



**Okinawa's Strongest
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:

Sled Pull, Atlas Stone Lift, Wheelbarrow/Deadlift Scramble

- a. Sled Pull
 - i. Competitors will pull a weighted sled 50 meters for time.
 1. Female competitors in both weight categories will use the following weight:
 - a. 120 lbs
 2. Male competitors in the up to 150 lbs division will pull the following weight:
 - a. 140 lbs
 3. Male competitors in the 150 lbs-200 lbs division will pull the following weight:

- a. 160 lbs
- 4. Male competitors in the over 200 lbs division will pull the following weight:
 - a. 180 lbs

b. 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
- ii. Competitors will receive no more than three minutes to complete the event.
- iii. Competitors must begin with the lightest stone and finish with the heaviest stone.

c. Wheelbarrow/Deadlift Scramble

- i. Competitors will carry the wheelbarrow 50m, turn 180 degrees around a flag and return 50m (100m total) followed by 10 reps of the deadlift for time.
- ii. Competitors may not move on to the deadlift portion until the wheel of the wheelbarrow has crossed the 100m line on the return.
- iii. Competitors will have a set weight for the wheelbarrow and the deadlift.
 - 1. Wheelbarrow Weights
 - a. Male competitors in all divisions will have a weight of 360 lbs.
 - b. Female competitors in all divisions will have a weight of 210 lbs.
 - 2. Deadlift Weights
 - a. Male Competitors in all divisions will deadlift 275 lbs.

b. Female competitors in all divisions will deadlift 175 lbs.

d. Scoring

i. Competitors will be awarded points based on their placing in each of 3 events.

ii. Scoring will be as follows:

1. 1st 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. 2nd 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 1st 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.

6. **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.

7. **Gear:** The use of personal weight belts, grips, and sleeves is allowed for competition. M CCS 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.

8. **Officials:** Semper Fit representatives will be officiating and will be at each event to demonstrate and ensure rules are followed.

9. **Event Director:** The Event Director or M CCS representative will be responsible for the administration of the event and all aspects thereof. Any and all decisions are final.