

# 1ST ANNUAL NORTHERN INDIANA STRONGMAN COMPETITION



**TUESDAY, JULY 7**  
**7:00 P.M.**



## **EVENTS**

**TRACTOR PULL**  
**TIRE FLIP**  
**LOG CARRY**

**FARMERS WALK**  
**ATLAS STONES**  
**INCH CHALLENGE DUMB BELL**

## **COMPETITOR RULES**

- \* Must be 18 yrs of age
- \* Must sign a liability waiver
- \* All judges/referees rulings are final
- \* No inzer shirts/suits or compression clothing
  - \* No excessive padding in clothing
    - \* No gloves allowed
    - \* No tacky allowed
- \* Braces are allowed, but must not have stiffening materials in them (rods, plates, etc.)
  - \* Chalk is premitted.
- \* All events are based on points.
- \* The best time will win the event.

## **A DRAW OR TIE**

In the event of a tie, a flip of a dice will determine which of the events will be ran again immediately following the contest to decide placement.

# **EVENT RULES**

## **TIRE FLIP**

(2 pts) 550 lbs 50 ft

You must flip tire end for end until the entire tire crosses the finish line (no rolling of the tire).

## **TRACTOR PULL**

(2 pts) 7800 lbs 100 ft

Both feet must cross finish line to stop the clock.

## **LOG CARRY**

(6 pts - 2 pts per log) No log over 225 lbs 50 ft

No dragging or flipping of the logs, they must be carried to the finish line and entire log must cross finish line.

## **FARMERS WALK**

(4 pts) 402 lbs 100 ft

You may drop the cylinders and pick them up as many times as needed to complete the event, both tanks must completely cross finish line.

## **ATLAS STONES**

(6 pts, 2 pts per stone)

1st 200 lbs, 2nd 225 lbs, 3rd 250 lbs

Stones must be placed on top of pedestal securely, (no roll offs).

No leveraging the stone against pedestal, must be lifted cleanly.

## **INCH CHALLENGE DUMB BELL**

(4 pts - 2 pts per arm)

150 lbs wt 2 1/2 inch grip

You may use a standard or cupping grip and stand up with bell in hand and the corresponding leg must be locked.

All competitors, keep in mind, points are earned upon completion of events, but the best time will win the event period. (Be Strong and Fast!)