

# STRONGMAN BATTLES



2024 AUG / NOV  
NIJMEGEN, THE NETHERLANDS

# RULE BOOK

## GENERAL RULES

- ➔ JUDGE'S DECISION IS FINAL.
- ➔ ALWAYS SHOW RESPECT FOR EACH OTHER.
- ➔ HANDLE THE EQUIPMENT AS IF IT WERE YOUR OWN.
- ➔ WHEN AN ATHLETE'S NAME IS CALLED, THEY MUST BE READY.
- ➔ IF THE ATHLETE IS NOT READY, THEY FORFEIT THE EVENT.
- ➔ DURING THE COMPETITION, ONLY THE ATHLETES, CREW AND JUDGES ARE ALLOWED IN THE FIELD. FAMILY, FRIENDS, COACHES AND GENERAL PUBLIC MUST REMAIN OUTSIDE OF THE FIELD.

# EVENT 1

## NATURAL STONE TO SHOULDER

ALLOWED EQUIPMENT: CHALK, BELTS, SLEEVES, GRIP SHIRT.

TIME: 2-MINUTE TIME CAP

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THE ATHLETE HAS AS MUCH ATTEMPTS ON EACH STONE AS NEEDED WITHIN THE 2-MINUTE TIME CAP, YOU ARE FREE TO SWITCH BETWEEN STONES.

THE ATHLETE WHO IS ABLE TO SHOULDER THE HEAVIEST STONE WINS, REPS WILL NOT BE COUNTED.

VALID REP: HIPS AND KNEES LOCKED, STANDING STRAIGHT, ONE HAND ON THE STONE THE OTHER ONE HAS TO BE CLEARLY OFF, HEAD FACING FORWARD AND EYE CONTACT WITH THE REFEREE. ATHLETE MUST SHOW CONTROL BEFORE GETTING THE DOWN COMMAND.

NOT WAITING FOR THE DOWN COMMAND WILL RESULT IN NO REP.

## EVENT 2

# AXLE OVERHEAD FOR REPS

ALLOWED EQUIPMENT: CHALK, BELTS, SLEEVES, WRAPS, GRIP SHIRT.

TIME / DISTANCE: 75 SECONDS TIME LIMIT.

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THE ATHLETE WITH THE MOST REPS WILL WIN.

SWITCHING BETWEEN THE IMPLEMENTS IS ALLOWED BUT A SINGLE REP ON THE HEAVIER WEIGHT WILL ALWAYS BEATS ANY NUMBER OF REPS ON THE LIGHTER WEIGHT.

ALL SUCCESSFUL REPETITIONS WILL COUNT TOWARDS THE TOTAL SCORE.

THE AXLE'S WILL BE PLACED IN FRONT OF EACH OTHER WITH THE HEAVIER ONE ON THE FRONT SIDE.

ALL CLEAN AND PRESS TECHNIQUES ARE ALLOWED.

VALID REP: HIPS AND KNEES LOCKED, STANDING STRAIGHT, HEAD FACING FORWARD AND EYE CONTACT WITH THE REFEREE. ATHLETE MUST SHOW CONTROL BEFORE GETTING THE DOWN COMMAND.

NOT WAITING FOR THE DOWN COMMAND WILL RESULT IN NO REP.

## EVENT 3

# YOKE INTO FARMERS

ALLOWED EQUIPMENT: SLEEVES, BELTS, GRIP SHIRT, SLEEVES, WRAPS.

TIME / DISTANCE: 60 SECONDS, 15-METER COURSE.

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ATHLETES WILL START UNDER THE YOKE, COMPLETE THE 15 METER COURSE, SWITCH TO THE FARMERS AND TAKE THEM 15 METER BACK.

SCORING WILL BE ON TIME EXCEPT WHEN THE COURSE IS NOT FINISHED THEN THE DISTANCE WILL BE MEASURED.

THE FRONT OF THE IMPLEMENTS HAS TO CROSS THE LINE.

IT IS ALLOWED TO DROP THE IMPLEMENTS AS MANY TIMES AS NEEDED.

SLIDING THE IMPLEMENTS IS NOT ALLOWED AND WILL RESULT IN A 5 SEC TIME PENALTY.

## EVENT 4

# CERBERUS HUSAFELL SANDBAG

ALLOWED EQUIPMENT: CHALK, BELTS, SLEEVES, GRIP SHIRT.

TIME / DISTANCE: UNLIMITED TIME, 15-METER COURSE, MAX DISTANCE.

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THE HUSAFELL SANDBAG HAS TO BE PICKED UP FROM THE FLOOR. AT THE TURNING POINT ONE FOOT HAS TO BREAK THE LINE.

NO DROPS ARE ALLOWED.

FURTHEST DISTANCE WILL WIN.

# EVENT 5

## POWER STAIRS

ALLOWED EQUIPMENT: CHALK, BELTS, SLEEVES.

TIME / DISTANCE: 75 SECONDS TIME LIMIT.

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THE ATHLETE STARTS AT THE END OF THE STAIRS AND ONCE THE WHISTLE BLOWS THE ATHLETE MAY RUN TOWARDS THE FIRST HANDLE.

THE IMPLEMENTS MUST BE LIFTED IN ORDER OF LIGHTEST TO HEAVIEST AND THE ATHLETE MAY ONLY CONTINUE TO THE NEXT IMPLEMENT AFTER GETTING THE CURRENT IMPLEMENT TO THE TOP OF THE STAIRS.

THE ATHLETE MUST LIFT THE IMPLEMENT FULLY ONTO THE 4TH STEP BEFORE CONTINUING TO THE NEXT IMPLEMENT. IT CAN'T HANG OVER THE EDGE.

NOT PLACING THE IMPLEMENT FULLY ONTO THE 4TH STEP AND CONTINUING TO THE NEXT IMPLEMENT WILL RESULT IN A 5 SEC TIME PENALTY.

IF THE ATHLETE CAN'T LIFT AN IMPLEMENT ALL THE WAY TO THE TOP, THE NUMBER OF STEPS WILL BE TAKEN INTO ACCOUNT FOR THE RANKING. EACH STEP WILL BE TIMED.

THE TIME WILL STOP ONCE THE LAST IMPLEMENT IS LIFTED TO THE TOP AND HANDS ARE OFF.

IF THE IMPLEMENT FALLS DOWN THE STEPS, THE STEP IT WAS ON WILL NOT BE COUNTED AND THE ATHLETE MUST LIFT THE IMPLEMENT BACK ON THE STEP.

# STARTING ORDER AND COUNTING POINTS

THE STARTING ORDER FOR THE FIRST EVENT WILL BE DETERMINED BY DRAWING A NUMBER. THE HIGHER THE NUMBER, THE LATER THE ATHLETE GOES OUT.

IN CASE THE FIRST EVENT IS A MAX EVENT, THE STARTING ORDER WILL BE BASED ON THE WEIGHT OF THE FIRST ATTEMPT. THIS ORDER WILL BE UPHELD FOR THE SECOND AND THIRD ATTEMPT.

THE STARTING ORDER FOR EVENT 2 THROUGH 4 WILL BE DETERMINED BY THE PLACING OF THE ATHLETE IN THE PREVIOUS EVENT. THE BETTER THE ATHLETE DID IN THE DEADLIFT, THE LATER THE ATHLETE WILL GO OUT WITH THE OVERHEAD MEDLEY.

THE STARTING ORDER FOR THE LAST EVENT WILL BE DETERMINED BY OVERALL RANKING UP TO THAT POINT. THE MORE POINTS THE ATHLETE ACCUMULATED OVER THE FIRST 4 EVENTS, THE LATER THE ATHLETE GOES OUT.

IN CASE OF A TIE, COUNT-BACK WILL DETERMINE THE BETTER ATHLETE. IF ATHLETE A HAS MORE 1ST PLACES, THEN ATHLETE B, THEN ATHLETE A WINS. IF THE AMOUNT OF 1ST PLACES IS EQUAL, THEN THE AMOUNT OF 2ND PLACES WILL BE TAKEN IN TO ACCOUNT AND SO FORTH.

IN THE RARE CASE THIS IS EQUAL AS WELL, THE BETTER PERFORMANCE ON THE LAST EVENT WILL BE TAKEN INTO ACCOUNT.

IF THE ATHLETE FIELD HAS AN UNEVEN NUMBER OF ATHLETES, THE LOWEST PLACING ATHLETE MUST GO OUT FIRST AND ALONE.

# PRIZES

## LEVEL 1

ALL ATHLETES WILL RECEIVE A PARTICIPATION MEDAL.

 + 10% DISCOUNT VOUCHER\* FOR [WWW.CERBERUS-STRENGTH.EU](http://WWW.CERBERUS-STRENGTH.EU)

## LEVEL 2

1.  +  + 40% DISCOUNT VOUCHER\*

2.  +  + 30% DISCOUNT VOUCHER\*

3.  +  + 20% DISCOUNT VOUCHER\*

(IN CASE OF LESS THAN 3 ATHLETES, PRIZE GIVING SCENARIO LEVEL 1 IS IN ACT)

## LEVEL 3


1.  +  + 50% DISCOUNT VOUCHER\*

2.  +  + 40% DISCOUNT VOUCHER\*

3.  +  + 30% DISCOUNT VOUCHER\*

(IN CASE OF LESS THAN 3 ATHLETES, PRIZE GIVING SCENARIO LEVEL 1 IS IN ACT)

## LEVEL 4 SEMI-PRO\*\*

1:  +  + € 300 CERBERUS SHOPPING VOUCHER\*\*

2:  +  + € 200 CERBERUS SHOPPING VOUCHER\*\*

3:  +  + € 100 CERBERUS SHOPPING VOUCHER\*\*

(IN CASE OF LESS THAN 6 ATHLETES PARTICIPATION, PRIZE GIVING SCENARIO LEVEL 3 IS IN ACT)

\*DISCOUNT HAS 6 MONTHS VALIDATION AND 1 TIME PURCHASE MAXIMUM OF € 500,-

\*\*SHOPPING VOUCHER CODE HAS 6 MONTHS VALIDATION AND 1 TIME PURCHASE.