

2019 ARNOLD STRONGMAN CLASSIC

March 1 & 2, 2019

Jan Todd and Steve Slater, Directors

Sponsored by **Rogue Fitness**



December 30, 2018

2019 Arnold Strongman Classic (ASC) Preliminary Rules & Event Schedule

Happy New Year!

Although we still have one additional qualifying meet in the Arnold Strongman Series—on January 19, 2019 at the Santa Monica Pier in California—Steve and I wanted to share the following information with you about the ASC in Columbus. I'd also like to thank Rogue Fitness, our lead sponsor for 2019, for the enormous investment they are making in our show and in the entire sport of Strongman. I am pleased to announce that Rogue will not only be livestreaming the entire 2019 ASC, they will also produce a TV show that will air on the CBS Sports Network later in the spring. We will write soon with information on travel, hotels, sizes for uniforms and so on, but for now here is where we stand on events and rules. Feel free to post and share.

PLEASE UNDERSTAND THAT THESE RULES AND THE ORDER OF EVENTS MAY CHANGE AS WE GET CLOSER TO THE COMPETITION; FINAL RULES WILL BE SENT IN FEBRUARY.

Order of Competition:

Lot numbers will be drawn at our meeting on Thursday evening. Because the Rogue Elephant Bar Deadlift is the first event in 2019, the order for that event will be based on first attempt weights chosen and, if two men choose the same weight, the man with the lowest lot number goes first. After the deadlift event is over, the starting order for all other ASC events is based on points earned in the contest. In the Husafel Stone carry, for example, the man with the lowest number of points goes first. The leader with the highest point total goes last. In the event of a tie on points, lot numbers will determine the starting order. Again, men with low lot numbers go before men with high lot numbers.

At the end of the contest, if there is a tie for first place overall, we will use the Louis Cyr Dumbbell to break the tie.

Jan Todd, Director
jtodd001@austin.rr.com
Phone: 1-512-694-6237

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EVENT ONE: THE ROGUE ELEPHANT BAR DEADLIFT

Friday Afternoon—Main Stage Expo Center—3:00-4:15

Time Limit: 60 Seconds to Begin Lift

Weight of Implement: Bar Begins at 751 pounds/340 kilos

Rules for this event:

1. We will use the **ROUNDS SYSTEM** this year for the ASC deadlift competition. In the rounds system, all 10 men will do their first attempts in order based on weights chosen—then the bar goes back down in weight and all ten men do their second attempts, and then all ten men take their third attempts.
2. Each man must finish his lift within 60 seconds of the time his name is called. Be ready to go so you don't lose time.
3. During the lift, the bar can be hitched, stopped, and even lowered so long as it is brought to the correct finish position at the conclusion of the lift.
4. The legs and body must be held straight and motionless and the shoulders must be in line with the sides of the body before the "Down" signal is given. The knees must be straight at the finish of the lift.
5. The bar cannot be bounced on the floor to gain momentum.
6. Greasing or oiling the thighs is prohibited; baby powder is permitted on thighs.
7. Before the contest begins, you will be given a piece of paper on which to write your first attempt. The expediter will note the time when she/he gave you the paper and you will then have 10 minutes to turn in your first weight. If you do not turn in a first-attempt at the end of ten minutes, your first attempt will automatically become 751 pounds/340 kilos—the lowest possible starting weight. This cannot be changed.
8. Following your first and second attempts, the lifter must tell the expediter what his next weight will be within 120 seconds (two minutes). Failure to submit the next weight within two minutes will result in the lifter being assigned the next weight on the loading chart that's above what he just attempted. A man who made 751 pounds on his first attempt, and who fails to turn in a second attempt, will be assigned 756 pounds /342.91 pounds. Lifters cannot ask for a lower weight than they just attempted on second and third attempts.
9. Once "turned in" by either the lifter or, the expediter who has timed the lifter out, a weight cannot be changed— except on the third attempt—when one change is permitted as long as the weight requested is not lower than what is already loaded on the bar, and your name has not been called to begin the lift.
10. The lift must receive two out of three white lights to count as a "good" lift.

Special Event: THE ROGUE Record Breaker's \$50,000 Deadlift Challenge

Following the completion of the official ASC deadlift contest, the top three finishers in that contest are invited to attempt to try and break the all-time strongman deadlift record (500 kilos/1102.3 lbs.) set by Eddie Hall in 2016. If there are ties at either first, second, or third place, then both men involved in the tie are eligible to compete for the \$50,000 prize. *If someone decides to try and break the record within the ASC contest—say on a third attempt—we will still hold this contest to allow the other qualifiers to also try the lift.*

It was decided to limit this special contest to the top three finishers so that it was not unfair to those men trying to win the deadlift event within the ASC. In talking with my co-director Steve Slater and other judges and officials involved with the show, we all wanted to make sure that some men didn't hold back and not go as heavy as they might normally go so they had more time to rest before their big attempt than the men trying to earn the top points in the deadlift contest. Lifts made in this special contest DO NOT CHANGE THE SCORE of the Arnold deadlift contest. This is a special **Rogue Record Breaker's** event and does not impact ASC scoring.

Rules for this event:

Following the completion of the official ASC deadlift contest, the bar will be loaded to 500.5 kilos (1103.4 lbs). The expeditor will then ask the third place finisher (#3) if he wishes to try the weight. If #3 takes it and misses, the second place finisher (#2), will then be offered the chance to take the same weight. If #2 makes it, then the first place finisher (#1) can choose to take the same weight and tie #2 to split the money, or #1 can ask for the bar to be loaded with an additional 5 pounds (2.26 kilos—the smallest amount of increase) and attempt 1108.4 pounds (502.76 kilos). If #1 makes that weight, then number #2 will be offered the chance to take the same weight in order to tie, or he can ask for the bar to rise higher. *The bar will only be raised in increments of 5 pounds (2.267 kilos).*

If #3 had passed on the opportunity to try the 1103.4 pounds, he would be eligible to try the 1108.4 pounds before #2. If #3 made it, then number 2 could either try for the tie, or ask for an additional 5 pound increase.

Because the record was set in kilos and our plates are in pounds--the possible weights for this event are:

500.54 kilos / 1103.5 lbs = 1st special WR attempt
502.81 kilos / 1108.5 lbs = 2nd special WR attempt
505.08 kilos / 1113.05 lbs = 3rd special WR attempt
507.34 kilos / 1118.5 lbs = 4th special WR attempt
508.48 kilos / 1121 lbs = back to weights listed on loading chart

EVENT TWO: THE HUSAFEL STONE CARRY

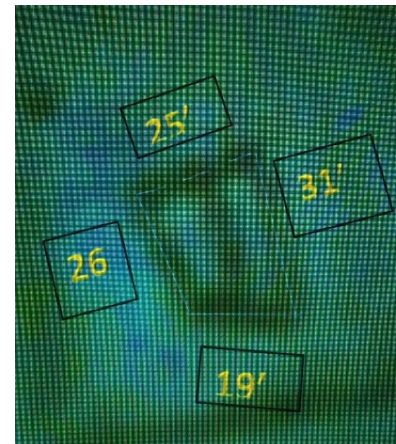
**Friday Afternoon—Main Stage Expo Center—
4:15-5:15**

Max Distance Wins the Event

60 Second Time Limit to Begin Walking.

Weight: 409 pounds / 186 kilos

The sheep pen at Husafel, Iceland (below) and the original Husafel Stone (right). The pen measures 31 x 25 x 26 x 19 feet = 101 feet/ 30.8 meters as can be seen in the aerial view below.



Our hope is to replicate as closely as possible the feel of lifting the actual Husafel stone in Iceland. For this reason, no special grip gear is permitted in this event. Each competitor will pick up the Husafel Stone replica and carry it around a track on the Expo Stage that has the same dimensions as the green image at right. This is a max distance event and there is no time limit as long as you are walking.

Rules for this event:

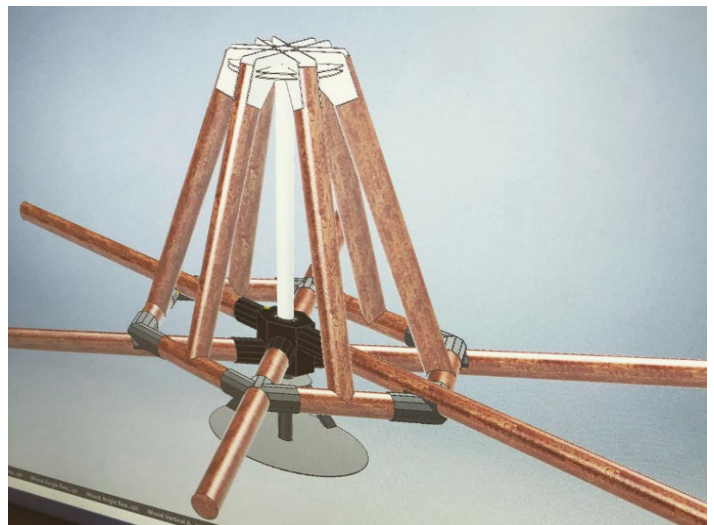
1. The event begins with the Husafel stone flat on the floor, approximately 4 feet behind the starting line. (We will mark the floor with an X for rock placement.) The strongman stands behind the stone and the head judge blows a whistle to start a 60-second clock. The athlete then has 60 seconds to pick up the stone and begin walking.
2. During this 60 seconds, it is OK to move the stone around, and even to pick it up several times to find the best grip—as long as you do not walk past the starting line. Once you—or the stone—crosses the line the attempt has begun, and the buzzer on the time clock is turned off. Be careful to not allow the stone to roll over the starting line.

3. If the athlete has not walked past the starting line by the time the 60 seconds is over, the buzzer rings, the attempt is over, and the athlete receives 0 points.
4. As the athlete walks, an official will walk beside him carrying a stick tipped with chalk to mark the point of impact of the rock. The attempt is over when any part of the stone touches the floor after being carried across the starting line.
4. Competitors may not rest the stone on top of the belt during the carry. The stone can be pressed against the belt, but the top edge of the belt or buckle cannot be supporting the stone. If seen doing so, the attempt is over.
5. Competitors may not wear grip shirts or any kind of arm protection for this event—other than long-sleeved t-shirts or sweatshirts (with regular sleeves).
6. No tacky of any sort (including spray tacky) is allowed on the stone or on any part of the body or clothing. Tacky-Towels and lifting chalk will be provided; only these grip aids are permitted.

EVENT THREE: THE WHEEL OF PAIN

Saturday Afternoon—Convention Center Floor – Amateur Strongman Area—1:00-2:00

Time Limit: 60 seconds, Max Distance Wins the Event



Great progress has been made on the design of the Wheel of Pain by the engineering staff at Rogue Fitness. On the left is a screen shot of the original wheel in *Conan the Barbarian*. On December 12, Bill Henniger posted an early schematic on his Instagram feed showing one of their designs to create something similar. In the screen shot on the right, the long poles going out from the center are 14-inch pine logs and the distance across from one side of the “Wheel” to the other is about 38 feet.

The final version will also have rope at the joints and the arms will be set at several different heights to accommodate the fact that our competitors are not all the same size. There will also be a central pillar going up that will make the entire apparatus about 35' tall.

The resistance will be supplied by several Rogue Snails—a new piece of apparatus used in the recent CrossFit Games—but the snails will not be seen once the full apparatus is made. There's a short video here about the Snails: <https://www.youtube.com/watch?v=Ec1j3EdNCEU> in case you don't know what they are. The important thing about them for this event is that each Snail has a series of chambers inside it and these can be filled with sand that shifts from one compartment to another as it is rolled, making it virtually impossible to build up momentum. For this reason we are keeping the pushing time to 60 seconds.

I will share more details about the development of the apparatus as I get it from the designers. We will be testing it before the contest, of course, to determine the best load. We are also designing a special floor to help with your footing.

Rules for this event:

1. Each competitor will have 60 seconds to push the apparatus as far as possible.
2. The arms on the Wheel will be at different heights—and it is OK to move to a different arm (within your 60 seconds of time) if you are not making progress at a certain position. No additional time is given for moving to a new bar.
3. No tacky of any sort (including spray tacky) is allowed on the logs or on any part of the body or clothing. Tacky-Towels and lifting chalk will be provided; only these grip aids are permitted.
4. You may lean against the poles—as well as use your hands—and you can even try pushing with your back. This is new territory for the ASC so bring your full Barbarian strength!

EVENT FOUR: THE AUSTRIAN OAK

Saturday Afternoon—Expo Stage 3:00-4:30

Time Limit: 90 seconds

We will use our two Austrian Oak logs. The “Large” log will weigh approximately 430 pounds/195 kilos. This is the same weight as 2017 and should be a weight many of you will be able to do. The “Small” log will weigh approximately 385 pounds/175 kilos. We will not be rushed for this event, so you are all welcome to try the heavy log if you like. During warmup, athletes will be asked by the expeditor if they want to start with the heavy log or the light one. We will begin with the heavy log on stage.

After we finish with the lifting of the Heavy Oak, we will bring the lighter Oak on stage and those competitors who either failed to lift the heavy log, or those who choose to only try the lighter log, will then do as many reps as possible to earn points in the event.

Rules for this event:

1. Competitors will have 1.5 minutes (90 seconds) from the time their name is announced and the whistle has blown (NOT from the time the lifter touches the log) to complete their attempts. Please be ready to go as soon as the man ahead of you finishes.
2. During the lift, the competitor takes the log from the platform, lifts it to arms' length overhead and must lock the arms and control the Oak until the head referee give a "Down" signal.
3. The log is then dropped or lowered to the platform and repeated as many times as possible within the 90-second time limit. The log must be controlled overhead on every rep for it to count.
4. The lifter may use any technique to bring the log to the chest except to stand it on one end and rock it sideways into position for the overhead portion of the lift.
5. Because of the degree of difficulty in lifting the heavy log, anyone making at least one rep with the heavy log will be placed ahead of everyone who successfully lifts the light log for multiple reps.

EVENT FIVE: THE STONE SHOULDER – Please Note New Rules

Saturday Evening—Battelle Hall

Time Limit: 30 seconds to lap; and then 2 additional minutes.

Weight of Implement: 410 lbs./186 kg

The aim of the contest is to lift Odd Haugen's famous "Tombstone," from the platform to a stationary position on top of the shoulder as many times as possible within a 2.5 minute time limit. The stone can be lifted from the floor straight to the shoulder—or can be lapped and then "hitched" up the torso/body using small upward movements until the stone fully rests on top of either the right or the left shoulder. To complete the lift, one of the hands must be placed either on top or on the side of the stone so it is steady on the shoulder. The other arm must then be extended away from the body either to the side or to the front. At that point, the judge will give the "Down" signal and the lifter will drop the stone onto a pad directly in front of him. Spotters will help re-position the stone and the strongman will then attempt to lift it again. The goal is to complete as many reps as possible in the 2.5-minute time period.

Points will be awarded at three positions during the lift to help break ties. Two stop watches will be used for this event—one to measure 30 seconds; and the other for the full 2.5 minutes.

Rules for this event:

1. The lifter has 30 seconds to lap the stone. If he does not lap it within 30 seconds, his time is up, and he cannot continue in the event.
2. If he does lap it, then he has the remainder of his 2.5 minutes to try and earn points based on the following formula:
Lapping = 1 point
Getting stone to chest = 2 points
Getting Stone to shoulder and extending one arm = 4 points (One stone to shoulder beats any combination of points earned by lapping and lifting the stone to the chest.)

3. No tacky of any sort (including spray tacky) is allowed on the stone or on any part of the body or clothing. Tacky-Towels and lifting chalk will be provided and only those grip aids are permitted.
3. “Strongman grip shirts” will be provided as part of this year’s uniform, but no other “grip shirts” may be worn. Long-sleeved shirts may be worn, and one standard-length neoprene elbow sleeve on each arm is permitted.
4. No solid “armguards” of any sort may be worn on the forearms.

Total Point Calculation & Ties

Each man will earn points in all five events. First place in an event is worth 10 points; second place 9 points, and so on. In the event of a tie in total points for places 10-2 at the end of the contest, the prize money will be split between the men who tied. If there is a tie on points for first place, a lift-off will be held using the Louis Cyr dumbbell. (Weight to be announced later.)

The rules for the tie-break are:

- 1) The Cyr Dumbbell must be lifted overhead from the floor to full arms’ length on the first attempt.
- 2) After the first lift, the strongman will do as many additional overhead lifts as possible in 90 seconds.
3. Subsequent overhead lifts may start from the shoulder; it is not necessary to lower the Cyr to the platform on each repetition.
4. Switching arms is permitted.
- 5) Once locked out overhead, the “Down” signal will be given for each good attempt.
6. The highest number of completed overhead lifts wins.

Uniforms and Equipment

Please note that our judges may inspect contestants at any time during the course of the ASC if they have reason to think that the ASC uniform/equipment rules are not being followed. If you are uncertain if something is legal, please check with one of the judges—or ask us at the meeting on Thursday night. Judges and contest organizers further retain the right to require lifters to remove any unapproved item of clothing or any gear bearing unapproved logos or logos determined by the committee to be in bad taste, in violation of specified rules, or promoting Strongman events outside the Arnold Strongman Series.


1. Athletes must wear their official ASC shirts and shorts on stage and may not cover the logos of the official sponsors.
2. Permitted hand straps (for the deadlift) must be made of soft materials such as fabric, woven webbing, neoprene, etc., and may consist of no more than two layers of materials stitched together. Materials such as plastic and metal are not allowed on hand straps. One-layer leather hand straps are also permitted. Permitted types are:

a. “Lasso handstraps” with a single loop and a tail.



b. Single Loop straps with no tail like Olympic weightlifters use.



NOT PERMITTED-- Straps with two loops or “Figure 8” straps like this yellow one,  or straps with an attached cuff.

3. Athletes may not wear supersuits, deadlift suits, or erector (deadlifting) shirts in any event at the Arnold Strongman Classic.
4. One pair of supportive “undershorts” may be worn during the competition (under your uniform shorts) such as compression shorts or powerlifting briefs.
5. Knee-wraps, knee sleeves, wrist wraps, and elbow sleeves are permitted as long as they do not show any logos other than those of our official sponsors.
6. If you plan to wear gear with a logo on it from any company during the 2019 ASC (including your own) the logo must be covered with tape on stage. This will be enforced this year because of the TV show to air later on the CBS Sports Network. **IF YOU HAVE SPONSORS AND WANT TO WEAR THEIR GEAR, ASK THEM TO CONTACT ME TO DISCUSS A SPONSORSHIP PACKAGE SO THEIR LOGO CAN ALSO BE SEEN ON THE CBS TELEVISION SHOW AND ON THE LIVESTREAMING DONE BY BOTH ROGUE AND THE ARNOLD SPORTS FESTIVAL.** Otherwise, no worries, we will have black tape, and simply cover the logo.
7. Only one layer of supportive gear is permitted. You cannot wear double elbow sleeves, for example. However, one or two Velcro straps to tighten the sleeve are permitted as long as they do not cover the full elbow or knee sleeve.
8. A waist band (or pad) and leather belt may be worn in the deadlift and in all other events at the ASC.
9. Unfair Advantage Rule: As new gear technologies are invented, a committee consisting of one or both of the meet directors, the head referee, and at least one other member of the judging staff, may refuse to allow athletes to wear or use a piece of equipment or gear--even if it is not specifically banned in the written rules. This rule is to help make certain that no athlete has an unfair advantage over his fellow competitors.

Arnold Strongman Classic 2018 Prize Money

The breakdown of the prize money will be released soon.

Arnold Strongman Classic Officials

The Arnold Strongman Classic was founded by Terry Todd in 2002 and he served as its primary director until this year. Steve Slater and I served as Terry’s co-directors and we are now directing the 2019 ASC with help from Dione Wessels, Magnus ver Magnusson (Head Referee), Odd Haugen, Kim Beckwith, Bill Duerson, John Fair, Susie Slater, Landon Slater, Terry Young, Greg Young, Karl Gillingham, Andy Miller, Jason Shurley, and the amazing “Slater’s Crew” who work so hard as our stage team each year. Special thanks, always to Bob & Jim Lorimer who run the entire festival.

If you have questions, please call or write us at:

Jan Todd, Phone: 1-512-694-6237

Email: jan@starkcenter.org or jtodd001@austin.rr.com

Steve Slater, Phone: 1-740-808-3010

sslater@roguefitness.com

Jan Todd, Director
jtodd001@austin.rr.com
Phone: 1-512-694-6237

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