



**Okinawa's Strongest
Competition Rules**

1. **Purpose:** To disseminate information and instruction pertaining to the Okinawa's Strongest strongman competition.
2. **Eligible Participants:** Open to SOFA status only.

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:

Log Clean and Press, Atlas Stone Lift, Wheelbarrow, Sled Pull, Farmer Walk, Tire Flip, Deadlift. Yoke Carry

- a. Log Clean and Press

- i. Competitors will complete as many repetitions as possible in sixty seconds.

1. Female competitors up to 150lbs will attempt event using 51lbs log.

2. Female competitors 150lbs and over will attempt event using 71lbs log.

3. Male competitors up to 175lbs. will attempt the event using 102lbs log.
4. Male competitors 175-200lbs. will attempt the event using 122lbs log.
5. Male competitors 200lbs and over will attempt the event using 142lbs log.

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. 99 lbs
 - b. 121 lbs
 - c. 136 lbs
 2. Male competitors in the up to 150 lbs division will use the following size atlas stones:
 - a. 121 lbs
 - b. 136 lbs
 - c. 162 lbs
 3. Male competitors in the 150 lbs-200 lbs division will use the following size atlas stones:
 - a. 136 lbs
 - b. 162 lbs
 - c. 198 lbs
 4. Male competitors in the over 200 lbs division will use the following size atlas stones:
 - a. 162 lbs
 - b. 198 lbs
 - c. 257 lbs
- ii. Competitors will receive no more than three minutes to complete the event.

c. Wheelbarrow

- i. Competitors will complete this event over the course of 100 meters for time (50 meters downfield, 50 meters back).
- ii. Competitors will add weight to their wheelbarrow every 10 meters for the first 40 meters.
 1. Male competitors in all divisions will have a starting weight of 90 lbs. Competitors will add 90 lbs to their wheelbarrow every 10 meters for the first 40 meters. Finishing weight will be 450 lbs.
 2. Female competitors in all divisions will have a starting weight of 70 lbs. Competitors will add 35 lbs to their wheelbarrow every 10 meters for

the first 40 meters. Finishing weight will be 210 lbs.

d. Sled Pull

- i. Competitors will pull a weighted sled 50 meters for time.
 1. Male competitors in all divisions will pull 180 lbs for 50 meters.
 2. Female competitors in all divisions will pull 120 lbs for 50 meters.

e. Farmer Walk

- i. Competitors will carry a set weight in each hand as far as possible in sixty seconds.
 1. Male competitors in all divisions will carry 120 lbs per hand.
 2. Female competitors in all divisions will carry 70 lbs per hand.

f. Tire Flip

- i. Competitors will complete as many tire flips as possible in sixty seconds.
 - 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.)

g. Deadlift

- i. Competitors will complete as many deadlifts as possible in sixty seconds.
 1. Male Competitors in all divisions will deadlift 275 lbs.
 2. Female competitors in all divisions will deadlift 175 lbs.

h.

Yoke Carry

- i. Competitors will carry a yoke with preloaded weight 50m for time.
 1. Female competitors in up to 150lbs division will attempt the event carrying 180lbs yoke.
 2. Female competitors in the over 150lbs division will attempt the event carrying 200lbs yoke.
 3. Male competitors in the up to 150lbs division will attempt the event carrying 245lbs yoke.
 4. Male competitors in the 150 lbs-200lbs division will attempt this event carrying 285lbs yoke.
 5. Male competitors in the over 200lbs division will attempt this event carrying 325lbs yoke.

i. Scoring

- i. Competitors will be awarded points based on their placing in each of the seven 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.

6. **Awards:** Individual awards will be given to the 1st, 2nd and 3rd place in each weight division.

7. **Officials:** Semper Fit officials will be at each event to demonstrate and ensure rules are followed.

8. **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.