Strong Gator Rules and Regulations

Regulations:

1. Competition is open to current UF Students and Faculty/Staff only
2. All competitors must register and complete a liability waiver
3. All competitors must weigh in on the morning of the event
4. Gloves are not permitted
5. Lifting straps are not permitted
6. Chalk is permitted
7. Spikes may be worn
8. Weight lifting belts may be worn, but will not be supplied
9. Order of competitor will be decided at each event with a random number draw

Description & Rules:

Event 1: Log Clean & Press

Rules: Competitor’s will have :45 to complete as many reps of the Log Clean and Press as possible. Reps will be counted until time runs out or the participant decides to stop. Scores will be determined based on total reps completed within the time limit. A completed rep consists of the following components:

1. Log begins on the ground with no movement
2. Log is cleaned to the shoulders in one motion
3. Log is pressed above the head with full extension at the elbows
4. Log remains overhead for one second. Judges will cue each competitor after each rep is completed.

<table>
<thead>
<tr>
<th>Women's:</th>
<th>Men's:</th>
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</thead>
<tbody>
<tr>
<td>&lt;140: 105 lb</td>
<td>&lt;165: 145 lb</td>
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<tr>
<td>140+: 115 lb</td>
<td>165-180: 165 lb</td>
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<td>180-200: 185 lb</td>
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<td>200+: 195 lb</td>
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Event 2: Atlas Stones

Rules: Competitor’s will have :45 to lift an Atlas Stone to a platform (3.5ft high), at which point the competitor will roll it off the platform so the stone is at a dead stop at the base...
of the platform. The movement is repeated as many times as possible within the time limit. Scores will be determined based on total reps completed within the time limit.

**Women’s:**
- <140: 85 lb stone
- 140+: 85 lb stone

**Men’s:**
- <165: 115 lb stone
- 165-180: 146 lb stone
- 180-200: 146 lb stone
- 200+: 170 lb stone

### Event 3: Yoke Squat

Rules: Competitors will attempt to squat the weight yoke to lockout for as many reps as they can complete within the :45 time limit. The height of the bar will be set approximately at each competitor’s sternum. A complete rep involves lifting the yoke from a dead stop to a fully standing position with knees and hips locked out. Competitor’s will be given a down command when the judge determines the rep has been completed. Scores will be determined based on total reps completed within the time limit.

**Women’s:**
- <140: 215 lb
- 140+: 235 lb

**Men’s:**
- <165: 370 lb
- 165-180: 390 lb
- 180-200: 420 lb
- 200+: 450 lb

### Event 4: Medley (Prowler Push/Farmer’s Walk/Standing Sled Pull)

Rules: Women and Men will push a loaded Prowler 30 yards past a designated line. They will then Farmer’s Walk 30 yards past a designated line. The competitor will then pull sled while standing in one position across the finish line. Scores will be determined by the time it takes competitor’s to finish all three legs of the medley. Time limit- 2:00.
**Women** will push:
- <140: 200 lb
- >140: 215 lb

**Women** will carry:
- <140: 70 lb/hand
- >140: 80 lb/hand

**Women** will pull:
- <140: 100 lbs
- >140: 120 lbs

**Men** will push:
- <165: 355 lb
- 165-180: 365 lb
- 180-200: 375 lb
- 200+: 385 lb

**Men** will carry:
- <165: 120 lb/hand
- 165-180: 130 lb/hand
- 180-200: 150 lb/hand
- 205+: 170 lb/hand

**Men** will pull:
- <165: 235 lbs
- 165-180: 245 lbs
- 180-200: 260 lbs
- 200+: 275 lbs

**Event 5: Tire Flip**

Rules: Competitor’s will have to complete 8 reps of the tire flip for time. Time begins upon forward movement and ends after the tire hits the ground after the 8th flip. Scores will be determined by the time it takes competitor’s to complete all 8 reps. Time Limit-1:00.

**Women**: will flip a ~250 lb tire  
**Men**: will flip a ~500 lb tire.

**Event 6: The Deadlift**

Rules: Participants will perform the deadlift using a trap bar implement with ascending weights. A complete rep consists of the bar starting from a deadstop and being lifted to a fully standing position where both the knees and hips are locked out. Competitors will perform the rep with the starting weight, upon completing the rep, the bar will be returned to the ground and additional weight will be added to the bar. The competitor will receive a start command after the bar has been loaded, after which point they will
have 10s to complete the next rep. This process will continue for two additional weight increments. Once the top weight has been reached, competitors will have :45s to complete as many reps as possible with the top weight. Scores will be determined by the total number of reps completed by each competitor.

### Women’s:
- <140: 145, 155, 165, 175 lb
- 140+: 155, 165, 175, 185 lb

### Men’s:
- <165: 310, 330, 350, 370 lb
- 165-180: 330, 350, 370, 390 lb
- 180-200: 350, 370, 390, 410 lb
- 200+: 370, 390, 410, 430 lb

**Points System**

For each event:
- 1<sup>st</sup> place - 5 pts
- 2<sup>nd</sup> place - 4 pts
- 3<sup>rd</sup> place - 3 pts
- 4<sup>th</sup> place - 2 pts
- 5<sup>th</sup> place - 1 pt
- 6<sup>th</sup> + place - 0 pts