**ARIZONA’S STRONGEST 2022 PRO/AM COMPETITION**

**COMPETITOR DIVISONS**

Women’s Divisions:

* Light Weight Women (Up to 125.4#)
* Light Middle Weight Women (125.5# to 140.4#)
* Heavy Middle Weight Women (140.5# to 160.4#)
* Heavy Weight Women (160.5# to 180.4#)
* Super Heavy Weight Women (180.5# and Up)
* Master’s Women
* OPEN (America’s Strongest Woman Qualifier)

Men’s Division:

* Light Weight Men (Up to 175.4#)
* Light Middle Weight Men (175.5# to 200.4#)
* Heavy Middle Weight Men (200.5# to 231.4#)
* Heavy Weight Men (231.5# to 265.4#)
* Super Heavy Weight Men (265.5# and Up)
* Master’s Men
* OPEN (America’s Strongest Man Qualifier)

*Weight classes will be combined as needed depending on the number of athletes who enter.*

**Events:**

1. Log Clean and Press – Max reps in 60 seconds
2. Monster Axle Tire Deadlift – Max reps in 60 seconds
3. Sandbag Load to Frame/Farmers Carry
4. Fingal Finger
5. Yoke Carry to Tire Flip
6. Atlas Stone Carry Over Bar Series

Amateur trophies include Strongman Corporation Nationals 2022 and Regionals 2023 qualification.

Amateurs who compete in the OPEN class trophies include qualification to America’s Strongest Man/Woman, Pro-Card, and cash prizes.

Pro Strongman Corporation Athletes who compete in the OPEN class trophies include qualification to America’s Strongest Man/Woman and cash prizes.

**ARIZONA STRONGEST RULES:**

* All athletes must have an active Strongman Corporation membership. This applies to amateurs in the OPEN division.
* Competition shirt must be worn for every event. Grip shirts are allowed, but they may only be worn under the competition shirt.
* Athletes are not allowed to wear headphones or earbuds on the contest floor.
* ONLY THE ATHLETES COMPETING AND JUDGES ARE ALLOWED ON THE CONTEST FLOOR. This is for the safety of all athletes/spectators.
* Athletes will respect all equipment. Belligerent, negligent, ignorant, violent, or reckless behavior will not be tolerated. It puts fellow competitors, judges, and spectators at risk.
* All rules and event specifications are subject to change at any time at the promoter’s discretion. Disregard/disrespect towards promoters, judges, other athletes will not be tolerated.

**Log Clean and Press AMRAP**

Time Limit – 60 Seconds

The athlete will clean a log from the ground and press overhead. The log must be returned to the mats on the ground before cleaning and pressing overhead again. The athlete will have 60 seconds to complete as many clean and presses as they can.

In order for a rep to count, the athlete must have control of the log *at all times*. The athlete will wait for a “DOWN” command from his/her judge prior to *controlling* the log down to the mats. At the top of the press, elbows and arms must be locked, feet must be parallel (brought back together if a split jerk is being used), the athlete must be steady and not moving around, and the athlete must be looking at the judge waiting for the “DOWN” command.

Score: Number of Reps

Equipment allowed/unallowed:

* Elbow and Knee Sleeves
* Knee wraps
* Grip shirt (underneath competition shirt)
* Wrist wraps
* Chalk
* Belts (soft and hard belts are allowed)
* **NO TACKY, SPRAY TACKY, OR ANY ADHESIVE ASSISTANCE ALLOWED**

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| **Event 1**  | **Log Clean & Press AMRAP 60 sec** |
| LWW | 125 |   |   |   |
| LMWW | 150 |   |   |   |
| HMWW | 170 |   |   |   |
| HWW | 180 |   |   |   |
| SHWW | 190 |   | **OPEN** | **200** |
| LWM | 200 |   |   |   |
| LMWM | 220 |   |   |   |
| HMWM | 250 | (Masters) |   |   |
| HWM | 275 |   |   |   |
| SHWM | 300 |   | **OPEN** | **330** |

**Monster Axle Tire Deadlift AMRAP**

Time – 60 Seconds

The athlete will deadlift the Alpha Omega Monster Axle with tires and weights as many times as they can in 60 seconds.

In order for the rep to count, the athlete must *lock out* at the top (shoulders back with knees and hips locked) and wait for a “DOWN” command. There is NO BOUCING the deadlift off the ground. If athlete is bouncing the deadlift, the reps will NOT count.

Score: Number of Reps

Equipment allowed/unallowed:

* Figure 8 Straps or Long Deadlift Straps
* Belt (Soft Belts and Hard Belts)
* Deadlift Suits and Briefs
* Chalk
* Baby Powder (Must be put on OFF of the competition floor for safety purposes)
* Wrist Wraps
* **NO TACKY, SPRAY TACKY, OR ANY ADHESIVE ASSISTANCE ALLOWED**

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| **Event 2** | **Monster Axle Tire Deadlift AMRAP 60 sec** |
| LWW | 355 |   |   |   |
| LMWW | 375 |   |   |   |
| HMWW | 405 |   |   |   |
| HWW | 415 |   |   |   |
| SHWW | 425 |   | **OPEN** | **440** |
| LWM | 500 |   |   |   |
| LMWM | 555 |   |   |   |
| HMWM | 600 | (Masters) |   |   |
| HWM | 635 |   |   |   |
| SHWM | 675 |   | **OPEN** | **700** |

**Sandbag Load to Frame/Farmers Carry**

Time Cap – 60 Seconds

The athlete will pick up sandbag, carry 30 feet and load to a platform. The athlete will then pick up a frame or farmer’s handles and carry another 30 feet, put down on the competition floor, turn, and pick up again to carry back 30 feet.

Athlete will hear a “DOWN” command from judge whenever he/she has moved the implement over the 30-foot line. Once the “DOWN” command has been given, the athlete can turn and pick up the implement when he/she is ready.

Score: Time to complete both implements. If not completed in time cap, score on implements completed (1 point for sandbag load, 1 point for 30 feet carry of implement). There will be NO TIE BREAKER IN THIS EVENT AND NO SPLIT TIMES.

Equipment allowed/unallowed:

* Belt (Soft Belts and Hard Belts)
* Chalk
* Elbow Sleeves
* Knee Sleeves
* Wrist Wraps
* **NO TACKY, SPRAY TACKY, OR ANY ADHESIVE ASSISTANCE ALLOWED**
* **NO DEADLIFT OR FIGURE 8 STRAPS ALLOWED**

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| **Event 3** | **Sandbag Load to Frame/Farmer Carry** |
| LWW | 100# SB/300# Frame |   |   |
| LMWW | 150# SB/350# Frame |   |   |
| HMWW | 175# SB/400# Frame |   |   |
| HWW | 200# SB/425# Frame |   |   |
| SHWW | 225# SB/450# Frame |   |   |
| **OPEN** | **250# SB/500# Frame** |   |
| LWM | 225# SB/500# Farmers |   |
| LMWM | 250# SB/540# Farmers |   |
| HMWM | 275# SB/560# Farmers (Masters) |
| HWM | 300# SB/580# Farmers |   |
| SHWM | 350# SB/600# Farmers |   |
| **OPEN** | **350# SB 60'/600# Farmers 60'** |   |

**Fingal Finger**

Time – 60 Seconds

The athlete will have 60 seconds to complete as many repetitions as possible on the Alpha Omega Fingal Finger. The athlete will deadlift the finger from the floor and raise the finger over his/her head until they can flip the finger over the pivot point. Then the athlete will go to the other side of the finger and flip it back.

Score: Number of Reps

Equipment allowed/unallowed:

* Belt (Soft Belts and Hard Belts)
* Chalk
* Wrist Wraps
* Elbow Sleeves
* Knee Sleeves
* **NO TACKY, SPRAY TACKY, OR ANY ADHESIVE ASSISTANCE ALLOWED**

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| **Event 4** | **Fingal Finger** |
| LWW | 250 |   | 10" diameter |
| LMWW | 275 |   | 11' |   |
| HMWW | 275 |   |   |   |
| HWW | 300 |   |   |   |
| SHWW | 300 |   | **OPEN** | **325** |
| LWM | 325 |   | 8" diameter |
| LMWM | 350 |   | 13' |   |
| HMWM | 350 | (Masters) |   |   |
| HWM | 375 |   |   |   |
| SHWM | 375 |   | **OPEN** | **400** |

**Yoke Carry to Tire Flip**

Time Cap – 60 Seconds

The athlete will have 60 seconds to pick up a yoke and carry it 30 feet and then flip his/her tire 30 more feet. The athlete can drop or put down the yoke an unlimited number of times but sliding the yoke is NOT allowed and time penalty can occur if athlete slides yoke.

Once the athlete moves the yoke passed the 30-foot line, he/she will receive a “DOWN” command from the judge before moving onto the tire.

Score: Time to move both implements 30 feet. If the athlete does not move both implement 30 feet, athlete will receive a point for moving the yoke 30 feet. If the yoke is not moved 30 feet, he/she will receive a zero for the event. There are NO TIE BREAKERS OR SPLIT TIMES FOR THIS EVENT.

Equipment allowed/unallowed:

* Belt (Soft Belts and Hard Belts)
* Chalk
* Wrist Wraps
* Elbow Sleeves
* Knee Sleeves
* **NO TACKY, SPRAY TACKY, OR ANY ADHESIVE ASSISTANCE ALLOWED**

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| **Event 5** | **Yoke/Tire Flip** |
| LWW | 300# Yoke/300# Tire |   |   |
| LMWW | 350# Yoke/350# Tire |   |   |
| HMWW | 400# Yoke/500# Tire |   |   |
| HWW | 450# Yoke/500# Tire |   |   |
| SHWW | 500# Yoke/500# Tire |   |   |
| **OPEN** | **510# Yoke/700# Tire** |   |   |
| LWM | 500# Yoke/700# Tire |   |   |
| LMWM | 550# Toke/700# Tire |   |   |
| HMWM | 600# Yoke/1000# Tire (Masters) |   |
| HWM | 800# Yoke/1000# Tire  |   |
| SHWM | 900# Yoke/1000# Tire |   |
| **OPEN** | **1000# Yoke/1000# Tire** |   |

**Atlas Stone Carry Over Bar Series**

Time Cap – 60 Seconds

The athlete will have 60 seconds to pick up three atlas stone, carry 5 feet, and load *over* the bar. The athlete can repick the stone as many times as needed if he/she drops it.

Score: Time to move all stones over the bar. If athlete does not move all three stones within the time cap, the athlete will be awarded 1 point per stone completed. There are NO TIE BREAKERS OR SPLIT TIMES IN THIS EVENT.

Equipment allowed/unallowed:

* Belt (Soft Belts and Hard Belts)
* Chalk
* Wrist Wraps
* Elbow Sleeves
* Knee Sleeves
* Grip Shirts
* Tacky or Spray Tacky

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| **Event 6** | **Stone Over Bar** |
| LWW | 100/125/150 |   |   |
| LMWW | 125/150/175 |   |   |
| HMWW | 150/175/200 |   |   |
| HWW | 175/200/225 |   |   |
| SHWW | 200/225/250 | **OPEN** | **225/250/275** |
| LWM | 225/250/275 |   |   |
| LMWM | 250/275/300 |   |   |
| HMWM | 275/300/325 | (Masters) |   |
| HWM | 300/325/350 |   |   |
| SHWM | 325/350/400 | **OPEN** | **350/375/425** |

***\*ALL WEIGHTS/WEIGHTCLASSES MAY BE SUBJECT TO CHANGE***