



МИНИСТЕРСТВО ЮСТИЦИИ РОССИЙСКОЙ ФЕДЕРАЦИИ

СВИДЕТЕЛЬСТВО

о государственной регистрации некоммерческой организации

Международный союз силового экстрима

117403, Москва, пр-д Булатниковский, д. 14, к. 3, кв. 1

Решение о государственной регистрации некоммерческой организации при создании принято «15» января 2024 г. Главным управлением Министерства юстиции Российской Федерации по Москве.

Запись о некоммерческой организации внесена в Единый государственный реестр юридических лиц «18» января 2024 г. за основным государственным регистрационным номером:

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Начальник Главного управления  
Министерства юстиции  
Российской Федерации по Москве



К.А. Балашов

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Дата выдачи «22» января 2024 г.



*"Ratified by the Presidium of the INTERNATIONAL UNION OF*

*STRONGMAN-POWER EXTREME, February 20, 2024."*

## **RULES OF THE SPORT "STRONGMAN – POWER EXTREME"**

### **General Provisions**

These rules of the sport "Strongman – Power Extreme" (hereinafter referred to as the "Rules") are developed by the International Union of Strongman – Power Extreme and are mandatory for all organizations conducting official sports competitions in the sport "Strongman – Power Extreme," included in the membership of the International Union of Strongman – Power Extreme.

Officials (team representatives, coaches, athletes, sports judges) participating in sports competitions must be guided by these Rules in their actions.

In the event of disputes not covered by these Rules during sports competitions, the decision of the main judging panel shall be followed.

It is prohibited to influence the results of sports competitions. In case of violation, the team will be disqualified from the competition in full.

Strongman – Power Extreme is a sport consisting of disciplines that include the following terms in their names: multi-event, log, dumbbell, deadlift, Atlas stones, Apollo's Axle.

Multi-event – an activity consisting of exercises using free weights, including non-standard sports equipment. The exercises are combined into a specially composed competitive program consisting of four, six, or eight exercises. The competition program includes basic and arbitrary exercises.

Log – an activity consisting of exercises using the sports equipment "log." The exercise is performed in a separate competition program.

Dumbbell – an activity consisting of exercises using the sports equipment "dumbbell." The exercise is performed in a separate competition program.

Deadlift – an activity consisting of exercises using one of the following sports equipment: barbell, Apollo's Axle, equipment for the Well Carry. The exercise is performed in a separate competition program.

Atlas stones – an activity consisting of exercises using the sports equipment "Atlas stone." The exercise is performed in a separate competition program.

Apollo's Axle – an activity consisting of exercises using the sports equipment "Apollo's Axle." The exercise is performed in a separate competition program.

The goal of performing exercises may be the number of repetitions completed by the athlete, lifting the maximum weight, covering a certain distance, or the time spent performing the exercise. The exercises are combined into a specially composed competition program to determine the most physically strong athletes.

## **1. Sports Disciplines, Gender and Age Groups of Athletes**

### **1.1. Sports competitions are conducted in the following disciplines:**

weight category 54 kg - multi-event;  
weight category 54 kg - log lift;  
weight category 54 kg - dumbbell;  
weight category 54 kg - deadlift;  
weight category 54 kg - Atlas stones;  
weight category 54 kg - Apollo's axle;  
weight category 59 kg - multi-event;  
weight category 59 kg - log lift;  
weight category 59 kg - dumbbell;  
weight category 59 kg - deadlift;  
weight category 59 kg - Atlas stones;  
weight category 59 kg - Apollo's axle;  
weight category 59+ kg - multi-event;  
weight category 59 + kg - log lift;  
weight category 59+ kg - dumbbell;  
weight category 59 + kg - deadlift;  
weight category 59 + kg - Atlas stones;  
weight category 59 + kg - Apollo's axle;  
weight category 60 kg - multi-event;  
weight category 60 kg - log lift;  
weight category 60 kg - dumbbell;  
weight category 60 kg - deadlift;  
weight category 60 kg - Atlas stones;  
weight category 60 kg - Apollo's axle;  
weight category 64 kg - multi-event;  
weight category 64 kg - log lift;

weight category 64 kg - dumbbell;  
weight category 64 kg - deadlift;  
weight category 64 kg - Atlas stones;  
weight category 64 kg - Apollo's axle;  
weight category 64 + kg - multi-event;  
weight category 64 + kg - log lift;  
weight category 64 + kg - dumbbell;  
weight category 64 + kg - deadlift;  
weight category 64 + kg - Atlas stones;  
weight category 64 + kg - Apollo's axle;  
weight category 70 kg - multi-event;  
weight category 70 kg - log lift;  
weight category 70 kg - dumbbell;  
weight category 70 kg - deadlift;  
weight category 70 kg - Atlas stones;  
weight category 70 kg - Apollo's axle;  
weight category 70 + kg - multi-event;  
weight category 70 + kg - log lift;  
weight category 70 + kg - dumbbell;  
weight category 70 + kg - deadlift;  
weight category 70 + kg - Atlas stones;  
weight category 70 + kg - Apollo's axle;  
weight category 70 + kg - Apollo's axle;  
weight category 72 kg - multi-event;  
weight category 72 kg - log lift;  
weight category 72 kg - dumbbell;  
weight category 72 kg - deadlift;  
weight category 72 kg - Atlas stones;  
weight category 72 kg - Apollo's axle;  
weight category 80 kg - multi-event;  
weight category 80 kg - log lift;  
weight category 80 kg - dumbbell;  
weight category 80 kg - deadlift;  
weight category 80 kg - Atlas stones;  
weight category 80 kg - Apollo's axle;  
weight category 80 + kg - multi-event;  
weight category 80 + kg - log lift;  
weight category 80 + kg - dumbbell;  
weight category 80 + kg - deadlift;  
weight category 80 + kg - Atlas stones;  
weight category 80 + kg - Apollo's axle;  
weight category 81 kg - multi-event;  
weight category 81 kg - log lift;

weight category 81+ kg - multi-event;  
 weight category 81+ kg - log lift;  
 weight category 81 kg - dumbbell;  
 weight category 81 kg - deadlift;  
 weight category 81 kg - Atlas stones;  
 weight category 81 kg - Apollo's axle;  
 weight category 90 kg - multi-event;  
 weight category 90 kg - log lift;  
 weight category 90 kg - dumbbell;  
 weight category 90 kg - deadlift;  
 weight category 90 kg - Atlas stones;  
 weight category 90 kg - Apollo's axle;  
 weight category 105 kg - log lift;  
 weight category 105 kg - multi-event;  
 weight category 105 kg - dumbbell;  
 weight category 105 kg - deadlift;  
 weight category 105 kg - Apollo's axle;  
 weight category 105 kg - Apollo's axle;  
 weight category 105+ kg - multi-event;  
 weight category 105+ kg - log lift;  
 weight category 105+ kg - dumbbell;  
 weight category 105+ kg - deadlift;  
 weight category 105+ kg - Atlas stones;  
 weight category 105+ kg - Apollo's axle;

1.2. Sports competitions are conducted among men and women, junior men and junior women, boys and girls. Athletes compete in weight categories according to their actual weight in age groups (Table No. 1).

**Table No. 1: Gender and Age Groups, Weight Categories**

#	Gender, Age	Weight Category
1	Men (24 years and older)	70 kg ( $\leq 70.00$ kg) 80 kg ( $\leq 80.00$ kg) 90 kg (from 80.01 kg to 90.00 kg) 105 kg (from 90.01 kg to 105.00 kg) 105+ kg (from 105.01 kg)
2	Juniors (18–23 years)	70 kg ( $\leq 70.00$ kg)

#	Gender, Age	Weight Category
		80 kg ( $\leq 80.00$ kg)
		90 kg (from 80.01 kg to 90.00 kg)
		105 kg (from 90.01 kg to 105.00 kg)
		105+ kg (from 105.01 kg)
3	Youth athletes, U-17 (16–17 years)	70 kg ( $\leq 70.00$ kg)
		80 kg (from 70.01 kg to 80.00 kg)
		80+ kg (from 80.01 kg)
4	Boys, U-15 (14–15 years)	60 kg ( $\leq 60.00$ kg)
		70 kg (from 60.01 kg to 70.00 kg)
		70+ kg (from 70.01 kg)
5	Women (24 years and older)	59 kg ( $\leq 59.00$ kg)
		64 kg ( $\leq 64.00$ kg)
		72 kg (from 64.01 kg to 72.00 kg)
		81 kg (from 72.01 kg to 81.00 kg)
		81+ kg (from 81.01 kg)
6	Junior Women (18–23 years)	59 kg ( $\leq 59.00$ kg)
		64 kg ( $\leq 64.00$ kg)
		72 kg (from 64.01 kg to 72.00 kg)
		81 kg (from 72.01 kg to 81.00 kg)
		81+ kg (from 81.01 kg)
7	Youth female athletes U-17 (16–17 years)	59 kg ( $\leq 59.00$ kg)
		64 kg (from 59.01 kg to 64.00 kg)

#	Gender, Age	Weight Category
		64+ kg (from 64.01 kg)
8	Girls U-15 (14–15 years)	54 kg ( $\leq 54.00$ kg)
		59 kg (from 54.01 kg to 59.00 kg)
		59+ kg (from 59.01 kg)

1.3. To participate in sports competitions, an athlete must reach the specified age in the calendar year of the competition.

1.4. Athletes from the age group "boys, girls 14–16 years" may be allowed to participate in competitions in the group "juniors, junior women," as determined by the Competition Regulations.

1.5. Athletes whose weight exceeds the specified weight category will compete in the nearest higher weight category. For example, an athlete weighing exactly 105 kg will compete in the 105 kg category, while an athlete weighing 105 kg +10 grams will compete in the 105+ kg category.

1.6. An athlete may compete in only one weight category per competition.

1.7. Men are not allowed to compete in women's events, and women are not allowed to compete in men's events.

## **2. System for Determining Participants' Rankings**

2.1. In sports competitions, a system of direct determination of participants' rankings is used by ranking their results.

2.2. The final results of competing participants are evaluated based on the highest total points earned for individual exercises in the competition program.

2.3. In sports competitions, results (points) and rankings are recorded for each athlete. The winner of the competition is determined by the highest total points earned by the athletes for their rankings in each individual exercise included in the competition program. In case of a tie in points, the advantage goes to the athlete with higher rankings in individual exercises.

If athletes have the same total points and the same number of rankings in individual exercises, the winner is determined by the lighter body weight of the athlete. If the weights are identical, an additional exercise not included in the mandatory competition program will be performed, chosen by the chief judge.

2.4. Participants' results are evaluated in metric units or the number of repetitions.

### **3. Exercises and Rules for Their Execution**

3.1. Exercises in power extreme are performed with free weights.

3.2. The competition program includes basic and arbitrary exercises. Exercises may be performed separately or in combination.

3.3. Sports competitions are held in the following basic exercises:

Log;  
Well carry;  
Dumbbell;  
Apollo's Axle;  
Deadlift;  
Super yoke (carry);  
Farmer's walk;  
Atlas stones.

3.4. Sports competitions may include the following arbitrary exercises:

Throwing weights over a bar;  
Tire flipping;  
Squat with weight;  
Overhead press (strongman press);  
Hercules wheel;  
Truck pull;  
Arm-over-arm;  
Column flipping (logs, poles);  
Weight hold;  
Shield carry;  
Deadlift with load.

3.5. Exercises are performed by only one athlete.

3.6. Arbitrary exercises may be included in the competition program at the discretion of the organizers. Competitions may be held for individual basic exercises or in multiple basic and arbitrary exercises (if available).



3.7. The set of exercises for specific competitions is approved by the organizers in the Competition Regulations, in compliance with these Rules.

3.8. The competition program for the discipline "multi-event" must include at least four basic exercises. Arbitrary exercises may be included at the discretion of the organizers, as specified in the Competition Regulations.

3.9. Description of the rules for performing basic exercises.

3.9.1. Log Lift.

The athlete, upon command from the sports judge (judge's hand movement downward and whistle), raises the equipment from the platform or support(s) to his chest, then presses it overhead into a locked-out position with straight arms until signaled by the judge (judge's hand movement downwards and whistle). At the end of the lift, the athlete's torso and legs must be fully extended, feet immobile and aligned in one line. Before each repetition, the equipment should be lowered back onto the platform or supports. Assistants adjust and return the equipment as needed.

As results may be assessed:

- the number of repetitions within the allotted time (time limit);
- the time taken to complete a specified number of repetitions — recorded at the judge's signal after completing the last repetition;
- the weight lifted.

Performance is not counted if:

- there is no fixation of the equipment above head level with fully extended body, legs and arms;
- the equipment is lowered before the judge signals;
- any incomplete attempt to fixate the equipment over the head occurs during lifting;
- any requirement contained in the description of exercise performance rules is violated.

Permitted equipment and aids: belt, elbow sleeves, knee wraps or kneepads, wrist wraps, magnesium carbonate.



### 3.9.2. Well carry.

Upon the sports judge's command (hand movement downward and whistle), the athlete picks up the equipment from the platform or support(s) and carries it while holding it suspended in the direction specified in the Regulations on Sports Competitions.

Results can be evaluated based on:

- distance covered carrying the Well carry within the allotted time (time limit);
- time required to cover a specific distance;
- distance traveled without placing the load on the ground.

In the first two cases, assistants correct loading when necessary.

Exercise performance does not count if: any requirements set forth in the Rules for Exercise Performance are violated.

Permitted equipment and aids: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, straps, magnesium carbonate.

### 3.9.3. Dumbbell Press.

At the sports judge's command (hand movement downward and whistle), the athlete uses either one or both hands to raise the dumbbell from the platform or support(s) to their chest, then pushes or presses it upward with one arm into an overhead lockout position with a straightened arm until signalled by the sports judge (judge's hand movement downward and whistle). Upon completion of the lift, the athlete's torso and legs must be fully extended, feet immobile and standing in alignment. Before each repetition, the dumbbell must be returned to the platform or supports. During execution, the participant is allowed unlimited changes between hands. Assistants adjust and return the dumbbell as needed.

Results may include assessment of:

- number of repetitions completed within the allotted time (time limit);
- time taken to perform a certain number of repetitions—recorded at the judge's signal following the final repetition;
- weight lifted.



Exercise performance (repetitions) do not count under these conditions:

- no fixation of the dumbbell above head level with fully extended body, legs and arms;
- lowering the dumbbell prior to receiving the judge's signal;
- an incomplete attempt to fixate the dumbbell over the head during lifting;
- violation of any requirement outlined in the exercise performance rules.

Permitted equipment and aids: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate.

#### 3.9.4. Apollyon Bar.

On the sports judge's command (downward hand motion and whistle), the athlete raises the equipment from the platform to their chest, then presses it overhead into a locked-out position with straight arms until signalled by the judge (judge's hand movement downward and whistle). At the conclusion of the lift, the athlete's torso and legs must be fully extended, feet immobile and aligned in one line. Prior to each repetition, the equipment must be placed back on the platform or supports. Lowering the bar to rest on the waist is prohibited. Assistants adjust and return the equipment as needed.

Evaluated outcomes may include:

- number of repetitions performed within the given time frame (time limit);
- time spent executing a particular number of repetitions—recorded at the judge's signal following the final repetition;
- weight lifted.

Exercise performance (repetition) will not be counted if:

- there is no fixation of the equipment above head level with fully extended body, legs and arms;
- the equipment is lowered before receiving the judge's signal;



- an incomplete attempt to fixate the equipment over the head occurs during lifting;

- any rule described in the exercise performance regulations is violated.

Permitted equipment and aids: belt, elbow sleeves, knee wraps or kneepads, wrist wraps, magnesium carbonate.

### 3.9.5. Deadlift.

For this exercise, various equipments may be used: barbell, Apollyon Bar, Well carry. Regardless of variation, a characteristic feature of this exercise involves gripping the handlebar or handles with outstretched arms. The most common form of deadlifting is conventional barbell deadlifts.

Following the sports judge's command (hand movement downward and whistle), the athlete lifts the equipment off the platform positioned horizontally in front of them. The equipment is held using an arbitrary grip with both hands and raised upwards until the athlete stands vertically (fully extends with the equipment): knees are locked, back straight, shoulders pulled back.

Movement (repetition) continues until the judge gives a signal (hand movement downward and whistle). Between each repetition, the equipment must be lowered back onto the platform. Bouncing the equipment against the platform is forbidden. Assistants adjust the equipment where necessary.

Results may be assessed based on:

- number of repetitions made within the allotted time (time limit);
- time required to execute a specific number of repetitions (recorded at the judge's signal after finishing the last lift);
- weight lifted.

Performance will not be counted if:

- fixation of the equipment in a fully extended torso and leg position is absent;
- the equipment is lowered before the judge signals;



- incomplete fixation of the equipment during lifting attempts;
- any regulation listed in the exercise performance rules is breached.

Permitted equipment and aids: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate. By competition regulations, additional permitted gear might include special lifting suit and lifting straps.

Sumo-style foot placement is prohibited during this exercise.

### 3.9.6. Super Yoke.

By the sports judge's command (hand movement downward and whistle), the athlete raises the equipment and carries it suspended in the direction stipulated by the Competition Regulations.

Possible evaluation criteria include:

- distance travelled with yoke within the allocated time (time limit);
- time required to traverse a designated distance;
- distance traversed without setting the load down on the ground.

Assistants make adjustments to the loading when necessary in the first two scenarios.

Failure to comply with any of the requirements detailed in the exercise performance rules leads to disqualification of the performance.

Permitted equipment and aids: belt, knee wraps or kneepads, elbow sleeves, magnesium carbonate. Specialized lifting suits may also be authorized according to the Competition Regulations.

### 3.9.7. Farmers Walk.

At the sports judge's command (hand movement downward and whistle), the athlete grabs the equipments and carries them suspended in the direction specified by the Competition Regulations.

Evaluation includes:

- distance covered within the given time period (time limit);
- time required to travel a predetermined distance;



- distance walked without placing the equipments on the floor.

When necessary, assistants adjust the loading process in the first two instances.

Exercise performance is invalidated if any of the requirements stated in the exercise performance rules are breached.

Permitted equipment and aids: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate. Lifting straps and specialized lifting suits may additionally be permitted per Competition Regulations.

#### 3.9.8. Atlas Stones.

This exercise is executed using Atlas stones in two variations: throwing the stone(s) over a beam(s) or placing the stone(s) on a platform(s).

Based on the sports judge's command (hand movement downward and whistle), the athlete throws the stone(s) over the beam(s) or places the stone(s) on the platform(s). Either single-weighted stones or multiple different weighted stones may be utilized in the exercise.

Potential assessments include:

- number of throws achieved within the allotted time (time limit);
- exercise completion time.

Performance fails if any requirements detailed in the exercise performance rules are disregarded.

Permitted equipment and aids: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate. According to the Competition Regulations, specialized shorts (briefs), forearm wraps, and specialized adhesive may also be allowed.

### 3.10. Description of the rules for performing freestyle exercises.

#### 3.10.1. Overhead object throw.

The exercise is carried out in two versions: tossing objects of varying weights over a crossbar fixed at constant height, and tossing objects of uniform weight over a crossbar adjusted to variable heights.



The athlete begins the exercise upon the sports judge's command (judge's downward hand gesture and whistle).

The following parameters may be evaluated as results:

- number of tosses completed within the allocated time (time limit);
- time taken to achieve a set number of tosses;
- maximum weight of the equipment;
- maximum height of the crossbar.

Performance will not be counted if:

- any requirement described in the exercise performance rules is violated.

Allowed equipment and accessories: belt, knee wraps or kneepads, wrist wraps, magnesium carbonate.

### 3.10.2. Tire flip.

An automobile tire is initially placed upright at the starting point (standing on its tread edge). On the sports judge's command (judge's downward hand gesture and whistle), the athlete flips the tire so that it lands flat side-down and proceeds to continue flipping it repeatedly.

Judges record successful tire flips (horizontal landings).

Possible evaluations include:

- number of repetitions within the allotted time (time limit);
- time to achieve a specific number of repetitions—registered at the judge's signal following the final flip.

Performance is not counted if:

- any requirement detailed in the exercise performance rules is ignored.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate.

### 3.10.3. Weighted squats.



Squatting may involve use of standard barbells, non-standard bars (such as Apollo Axis), or other loaded structures capable of being moved up-and-down, with the handle/grip resting across the shoulders similarly to a traditional barbell grip.

After receiving the sports judge's command (whistle), the athlete removes the equipment from the racks or supports and assumes a starting stance with fully extended legs. The equipment must remain horizontal across the athlete's shoulders.

Upon further instruction from the sports judge (downward hand gesture and whistle), the athlete performs a squat: bending the legs at the knees and lowering the upper body such that the top surface of the thighs drops below the tops of the knees, followed by returning independently to vertical posture with completely extended legs.

Assessment parameters include:

- number of repetitions within the allotted time (time limit);
- time to achieve a specific number of repetitions—recorded at the judge's signal following the final rep;
- weight of the lifted equipment.

Performance (repetitions) will not be counted if:

- fixation of the equipment in a fully extended torso and leg position is missing;
- a squat is attempted without awaiting the judge's signal;
- bending of the legs and lowering of the trunk has not reached the position where the thigh surfaces drop below the top of the knees;
- any requirement listed in the exercise performance rules is violated.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate. Specialized tights and knee wraps may be permitted according to the Regulations governing Sports Competitions.

#### 3.10.4. Standing overhead press (Hero Press).



During this exercise, athletes utilize a structure designed to provide resistance through handles or a bar gripped at shoulder-level.

On the sports judge's command (downward hand gesture and whistle), the athlete unhooks the equipment from the racks or supports and executes a standing overhead press. In the top position, the equipment must be secured overhead: arms fully extended at elbows, legs fully extended at knees.

Athletes maintain a stable, fixed position with arms fully extended until signalling from the judge (judge's downward hand gesture and whistle). After each repetition, the equipment returns to shoulder level.

Parameters assessed as results include:

- number of repetitions within the allotted time (time limit);
- time to achieve a specific number of repetitions—recorded at the judge's signal following the final rep;
- weight of the lifted equipment.

Performance (repetitions) will not be counted if:

- there is no secure fixation of the equipment overhead with fully extended torso, legs, and arms;
- the equipment is lowered prematurely before the judge's signal;
- an incomplete attempt to fixate the equipment overhead occurs during lifting;
- any requirement included in the exercise performance rules is violated.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate.

### 3.10.5. Hero Wheel.

This exercise utilizes a device equipped with a lever fixed at one end. The mechanism allows rotation of the lever around its pivot point via pulling from the opposite end. The athlete's trajectory is divided into sectors (minimum 12 sectors per circle).

Lever length and cargo location along the lever remain consistent for all participants. Load intensity (weight of the equipment) remains unchanged or increases incrementally throughout three sets, depending on the Regulation governing Sports Competitions.

On the sports judge's command (downward hand gesture and whistle), the athlete positions the lever on their forearms (near the elbow joint), lifts it slightly (removing it from supports) and starts moving clockwise while keeping the lever elevated.

Resulting metrics include:

- number of full circles and sectors completed within the allotted time (time limit);

- time taken to complete a specific number of circles and sectors—measured once both feet pass beyond the corresponding mark.

Performance is invalidated if:

- any requirement listed in the exercise performance rules is violated.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate. Specialized tights and knee wraps may be permitted according to the Regulation governing Sports Competitions.

### 3.10.6. Truck Pull.

A multi-format event involving vehicle transportation by means of traction.

Tractive effort may be applied individually by one athlete or collectively by a team.

Competition Regulations may allow only lower-body strength-based pulls or permit additional assistance via ropes attached at the finish line for handwork or specially mounted frames (“ladder-like”) to facilitate better hand and foot positioning.

All tugging tools (special vests, towlines, ropes, etc.) provided within a single sporting event must be identical for every competitor.

On the sports judge's command (downward hand gesture and whistle), the athlete initiates movement in the assigned direction, dragging the



vehicle. Simultaneous collaborative efforts among several teammates are permissible.

Evaluated outcomes include:

- distance traveled by the leading part (bumper) of the towed vehicle within the allotted time (time limit);
- time taken to drag the vehicle over a defined distance—measured at the moment the projection of the vehicle's bumper reaches the finish line.

Performance is void if:

- any requirement stated in the exercise performance rules is neglected.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate, gloves.

### 3.10.7. Arm-over-Arm Pull.

Another multi-format event requiring transporting vehicles by manually drawing them towards the finish line through coordinated hand, leg, and back muscle effort.

Execution may occur solo or in teams.

Ropes tied to the vehicle and foot braces are employed. Athletes may optionally assume a semi-reclined position on slippery surfaces to enhance leg power application.

Equipment consistency across competitors is mandatory within a single competition.

On the sports judge's command (downward hand gesture and whistle), the athlete commences the activity. Team members may collaborate simultaneously.

Outcome measurements include:

- distance traveled by the lead section (bumper) of the dragged vehicle within the allotted time (time limit);
- time taken to pull the vehicle over a predefined distance—measured when the projection of the vehicle's bumper crosses the finish line.

Performance is nullified if:

- any requirement noted in the exercise performance rules is overlooked.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate, gloves.

#### 3.10.8. Column Flips (Pole Turnover).

There are two primary variations of this exercise: flipping columns (poles, logs) fixed at their base and rolling/turning poles (logs) by rotating them end-to-end.

The athlete begins the exercise upon the sports judge's command (judge's downward hand gesture and whistle).

Possible outcome measures include:

- number of flips accomplished within the allotted time (time limit);
- time taken to complete a set number of flips.

Performance is invalidated if:

- any requirement listed in the exercise performance rules is violated.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate.

#### 3.10.9. Static Hold.

Static hold exercises encompass:

- Hercules Pillars: when athlete(s) stand between pillars fixed at the base, maintaining them at a certain angle by grasping handles connected via cables/chains to the pillars;
- Crucifix: when athlete holds objects (weights) in outstretched arms;
- holding a barbell (or another type of load) with outstretched forward arms.

Raising the equipment into the initial position is done solely by the athlete without assistant help.



Simultaneous participation by multiple team members is possible. Time measurement starts at the judge's signal (downward hand gesture and whistle) and stops when the athlete releases the equipment(s) or lowers their arms with the equipment(s) below parallel to the platform.

Performance is not counted if:

- any requirement outlined in the exercise performance rules is breached.

Allowed equipment and accessories: belt, elbow sleeves, wrist wraps, magnesium carbonate.

### 3.10.10. Shield Carry.

The objective here is to transport items like kegs, dumbbells, or stones.

Upon the sports judge's command (judge's downward hand gesture and whistle), the athlete lifts the equipment and moves it in the indicated direction while holding it suspended.

Weight distribution can be uniform or varied, as determined by the Regulations governing Sports Competitions.

Outcome measures include:

- number of transported items within the allotted time (time limit);
- distance covered carrying an item within the allotted time (time limit);
- time taken to carry one item over a specified distance;
- total time spent carrying all items over a specific distance.

Performance is nullified if:

- any requirement noted in the exercise performance rules is overlooked.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate. Wrist wraps, specialized tights, briefs, and knee pads may be additionally permitted by the Regulations governing Sports Competitions.

### 3.10.11. Deadlift with Load.

Various types of loads may serve as equipments for this exercise, including car jacks or other heavy-duty devices.

Irrespective of the variant, the key feature of this exercise involves gripping the equipment's handlebars or handles with outstretched arms.

Upon the sports judge's command (judge's downward hand gesture and whistle), the athlete lifts the equipment from the platform, which lies horizontally ahead of their feet. The equipment is held freely by both hands and raised upward until the athlete achieves a vertical stance (with the equipment fully extended): knees locked, back straight, shoulders retracted backward. Each repetition continues until the judge signals (downward hand gesture and whistle). Before each repeat, the equipment must be returned to the platform. Rebounding the equipment off the platform is strictly forbidden. Assistants adjust the equipment as needed.

Outcome measures include:

- number of repetitions within the allotted time (time limit);
- time required to complete a set number of repetitions (measured at the judge's signal following the final lift);
- weight of the lifted equipment.

Performance (repetitions) is not counted if:

- fixating the equipment in a fully extended torso and leg position is absent;
- the equipment is lowered prematurely before the judge signals;
- any incomplete fixation of the equipment occurs during lifting attempts;
- any rule listed in the exercise performance guidelines is broken.

Allowed equipment and accessories: belt, knee wraps or kneepads, elbow sleeves, wrist wraps, magnesium carbonate. Additional permits may include specialized lifting belts and specialized tights according to the Regulations governing Sports Competitions.

Use of sumo stance is prohibited during this exercise.



3.11. Athletes must adhere to the rules for performing exercises.

3.12. The field judge records the number of repetitions completed by the athlete during the exercise. Judges verbally announce the repetition count aloud to ensure the athlete knows how many they have completed and how many more are left (when applicable).

3.13. Field judges monitor proper technique adherence. If improper technique is observed, the judge does not count the repetition and informs the athlete about the violation audibly and visibly. Typical warning gestures include spreading crossed arms outward, followed by commands such as “correct your technique” or “secure the movement.”

3.14. For the first exercise in competitions, athletes start in ascending order of draw numbers established by lottery, beginning with the lowest number drawn. Subsequent exercise sequences follow the results of previous events: those who scored fewer points (performed worse) go first, and in case of equal scores, athletes proceed according to their draw numbers.

3.15. Two or more athletes may compete simultaneously if explicitly allowed by the Regulations governing Sports Competitions. When simultaneous starts occur, each individual athlete or team must be supervised and timed by at least two judges. Once invited to enter the exercise area, athletes failing to appear within 2 minutes are excluded from participating in that exercise.

Each separate exercise commences upon the referee's signal (command, whistle) after confirming readiness from the athlete(s).

3.16. Individual exercises conclude upon expiration of the allotted time, voluntary withdrawal by the athlete(s), or the referee's signal.

3.17. Weights, layouts, and trajectories of equipments must be clearly defined in the Regulations governing Sports Competitions.

3.18. The Regulations governing Sports Competitions may grant athletes the option to select equipment weights. If heavier weights are chosen, successfully completed repetitions or distances receive higher scoring compared to opponents utilizing lighter weights.

3.19. While exercising, athletes must rigorously observe the sequence and rules of execution, meet safety standards, follow instructions and decisions issued by sports officials.

### 3.20. Violations of Exercise Execution Rules.

#### 3.20.1. Rule violations include:

- any deviation from the procedure or technique described in these Rules or the Conditions established by the Regulations governing Sports Competitions;

- failure to obey referee commands/signals;

- use of unauthorized equipment or auxiliary materials;

- exceeding preparation time by more than 2 minutes after invitation to commence;

- disregard for referee rulings;

- breaches of public behavior norms (obscene language, provocative gestures, inappropriate attire, etc.).

3.20.2. Should infractions listed in subsection 3.20.1 arise during the course of competition, the referee issues a verbal caution or formal warning specifying the infraction and requests immediate correction directly during the ongoing exercise.

3.20.3. Failure to rectify the breach or inability to address it immediately during the exercise triggers disciplinary actions (sanctions) outlined in Table No. 2.

Table No. 2

#### Liability Measures for Violations.

Item	Violation	Sanction
1	Use of unauthorized equipment or prohibited aids that affected the result	The exercise result is not recognized (not counted), no points awarded
2	Non-compliance with exercise technique or procedure according to Rules or competition regulations	Adjustment of exercise result (time/distance/number of repetitions) by 50% (fifty percent)
3	Exceeding the 2-minute preparation time after being called to the exercise area	Zero score for the exercise
4	Violation of public conduct rules (profanity, provocative gestures, inappropriate appearance, etc.)	Reduction of athlete's/team's result by one point; for repeat violation - by three points. Third violation may lead to disqualification



5	Non-compliance with refereeing decisions or contesting decisions after chief referee's final ruling	Reduction of athlete's/team's result by one point; for repeat violation - by three points. Third violation may lead to disqualification
6	Other violations stipulated by these Rules	Reduction of athlete's/team's result by one point. Each subsequent violation reduces result by number of points equal to number of warnings issued

### 3.21. Results of Exercise Completion May Include:

- Maximum weight lifted — determined by the total combined weight of the equipment itself and added load;
- Maximum distance covered or range — measured by previously marked segments and/or tape measure, minimum measurable unit (step) — 1 centimeter;
- Time (maximum or minimum) spent on completing the exercise — averaged across at least two stopwatches accurate to 0.01 seconds;
- Number of repetitions — recorded and acknowledged by the judge, unit of measurement — one repetition;
- Maximum height thrown — determined by marks or measuring tape (measuring ruler), minimum measurable unit (step) — 1 centimeter.

3.22. In exercises where the result is the maximum weight lifted, athletes are granted 3 attempts to achieve their best score. In exercises where the result depends on factors such as maximum distance covered, maximum height thrown, time spent on the task, or number of repetitions, athletes receive 1 attempt to reach their optimal performance.

3.23. Sports Competition Programs Are Structured Based on Four Types of Exercise Scenarios:

#### 1. Scenario for Maximum Repetitions

- Objective: Achieving the highest number of repetitions within a set timeframe.
- Outcome: Number of repetitions completed by the athlete within the allotted time segment.

- Example: Perform the maximum number of dumbbell curls within 60 seconds in the "Dumbbell" exercise.

## 2. Scenario for Maximum Weight

- Objective: Attempting the heaviest weight possible.
- Outcome: Maximum weight in the best validated attempt.
- Example: Heaviest weight lifted in the "Log Lift" exercise.

## 3. Scenario for Maximum Distance

- Objective: Covering the greatest distance.
- Outcome: Furthest distance covered by the athlete from the start to the finish of the exercise.
- Example: Longest distance achieved in the "Farmer's Walk" exercise.

## 4. Scenario for Minimum Time

- Objective: Focusing on speed in specific tasks.
- Outcome: Fastest time recorded.
- Example: Shortest time to complete the "Truck Pull" exercise.

## 4. Anti-Doping

4.1. The Union recognizes the authority of the World Anti-Doping Agency (WADA).

4.2. The use of any prohibited substances that may affect an athlete's performance, without therapeutic use exemption, knowingly or otherwise, is unethical and strictly prohibited. If such use occurs:

- The athlete will be suspended from the competition;
- Their results will be annulled.

## 4.3. In accordance with anti-doping rules:

- No athlete or other person under disqualification may participate in sports competitions during the disqualification period.



## **5. Requirements for Competition Participants**

5.1. Athletes have the right to participate in sports competitions in the manner established by the Rules and Competition Regulations.

5.2. Athletes must:

Know the Rules and strictly adhere to them;

Comply with safety requirements during participation in sports events and while at sports facilities;

Observe ethical standards in sports;

Strictly follow behavior norms in the sports hall (sports area), be correct and polite towards other participants, judges, and spectators;

Upon arrival at competitions, have a medical insurance policy, life and health insurance policy against accidents, and an identity document with medical clearance;

Participate in the competition, attend the opening and closing ceremonies, and the award ceremony;

Remain in the competition area, including the warm-up zone, until the award ceremony for their weight category is completed;

If doping tests are organized at the competition, the athlete who receives a notification must report to the doping control room. If the athlete is participating in the award ceremony, they must inform the doping control representative.

5.3. Athletes participating in sports competitions cannot simultaneously serve as judges in the same competition.

5.4. Athletes, judges, coaches, team representatives, and other participants are prohibited from:

Offering or attempting to offer money or any benefits to influence the outcome of an exercise, stage, or competition results, or the results of athletes;

Accepting money or any benefits to influence the outcome of an exercise, stage, or competition results, their own sports results, or the results of other athletes;

Offering or attempting to offer money or benefits to obtain privileged information about the competition for the purpose of placing bets before such information becomes publicly available;

Disclosing privileged information obtained in the course of their profession or position to third parties for the purpose of placing bets before such information becomes publicly available.

## **6. Representatives, Coaches, and Team Captains**

6.1. Each team participating in sports competitions must have an authorized representative.

6.2. The representative is the leader of the athlete (team).

6.3. The team representative is responsible for the discipline of the team members and their attendance at the competition.

6.4. The team representative must know the Rules and the Competition Regulations.

6.5. The team representative or coach may be present during the weighing of their team members and the draw, and must attend all meetings conducted by the organizers. The representative must submit the application for athlete participation and all necessary documents to the admission commission.

The representative has the right to receive clarifications from the judging panel on all matters related to the competition, and from the secretariat – competition materials.

6.6. Team representatives and coaches are prohibited from being in the competition area during the athletes' performances. Special seating is provided for them.

The representative is prohibited from interfering with the decisions of the judges and competition officials. All questions must be addressed to the chief judge or their deputy.

6.7. If an athlete (team) does not have a special representative, the coach or team captain must perform these duties, as indicated in the application when passing the admission commission.

6.8. If an athlete cannot compete for valid reasons, the representative must submit a written refusal (substitution) form for another athlete from the team before the end of the admission commission meeting. After this, all refusals (substitutions) are prohibited. The completed form, as per Appendix No. 1 to these Rules, is submitted to the chief secretary of the competition.

If an athlete refuses to participate in the final (semi-final) program, the representative must submit a written refusal form no later than 30 minutes after the end of the program. The completed form is submitted to the chief secretary of the competition.



6.9. The athlete's representative cannot serve as a judge in the same competition.

## **7. Insurance Requirements for Competition Participants**

7.1. Participation in sports competitions is allowed only with a life and health insurance policy against accidents, the original of which is submitted to the admission commission for each participant.

7.2. Electronic insurance policies for athletes against accidents are allowed in accordance with the law.

## **8. Requirements for Organizers Conducting Sports Competitions**

8.1. Organizers of sports events are responsible for organizing and conducting such events.

8.2. Obligations of the organizer conducting sports competitions:

8.2.1. The organizer must ensure the following at the competition venue one day before the start:

A training area for athletes;

A room with conditions and equipment for the admission commission, technical meetings of team representatives, and judge seminars, as well as the work of the competition secretariat.

8.2.2. On the days of the competition, the organizer must ensure:

Technical organization and all necessary conditions (equipment, competition hall, additional rooms with necessary furniture, technical personnel, medical assistance, etc.) for the competition and training, as required by these Rules, including:

Warm-up hall;

Athlete rest area;

First aid room;

Doping control room;

Press center;

Rooms for officials and honored guests;

Secretariat room;

Training area (may be organized in another sports facility).

8.3. The organizer appoints an Organizing Committee, which has the authority to resolve all competition-related issues not within the jurisdiction of the chief judge, other judges, or officials, and may postpone competitions and issue instructions in accordance with the Rules and Competition Regulations.

8.4. Video, television filming, photography, and interviews at competitions are allowed only for accredited journalists, operators, photographers, and only in designated areas.

## **9. Requirements for Forming the Competition Program**

9.1. The competition program is determined by the organizer and specified in the Competition Regulations.

9.2. The competition program and the possibility of determining team rankings are established by the competition regulations.

## **10. Requirements for Forming the Competition Regulations**

10.1. The Competition Regulations are developed in accordance with the Rules and approved by the organizer. The Regulations must not contradict these Rules or other documents of the Union.

10.2. The Competition Regulations must include the following sections:

Name of the competition;

Date and time of the competition;

Venue;

Level of the competition;

Competition program (list and/or combinations of exercises). If arbitrary exercises are included, the rules for their execution, equipment, and auxiliary means must also be specified;

Weights of equipment, their placement and movement schemes, and other conditions for exercise execution;

Eligibility criteria for participation, including qualification requirements for athletes;

Name of the chief judge, contact details;

Procedure for submitting preliminary applications;

Contact information for the organizer (organizing committee) and the Union secretary (including email addresses);

Other provisions established in accordance with these Rules.

10.3. The Competition Regulations may include additional information about the competition at the organizer's discretion, provided it does not contradict the Rules and other Union documents.

10.4. The Regulations may specify the amount and deadlines for the registration (entry) fee, which is a targeted contribution and is directed towards competition organization expenses in accordance with the Union's charter.

The registration fee is determined by the organizer per athlete per discipline.

10.5. The approved Competition Regulations are published on the Union's official website.



10.6. The Regulations are sent to interested sports organizations no later than 45 days before the competition.

10.7. Changes and additions to the Regulations may be made by the organizers no later than 25 days before the competition.

## **11. Organization and Conduct of Sports Competitions**

11.1. Competitions consist of one (final) or two stages (qualifying and final), lasting from 1 to 5 days.

11.2. All individual exercises must be conducted separately for men and women, juniors and junior women, boys and girls.

11.3. Exercise conditions must be identical for all participants.

11.4. The set of exercises and execution conditions are specified in the Competition Regulations.

11.5. The competition program must include exercises with the following execution conditions: "maximum repetitions," "maximum weight," "maximum distance," and "minimum time," aimed at developing physical qualities – strength, speed, and special endurance.

11.6. The rest interval between exercises must be at least 5 minutes and no more than 24 hours.

11.7. The organization and conduct of competitions include the following stages:

11.7.1. Submission of applications and admission commission.

11.7.2. Weigh-in of participants.

11.7.3. Opening ceremony.

11.7.4. Methods for determining winners and rankings.

11.7.5. Award ceremony.

11.7.6. Closing ceremony.

11.8. Submission of applications and admission commission:

11.8.1. Eligibility for participation is regulated by the Competition Regulations. Depending on the Regulations, eligibility may be limited by age, weight categories, or sports qualification level.

11.8.2. Athletes are admitted by the admission commission, headed by the chief judge. The commission includes: chairman, chief secretary, deputy chief judge, and competition doctor.

11.8.3. The basis for athlete admission is the application with a "Cleared" mark next to the athlete's name, signed by a sports medicine doctor and stamped. The application must be signed by the doctor with their full name and stamped by the medical organization.

11.8.4. Participants must be officially entered based on preliminary and final applications as per the Regulations.

11.8.5. Preliminary applications (Appendix No. 2) must be submitted to the organizing committee no later than 30 days before the competition. Organizers process applications and rank the submitted data.

11.8.6. Final applications (Appendix No. 3) must be submitted to the admission commission on the day of arrival, before the commission's work ends. Athletes not listed in the final application cannot participate.

11.8.7. Competitions may be held simultaneously in multiple zones (e.g., multiple platforms). The judging panel may form competitive groups based on athletes' skill levels and preliminary results.

11.8.8. On the competition day, all athletes must pass the admission commission, present a passport, application, medical certificate, accident insurance, and health insurance. After submitting all documents, the commission issues passes for the athlete and coach to the competition area.

After passing the commission, athletes receive instructions before the competition.

11.8.9. After the admission commission, a meeting of team representatives and judges is held to provide detailed competition information.

11.9. Weigh-in of participants:

11.9.1. The procedure and time for weigh-ins are specified in the Competition Regulations. Athletes who are late or absent are not allowed to compete.

Weigh-ins are conducted the day before the competition. In exceptional cases (as specified in the Regulations), weigh-ins may be held on the competition day and must end no later than 3 hours before the start.

11.9.2. Weigh-ins are conducted in a room equipped with:

Scales in a designated area;

Start list (alphabetically by athlete name) posted at the entrance;

Weigh-in protocol;

Athlete cards;

Athlete passes;

Warm-up zone passes for representatives;

Stationery;

Bib numbers (with safety pins if needed);

Sufficient tables and chairs for the weigh-in secretariat.

11.9.3. The weigh-in secretariat includes:

Secretary;

Appointed judges;

Assistant secretary (optional);

Official(s) responsible for weigh-ins (optional).

11.9.4. Each athlete is weighed in the presence of two judges of the same gender.

11.9.5. Both judges verify the athlete's weight and provide it to the secretary via handwritten note or electronic printout. The secretary records the weight on the athlete's card and in the weigh-in protocol (Appendix No. 4).

11.9.6. One authorized representative may accompany the athlete during weigh-ins. If the representative and athlete are of different genders, the representative must stand aside from the official scales.

11.9.7. The weight is recorded manually exactly as noted in the handwritten or electronic record.

11.9.8. Athletes are called one by one according to the start list. Absent athletes are weighed at the end.

11.9.9. Bib numbers are issued according to the draw after weigh-in.

11.9.10. Bibs are attached to the athlete's costume (leg, arm). Placement on the thigh is determined by the venue layout.

11.9.11. Athletes must present ID to the competition secretary.

11.9.12. Athletes may be weighed in underwear (sportswear is not considered underwear) without socks or shoes.

The secretary and other weigh-in staff do not participate in the actual weighing.



11.9.13. Athletes may keep jewelry, hair accessories, and religious headwear during weigh-ins, except for watches.

11.9.14. Athletes are weighed once if their weight matches the declared category. Athletes outside their category may be weighed multiple times. Returning athletes do not need to queue.

11.9.15. Athletes whose weight does not match the application are not allowed to compete.

11.9.16. During weigh-ins, the representative or athlete must sign the athlete's card to confirm the recorded weight.

11.9.17. The weigh-in protocol is accessible to all relevant parties.

11.9.18. Once weighed, athletes and representatives receive passes. Only the athlete and representative are allowed in the warm-up zone.

11.9.19. After weigh-ins, athletes and representatives are directed to their warm-up zones (platforms). Numbered warm-up zones are assigned by the secretary based on the draw.

#### 11.10. Opening ceremony:

11.10.1. The opening ceremony is held at the beginning of all competitions as agreed between the Union and the host organization.

11.10.2. All athletes (teams) or designated representatives enter in alphabetical order. The host team enters last.

11.10.3. Athletes must attend the opening ceremony in uniform.

#### 11.11. Substitution and withdrawal of athletes:

11.11.1. If athletes withdraw from the qualifying or final stage, replacements are called based on qualifying results. Changes are noted in supplementary start lists.

#### 11.12. Determining winners and rankings:

11.12.1. Winners are determined (rankings assigned) among individual athletes.

Points for each exercise are awarded equal to the number of participants. The winner gets the highest points, second place gets one less, and so on.

Athletes who fail to complete any repetition or refuse to perform receive no points.

Athletes with identical results in individual exercises receive the same points.

In case of a tie in total points, rankings are determined by the number of first, second, third, etc., places in individual exercises.

If athletes have identical points and rankings, the lighter athlete wins. If weights are equal, an additional exercise chosen by the chief judge is performed.

#### 11.13. Award ceremony:

11.13.1. After each competition, an award ceremony is held for each weight category.

11.13.2. A podium is set up for the top three athletes (teams).

11.13.3. Athletes must attend in uniform.

11.13.4. Winners, assistants, and officials take their positions.

11.13.5. The announcer introduces the officials.

11.13.6. Starting with the bronze medal, the announcer calls each medalist (country for teams). After the announcement, athletes (or representatives) ascend the podium. After all medals are awarded, they descend.

11.13.7. Assistants, athletes, and officials leave the area.

11.13.8. Medalists cannot use electronic devices on the podium or be accompanied by others.

11.13.9. Athletes cannot use the ceremony for political, racial, or religious demonstrations.

11.13.10. The Regulations may include innovative or creative additions to the ceremony (performances, light shows).

#### 11.14. Closing ceremony:

11.14.1. The closing ceremony is held after the competition as agreed with the Union.

11.14.2. Athletes must attend in uniform.

11.14.3. Team awards may be presented at the closing or a separate ceremony.

11.14.4. The Regulations may include creative additions to the closing ceremony.

11.15. Safety requirements are outlined in the Safety Instructions (Appendix No. 8).

## 12. Requirements for the venue of sports competitions.

### Technical characteristics of equipment and inventory

#### 12.1. Venue of sports competitions.

12.1.1. Sports competitions are held at sports facilities (on the territory specially prepared for sports competitions) that meet the following requirements:

the floor surface at the venue of sports competitions must withstand the impact load from a falling projectile weighing at least 200 kg;

the site must be equipped with a durable rubberized covering that protects the floor covering.

12.1.2. The venue of sports competitions, competition and technical equipment must be carefully inspected before the start of the event by the main panel of judges. After the inspection and approval of the venue of sports competitions and equipment, an act of readiness of the sports facility for holding sports competitions is drawn up in the form according to Appendix No. 5 to these Rules.

12.1.3. The venue of sports competitions is organized and equipped in order to ensure safety during sports competitions.

#### 12.2. Competition area.

12.2.1. The length of the area shall be at least 25 meters. The width of the area shall be at least 12 meters. The lanes shall be at least 2 meters and no more than 3 meters wide. There shall be a free space of 1 meter wide for judges on the outside of the lanes. The width of the markings shall be 10 centimeters.

Deviations from the established length and width of the track shall be permitted, not exceeding 0.03 m in each lane. The permissible deviations shall not be exceeded in the case where an automatic time recording system is installed.

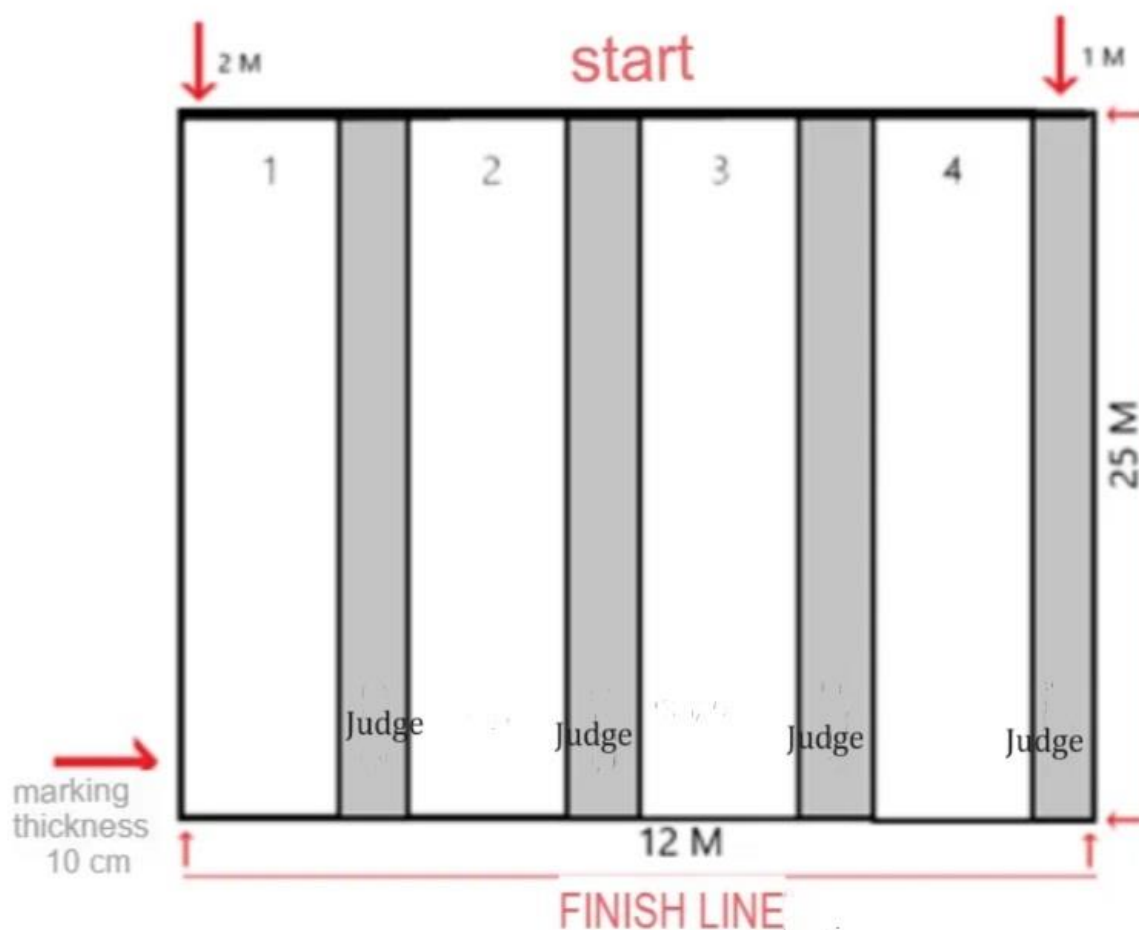
A line 10 cm wide shall be drawn along the entire perimeter of the area. Dividing lines on the area shall be drawn along the entire length of the area and shall end at the end line of the area. An approximate diagram of the competition area is shown in Figure No.1 of these Rules.



Lines must be bright, durable, and resistant to damage.

The finish area must be clearly marked, with the final segments highlighted in red.

Figure 1. Competition Area Layout



12.2.2. The platform must have a solid base with non-slip flooring for safe movement and weightlifting.

12.2.3. Lane numbers must be displayed at both ends. The numbering area must be at least 0.5 m x 0.5 m. Lane 1 is on the right when facing the platform.

12.2.4. All sides must have 1-meter-high fencing.

12.2.5. Measurements are taken by the technical director.

12.2.6. Cleaning is allowed between exercises without disrupting athletes.

12.3. Warm-up zone:

12.3.1. Located near the competition area, equipped with:

Necessary equipment;

Chalk;

Speakers linked to the announcer;

Results board;  
Monitor displaying the competition;  
Medical area;  
Water/refreshments;  
Ice for injuries;  
Restrooms.

#### 12.4. Additional rooms:

Doping control room;  
Changing rooms with showers;  
Athlete rest area;  
Secretariat;  
First aid room;  
Meeting rooms;  
Officials' room;  
Press center;  
Judges' room;  
Training area (preferably on-site);  
Weigh-in and control weigh-in rooms.

#### 12.5. Scales:

12.5.1. Multiple identical scales are required.

12.5.2. Scales must have a valid calibration certificate (within one year).

#### 12.5.3. Specifications:

Electronic with display;  
Range: 0–200 kg;  
Increment: 0.050 grams;  
Accuracy:  $\pm 10$  grams.

#### 12.6. Communication system:

12.6.1. Internal radio or phone system for direct communication between officials.

#### 12.7. Timer:

12.7.1. An electronic countdown timer (1-second intervals) may be used.

#### 12.7.2. Specifications:

Continuous operation for at least 10 minutes;  
1-second intervals;  
Automatic audio signals at 90, 30, and 0 seconds.

#### 12.7.3. Displays must be placed in:

Warm-up zone;  
Spectator area;  
Athlete area.

#### 12.8. Scoreboard or results board:

12.8.1. Must be in the competition and warm-up zones.

#### 13.8.2. Displays:

Athlete name;

Year of birth;

Country/club;

Weight;

Bib number;

Exercise number;

Points;

Result;

Current ranking.

12.9. Timing devices must have calibration certificates.

12.10. Competition equipment must meet international standards for reliability, safety, and functionality, as per the Rules and Regulations.

12.11. The technical director ensures equipment compliance.

12.12. The chief judge approves equipment compliance.

12.13. The chief judge must verify equipment specifications no later than one day before the competition. The technical director provides measuring tools.

12.14. Equipment specifications for basic exercises:

12.14.1. Log:

Metal/wooden construction;

Diameter: 280–330 mm;

Length: 120–240 cm;

Handles: 30–35 mm diameter,  $\leq 330$  mm length;

Width between handles: 60–64 cm.

13.14.2. The Well carry:

Metal/wooden construction;

Diameter: 80–120 mm;

Length: 160–200 cm;

Width between handles: 90–110 cm;

Handles: 30–35 mm diameter.

12.14.3. Dumbbell:

Metal material;

Handle diameter: 30–62 mm;

Equal weights on both sides;

Weights: 10–90 kg (in increments).

12.14.4. Apollo's Axle:

Straight axle;

Length: 220–240 cm;

Distance between sleeves: 130–132 cm;

Diameter: 48–50 mm;

May have knurling.



#### 12.14.5. Deadlift

Barbell, Apollo's Axle, or the Well carry;  
Straight bar with knurling;  
Length: 220–240 cm;  
Distance between sleeves: 130–132 cm;  
Diameter: 28–29 mm;  
Weight: 20 kg;  
Sleeve diameter: 50–52 mm.

#### 12.14.6. Super yoke (carry):

Metal construction;  
Height: 220–240 cm (adjustable);  
Horizontal length: 150–180 cm;  
Width between uprights: 135–150 cm.

#### 12.14.7. Farmer's walk:

Metal construction;  
Diameter: 50–52 mm;  
Length: 100–180 cm;  
Handles: 30–35 mm diameter, 15–25 cm length.

#### 12.14.8. Atlas stones:

Concrete, rubber, metal, or synthetic;  
Diameter: 40–52 cm;  
Weights: 30–160 kg (in increments).

#### 12.15. Weight plates:

Must be loaded largest to smallest;  
Largest diameter: 450 mm ( $\pm 1$  mm);  
Rubber or plastic-coated;  
Metal plates  $\leq 5$  kg;  
Clear weight markings;  
Tolerance: +0.1% / -0.05% for  $>5$  kg; +10 grams for  $\leq 5$  kg;  
Locking collars: 2.5 kg or 0.5 kg each.

12.16. Minimum weights for basic exercises are listed in Appendix No. 6.

### 13. Athletes' Equipment. Auxiliary Means

13.1. The following sports equipment and accessories may be used in competitions:

- Athletic shoes;
- Special tights;
- Short-sleeved shirt;
- Briefs;
- Tights;
- Underwear;
- Special knee wraps;
- Knee pads;
- Elbow pads;
- Belt;
- Lifting straps;
- Gloves;
- Wrist wraps;
- Jewelry/hair accessories.

Auxiliary means:

- Special adhesive (e.g., tacky);
- Chalk (magnesium carbonate).

The use of grease, oil, water, talc, or any other lubricant on the athlete's body or equipment is prohibited. An athlete found using prohibited substances will be instructed to remove them immediately.

13.2. Equipment and auxiliary means permitted for use during exercises, in accordance with the Rules, must be specified in the Competition Regulations.

13.3. If the Competition Regulations do not impose restrictions on the use of equipment and auxiliary means, athletes may use anything explicitly permitted by these Rules during their performance.

13.4. The use of equipment and auxiliary means not specified in these Rules is prohibited.

13.5. Advertising or other markings on uniforms are prohibited without the organizers' approval.

If the organizers provide participants with T-shirts, caps, etc., bearing competition or sponsor logos, athletes must wear the provided attire.

13.6. The Chief Referee of the competition ensures compliance with these Rules and the Competition Regulations regarding equipment and auxiliary means.

13.7. Shoes must not have inserts or additional modifications. The sole height (including heel) must not exceed 3.5 cm.

13.8. Competition and parade attire may display:

- Surname and given name;
- Nickname;
- Club name;

Emblem.

13.9. An athletic belt may be used. If worn, it must be placed over the suit.

Max width: 12 cm;

Max thickness: 15 mm.

13.10. Athletes may use neoprene/rubber knee/elbow pads or protective guards that allow free movement and can be worn on knees/elbows.

13.11. Knee wraps (made of sturdy cotton or cellulose-based synthetic fiber—sports, medical, or elastic therapeutic bandages) must not exceed:

Length: 2.5 m;

Width: 8 cm.

13.12.

Wrist wraps must not exceed:

Length: 1 m;

Width: 8 cm.

Alternatively, special wristbands (max width: 12 cm) may be used. Combining wristbands and wraps is prohibited.

For palm protection, cotton gloves are permitted. Rubber-coated gloves are also allowed.

13.13. Competitor numbers must be displayed on the suit or body (arm/leg, clearly visible) for identification.

Organizers must provide sufficient bib numbers meeting these requirements:

Min size: 100 cm<sup>2</sup>;

Max size: 150 cm<sup>2</sup>;

Background and text color: any;

Text must be clearly legible from a distance;

Numbers are assigned based on the number of athletes and random draw;

Logos (club, host, sponsors, etc.) are permitted, adhering to manufacturer identification standards.

13.14. Athlete passes are issued per weight category and are valid only for that category.

Pass requirements:

Must indicate gender, weight class, and age group (if applicable);

Must be labeled "Athlete";

Must be made of cardboard or similar material;

Background/text color: any;

Must be color-coded by age group;

Text must be clearly readable from a distance;



Logos (club, host, sponsors) are permitted, following branding norms.

13.15. Warm-up zone passes are worn by team officials for identification. They are issued per weight category and valid only for that category.

#### **14. Refereeing at sports competitions**

14.1. A sports referee (hereinafter referred to as a referee) acts as an impartial referee of a sports competition. This entails the obligation to perform the duties of a referee with accuracy, consistency, objectivity and integrity.

14.2. The number of members of the panel of referees of a sports competition is formed by the organization holding the competition.

14.3. The main panel of referees is approved by the organization holding the sports competition.

14.4. Referees elected by the organization to work at sports competitions must not be involved in coaching and/or assisting athletes during sports competitions.

14.5. A technical meeting of referees must be held before the start of a sports competition. A second meeting of referees must be held at a sports competition in the middle of the sports competition. Participation in both meetings is mandatory for all appointed referees.

14.6. At the World Championship, World Cup, European Championship, European Cup, World Championship, European Championship and other competitions, the judges in each group must represent different countries and may consist of both men and women.

14.7. Judges must be at their work stations no later than 30 (thirty) minutes before the performance of their duties and must be in the sports competition area no later than 10 (ten) minutes before the introduction of athletes.

14.8. Judges for sports competitions are appointed and distributed among positions and groups by the Union.

14.9. The principles for appointing judges to World Championships, World Cups, European Championships, European Cups, World Championships, European Championships and other competitions are as follows:

gender equality;

representation of countries/balance;

participation of a team from a Union member country.

14.10. Prerequisites for appointment:

relevant qualification category of a sports judge;

availability of official uniform (issued by the organization holding the sports competition);

readiness to be present at the venue of the sports competition for the period required for its holding;

responsibility/possession of a set of skills.

14.11. If necessary and at its own discretion, the Union reserves the right to appoint judges in addition to those proposed by the participating countries.

14.12. Composition of the Main Panel of Judges.

14.12.1. Composition of the Main Panel of Judges (hereinafter referred to as the MCP):

Chief Judge;

Chief Secretary;

Deputy Chief Judge;

Deputy Chief Secretary.

14.12.2. The Chief Judge heads and directs the work of the panel of judges, is responsible for the preparation and holding of sports competitions (sports part) in accordance with these Rules and the Regulations on sports competitions.

14.12.2.1. The Chief Judge:

oversees the course of the sports competition;

assigns judges to groups;

checks and signs the final protocol of the sports competition;

approves the disqualification of athletes for violation of the rules;

leads the panel of judges and is responsible for holding sports competitions in accordance with these Rules and the Regulations on sports competitions.

14.12.2.2. The chief judge is obliged to:

study the Regulations on sports competitions before the start of the sports competition, clarify the program of sports competitions, admission of athletes and the specifics of these sports competitions;

receive a certificate of readiness of the sports facility for holding a sports competition, check the compliance of equipment and facilities with safety requirements, the Rules and Regulations on the sports competition, make comments and suggestions to the certificate of readiness and make a decision on the possibility of holding these sports competitions;

check the availability of refereeing equipment, the reliability of communication equipment;

conduct a briefing of judges before the start of the sports competition;

lead the panel of judges of the sports competition and monitor their conduct;

notify all interested parties and participants in the sports competitions of all changes;

submit the report and all refereeing documentation to the organization holding the sports competition within three days after the end of the sports competition.

14.12.2.3. The Chief Judge has the right to:

- make changes to the program of sports competitions in agreement with the host organization and team representatives;

- postpone their start or arrange a break in cases where the venue of sports competitions or equipment does not comply with the Rules; meteorological conditions or other reasons threaten the safety of participants; there is no medical care;

- make changes to the schedule of sports competitions if this becomes necessary (without changing the conditions for holding these sports competitions established by the Regulations on Sports Competitions);

- impose disciplinary sanctions, make comments, warnings, remove, disqualify athletes of these sports competitions who have violated the Rules, the Regulations on Sports Competitions, discipline or ethical standards;

- exclude from the number of participants athletes who do not meet the requirements of the Regulations on Sports Competitions in terms of age, qualification, as a result of an error or deliberate misinformation;

- suspend coaches and representatives who have committed gross violations of discipline from work at sports competitions;

- cancel the decision of any judge if he is convinced that the previously made decision was erroneous;

- move judges during sports competitions and remove them from work if they have made serious mistakes or fail to perform their duties, impose disciplinary sanctions;

- make decisions on other issues arising during sports competitions, guided by generally accepted principles and traditions in sports;

- assign their duties for objective reasons to the deputy chief judge.

14.12.3. The Deputy Chief Judge works according to the instructions of the Chief Judge, and in the absence of the Chief Judge, replaces him/her and performs the corresponding functions.

14.12.3.1. The Deputy Chief Judge is obliged to:

- monitor compliance with sanitary and hygienic requirements during sports competitions;

- facilitate the provision of medical care in case of injuries and illnesses;

- upon completion of the sports competition, submit a report on the medical and sanitary support of the sports competitions to the organization that held the sports competitions;

- submit the technical assignment for holding sports competitions to the directorate of the sports facility where the sports competitions are being held;

prepare the venue for the sports competitions (preparation of the site, premises for the Chief Jury and judges, decoration of the hall, advertising and billboards, provision of the secretariat with office supplies).

#### 14.12.4. Chief Secretary:

organizes all work of the secretariat, assigns secretaries to work areas and supervises their actions;

checks preliminary and final applications for participation in sports competitions together with the doctor, conducts the admission committee, prepares the admission committee report;

participates in holding a technical meeting, provides representatives, coaches, athletes, and judges with the necessary technical documentation at the meeting;

prepares a report on sports competitions;

is responsible for monitoring, verifying, and entering the results of sports competitions received from the senior judge on the court into the computer. The chief secretary must ensure that the results are signed by the judges on the court.

#### 14.12.5. Deputy chief secretary:

in the absence of the chief secretary, performs the duties of the chief secretary, enjoying all his rights;

provides the panel of judges with the necessary documentation;

provides athletes, coaches, and representatives with information about sports competitions;

is responsible for preparing award paraphernalia for the awards ceremony.

monitors the withdrawal of athletes from sports competitions, enters results into official forms, maintains lists of newly set records, and calculates points.

#### 14.13. Composition of the panel of judges

##### 14.13.1. Composition of the panel of judges:

Secretary;

Chief referee on the court;

Referee-informer;

Referee on the court.

14.13.2. The Secretary is responsible for checking and organizing the information required for the effective conduct of the sports competitions and dissemination of the required signed information.

The Secretary is responsible for conducting the weigh-in procedure.

The Secretary is responsible for transmitting information from the Deputy Chief Secretary to the Chief Secretary.

##### 14.13.3. Duties of the Chief Referee on the court:

Ensure that the competition area, sports equipment and inventory comply with the Rules and Instructions for safety;



Ensure that all acting referees wear the appropriate uniform and report to the Chief Referee any discrepancies on the part of the referees;

Check the sports uniform (equipment) of the athletes before the start of the sports competition;

during sports competitions, ensure that only authorized team representatives accompany the athlete to the competition area;

monitor the correct entry of athletes onto the competition area in accordance with the announcement of the announcer;

ensure that no one else, but only the called athletes, perform the exercise;

monitor the cleaning of sports equipment and the competition area together with the assistants;

if required, assist with the distribution and correct use of athletes' identification numbers in the warm-up area;

if required, assist the personnel of the anti-doping organization;

monitor compliance with the Rules and Instructions on safety;

distribute the judges on the court to the places where they should be and the lanes for which they are responsible;

collect cards from the judges on the court with the recorded result, if necessary check their measuring equipment (stopwatches, tape measures, etc.) and hand these cards to the secretary;

record or check the official time on the card for each lane.

#### 14.13.4. Announcer:

makes appropriate announcements for the efficient conduct of the sporting event, for each event, including (but not limited to): announcements of the event; instructions to assistants for setting up the necessary equipment and weights; athlete's name and surname; nationality; athlete's number and weight category; results of leading athletes; notification in advance of the surname and name of athletes preparing for, following;

announces the introduction of athletes and judges, and makes all necessary announcements concerning the course of the sporting event;

may also make non-sporting announcements in order to inform the public or other interested parties, if time and the course of the sporting event permit;

conducts the award ceremony.

#### 14.13.5. The judge on the court:

records the athlete's result in the exercise (maximum weight lifted; maximum distance traveled, maximum height; time (maximum or minimum) spent on performing the exercise; number of repetitions);

ensures that the standards for the technique of performing the exercise and the order of performing the exercises established for those exercises for which sports competitions are held are observed, and also monitors the

movements of athletes on the court and the finish. If the finish position is not recorded when performing a movement, the judge on the court does not count the repetition and warns the athlete about this so that he can hear and see. A warning signal can be the spreading of the arms to the sides, then the judge must give the command to correct the technique or record the movement more clearly;

- supervises the work of volunteers assigned to work in the finish zone;
- monitors order in the finish zone;

- must report to the senior referee on the court and the head referee any violation of the rules, indicating the athlete's (lane) number and the nature of the violation.

14.13.5.1. The referees on the court must be positioned in such a way as to be able to observe the athlete at all times with the ability to record his result, finish (if there is a regulated time or movements). The area in which they are located must be used exclusively for referees on the court.

14.13.5.2. Provided that the number of repetitions in an exercise is recorded, the referee on the court must count the repetitions out loud so that the athlete can hear and see how many repetitions he has completed and how many remain. A warning signal that a repetition has been counted may be the referee throwing his hand forward in front of the athlete so that he can see.

14.13.5.3. Provided that the time of the exercise performance is recorded, the referee on the court starts the timing (stopwatch) at the starting signal and cuts off the time at the finish (at the signal or when the athlete completes the exercise). Depending on the competitive exercise, the referee on the court may be instructed by the senior referee on the court to record the time at intermediate sections of the exercises. Stopwatches must be reset to zero after the first warning from the referee-informer about the start of the exercise.

14.13.5.4. Upon completion of the exercise, the referee on the court must record the athlete's result (maximum weight, or number of repetitions, or distance, or height, or time) on a special form in accordance with Appendix No. 9 to these Rules (hereinafter referred to as the Referee's Form), which specifies the exercise, the lane on which the athlete performed the exercise, the athlete's first and last name, the athlete's gender, the draw number and weight category, and the result. The referee's form is signed by the athlete and the referee upon completion of the exercise. At the end of the exercise, the referee on the court must record the result of the exercise in the Referee's Form in the "Result" column and show it to the athlete. If the athlete agrees, the referee on the court must ask him to sign the Referee's Form, then sign himself and present this Referee's Form to the senior referee on the court.

14.13.5.5. During refereeing of sports competitions, the number of referees on the court is determined by the conditions of the exercise. In the event of simultaneous performance of the exercise by several athletes, each athlete must have a separate referee on the court.

14.14. Referees from other sports that are similar in the content of the competitive actions are allowed to referee sports competitions: weightlifting; kettlebell lifting; track and field; bodybuilding; powerlifting; crossfit.

14.15. Personnel ensuring the conduct of sports competitions.

14.15.1. The auxiliary and technical personnel include:

a doctor of sports competitions; assistants;

other auxiliary and technical personnel.

14.15.2. Sports competition doctors must:

be present at the venue of the sports competition from the beginning to the end of the sports competition;

be ready to provide medical assistance in the event of injury or illness of a participant in the sports competition.

14.15.2.1. Sports competition doctors have the right to cooperate with team doctors and advise team representatives and athletes on the possibility of continuing sports competitions after an injury.

14.15.2.2. Emergency medical care is provided in accordance with international standards.

14.15.2.3. If 2 (two) doctors are on duty at the same time, 1 (one) is in the warm-up area, the other - in relative proximity to the competition area.

If necessary, team doctors may also be requested to provide assistance to the doctor (doctors) of the sports competition.

14.15.2.4. Sports competition physicians are responsible during the sports competition period, their responsibility ends outside the sports competition area.

14.15.2.5. In the event of an accident or injury, the sports competition physician(s) must assess the situation and decide whether

14.15.3. Responsibilities of assistants at sports competitions:

install all sports equipment in accordance with the Safety Rules and the instructions of the informant referee and (or) the technical director;

check the equipment/equipment during each exercise, immediately inform the technical director of the need to clean the equipment/equipment;

clean the equipment and the competition area, if required, and if instructions are received from the technical director, during and after the sports competition;

prepare the awards podium for the awards ceremony at the end of the sports competition;

disassemble and return the equipment to its original position after each exercise or change the equipment before a new exercise;

thoroughly remove blood and other contaminants from the equipment and the competition area, if required and (or) if instructions are received from the technical director;

clean the equipment (log, Well carry equipment, dumbbell, Apollo's Axis, deadlift bar and other equipment) with antiseptics at the end of the sports competition.

14.15.3.1. At least 4 (four) assistants must be involved in the conduct of sports competitions.

14.15.3.2. Assistants must observe general precautions and wear gloves when performing their cleaning duties.

## **15. Protests and Appeals**

15.1. Any athlete or designated team representative may file a protest with the chief referee of the sports competition, specifying the clause of the Rules or Competition Regulations that they believe has been violated. The protest must be submitted provided that it has not been previously considered and no official decision has been made by the chief referee of the sports competition. The protest form is provided in Appendix No. 10 to these Rules.

The chief referee of the sports competition has the right to accept or reject the protest (if no violation of the specified clause of the Rules or Competition Regulations is found). At World Championships, World Cups, European Championships, European Cups, World Junior Championships, and European Junior Championships, the protest is reviewed by an appeals jury consisting of: the chief referee, deputy chief referee, and senior on-field referee. The chief referee's decision on submitted protests is final and not subject to review.

### **15.2. Protests related to eligibility.**

Protests concerning an athlete's eligibility to participate must be submitted to the chief referee of the sports competition before the athletes' briefing. The decision on the protest must be made after the athletes' briefing.

### **15.3. Protests related to safety during sports competitions.**

Protests concerning safety on the competition platform, the condition of structures and equipment, or deviations from the rules must be submitted



to the chief referee of the sports competition no later than 24 hours before the start of the competition.

#### 15.4. Protests related to the actions of another athlete or referee.

Any athlete protesting the actions of another participant or referee must submit the protest to the chief referee of the sports competition no later than 5 minutes after their finish. If the protest is initiated within this time frame, the time limit for submitting the protest is extended by an additional 15 minutes.

#### 15.5. Protests related to equipment.

Protests concerning an athlete's equipment that violates the conditions set forth in the Rules must be submitted to the chief referee of the sports competition no later than 5 (five) minutes after their performance in a specific exercise.

#### 15.6. Protests related to timing and competition results.

Protests regarding typographical errors in the results that do not reflect the chief referee's decision may be submitted in writing by the athlete, the athlete's representative, or the team representative to the Union representative within one hour after the end of the sports competition.

#### 15.7. Protest information, including:

reference to the violated clause of the Rules;  
location and approximate time of the alleged violation;  
participants involved in the alleged violation;  
description, including a schematic representation of the alleged violation if possible.

#### 15.8. Protest procedures:

protests must be submitted to the chief referee of the sports competition, signed by the protest filer, within the deadlines specified above;  
the chief referee of the sports competition must review the protest within one hour at the competition venue;  
after a decision is made, it must be announced immediately and provided in writing to all parties upon request.

15.9. An appeal is a request for a review of a decision made by the chief referee of the sports competition. A sample appeal form is provided in Appendix No. 11.

15.10. Appeals are submitted by athletes or their representatives (teams) following the sports competition to the Union, contesting the chief referee's decision.

15.11. Appeals must be submitted in writing to the Chief Secretary of the Union.

15.12. Union's work on appeals:

The Union makes decisions on written appeals from athletes, their representatives, and teams regarding the chief referee's decisions. To review a protest related to the chief referee's decisions, the chief referee is invited without voting rights. During the protest review, video recordings (if available) of the sports competition may be viewed.

15.13. The Union's decision on the appeal must be provided in writing to all parties upon request. The Union must prepare a protocol, including the Union's decision, which must be approved by all members of the Union's Presidium.

Appeals are reviewed by the Union's Presidium within 14 (fourteen) calendar days from the end of the sports competition.

## **16. Official Documents**

16.1. Official documents include:

athlete (team) refusal/replacement form (Appendix No. 1);  
preliminary application for participation in sports competitions (Appendix No. 2);  
application for participation in sports competitions (Appendix No. 3);  
athlete weighing protocol (Appendix No. 4);  
readiness certificate of the sports facility for the competition (Appendix No. 5);  
judging form (Appendix No. 9);  
protest form (Appendix No. 10);  
appeal form (Appendix No. 11);  
sports competition protocol (Appendix No. 12).

REFUSAL (SUBSTITUTION) FORM OF ATHLETE (TEAM)

\_\_\_\_\_  
(name of sports competition)

Athlete (team)	
Last name, First name	
Exercise No.	
Exercise name	
Reason for refusal (substitution)	
Preliminary stages	
Semi-final/final	
Full name of team representative/coach	

Signature of team representative/coach\_\_\_\_\_

Date\_\_\_\_\_

Submission time\_\_\_\_\_

## PRELIMINARY APPLICATION

---

(Name of Sports Club or National Team Submitting the Application)

Participation  
in: \_\_\_\_\_  
Competition \_\_\_\_\_  
Dates: \_\_\_\_\_  
Venue: \_\_\_\_\_

No.	Athlete's Last Name, First Name	Date of Birth	Rank/Titl e	Country	Weight Class	Coach's Last Name, First Name (Full)	Sports Club	Best Results	Approval
1									
2									
3									

Team Representative  
Name, Signature: \_\_\_\_\_  
Tel.: \_\_\_\_\_, Email: \_\_\_\_\_

Head of Delegation:  
Name, Signature: \_\_\_\_\_  
Tel.: \_\_\_\_\_, Email: \_\_\_\_\_



## APPLICATION FOR PARTICIPATION

\_\_\_\_\_  
 (Name of Sports Club or National Team Submitting the Application)

Participation  
 in: \_\_\_\_\_  
 Competition \_\_\_\_\_  
 Dates: \_\_\_\_\_  
 Venue: \_\_\_\_\_

No.	Athlete's Last Name, First Name	Date of Birth	Rank/Title	Country	Weight Class	Coach's Last Name, First Name (Full)	Sports Club	Best Results	Approval
1									
2									
3									

Number of Athletes Approved: \_\_\_\_\_  
 Physician: \_\_\_\_\_

Team Representative  
 Name, Signature: \_\_\_\_\_  
 Tel.: \_\_\_\_\_, Email: \_\_\_\_\_

Head of Delegation:  
 Name, Signature: \_\_\_\_\_  
 Tel.: \_\_\_\_\_, Email: \_\_\_\_\_

## ATHLETE WEIGH-IN PROTOCOL

---

(Name of Sports Competition)

Athlete: \_\_\_\_\_  
Country: \_\_\_\_\_  
Date: \_\_\_\_\_  
Weight Category: \_\_\_\_\_ kg  
Weigh-In Start Time: \_\_\_\_\_  
Competition Start Time: \_\_\_\_\_

No.	Draw Number	Last Name, First Name	Date of Birth	Country	Athlete's Weight
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Secretary: \_\_\_\_\_ (Signature)  
Judge (No. 1): \_\_\_\_\_ (Signature)  
Judge (No. 2): \_\_\_\_\_ (Signature)

FACILITY READINESS CERTIFICATE FOR SPORTS COMPETITIONS

\_\_\_\_\_  
(Exact Name of Sports Facility/Base)

For the event: \_\_\_\_\_  
(Name of Sports Competition)

Held from "" \_\_\_\_\_ 20 to "" \_\_\_\_\_ 20

The sports facility/base (underline as applicable) is ready to host

\_\_\_\_\_  
(Name of Sports Competition/Team/Group)  
with \_\_\_\_\_ athletes, \_\_\_\_\_ coaches, and \_\_\_\_\_ other specialists.  
The available equipment and inventory meet the requirements for conducting

\_\_\_\_\_  
(Name of Sports Competition)  
Additional measures required: \_\_\_\_\_  
(e.g., equipment, supplies, etc.)  
Coordination with local emergency services, traffic police, medical services, mountain rescue, fire department, etc., has been completed.  
(underline or specify)

Safety requirements for participants:

\_\_\_\_\_  
Safety briefing for participants was conducted by the facility/base administration (underline as applicable) on "" \_\_\_\_\_ 20.

**Facility/Base Director**

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

"" \_\_\_\_\_ 20

**Event Organizer**

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

"" \_\_\_\_\_ 20

**Chief Referee**

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

"" \_\_\_\_\_ 20

## Appendix No. 6

## Requirements for Weights in Basic Exercises

## Men

Minimum Weight of Equipment Used						
Exercise	Weight Category of Athletes					Competition Status
	105+ kg	Up to 105 kg	Up to 90 kg	Up to 80 kg	Up to 70 kg	
	Equipment Weight, kg					
Log	80	75	65	60	55	World Championship World Cup European Championship European Cup World Junior Championship European Junior Championship Other competitions
Well carry	210	180	150	140	130	
Dumbbell	50	45	40	35	30	
Apollo's Axle	80	75	65	60	55	
Deadlift	180	170	160	140	130	
Super-yoke	250	230	200	180	160	
Farmer's Walk	2x100	2x90	1x80	2x70	2x60	
Atlas Stones	100	90	80	70	60	

## Women

Minimum Weight of Equipment Used						
Exercise	Weight Category of Athletes					Competition Status
	81+ kg	Up to 81 kg	Up to 72 kg	Up to 64 kg	Up to 59 kg	
	Equipment Weight, kg					
Log	55	50	45	40	35	World Championship World Cup European Championship European Cup World Junior Championship European Junior Championship Other competitions
Well carry	95	90	85	80	75	
Dumbbell	27,5	25	22,5	20	17,5	
Apollo's Axle	55	50	45	40	35	
Deadlift	75	70	65	60	55	
Super-yoke	150	140	130	120	110	
Farmer's Walk	2x50	2x45	2x40	2x35	2x30	
Atlas Stones	55	50	45	40	35	

## Juniors

Minimum Weight of Equipment Used						
Exercise	Weight Category of Athletes					Competition Status
	105+ kg	Up to 105 kg	Up to 90 kg	Up to 80 kg	Up to 70 kg	
	Equipment Weight, kg					
Log	80	75	65	60	55	World Championship World Cup European Championship European Cup World Junior Championship
Well carry	210	180	150	140	130	
Dumbbell	50	45	40	35	30	
Apollo's Axle	80	75	65	60	55	



Deadlift	180	170	160	140	130	European Junior Championship Other competitions
Super-yoke	250	230	200	180	160	
Farmer's Walk	2x100	2x90	1x80	2x70	2x60	
Atlas Stones	100	90	80	70	60	

#### Junior Women

Minimum Weight of Equipment Used						Competition Status
Exercise	Weight Category of Athletes					
	81+ kg	Up to 81 kg	Up to 72 kg	Up to 64 kg	Up to 59 kg	
	Equipment Weight, kg					
Log	55	50	45	40	35	World Championship World Cup European Championship European Cup World Junior Championship European Junior Championship Other competitions
Well carry	95	90	85	80	75	
Dumbbell	27,5	25	22,5	20	17,5	
Apollo’s Axle	55	50	45	40	35	
Deadlift	75	70	65	60	55	
Super-yoke	150	140	130	120	110	
Farmer’s Walk	2x50	2x45	2x40	2x35	2x30	
Atlas Stones	55	50	45	40	35	

#### Youth athletes U-17

Minimum Weight of Equipment Used				
Exercise	Weight Category of Athletes			World Championship World Cup European Championship European Cup World Junior Championship European Junior Championship Other competitions
	80+ kg	Up to 80 kg	Up to 70 kg	
	Equipment Weight, kg			
Log	55	50	45	
Well carry	160	130	120	
Dumbbell	35	30	27,5	
Apollo’s Axle	55	50	45	
Deadlift	150	130	120	
Super-yoke	170	150	130	
Farmer’s Walk	2x70	1x60	2x50	
Atlas Stones	55	50	45	

#### Youth female athlete U-17

Minimum Weight of Equipment Used				Competition Status
Exercise	Weight Category of Athletes			
	64 + кг	Up to 64 кг	Up to 59 кг	
	Equipment Weight, kg			
Log	40	35	30	World Championship World Cup European Championship European Cup World Junior Championship European Junior Championship Other competitions
Well carry	75	70	65	
Dumbbell	17,5	15	12,5	
Apollo’s Axle	40	35	30	

Deadlift	57,5	52,5	47,5
Super-yoke	115	105	95
Farmer's Walk	2x37,5	2x30	2x25
Atlas Stones	40	35	30





Boys

Minimum Weight of Equipment Used				
Exercise	Weight Category of Athletes			Competition Status
	70 + kg	Up to 70 kg	Up to 60 kg	
	Equipment Weight, kg			World Championship World Cup European Championship European Cup World Junior Championship European Junior Championship Other competitions
Log	45	40	35	
Well carry	140	120	110	
Dumbbell	27,5	25	22,5	
Apollo's Axle	45	40	35	
Deadlift	130	110	100	
Super-yoke	150	130	110	
Farmer's Walk	2x65	1x55	2x45	
Atlas Stones	45	40	35	

Girls

Minimum Weight of Equipment Used				Competition Status
Exercise	Weight Category of Athletes			
	59 + kg	Up to 59 kg	Up to 54 kg	World Championship World Cup European Championship European Cup World Junior Championship European Junior Championship Other competitions
	Equipment Weight, kg			
Log	37,5	32,5	27,5	
Well carry	70	65	60	
Dumbbell	17,5	15	12,5	
Apollo’s Axle	37,5	32,5	27,5	
Deadlift	57,5	52,5	47,5	
Super-yoke	110	100	90	
Farmer’s Walk	2x30	2x27,5	2x22,5	
Atlas Stones	37,5	32,5	27,5	

### Technical Specifications of Weights Used in Sports Competitions

Name	Appearance	Material	Weight	Size
Log		Metal/wood	From 10 kg and above	Diameter from 280 mm to 330 mm. Length from 120 cm to 240 cm.
Well		Metal/wood	From 30 kg and above	Length from 160 cm to 200 cm. Width between handles from 90 cm to 110 cm.
Dumbbell		Metal/rubber	10 kg, 15 kg, 17.5 kg, 20 kg, 22.5 kg, 25 kg, 27.5 kg, 30 kg, 35 kg, 40 kg, 45 kg, 50 kg, 55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, 85 kg, 90 kg	Handle grip diameter from 30 mm to 62 mm
Apollo's Axle (Bar, collars)		Metal/ Plates metal/rubber	Bar from 20 kg Plates: 0.5 kg, 1 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg	Axle grip diameter from 48 mm to 50 mm. Length from 220 cm to 240 cm

Super-yoke



Metal/wood

kg, 20 kg,  
25 kg  
Collars  
2.5 kg  
each

Height of vertical posts  
from 220 cm to 240 cm  
Width between posts  
from 135 cm to 150  
cm.

Farmer's  
Walk



Metal/wood

Length from 100 cm to  
180 cm

Atlas  
Stones



Concrete,  
rubber,  
metal,  
synthetic  
material

30 kg, 35  
kg, 40 kg,  
45 kg, 50  
kg, 55 kg,  
60 kg, 65  
kg, 70 kg,  
75 kg, 80  
kg, 85 kg,  
90 kg,  
100 kg,  
110 kg,  
115 kg,  
125 kg,  
130 kg,  
135 kg,  
150 kg,  
160 kg

Diameter from 40 cm  
to 52 cm.

Crossbar



Metal/wood

Height of posts from 4.5 m and not more than 7 m.

Tire



Rubber/metal  
From 30 kg and above

From 600 mm to 2000 mm

Barbell  
(Bar, collars)



Metal/  
Plates  
metal/rubber

Bar 20 kg.  
Plates:  
0.5 kg, 1 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, 25 kg  
Collars 2.5 kg each

Diameter from 28 mm to 30 mm.

Construction for standing with weight (heroic press)



Metal, rubber

Width not more than 180 cm.  
Height not more than 2 m.  
Length not more than 3.5 m.

Heroic carousel



Metal, rubber

Width not more than 2 m.  
Height not more than 1.7 m.  
Length not more than 5.5 m.



Construction for deadlift



Metal,  
rubber

Length not more than 6 m.  
Width not more than 2.5 m.

Rope



Cotton,  
straw or  
synthetic  
material

Grip diameter - not less than 35 mm to 55 mm,  
length - 15-20 m.

Harness



Cotton,  
synthetic,  
rubber,  
metal

Construction for flipping



Metal/wood,  
rubber

Diameter from 280 to 330 mm.  
Width from 1.7 m to 2.5 m.  
Length from 3 m to 5 m.

Construction for holding



Metal/wood, rubber

Diameter not more than 280 mm to 330 mm.  
Width from 1.5 m to 2.5 m.  
Height from 3 m to 5 m.

Keg



Metal

From 11 kg to 150 kg

Diameter from 300 mm to 420 mm

Sandbag (Strongbag)



Cover material - leather, leather substitute, fabric, weight - sand

From 10 to 150 kg

Diameter: from 400 mm to 500 mm  
Height: from 500 mm to 1000 mm

Shield



Metal

From 30 kg and above

Thickness from 20 cm to 30 cm.  
Width from 50 cm to 70 cm.  
Height from 70 cm to 110 cm.

Organizer of the sports event

Full name  
" \_ " \_\_\_\_\_ 20

Safety Instructions during sports competitions

---

(Name of sports competition)

Date of sports competition: \_\_\_\_\_

Place of sports competition:

---

Organizer:

\_\_\_\_\_  
(organization and official)

1. General Safety Requirements.

1.1. Persons who have been instructed on safety techniques are permitted to perform physical exercises both in the warm-up zone and in the sports competition area (hereinafter referred to as the Area).

1.2. When performing physical exercises, the following hazardous factors may adversely affect persons participating in sports competitions (hereinafter referred to as the Athlete):

injuries when performing physical exercises on faulty, insecurely installed, and unfastened sports equipment;

injuries due to violations of the rules for using sports equipment, as well as violations of established training and rest regimens.

1.3. In the event of any accident involving a person performing physical exercises, the victim or witness of the accident must immediately inform the staff present in the Area, who take measures to provide first aid to the victim.

1.4. The Organizer is responsible for the proper condition of sports equipment in the competition area and warm-up zone, and for the proper

equipmentation of these Safety Instructions.

1.5. The Athlete must independently undergo a medical examination before the start of sports competitions and present a medical certificate to the Organizer.

1.6. By participating in sports competitions, the Athlete confirms that he/she is familiar with these instructions and fully understands that sports competitions are potentially dangerous activities and can be a source of both minor and serious injuries and damages. The Athlete voluntarily participates in sports competitions and takes full responsibility for all his/her actions performed within and in connection with sports competitions.

## 2. Safety Requirements Before Starting Physical Exercises in the Competition Area.

2.1. The Athlete must wear sports shoes with non-slip soles and comfortable sports clothing. It is not allowed to use shoes with heels, as well as other footwear not designed for physical exercises, and it is also not allowed to use clothing that restricts movement or clothing with elements that interfere with physical exercises.

2.2. Before allowing an athlete to perform physical exercises, the Organizer is obligated to check the proper condition and reliability of installation and fastening of sports equipment before the start of sports competitions in each weight category.

2.3. The Athlete is required to listen to safety instructions conducted by the chief judge. The briefing is held on the day of the sports competitions for athletes of each weight category.

2.4. Before starting the performance, the Athlete is required to independently conduct a warm-up, which includes preparatory exercises, targeted impact exercises, and a trial approach in the competitive exercise.

## 3. Safety Requirements During Physical Exercises in the Area.

3.1. Athletes performing physical exercises are required to start and finish exercises only by command (signal) of the sports judge.

3.2. It is not allowed to perform exercises on faulty, insecurely installed, and unreliably fastened sports equipment.

3.3. Athletes performing exercises are required to maintain discipline, strictly follow the rules for using sports equipment, taking into account their design features.

3.4. Athletes performing exercises are required to carefully listen to and follow all commands (signals) of the sports judge, not taking any actions

on their own.

3.5. Athletes who perform warm-up and physical exercises with equipment in the warm-up zone independently are personally responsible for the safety of such exercises.

3.6. Before performing exercises, it is necessary to conduct a warm-up in accordance with the requirements of subparagraph 2.4 of these Safety Instructions.

3.7. Athletes performing physical exercises are required to immediately stop their performance in case of unpleasant sensations, pain in joints or muscles, and report this to the sports judge who is next to them during the exercise.

3.8. Only one person can use sports equipment during both the warm-up in the warm-up zone and during the exercise in the competition area.

#### 4. Safety Requirements in Emergency Situations.

4.1. In case of a malfunction in the sports equipment or its breakdown, stop performing physical exercises on the sports equipment or using the sports equipment, and report this to the sports judge who is next to them during the exercise. Continue the exercise only after eliminating the malfunctions.

4.2. If injured, immediately report this to the sports judge, who must take all measures to help the athlete.

#### 5. Processing of Personal Data.

5.1. The Athlete gives consent to the Organizer, as well as any persons acting with the permission of the Organizer, to use images and grants the right to reproduce, process, distribute, publish (including, but not limited to) on the Internet, as well as use by any other permitted methods, both in digital and in any other form, known now or invented later, in any form, in whole or in fragments, without restrictions on accompanying textual, audio and/or visual design, photographs, videos and other works that are the result of the promotion. Consent for photo and video shooting and further use of photographic images and video material is Appendix No. 13.

5.2. The Athlete has the right to withdraw the specified consent for the processing of his/her personal data by providing a written statement on the cancellation of previously given consent to the legal address of the Organizer specified above.



## JUDGES' SCORE SHEET

**EXERCISE:** \_\_\_\_\_

**LANE:** \_\_\_\_\_

**TIME LIMIT (60 sec, 90 sec, 120 sec)**

(underline as applicable)

Last Name, First Name	Gender	Draw Number	Weight Class	Result	False Start

Athlete's Name and Signature: \_\_\_\_\_

Judge's Name and Signature: \_\_\_\_\_

Chief Referee's Name and Signature: \_\_\_\_\_

## PROTEST FORM

Competition Name:	
Competition Date:	
Venue:	Protest Submission Time:
Protester's Name:	Weight Class and Draw Number:
Protester's Country:	Email:
Protester's Address:	
Phone (Home):	Phone (Mobile):

What type of protest is being filed? (Check only one option.)

Protest related to safety during sports competitions			
Protests related to actions of another athlete or judge			
Protests related to participation eligibility			
Protests related to timing and results of the sports competition			
Protest related to equipment			
Rules violated:		Time of incident:	
Where did the violation occur: (Specify the location. If necessary, use an additional sheet of paper and draw a diagram)			
Who was involved in the violation?			
How did the violation occur (brief description of the violation that occurred)?			
Against whom is the protest filed – Full name, country			
Signature of the applicant		Date:	

\*The protest must be submitted in writing, signed by the applicant in compliance with the conditions presented in the Rules, and submitted to the chief judge of the sports competition.

\*\*A protest is a formal expression of complaint about the behavior of an athlete, or judge, or about the conditions of sports competitions. You must have substantial evidence, including witnesses, and you must be willing to participate in the hearing.

**APPEAL FORM**

<b>Competition Name:</b>	Competition Date:
Venue:	Appeal Submission Time:
Appellant's Name:	Weight Class and Draw Number:
Appellant's Country:	Email:
Appellant's Address:	Post code
Phone (Home):	Phone (Mobile):
Penalty Reason:	Penalty Type:
Confirmed by Chief Referee? Yes/No	

Type of appeal:

Appeal against the decision of the chief judge on a protest.

Name, weight category and draw number	
Judge(s)/Athlete(s)/Witness(es), if known	
Description of the incident (Use an additional sheet of paper if required)	

**Signature of the applicant** \_\_\_\_\_ **Date**

\*The appeal must be submitted in writing, signed by the petitioner in compliance with the conditions presented in the Rules. An appeal is a request contesting a decision made by the chief judge of the sports competition. This is the first level of appeal that is heard by the Union.

Incident Description:

Appellant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Sports Competition Protocol

Name of sports competition \_\_\_\_\_

Age group (gender) of participants \_\_\_\_\_, sports discipline \_\_\_\_\_

Venue of sports competition \_\_\_\_\_ Date: « \_ » \_\_\_\_\_

Place take no	Athlete's last name, first name	Lot number	Date of birth	Weight category	Country	Result								Final result  (sum of points for all exercises)
						Exercise No. 1				Exercise No. 2				
						time	result	points	place	time	result	points	place	

Last name, first name Judge on the court \_\_\_\_\_ (signature)

Last name, first name Senior judge on the court \_\_\_\_\_ (signature)

Last name, first name Chief secretary \_\_\_\_\_ (signature)

Last name, first name Chief judge \_\_\_\_\_ (signature)



**Consent**

for photo and video shooting and further use of photographic images and video material

I,

\_\_\_\_\_  
(First name, last name)

Residing at:

\_\_\_\_\_  
Passport  
\_\_\_\_\_

—  
hereby give consent to \_\_\_\_\_ for photo and video shooting, publication on a free-of-charge basis of photographs and videos with my image and participation on the official website of \_\_\_\_\_, as well as in mobile applications, social networks, on TV channels and in other media, printed publications, as illustrations in booklets, magazines, banners, calendars, videos, advertising materials, including (without limitations) collection, systematization, accumulation, storage, clarification (updating, modification) of photo and video materials.

The images cannot be used by \_\_\_\_\_ in ways that discredit my honor, dignity, and business reputation.

The images may be used until the day this consent is revoked in written form.

Signature

\_\_\_\_\_

—  
Date \_\_\_\_\_