Strongman Corporation membership card (this is for insurance liability purposes).

The competitor is responsible for paying all entry fees to any contest attended. Strongman Corporation is not responsible for paying any competitor's entry fees.

The competitor is responsible for all travel and expenses to, during, and from any competition. Strongman Corporation is not responsible for a competitor's travel, lodging, or other expenses at any time.

Important! There will be NO TACKY permitted at this event. We have no stones this year so please, leave tacky at home.

2019 Strongman Corporation Membership card required (\$77 for new cards, \$42 for renewals) Go to: <https://www.strongmancorporation.com>

Novice competitors may not have competed in any strongman competition previously.

(Weights are subject to change.)

COIN BOX DEADLIFT (18”)

- Athlete will have 60 seconds to lift all items.
- Time starts with a 3-2-1 countdown. After the 1 command you may begin the lift.
- The athlete must lift to a locked-out position with head up, shoulders back, knees locked
- Athlete must wait for the judge to give the “DOWN” command before lowering the apparatus to receive a good lift and start the next repetition.
- Equipment allowed: Lifting Straps, knee wraps or sleeves, Chalk, Belt.
- Equipment NOT allowed: Lifting hooks, tacky.

AXLE OVERHEAD PRESS

- Athlete will have 60 seconds to lift overhead for best time.
- Athlete may take as many attempts desired to complete the lift.
- Lift must be completely locked out and under control with feet stationary.
- The athlete must wait for the judge’s “DOWN” command before lowering any of the implements or attempt will not count.
- The athlete must lower axle under control. No deliberate dropping of the axle will be tolerated. The athlete may forfeit his attempt in doing so.
- Athlete may press, push press, push jerk or split jerk the axle overhead to a locked-out position. Good Lift: Axle locked out under control overhead with arms straight, head thru, legs and feet parallel and stationary.
- Equipment allowed: Belt, chalk, knee wraps/sleeves, wrist wraps, and elbow sleeves.
- Equipment NOT allowed: Tacky, elbow wraps, lifting straps.

YOKE WALK

- 60 second time limit to complete course.
- 30 seconds maximum to begin moving once start command is given.
- Maximum of 50'. Distance will be measured at day of event
- If course is not completed, distance will be measured.
- Unlimited drops are allowed.
- No sliding, points will be deducted for dropping and sliding yoke.
- Equipment Allowed: Belt, Chalk, knee wraps or sleeves, Elbow sleeves.
- Equipment NOT allowed: Elbow wraps, Tacky

KEG LOAD

- Competitors will load keg over the yoke for as many reps they can get for 60 second time limit.
- Athlete will receive a 3-2-1 countdown and given the command to go.

POWER STAIRS

- 60 second time limit
- Athlete will stand over implement without touching it until command is given.
- Athlete will receive a 3-2-1 countdown and given the command to go.
- Athlete will mount three sets of stairs.
- The implement must not be hanging over the lip of the top stair facing the athlete or it will not count.
- This could result in a forfeit if not corrected within given time.