

EMPIRE CLASSIC STRONGMAN 2023

Events and Rules:

1. Circus Dumbbell

Athletes will have 60 seconds to complete as many clean and press reps as possible. The athlete can use two hands to clean the dumbbell to the shoulder and then use only one hand to complete the press overhead. Control must be shown at the completion of the rep with the arm locked, knees and hips fully extended and feet square. The rep will not count until the judge gives the down command. The dumbbell must touch the ground between reps, but does not need to come to a complete stop. Equipment allowed: wrist wraps, elbow sleeves, knee sleeves, lifting belt. Grip shirt allowed under competition shirt.

Weights:

Women:

Novice Lw-45

Novice Hw-55

Masters- 75

Open Lw-75

Open Mw-85

Open Hw-95

Men:

Novice Lw-100

Novice Hw-120

Masters Lw-120

Open LW-120

Masters HW-150

Open Mw-150

Open HW-175

2. Wagon Wheel Deadlift

Athletes will have 60 seconds to complete as many deadlift reps as possible. The pick height will be 18 inches and a standard axle bar will be used. Athletes must wait for a lift and down command on each rep. Straps are allowed but athlete must strap in during their 60 seconds after the "start" command. Knees and hips must be locked to get a down command. Equipment allowed: lifting straps, knee sleeves, elbow sleeves, lifting belt. Equipment not allowed: deadlift suits or briefs. Barefoot, socks, or deadlift slippers also allowed.

Weights:

Women:

Novice lw-255

Novice hw-305

Masters- 325

Open Lw-325

Open Mw-345

Open Hw-395

Men:

Novice Lw-435

Novice HW-485

Masters Lw-485

Open Lw-525

Open Mw-615

Masters Hw-615

Open 705

3. Fingal Fingers

Athletes will have 60 seconds to complete as many reps(flips) of the implement as possible in 60 seconds. Implement will start slightly off the ground on a crash pad. Athlete will clean the implement to the chest, press it, then walk their hands along the implement until they can push it over to the crash pad on the opposite side. The rep is counted when the implement hits the crash pad. Equipment allowed: Knee sleeves, elbow sleeves, wrist wraps, lifting belt, gloves(wide receiver or similar rubber gloves encouraged to assist on the clean).

Weights:

Testing will be done on implement weights. Women's novice will start with the empty implement and weights will be added to the end of the finger for each class.

4. Farmers Walk

Athletes will have 60 seconds to complete the course(approximately 40ft down and back) or get as far as possible in the time allowed. Implements will start behind the start line and the athlete will be allowed to take their grip before the time starts. The athlete will carry the implements down and make sure that at least the front end of the farmers crosses the end line before setting them down. The athlete will then turn their body around and pick the handles up again to carry them back until the front crosses the finish line. Unlimited drops are allowed and a measurement to the back of the implement will be taken if the athlete does not finish. Equipment allowed: elbow sleeves, knee sleeves, wrist wraps, lifting belt, liquid or regular chalk.

Women:

Novice Lw-125

Novice Hw-145

Masters- 165
Open Lw-165
Open Mw-185
Open Hw-205

Men
Novice Lw-205
Novice Hw-245
Masters Lw-225
Open Lw-225
Open Mw-275
Masters Hw-275
Open Hw-305

5. Max Distance Sandbag Carry

Athletes will have unlimited time to pick a sandbag from the floor and carry it in front of their body for the greatest distance. The sandbag will start behind a start line and the athlete must cross or touch the end lines with at least one foot before turning back the opposite direction on the same 40ft course as the farmers walk. The bag must be carried in front of the body and cannot be shouldered at any time. The athlete can bring the bag back down to the lap and reposition if desired. Equipment allowed: knee sleeves, elbow sleeves, lifting belt, wrist wraps, grip shirt(only can be used under competition shirt).

Weights:

Women:
Lw novice-135
Hw novice-135
Masters-135
Open Lw- 135
Open Mw-175
Open Hw-175

Men:
Novice Lw-175
Masters Lw-175
Novice Hw-220
Open Lw-220
Masters Hw-220
Open Mw-250
Open Hw-250