

THE OXFORDSHIRE STRONGMAN AND STRONGWOMAN COMPETITION 2024

THE EVENTS

Below is a brief description of each event that will be held on the day. Videos will be provided separately.

All events will have a countdown to start (eg 3-2-1-'lift' or 3-2-1 'go'). Competitors will be notified of the time remaining for each event at the 30 seconds point, at 15 seconds and for the final 5 seconds, finishing with the word 'stop', where applicable.

Events Order

The events will take place in the following order:

1. Log Lift
2. Upper Body Medley
3. Car Deadlift
4. Conan's Wheel
5. Static Weight Hold

Scoring System

The following scoring system will be adhered to throughout the competition, in order that there is no ambiguity in the event of any 'ties' for individual events and the overall competition positions. The event organiser will have the final decision on any disputes or discrepancies during the competition.

Points will be awarded for all competitors as follows:

Points will be numbered according to the amount of people in each category e.g. if 10 in men's open 10 points down to 1, if 6 in the beginners women's 6 points down to 1. Therefore, in men's open 10 points for first placed in the event, down to 1 point for the last or 10th place.

Anyone not able to complete an event (e.g. can't lift the weight or doesn't actually attempt an event) will get 0 points for that event.

In the event of a tie in an event, points will be averaged and shared e.g. 1st position gets 10 points, if 2nd and 3rd are tied they will share 9 plus 8 points divided by 2 = 8.5points each. Similarly, if three are tied for 4th position in an event, points will be shared 7+6+5 points divided by 3 = 6 points each.

For competition placings, in the event of any ties, we will use a countback system to ascertain who has the most 1st positions, 2nd positions, 3rd positions and so on and positions allocated accordingly.

Log Lift



On the receipt of the word of command 'LIFT' competitors will lift the log, from the floor above their head and fully lock out at the elbow. The referee will indicate with a downward hand signal and shout 'down' for a good lift, only then will this be determined a successful lift. Competitors will be allowed 3 attempts to lift each weight within a timeframe of 60 seconds. Competitors must pass their proposed lifts to the judge before each lift. Each person can have a maximum of 3 separate lifts but can only proceed onto the 2nd and 3rd lift if successful each time. The heaviest weight will determine the placings. Chalk, belts, knee and elbow sleeves and grip tops are permitted to be used.

Technical details of the Log Lift

The log weighs 30kg without weight plates. The distance between each lifting handle is 55cm narrow or 80cm wide. The circumference of the log barrel is 83 cm. The length of the log barrel is 1.25m, plus 0.34m each end for the weight plates.

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Upper Body Medley



On the receipt of the word of command 'lift' competitors will lift 2 dumbbells from the floor to overhead. The referee will indicate with a downward hand signal and shout 'down' for a good lift, only then can the competitor proceed onto the next item to lift overhead. They can make as many attempts as possible at each item, but only require to complete one repetition of each. Once the first weight has been successfully lifted, they will proceed to attempt to lift a weighted 7ft Olympic barbell from floor to overhead, followed by a weighted axle barbell, and finally a single arm dumbbell (using a normal dumbbell) two hands can be used to get the dumbbell to the shoulder before a single arm press. The winner will be the person that lifts all or most weights in the quickest time within 75 secs. Subsequent placings will be awarded according to the number of weights lifted and least time to achieve their last successful lift. Chalk, straps, belts, knee and elbow sleeves and grip tops are permitted to be used.

Technical details of the Upper Body Medley

The dumbbells are normal dumbbells, metal or rubber hexagonal. The barbells all weigh 20kg each without weight plates. The axle barbell circumference is 16.5cm

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Car Deadlift



On the receipt of the word of command 'LIFT' competitors will deadlift the platform containing a car (with or without extra weight) from the floor, for as many repetitions as they can within a time limit of 60 seconds. A full repetition constitutes when the competitor lifts the deadlift frame and car fully from the floor, straightening their legs and following through with their hips (lockout). The referee will indicate with a downward hand signal and shout 'down' for a good lift, only then does the repetition count. The most repetitions will determine the winner and subsequent placings will be awarded according to the number of repetitions lifted. Bounce and go repetitions will not be permitted. Chalk, lifting straps, belts and knee and elbow sleeves are permitted to be used. No deadlift or squat suits.

Technical details of the Car Deadlift

The deadlift frame is a neutral grip and weighs 60kg. The lifting handles are 82 cm apart. The circumference of the handles is 11cm. The height of the handles from the floor is 53cm. Distance from the lifting handles to the car wheels is 1.25m.

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Conan's Wheel



On the receipt of the word of command 'lift' competitors will grip the Conan's Wheel arm and lift the weight stand off the floor. They will then walk in a circular direction as far as they can in 60 seconds. Once the Conan's Wheel weight stand is dropped to the floor, the distance will be measured (in degrees). Chalk, lifting belts, knee and elbow sleeves are permitted to be used. The winner will be determined by the furthest distance within the timeframe allocated.

Technical details of the Conan's Wheel

The wheel arm weights 70kg and is 2.95m in length from the pivot point. Circumference of the wheel arm is 32cm. The wheel arm has a weight stack consisting of 32kg weight plates, and additional weight plate to make up the total weight required.

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Static weight hold (axe trophy or dumbbell)



On the receipt of the word of command 'GO' competitors will lift an axe trophy or normal dumbbell at shoulder height with elbows locked out, maintaining a 'form' of arms at shoulder height, shoulders and backside touching the wall. Competitors are to hold the weight for as long as possible. Once the form has been 'broken' the time will be stopped and recorded. The referee will provide a 'warning' the first time a competitor begins to 'break form'. The winner will be determined by the longest time to hold the item with correct form. Chalk, belts and knee and elbow sleeves are permitted to be used.

Technical details of the Static Weight Hold

The dumbbells are normal metal or rubber dumbbells hexagonal. The axe trophy has a shield type head and long arm, which has a total length of 1m for the 20kg axe trophy (circumference 16.5cm) and 66cm for the 12kg axe trophy (circumference 16.5cm)

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