

The Old Time Strongman Competition – Saturday 17th July

Cyr Press

Any dumbbell with a handle diameter between 1 inch and 1.5 inches is allowed. The dumbbell may be brought to the shoulder in any manner but must come to the shoulder before going overhead. This includes using two hands. Once at the shoulder, the dumbbell is taken overhead with only one hand anyhow. The other arm/hand is not allowed to touch the lifting arm during the overhead portion. The feet can move. If the lifter misses with one arm, the dumbbell may be switched to the other arm during the attempt, but the arm used must be selected at the shoulder. A time limit of 1 minute is allowed for the attempt. The dumbbell may be set down or dropped during the attempt. If the overhead portion of the lift is missed, it may be restarted at the shoulder. Once the dumbbell is overhead motionless with arm straight, the legs straight and feet in line with the torso, an official will give a command to end the lift

Goerner Stroll

Two barbells will be used. The lifter must pick up both barbells at the same time, one in each hand, and walk (or run) a distance of 1 rod (or 16.5 feet). The starting and finish lines must be marked. The plates on the bars must be behind the starting line at the start, and finish entirely beyond the finish line at the end. The weight selected on the bars must not be changed during the attempt. Both bars must be loaded to the same weight. A one minute time limit is allowed for the attempt. If the bars are set down or dropped between the starting and finish lines during this 1 minute time limit, the lifter may start over, but MUST restart at the starting line. Strapping the bars to the hands is NOT ALLOWED.

The Habecker Lift

The bar will be placed at a height of one third the lifter's height, measured to the bottom of the bar. The lift begins at the lifter's discretion. The lifter will take the bar in the inside of the elbows between the upper arms and lower arms as in the Zercher Lift. The bar is lifted to a position where the lifter is standing fully upright with legs straight and shoulders erect. The feet must not move position during the lift, but the heels and toes may rise. It is an infraction if the bar is supported by the lifter's belt. Once upright and motionless, an official will give the down command. A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. No padding of any kind is allowed on the bar or on the lifter's arms. The bar must be returned to the supports under control.