

**THE VIKING SHIELD**

**COMPETITION RULES DOCUMENT**

WEIGHT CLASSES

There will be 4 classes available to enter:

- Female Beginner

- Male Beginner Under 90kg

- Male Beginner Under 105kg

- Male Beginner 105kg+

Each category will have the same events across the board, just different weights for each event depending on the category.

SCHEDULE

As the classes are determined by bodyweight, we will be having a weigh in for every competitor at 8.00am. Weigh in will close at 9.00am.

Event one will start at 10am.

There will be two to three flights on the day (depending on how many competitors there are)

Each flight will follow on from each other, with a short break between the Carrying event and the Deadlift event.

The awards ceremony will continue on from the competition.

EVENT RULES

*Event One*

*Max floor to overhead*

Implement can change each year.

You get 3 attempts, the heaviest completed weight will count towards your final score

1kg = 1point

*Here are a few rules for the event:*

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•You will let us know your first attempt during the weigh in and registration

•You will let us know your 2nd and 3rd attempts immediately after your 1st and 2nd attempts

•The weights that are attempted must be a multiple of 2.5 and over the weight of the empty implement.

•Once we have loaded the implement, you have 60 seconds to complete the lift

•You may attempt the lift as many times as you like within the time limit

•The implement must start on the drop pads and finish in the overhead position

•Once the elbows, hips and knees are locked with the feet together you will be given the "down" command

•You must then control the implement back down to the pads. If you are reckless with dropping it and it falls off the pads, the lift won't count

•Jerks & Split Jerks are allowed, but the down command will only be given when the feet are together

•If you drop the implement before the down command, the lift won't count

•If you fail an attempt, you cannot select a lower weight for your 2nd or 3rd attempt, you can only attempt the same weight or heavier

•Everyone will do their first attempts in order of the weight lowest to highest

•Lifting shoes, knee sleeves, belts, elbow sleeves, grip shirts, wrist wraps are all allowed

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*Event Two*

*Max carry over 10m*

The implement can change each year.

You get 3 attempts, the heaviest completed weight will count towards your final score

1kg = 1point

Here are a few rules for the event:

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•This will be a "rising bar" event, meaning we will run through everyone in each flight in order of the weight on the implement. This does mean that some people will be doing multiple attempts before some others have started, so keep this in mind when planning your attempts/tactics

•You will let us know your first attempt during the weigh in and registration

•You will let us know your 2nd and 3rd attempts immediately after your 1st and 2nd attempts

•The weights that are attempted must be a multiple of 5 and over the weight of the empty implement.

•We will give some time before the event starts to get your preferred Yoke height and let us know. We will then set it to this height for your attempts (when using the Yoke only)

•Once we have loaded the implement, you have 60 seconds to start the lift

•Once you have started we will allow you 1 drop during the 10m run. If you drop it the referee will count down from 10, you must have picked the implement back up within this time in order to continue. A second drop will count as a "no lift"

•The implement must start behind the cones and within the drop zone. The front of the implement must pass the cones at the 10m mark with the whole implement within the drop zone

•If you fail to pick up the implement within 60s, drop it more than once or fail to pick it back up within the time allocated, the lift won't count

•If you fail an attempt, you cannot select a lower weight for your 2nd or 3rd attempt, you can only attempt the same weight or heavier

•Knee sleeves, belts, elbow sleeves, grip shirts, wrist wraps, powdered chalk are all allowed

*Event Three*

*Head-to-head Deadlift for reps*

For event three you will be going head-to-head with your fellow competitors and your closest rival

As many Deadlift reps as possible in 60 seconds

Each completed Deadlift equals 10 points, which will be added to your final score

Time limit: 60s

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Deadlift weight:

Female beginner: 110kg

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Male beginner

u90: 170kg

u105: 190kg

Open: 210kg

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RULES:

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•You will be going head-to-head against your closest rival (1st vs 2nd, 3rd vs 4th etc) and the lifting order will be determined by the current placings (from last to first)

• You must wait for the down command at the top of each rep

• Place the bar back on the floor, do not drop it

• Deadlifts must be conventional deadlifts, no Sumos

• Shins must be covered

• We will be using a power bar with bumper plates for the event

• No "bouncing" the weight off the floor, there must be a controlled restart

• Knees and hips must be locked properly, with the shoulders back to be given the down command

• If any of the above rules are broken then that individual rep won't count, but you may continue with the event

• Straps, talc, hitching and belts are allowed

• No deadlift suits, and talc must be applied outside the building

• 1 rep = 10 points

*Decider Event*

*Stone Off*

If, after 3 events, we have a tie for any of the podium spots, you will partake in a 4th event, the Stone Off

The type of stone event can change each year

The below rules are for a Stone Run Event:

Five stones lifted to five platforms of descending heights

The most stones completed in the lowest time wins the event and will take the higher overall placing!

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Time limit: 75s

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Weight:

Female: 20kg / 35kg / 50kg / 60kg / 75kg

Male Beginner

u90: 60kg / 75kg / 90kg / 100kg / 110kg

u105: 75kg / 90kg / 100kg / 110kg / 120kg

Open: 90kg / 100kg / 110kg / 120kg / 140kg

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Platform heights: 170cm / 155cm / 140cm / 125cm / 110cm

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RULES:

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•Any Tacky must be applied OUTSIDE the building and washed off OUTSIDE the building immediately after the event

• You may not make contact with the stones until the timer starts

• The timer will stop/lap when the stone is loaded and your hands are off the stone

• If you fail an attempt at a stone you may try it again as long as you are not out of time

• If the stone rolls off after it has been loaded you will have to re-do the stone before moving onto the next, so make sure the stone is stable before moving on

• There is some tacky residue on the stones from previous use, so we advise bringing a spare t-shirt/clothes you don't mind potentially ruining for the event

• You must complete the stones in the order as listed above

• Knee sleeves, belts, chalk, stone sleeves etc are all allowed for the event

• Again, tacky must be applied and removed outside. Not in the gym, the changing rooms, the office, or anywhere other than outside

• The most stones loaded in the shortest time will win the event

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The stone run will only take place for people who are tied for a podium spot (1st and 2nd, 3rd and 4th for example). 3-way-ties will also result in a stone run for all who are tied

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We will use the stone run results to determine your final results and the overall winners for each class