



**Okinawa's Strongest- Battle of the North  
Competition Rules**

1. **Purpose:** To disseminate information and instruction pertaining to the Okinawa's Strongest strongman competition.
2. **Eligible Participants:** Open Island-wide.
3. **Division:**

Bodyweight categories:

- a. Female Weight Classes:
    - i. Up to 150 lbs
    - ii. Over 150 lbs
  - b. Male Weight Classes:
    - i. Up to 175 lbs
    - ii. 175-200 lbs
    - iii. Over 200 lbs
4. **Rules:** Competition will be conducted following the rules established in these bylaws and as determined by the event director.
  5. **Competition Bylaws.** Competition will be conducted with the following events in all divisions:

Atlas Stone Lift, Yolk Carry, Tire Flip, Deadlift/Log Press Medley

- a. Atlas Stone Lift
  - i. Competitors will complete three atlas stone lifts of various weight and place them on a specified raised platform for time.
    1. Female competitors in both weight categories will use the following size atlas stones:
      - a. 102 lbs
      - b. 124 lbs
      - c. 138 lbs

2. Male competitors in the up to 150 lbs division will use the following size atlas stones:
  - a. 124 lbs
  - b. 138 lbs
  - c. 163 lbs
3. Male competitors in the 150 lbs-200 lbs division will use the following size atlas stones:
  - a. 138 lbs
  - b. 163 lbs
  - c. 202 lbs
4. Male competitors in the over 200 lbs division will use the following size atlas stones:
  - a. 163 lbs
  - b. 202 lbs
  - c. 261 lbs

b. Yoke Carry

- i. Competitors will carry pre-loaded yokes a total 50 yards for time.
- ii. Competitors will first begin at a designated start point and travel 25 yards with a specified pre-loaded yoke. They will then place it down at the designated 25 yard mark, and pick up a second yoke facing the direction they just came. Competitors will travel back to the starting position with that yoke for a total time.
- iii. Yokes must be carried across the back, and must be off the ground as it travels the 50 yards, with the exception of the transition from the first yoke to the second yoke at the 25 yard mark.
- iv. Below listed weights are total combined weight of equipment and additional weight added
  1. Female competitors in both weight categories will carry 285 lbs
  2. Male competitors in the up to 175lbs division will carry 345lbs
  3. Male competitors in the over 175lbs to 200lbs division will carry 365lbs
  4. Male competitors in the over 200lbs division will carry 385lbs

c. Tire Flip

- i. Competitors will complete as many tire flips as possible in sixty seconds.
- ii. A complete flip means the tire must touch the ground on the back side of the flip in order to be counted.
  - a. Male competitors in all divisions will flip a 7 ton tire (approximately 450 lbs.)

- b. Female competitors in all divisions will flip a 5 ton tire (approximately 270 lbs.)
- d. Log Clean and Press/ Deadlift Medley
  - v. Competitors will begin on a starting point. They will run 10m to a loaded log and complete 5 log clean and presses. They will proceed 10m to a loaded bar and complete 5 deadlifts. They will then continue another 10m and complete 5 log clean and press, followed by a final 10m and 5 deadlifts. This event is for time.
    - 1. Male competitors in the up to 175lbs division will attempt the event using 102 lbs logs
    - 2. Male competitors in the over 175lbs to 200lbs division will attempt the event using 122 lbs logs
    - 3. Male competitors in the over 200lbs division will attempt the event using 142 lbs logs
    - 4. All female competitors will attempt event using 71 lbs logs.

## 6. Scoring

- i. Competitors will be awarded points based on their placing in each of 3 events.
  - ii. Scoring will be as follows:
    - 1. 1<sup>st</sup> place in an event will receive the max points based on the number of competitors in the category. Example: If 20 competitors are in the category, they will receive 20 points for the event.
    - 2. 2<sup>nd</sup> place will receive one less point than first place based on the number of competitors in the category. Example: If 20 competitors are in the category, second place will receive 19 points.
    - 3. Score will continue to drop one point for each placing within the category below 1<sup>st</sup> place.
    - 4. If a competitor does not complete the event, they will receive 0 points for that event.
    - 5. In the event of a tie between two or more competitors, higher placing will be awarded to the lightest competitor in the tie.
  - iii. The competitor with the highest score total at the end of competition will be the winner.
  - iv. Competitors must complete each event in its entirety to receive points. Any incomplete events will result in a score of "0" for that event.
7. **Awards:** Individual awards will be given to the 1st, 2nd and 3rd place in each weight division. First place winners in each weight division will be granted free admission into the Okinawa's Strongest main event.

8. **Gear:** The use of personal weight belts, grips, and sleeves is allowed for competition. MCCS will have limited weight belts, sleeves, and chalk available for competition. Competitors must wear closed toe shoes for competition- this includes the allowed use of cleats in events that take place on grass surfaces.
  
9. **Officials:** Semper Fit representatives will be officiating and will be at each event to demonstrate and ensure rules are followed.
  
10. **Event Director:** The Event Director or MCCS representative will be responsible for the administration of the event and all aspects thereof. Any and all decisions are final.