



STRONGMAN BATTLES



2024 FEB / MAY
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 ATHLETES 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 THE BARRIERS.

EVENT 1:

CERBERUS KRATOS BAR DEADLIFT MAX

IMPLEMENTS / WEIGHTS:

CERBERUS KRATOS DEADLIFT BAR – STANDARD HEIGHT

ALLOWED EQUIPMENT:

BELT, UNDER-BELT, (FIGURE 8) STRAPS, (LIQUID) CHALK, DEADLIFT SUIT IS ONLY ALLOWED FOR LEVEL 4.

TIME / DISTANCE:

60 SECONDS TIME LIMIT PER ATTEMPT.

THE ATHLETE WHO LIFTS THE MOST AMOUNT OF WEIGHT I CORRECT FORM WINS THE EVENT. NO WEIGHT LIFTED = 0 POINTS.

THE ATHLETE HAS 3 ATTEMPTS TO LIFT THE MOST AMOUNT OF WEIGHT. ATTEMPT 1 MUST BE SUMMITED TO THE ORGANIZATION WHEN SIGNING IN. ATTEMPT 2 AND 3 MUST BE SUMMITED IMMEDIATELY AFTER THE ATTEMPT TO THE FIELD MANAGER OFF TO THE SIDE. THIS CAN'T BE CHANGED LATER.

IF THE ATHLETE FAILS AN ATTEMPT THE WEIGHT CAN'T BE LOWERED FOR THE NEXT ATTEMPT.

DROPPING THE BAR IS NOT ALLOWED, THE BAR HAS TO BE FOLLOWED DOWN. FAILING TO DO SO RESULTS IN "NO REP". IF THE ATHLETE DOES NOT WAIT FOR THE DOWN COMMAND BEFORE LOWERING THE BAR, THEN THIS ALSO RESULTS IN A "NO REP".

ONLY JUMPS OF 2,5 KG ARE ALLOWED.

VALID REP: KNEES AND HIPS LOCKED, STANDING STRAIGHT, SHOULDERS NEUTRAL, EYE CONTACT WITH REFEREE, THUMB PHALANX IN CONTACT WITH BAR. THE ATHLETE MUST SHOW CONTROL BEFORE GETTING THE DOWN COMMAND. NOT DROPPING THE BAR.

EVENT 2:

OVERHEAD MEDLEY

IMPLEMENTS / WEIGHTS:

IMPLEMENT 1: AXLE BAR
IMPLEMENT 2: BEER KEG
IMPLEMENT 3: LOG
IMPLEMENT 4: BLOCK

ALLOWED EQUIPMENT:

BELT, UNDER-BELT, KNEE / ELBOW SLEEVES, GRIP SHIRT, WRIST WRAPS, (LIQUID) CHALK.

TIME / DISTANCE:

60 SECONDS TIME LIMIT.

THE ATHLETE PRESSES THE IMPLEMENTS ABOVE THE HEAD IN THE FASTEST TIME POSSIBLE. THE EVENT WILL BE 1V1. NO WEIGHT LIFTED = 0 POINTS.

THE IMPLEMENTS MUST ALL BE LIFTED ONCE, STRICTLY IN THE ORDER LISTED ABOVE WITHIN THE TIME LIMIT. THE ATHLETE MAY ONLY CONTINUE TO THE NEXT IMPLEMENT IF THE PREVIOUS IMPLEMENT IS LIFTED SUCCESSFULLY ABOVE THE HEAD.

DROPPING THE IMPLEMENT BEHIND THE BACK AFTER LOCKOUT IS NOT ALLOWED AND RESULTS IN THE ATHLETE HAVING TO LIFT THE IMPLEMENT AGAIN.

IF THE ATHLETE DOES NOT WAIT FOR THE DOWN COMMAND BEFORE LOWERING THE IMPLEMENT THEN THIS MUST BE LIFTED AGAIN BEFORE CONTINUING.

RESTING ANY OF THE IMPLEMENTS ON THE HEAD IS NOT ALLOWED. IF THIS HAPPENS, THE IMPLEMENT MUST BE BROUGHT BACK TO THE SHOULDERS OR GROUND AND RE-ATTEMPTED.

BRING THE IMPLEMENTS DOWN SAFELY. IMPLEMENT MUST BE STILL IN CENTRE OF DROP PAD BEFORE GOING ONTO THE NEXT ONE.

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

EVENT 3:

CERBERUS DINNIE STONE HANDLES CARRY

IMPLEMENTS / WEIGHTS:

CERBERUS DINNIE STONE HANDLES.
HANDLE 1 WEIGHS ~30% MORE THAN HANDLE 2.
HANDLE 1 HAS THE BIGGER RING.

ALLOWED EQUIPMENT:

BELT, UNDER-BELT, KNEE SLEEVES, (LIQUID) CHALK.

TIME / DISTANCE:

UNLIMITED TIME, 15 METER COURSE.

THE ATHLETE MUST TRAVEL THE MOST AMOUNT OF DISTANCE WITH THE IMPLEMENT. THE EVENT WILL BE 1V1. NO DISTANCE TRAVELED = 0 POINTS.

AFTER CROSSING THE FIRST LINE THE ATHLETE WILL WALK 15 METERS UP AND DOWN WITHOUT DROPPING THE HANDLES. IF THE HANDLES ARE DROPPED THEN THE ATHLETE HAS 10 SECONDS TO RE-PICK THEM AND START WALKING AGAIN. THIS MAY ONLY BE DONE ONCE.

IF THE HANDLES ARE DROPPED AND THEY ARE NOT NEXT TO EACH OTHER, THEN THE ATHLETE MAY MATCH THE HANDLE THAT IS FURTHEST BACK WITH THE OTHER HANDLE TO MAKE THE PICKUP MORE EASY. THIS MUST BE DONE WITHIN THE 10 SECONDS.

WHEN THE HANDLES ARE DROPPED A SECOND TIME, THE RUN WILL STOP AND THE DISTANCE WILL BE MEASURED.

WHILE HOLDING THE IMPLEMENTS, THE ATHLETE MAY TURN WHEN 1 FOOT BREAKS THE LINE.

IF THE ATHLETE DROPS THE DINNIE HANDLES ON THE LINE, THEN THE ATHLETE IS ALLOWED TO TURN AND WALK THE OTHER WAY IF AT LEAST:

- ✦ BOTH DINNIES BREAK THE LINE
- ✦ 1 DINNIE AND 1 FOOT BREAK THE LINE
- ✦ BOTH FEET BREAK THE LINE

IN ANY OTHER SCENARIO THE ATHLETE MUST PICK UP THE DINNIE HANDLES FACING THE WAY THEY WERE DROPPED.

IF THE ATHLETE FAILS TO BREAK OR EXCEED THE LINE, THE ATHLETE WILL BE WARNED TO GO BACK. IF THE ATHLETE IGNORES THIS WARNING TO GO BACK, ONE LENGTH (15 METERS) WILL BE TAKEN OFF THE TOTAL DISTANCE TRAVELED.

EVENT 4:

ATLAS STONE OVER BAR

IMPLEMENTS / WEIGHTS:

VARIOUS ATLAS STONES OF DIFFERENT SIZE AND DIAMETER.

ALLOWED EQUIPMENT:

BELT, UNDER-BELT, KNEE SLEEVES, STONE SLEEVES, TACKY, GRIP SHIRT.

TIME / DISTANCE:

60 SECONDS TIME LIMIT – 120 CM HIGHT.

THE ATHLETE MUST PUT THE STONE OVER THE CROSSBAR AS MANY TIMES AS POSSIBLE WITHIN THE TIME LIMIT. THE EVENT WILL BE 1V1.

THE ATHLETE MUST CHOOSE ONE OF THE GIVEN WEIGHTS BEFORE LIFTING. 1 REP ON THE HIGHER WEIGHT BEATS ANY AMOUNT OF REPS ON THE LIGHTER WEIGHT.

0 REPS = 0 POINTS NO MATTER WHAT WEIGHT WAS CHOSEN.

THE EVENT STARTS AS SOON AS THE WHISTLE BLOWS AND THE ATHLETE MAY NOT HAVE CONTACT WITH THE STONE BEFOREHAND.

AFTER DROPPING THE STONE OVER THE CROSSBAR, THE STONE WILL BE RETURNED TO THE ATHLETE BY A SLOPE. IT'S THE ATHLETE RESPONSIBILITY TO MAKE SURE THE STONE DOESN'T GO OVER THE SLOPE.

IF THE STONE ROLLS AWAY FROM THE CROSSBAR BECAUSE OF A FAULT ON THE ATHLETE'S PART, THE ATHLETE IS RESPONSIBLE FOR RETURNING THE STONE AND WILL NOT RECEIVE HELP.

THE NUMBER OF REPS WILL BE COUNTED, NO SPLIT TIME WILL BE TAKEN.

EVENT 5:

POWER STAIRS

IMPLEMENTS / WEIGHTS:

STEP HEIGHT: ~42,5 CM.
HANDLE HEIGHT: ~45 CM.
3 HANDLES, 4 STEPS EACH.

ALLOWED EQUIPMENT:

BELT, UNDER-BELT, KNEE / ELBOW SLEEVES, (LIQUID) CHALK.

TIME / DISTANCE:

90 SECONDS TIME LIMIT.

THE ATHLETE MUST LIFT ALL THE IMPLEMENTS TO THE TOP OF THE STEPS WITHIN THE TIME LIMIT. THE EVENT WILL BE 1V1.

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 STAIR BEFORE CONTINUING TO THE NEXT IMPLEMENT. IT CAN NOT HANG OVER THE EDGE.

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

LEVEL 2

1. TROPHY + 40% DISCOUNT VOUCHER*

2. TROPHY + 30% DISCOUNT VOUCHER*

3. TROPHY + 20% DISCOUNT VOUCHER*

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

LEVEL 3

1. TROPHY + 50% DISCOUNT VOUCHER*

2. TROPHY + 40% DISCOUNT VOUCHER*

3. TROPHY + 30% DISCOUNT VOUCHER*

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

LEVEL 4-PRO**

1: TROPHY + € 300

2: TROPHY + € 200

3: TROPHY + € 100

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

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

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