

Rural Rumble VI Rules

Press Medley: Athlete can start with either implement. Athlete will clean and press the first implement (log or axel - athletes choice), set down IN A CONTROLLED MANNER, then move to the second implement in which they will clean and press. Upon successful down command, athlete will set down in a controlled manner and move back to the first implement. Athlete will continue back and forth, for max repetitions. If athlete fails to complete a successful lift, they cannot move to the other implement with the exception of the first rep. 60 second time limit. Must wear shoes/foot covering. ***If an athlete drops an implement from overhead, they will get zero (0) for the event.***

Farmers Carry: Athlete will carry a set of farmers handles down a 50' course (100' total), walk around a stationary object while maintaining the carry, and return back down the course to the finish line. Athlete will be allowed 2 drops. If the athlete drops a 3rd time or cannot complete the course in 60 seconds, a distance will be recorded. If the athlete touches the object they are turning around, or slides the farmers handles on the floor, a 2 second slide penalty will be added to the athletes time. Front of the implement must cross the finish line to complete course. Must wear shoes/foot covering. Chalk/liquid chalk only.

Deadlift for reps: Standard Height. Athlete will deadlift for maximum reps in 60 seconds. Upon successful lockout (shoulders and hips in alignment), a down command will be given (no up command will be given - touch and go is allowed). Conventional only (i.e. NO SUMO). Athletes palms must be in contact with the bar at all times. Straps allowed. No Deadlift hooks/hook type contraptions allowed. No supportive suits OR Briefs of any kind. Athlete must have shins/knees covered. Athletes must wear foot covering - deadlift socks or shoes NO BARE FEET. Chalk/liquid chalk only.

Keg/Sandbag: Athlete will pick up a keg from the floor, carry 50', and set upright at the end. Athlete will run back to the sandbag and carry the sandbag 50' and cross the finish line. 60 second time limit. If athlete cannot complete the course, a distance will be recorded. Must wear shoes/foot covering. Keg and sandbag must be carried to the front of the body. If the athlete drops the keg and it rolls in a forward direction, the athlete must bring the keg back to the point of dropping as spotted by the judge and continue the carry from that point.

Stone carry and load: Stones will be staggered at 15', 10', and 5' from the bar in descending weight (i.e. lightest at 15', second lightest at 10' and heaviest at 5'). Athlete will pick each stone, carry, and load over the bar in whatever order they choose. Chalk and Tacky allowed. Athlete cannot touch apparatus at any time during the load, meaning the apparatus may not be used as a loading aide -cannot grab bar/apparatus and row to push stone over. If athlete touches the apparatus during the load they will have to put the stone back down on the floor or repeat the load. Must wear shoes/foot covering. Split times will be taken after each successful load (time will be recorded from when the stone hits the ground). 60 second time limit.