

BRUTE'S NAS STRONGEST MAN IV HAMPTON VA SPORTS EXPO

(North American Strongman Inc. Membership required of all contestants)

- PROMOTER** Brute Strength Gym
DATE: Saturday February 18th, 2012_ **TIME:** 11:00AM
- LOCATION:** **HAMPTON, VA SPORTS EXPO**
1610 Coliseum Dr. Hampton VA 23666
- WEIGH INS:** Day before Time TBA / Day of Contest 8am-9am
RULES: 10:00am
- DIVISIONS:** Women (must have 2 in each class or will combine)
LW Women 140 and below
MW Women 141 -165
HW Women 166 and above
Novice (open class)
Masters 40 + (open class)
Men's Open LW under 200
Men's Open LW 201-231
Men's Open HW 232-265
Men's Open HW 266 and above
- EVENTS:** **CIRCUS DB**
YOKE
CONAN'S WHEEL
FARMERS CARRY/HUSAFEL STONE MEDLEY
STONE OVER BAR
- AWARDS:** Awards 1st - 3rd place in each Division
- ENTRY FEE:** \$60.00 must be postmarked or received in PayPal
By Feb. 1, 2012 **\$70.00 after Feb 1, 2012**
(All athletes must have a current NAS membership
Card. Card may be purchased contest Day \$40)
(Cash and checks only)
- HOTEL:** TBA
- TEE SHIRTS:** **Only early entries will receive FREE Contest Tee!**
(Limited additional Tee's will be available for sale on contest day)
- CHECKS** Brute Strength Gym (**Entries received are non-refundable**)
PAYABLE TO: 836 Poplar Hall Dr Norfolk, VA 23502
PAYPAL
AVAILABLE: www.brutestrengthgym.net

Email : brutestrengthgym@aol.com Phone: 757-893-9111

EVENTS

Weights may change without Notice.

Standard NAS Inc. Event Rules and Regulations Apply for each event and will be explained day of contest.

**CIRCUS DB: LW women 60 MW women 70 HW women 80 /
NOVICE 110lbs / MASTERS 120lbs / LW under 200 120lbs /
Men 201-231 140lbs / HW Men 232+ 160lbs**

- a. 60 second time limit
- b. DB will start on the ground, clean and press for reps. (clean each rep)
- c. Only one hand is allowed to press the dumbbell, the other hand must not come into contact with any part of the lifting arm/hand/or dumbbell during the press. The arm must be locked out overhead with wt under control. Legs and feet must be stationary
- d. Athlete must wait for the good lift command before lowering or rep will not count.
- e. The Athlete must lower the DB under control.
- f. Equipment Allowed: Belt, chalk, knee wraps, wrist wraps, and elbow sleeves.
- g. Equipment Not Allowed: Tacky
- h. Any and all anatomical limitations preventing lockout as described above must be demonstrated to the judge prior to the start of the event. This is solely the responsibility of the athlete.

**Yoke: LW women 310lbs / MW Women 390lbs / HW Women 440lbs /
Novice 550lbs / Masters 550lbs / LW under 200 Men 590lbs /
Men 201-231 630lbs / HW Men 232+ 730lbs**

- a. One attempt
- b. 60 second time limit
- c. 80' course length
- d. One set down allowed throughout the 80' course
- f. Athlete will start with the Yoke on the floor and shoulders under the crossbar.
- g. The signal is given and the athlete must lift and carry the yoke throughout the course and fully cross the finish to stop the clock.
- H. No sliding of the yoke will be permitted, Disqualification from the event if sliding is obvious.
- i. Equipment allowed: Belt, Knee sleeves or wraps, supportive suits, chalk.
- J. Equipment NOT allowed: Tacky.

FARMERS CARRY/HUSAFEL STONE:

**LW Women 125lb FC-100lb Keg /
MW Women and HW women 150 lb FC- 180 Keg /
NOVICE 215 lb-250 lb / MASTERS 245 lb-250 lb/
LW Men (under 200) 245 lb -250lb / Men (201-231) 265 lb-300 lbs /
HW Men (232+) 305 lb-350 lbs**

- a. 60 second time
- b. 50' each implement
- c. Farmers Carry only one drop allowed, no sliding of implement.
- d. Husafel Stone / or Keg NO Drops allowed
- e. Equipment Allowed: Belts (with buckle to the back), chalk, knee wraps or sleeves, elbow sleeve, wrist wraps,
- f. Equipment NOT allowed. No device that will assist the athlete to hang onto the stone will be permitted, No straps, No tacky, No objects placed in the belt to provide a shelf.

**CONAN'S WHEEL: LW Women 200lbs / MW and HW Women 300lbs /
NOVICE 500lbs/ MASTERS 550lbs / LW MEN (under 200) 550lbs /
Men (201-231) 600 / HW Men (232+) 700**

- a. Max Distance
- b. No Time limit
- c. The Athletes must carry the implement in the crook of the arms (Forearms/biceps)
- d. NO SHOULDERING of the implement allowed.
- e. Once the Athlete sets the implement down, measurements will be taken.
- f. There will be a 0-2ft grace mark, after which the measurements will be taken.
- g. No excessive sliding will be permitted. Distance will be measure from point of contact, not where implement slides.
- h. Equipment Allowed: Chalk, knee wraps or sleeves, wrist wraps, Belt with buckle to the back.
- i. Equipment NOT allowed: Tacky, Any item placed in the lifting belt to provide a "Shelf".

**STONE OVER BAR: LW Women 130 / MW Women 155 /
HW Women 170 / NOVICE 225 / MASTERS 260 /
LW Men (under 200) 260lbs / Men (201-231) 300lbs /
HW Men (232+) 330lbs**

- a. 60 second time
- b. Bar Height 45" (WM/Novice/Masters/Under 200)
- c. Bar Height 48" (LW 201-231 and HW)
- d. Athlete starts with hands on the bar.
- e. Split time will be taken with each stone
- f. Equipment Allowed: Tacky, Chalk, Knee wraps or sleeves, Belt with buckle to the back.
- g. Equipment NOT Allowed: Belt buckle to front or an object in the belt to provide a shelf.

ENTRY FORM

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive, and release all rights and damages I may have against (**Stella Krupinski, Brute Strength Gym**, North American Strongman, Inc., Willie or Dione Wessels, and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the (**Brute Strength Gyms Strongest Man**) and its related events, I hereby grant **NAS, Inc.** and/or any other approved video or entertainment organization and all of their agents, successors, licensees, and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance, and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising, and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate **NAS, INC.**, and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that **NAS, Inc.**, and/or any other approved video or entertainment organization are videotaping and photographing the Event in express reliance upon foregoing, and I represent and agree that I am free to grant the rights granted to NAS INC. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name _____ Age _____

Date of Birth _____

Address _____

City _____ State _____ Zip: _____

Phone _____ Email _____

Division _____ Weight Class _____

Tee Shirt Size _____

(only entries received before Feb. 1, 2012 will receive Free Tee shirt)

Signature _____

(Parent or guardian signature required if contestant is under 18 years of age)