

# UNITED STATES STRONGMAN

## *Le Championnats Louisiane*

- Contest Director:** John Tabarlet
- Contact:** 3182105622 [braveheartstrength@yahoo.com](mailto:braveheartstrength@yahoo.com) [www.braveheartstrength.com](http://www.braveheartstrength.com)  
[www.facebook.com/braveheartstrength](http://www.facebook.com/braveheartstrength)
- Date & Time:** Saturday, October 10, 2015, 9 AM, Rules meeting at 8:30 AM
- Weigh-in:** Friday, October 9, 2015, 2 PM to 8 PM at Braveheart Strength Systems  
1618 Marshall Street, Suite B Shreveport, LA 71101  
**ALL ATHLETES MUST WEIGH IN ON FRIDAY AT THE GYM. NO WEIGH INS ON SATURDAY If you absolutely cannot weigh Friday, contact the meet director.**
- Location:** First Baptist Church of Shreveport 543 Ockley Drive Shreveport, LA 71106  
(PLEASE SEE THE WEBSITE OR FACEBOOK PAGE FOR DETAILED DIRECTIONS TO THE GYM/WEIGH IN AND THE CHURCH/CONTEST)
- Hotel:** Refer to website or facebook for developing details on hotel.
- Divisions/Wt. Classes:** Open Men- LW 148, 165, 181 MW 198, 220 HW 242, 275 SHW 308, 308+  
Open Women- LW 123, 132 MW 148, 165 HW 181, 198 SHW 198+  
Masters Men 40+- LW (198) HW (198+)  
Any weight classes with fewer than 3 competitors will be combined. If these classes have different event weights, the lighter of the event weights will be used.
- Events:** Farmer's Walk, Stone Shoulder, Axle Deadlift for Reps, Log Press for Max Weight, Carry and Drag Medley  
  
Contest will go on rain or shine. Rain events will be the same except the Farmer's Walk will be a Farmer's Hold with the same weights and the Medley will be a Crucifix Hold with weights to be determined.  
  
Detailed event descriptions, weights, rules and ANY CHANGES TO EVENTS will be constantly updated on website and facebook page as events are subject to change. This may not be the order of the events as they will be contested on the field.  
**COMPETITOR ORDER IN EACH WEIGHT CLASS/DIVISION FOR FARMERS, STONE, AXLE AND MEDLEY WILL BE THE INVERSE ORDER OF MY RECEIPT OF ENTRY WITH PAYMENT. THE FIRST ENTRY RECEIVED WILL GO LAST IN THESE EVENTS WHICH IS AN ADVANTAGE TO KNOW WHAT YOU NEED TO DO TO WIN!!**
- Awards:** 1<sup>st</sup> to 3<sup>rd</sup> in each division/weight class. This event is a United States Strongman national qualifier for the 2016 USS National Championships.
- Contest T-Shirts:** A contest shirt is included in the contestant entry fee. No shirts will be for sale at the weigh in or the contest. FOR EXTRA CONTEST SHIRTS, ORDER THEM WHEN YOU SEND IN THIS ENTRY. EXTRA SHIRT SIZE REQUESTS WILL ONLY BE HONORED IF YOU ENTER THE CONTEST BEFORE THE LATE DATE OF 9-21-15. AFTER 9-21-15, REQUESTED SIZES CANNOT BE GUARANTEED AND ALL EXTRA SHIRT ORDERS WILL BE FILLED ACCORDING TO A "WHAT IS LEFT OVER" BASIS. Extra t-shirt prices: \$20 for 1 shirt, \$35 for 2 shirts, \$50 for 3 shirts, \$60 for 4 shirts

**Entry Fees:** \$50, There will be an added charge of \$25 if the entry is postmarked after September 21, 2015. (t-shirt size NOT guaranteed on entries received after 9-21-15) U.S. Strongman membership is required and may be purchased at weigh in.

**Entry Deadline:** NO entries accepted after October 1, 2015.

**Mail Entries & Fees:** Make all checks or money orders payable to John Tabarlet. Mail entries and payments to:

**John Tabarlet 852 Azalea Garden Drive  
Shreveport, LA 71115**

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 United States Strongman, Inc., Willie Wessels, Braveheart Strength Systems, John Tabarlet, The First Baptist Church of Shreveport, Ronney Joe Webb, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the United States Strongman, Inc. CONTEST and its related events, I hereby grant United States Strongman, 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 any time in connection therewith. Nothing contained herein shall be deemed to obligate United States Strongman, 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 United States Strongman, Inc. and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to United States Strongman, Inc. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Email: \_\_\_\_\_ LOG PRESS OPENING ATTEMPT \_\_\_\_\_

Division: \_\_\_\_\_ Weight Class: \_\_\_\_\_ Contest T-Shirt size S M L XL 2XL 3XL 4XL 5XL

Gym: \_\_\_\_\_ How did you hear about this contest? \_\_\_\_\_

Signature \_\_\_\_\_

(Parent or Guardian signature required for contestants under the age of 18.)

ENTRY FEE \_\_\_\_\_ 50 \_\_\_\_\_

LATE FEE AFTER 9-21-15 \_\_\_\_\_

EXTRA T-SHIRTS 1@20, 2@35, 3@50, 4@60 \_\_\_\_\_ sizes S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_ 3XL \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED** \_\_\_\_\_

## Event Descriptions and Rules

For information on the weights to be used for each event in each division and weight class please go to [www.braveheartstrength.com](http://www.braveheartstrength.com) or [www.facebook.com/braveheartstrength](http://www.facebook.com/braveheartstrength)

**ALL EVENTS AND WEIGHTS ARE SUBJECT TO CHANGE! ANY CHANGES UP UNTIL THE WEEK OF THE CONTEST WILL BE LISTED ON THE WEBSITE AND FACEBOOK PAGE**

**Farmer's Walk-** The implements will have 1.25 inch un-knurled handles. The competitor will carry the implements 80 feet one way with no turns. There will be a 60 second time limit, unlimited drops are allowed and the fastest time wins. Competitors who time out at 60 seconds will have a distance measurement score. The back plates of the implement must completely cross the finish line and distances will be measured from the back plates.

**Steel Log Clean and Press-** Women will use an 8 inch steel log, men and masters will use a 10 inch steel log. Log press will be for max weight with 3 attempts and 30 seconds to complete the lift once your name is called. You MUST enter a likely opening attempt on your entry form and you can change or verify this opener at the weigh in. The log press will be conducted in powerlifting style in the rounds system. The log will start at the lowest opener for your session. Each competitor gets 3 attempts to press the log, one attempt in each round. The lifter must give his next attempt to the judge before the lifter who follows him has finished his lift. No attempt changes will be allowed on first attempts after the Friday weigh in is over and no attempt changes are allowed on second or third attempts after the attempt is given to the judge. The Log must be cleaned from the ground to the shoulders and then pressed, push pressed, power jerked or split jerked overhead. Log must be locked out with arms straight, head through, legs and feet in line and under control. Competitor must wait for the "down" signal before lowering the log under control (no dropping). No built up shelf at the belt. PICK AN OPENER YOU KNOW YOU CAN DO EVEN IN THE WORST CONDITIONS!!! OPEN LIGHT AND MAKE GOOD CHOICES ON YOUR JUMPS!!! DROPPING THE LOG FROM AN OVERHEAD AND LOCKED OUT POSITION WILL SUBJECT YOU TO DISQUALIFICATION FROM THIS EVENT.

**Axle Deadlift-**The competitor will deadlift an axle for max reps in 60 seconds. The judge will give a "lift" command for each rep at the bottom. When the rep is locked out with knees, hips and shoulders straight the judge will give a "down" command and the rep counted. Hitching is allowed but a full lockout is mandatory. A multi athlete tie in reps will be decided on bodyweight. YOU MUST WAIT FOR THE JUDGE TO GIVE THE "LIFT" COMMAND AND THE "DOWN" COMMAND FOR THE REP TO COUNT! WAIT AT THE BOTTOM FOR "LIFT" AND AT THE TOP FOR "DOWN"!

**Stone Shoulder and Put-**The competitor will lift a field stone from the ground to the shoulder for max reps in 60 seconds. A multi athlete tie in reps will be decided on bodyweight. The competitor should stand up straight NOT touching the stone for the clock to start. The stone may be lifted and placed on either shoulder in any way you want. Once the competitor is standing straight, still and under control with the stone on the shoulder, the competitor must remove his hand/arm opposite the shoulder where the stone rests and the "down" command will be given and the stone may be dropped to the ground.

**Carry and Drag Medley-**Competitors will have 2 minutes to carry two implements 80' and then drag a chain 80'. All implements must completely cross the finish line and implements must be left in a standing position. Multiple drops are allowed. Fastest time wins. If the course is not finished in 2 minutes, a measurement will be taken on the first non-completed implement.

**IN ALL EVENTS THE FOLLOWING MAY BE USED; BELT, CHALK, WRIST WRAPS, AND KNEE/ELBOW SLEEVES**

**IN ALL EVENTS THE FOLLOWING ARE **NOT** TO BE USED; STRAPS, TACKY, SUMO DL FORM, ANY SUPPORTIVE SUIT, GLOVES, KNEE OR ELBOW WRAPS, BABY POWDER OR OIL**

**CONTEST T-SHIRT **MUST** BE WORN THROUGHOUT ENTIRE CONTEST!**