

FitLike Gym Challenge Event Rules

Axle Lift

Lift the log from the floor to full arms length as many times as possible in 70 seconds. Any technique can be used, clean, continental etc. You must wait for the down command from the referee before lowering the axle.

Loading Event

Load 5 items onto a tractor-trailer. Objects can be tackled in any order. Objects must be fully loaded, i.e. not overhanging the edge. Objects are 1 lorry wheel with tyre (80kg), 1 Tractor weight (90kg), Sand bag (90kg), barrel filled with water (70kg) and 90kg stone (not a round stone). Time 90 seconds.

Keg Lift

Kegs to be lifted overhead. Kegs to be lifted in the following order 50, 60, 70, 80 and 90kg keg. You must wait for the down command from the referee before lowering the keg.

Stone Walk

A 120kg stone must be carried as far as possible. No time limit.

The Stones

5 stones to be placed onto barrels, 80, 90, 100 and the 110kg stones. Time limit 90 seconds.

General Rules

1. Events: Athletes will take part in all scheduled events.
2. Scoring: Points will be awarded for each event. 1st place points equals number of lifters starting the event, 2nd place points equals number of lifters starting the event minus 1 etc. Competitors must make a significant effort in each event. Derisory efforts may result in point deductions at the discretion of the referee.
3. Ties in overall place: If necessary, in the event of a tie for overall placing, results will be decided by the following principals in the order listed: most 1st places, most 2nd places, most 3rd places etc.
4. Ties in individual events: Ties in each event will be decided according to the rules laid down for each event. Points will be shared on an equal performance in any event.
5. Decisions: In all competition matters, performance infringement of the rules or accuracy of equipment. The referee's decision will be final.
6. Equipment breakages: Should this occur, a further attempt would be given to the athlete. This does not include personal equipment i.e. straps, belts etc.
7. Overall Disqualification: Athletes are expected to observe the highest standards of sportsmanship and respect the rules of fair play. Fragrant disregard of these principals may, after a warning lead to disqualification and forfeit of prize money.
8. Clothing and Equipment: Athletes are expected to provide their own clothing and equipment i.e. belts, shoes, wraps, chalk, tacky etc. Super suits are permitted in certain events. Should the athlete be in any doubt of the legality of the use of any clothing or equipment in any of the events. He should consult the referee.
9. Procrastination: Athletes are asked to note the order of the draw and prepare in good time to reduce delays. Any excessive delays will result in a warning from the referee. Repeat offences will be penalised.
10. Coaches: Coaches are permitted but supporters must remain outside the arena. Only one coach per athlete.
11. Stopping events: In the interest of safety, should an injury occur or a piece of equipment becomes unsafe, the referee is entitled to stop the event.
12. Health and Safety: All athletes are required to attend a walk through of each event prior to commencement of the competition. Failure to do so may result in exclusion from the competition. During this demonstration athletes will be given the chance to familiarise themselves with the equipment and ask questions of the referee relating to signals, timing, measurement etc.
13. Disclaimer: Every athlete is required to sign a disclaimer prior to entering the competition. Failure to do so will result in exclusion from the competition. Signed disclaimers must be returned to the referee prior to commencement of the competition.

DISCLAIMER

You understand and accept that the event involves unusual trials of strength and unusual demands upon the human body, which makes participation especially hazardous. Accordingly you agree that you will personally bear all consequences of any injury, which you sustain as a result of your participation in the event, including all losses, costs and/or expenses, which may be sustained by you as a result of any such injury. You hereby represent to the organisers that to the best of your knowledge and belief you are fit and healthy to undertake such unusual demands and you understand that the organisers are relying upon such representation.

In the event of you incurring an injury, feeling ill or requiring medical attention during the event, the advice of the event organisers shall be binding and you may be prevented from further competing in the event at any time during the event.

Notwithstanding the above, you hereby expressly release the organisers, their servants, agents, employees, contractors or other personal entities involved with the event from any actions, claims, liabilities, losses, costs or expenses which might arise from any such injury or illness. You further understand that the organisers do not undertake to provide the cost of any care or treatment that may be required in the event of injury or illness and that, as between you and us, any insurance against the results of any such injury or illness is solely your responsibility. Notwithstanding the foregoing terms of this paragraph, it is understood and agreed that this paragraph shall not operate to exclude or restrict any liability if and to the extent that such liability cannot be excluded or restricted under Section 2 of the Unfair Contracts Terms Act 1977.

Print Name

Signature

Date

If there is sufficient interest I may split the competition into two categories under 105kg and over 105kg. Could you indicate which category you would be in. If I do split into two categories then the weights for the +105kg may be increased.

Weight Class under 105kg class

(please tick)

Over 105kg class