

## 100% RAW Strongman/ Strongwoman Rules

1. Must be a member of 100% RAW Powerlifting Federation  
(Drug Tested)
2. **Weight Classes**
  - a. Female 130,160,190, UNL
  - b. Male 160,200,250, UNL
3. **Divisions**
  - a. Open (Anyone 13 years and older)
  - b. Teen 13-19
  - c. Masters 40 and above

\*\* Lifters that crossover to the open will have to lift the weights that are assigned to the Open division.\*\*
4. **Uniform**
  - a. Shorts or Sweats
  - b. T-shirt
  - c. Belt, Elbow and Knee Sleeves are okay.
5. **Scoring** lifters will score points as follows:
  - a. Each place in their division up to 10<sup>th</sup> place/10, 7, 6, 5,4,3,2, 1, .5, .25.
  - b. Overall Total points will win the division and weight class.



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### Lifts

#### 1. **Log Press for Reps** (One minute)

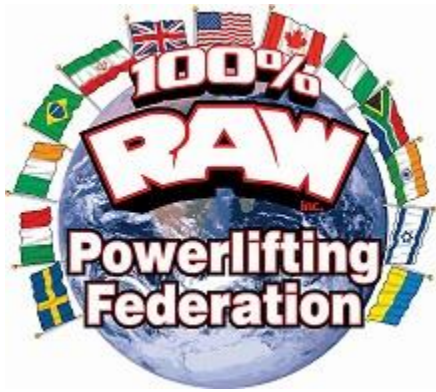
- a. Lifters pick up log to clean position once.
- b. From the clean position lifter will press the log overhead to lockout as many times as possible within one minute.
- c. Each good lift the lifter will get a down signal from the referee.

#### 2. **Farmers Walk** (Timed)

- a. Lifters will have two five foot bars with handles loaded with equal weight.
- b. Commands are: ready, set, go.
- c. They pick up the weight and go the required distance for time.

#### 3. **Plate Hold** (Timed)

- a. Lifters will have a weight for their weight class.
- b. They will hold the plate straight out from their body with elbows locked.
- c. They will hold the weight as long as possible.
- d. Once the elbows become unlocked the weight go down the lifter is over.



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4. **Wagon Wheel Deadlifts** for Reps (One minute)
  - a. The bar will be loaded with set weight for each weight class.
  - b. Weights must be pulled conventional stance, no sumo lifts.
  - c. Each good lift will have a down signal.
  - d. The bar must stop for each lift no bounce at the bottom.
  - e. Hitching is allowed but each lift must be locked out.
  
5. **Tire Flip** (Timed)
  - a. Lifters will be timed as they flip a tire four (4) times.
  - b. Time starts from a ready-set-go until the tire lands for the fourth and final flip.