
STRONG GATOR RULES AND REGULATIONS

2018

Regulations

1. Competition is open to current UF Students, Faculty/Staff and Members
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. Weightlifting shoes are permitted
8. Forearm tape and wrist tape/wraps are permitted (as long as no part of the hand is covered).
9. Spikes may be worn
10. Weight lifting belts may be worn, but will not be supplied
11. 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 0:45 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
3. Log is pressed, push pressed or jerked above the head with full extension at the elbows
4. Log remains overhead until a judges will cue each competitor each rep is completed

Time Limit: 0:45

<u>Women</u>	<u>Men</u>
<125: 75 lbs	<165: 145 lbs
125-150: 85 lbs	165-180: 165 lbs
150+: 115 lbs	180-200: 185 lbs
	200+: 195 lbs

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.

Time Limit: 0:45

<u>Women</u>	<u>Men</u>
<125: 80 lb stone	<165: 130 lb stone
125-150: 100 lb stone	165-180: 140 lb stone
150+: 115 lb stone	180-200: 150 lb stone
	200+: 175 lb stone

Event 3: Weighted Ball Toss

Rules: Competitors will throw a weighted ball over a 10 -11 ft bar from the thrower's box. The goal of this event is to complete five throws with a designated weighted ball. Competitors will have up to 60 seconds to complete all throws. The time will stop when the final ball is thrown over the bar successfully or when the participant reaches the time limit. The thrower's feet must remain in contact with the surface of the platform during each throw. No additional momentum or extra steps will be allowed - feet must remain stationary at the time of the throw. Scores will be determined based on the time it takes to complete all the throws. Competitors will attempt to complete all the throws in the least amount of time possible.

Time Limit: 1:00

<u>Women</u>	<u>Men</u>
<125: 10 lbs	<165: 20 lbs
125-150: 14 lbs	165-180: 30 lbs
150+: 18 lbs	180-200: 30 lbs
	200+: 40 lbs

Event 4: Prowler Push and Standing Sled Pull

Rules: Women and Men will push a loaded Prowler 20 yards past a designated line, turn prowler around and push it all the way back to the start. The entire prowler must cross the line. They will then pull a loaded Sled 20 yards to a designated box, turn it around, run to the opposite side and pull it back to the finish line. The competitors must remain inside a designated box and touch the sled in order to stop the time. Scores will be determined by the time it takes competitor's to finish both legs of this event.

Time Limit: 1:30

	<u>Push</u>	
<u>Women</u>		<u>Men</u>
<125: 185 lbs		<165: 355 lbs
125-150: 200 lbs		165-180: 365 lbs
150+: 215 lbs		180-200: 375lbs
		200+: 385 lbs
	<u>Pull</u>	
<u>Women</u>		<u>Men</u>
<125: 80 lbs		<165: 235 lbs
125-150: 100 lbs		165-180: 245 lbs
150+: 120 lbs		180-200: 260 lbs
		200+: 275lbs

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

<u>Women</u>	<u>Men</u>
250 lb tire	500 lb tire

Event 6: The Deadlift

Rules: Participants will perform the deadlift using a trap bar with ascending weights. A complete rep consists of the bar starting from the ground 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 0:10 to complete the next rep. This process will continue for two additional weight increments. Once the top weight has been reached, competitors will have 0:45 to complete as many reps as possible with the top weight. Bouncing or purposeful drop of the weight will not count. The bar must be controlled to the ground throughout the entire time. Scores will be determined by the total number of reps completed by each competitor.

Time Limit: 0:45

	<u>Men</u>
<u>Women</u>	
<125: 135,145,155,165 lbs	<165: 310, 330, 350, 370 lbs
125-150: 145,155,165,175 lbs	165-180: 330,350,370,390 lbs
150+: 155,165,175,185 lbs	180-200: 350,370,390,410 lbs
	200+: 370,390,410,430 lbs

Event 7: Farmers Walk and Duck Walk

Rules: Participants will perform a Farmer's Walk for approximately 10 yards until they reach the designated line. Then the participants must place the load on the ground, turn around and perform a Farmer's Walk until they return to their original start position. Each competitor will utilize thicker handle grips during Farmer's Walk. Afterwards, the competitor will perform a Duck Walk for approximately 10 yards until they reach the designated line. Then the competitor must place the load on the ground, turn around and perform a Farmer's Walk until they return to their original start position. Scores will be determined based on the amount of time it takes to complete the event. The objective is to complete this event in the shortest amount of time.

Time Limit : 1:30

	Farmer's Walk	
<u>Women</u>		<u>Men</u>
<125: 60 lbs/hand		<165: 120 lbs/hand
125-150: 70 lbs/hand		165-180: 130 lbs/hand
150+: 80 lbs/hand		180-200: 150 lbs/hand
		200+: 170 lbs/hand
	Duck Walk	
<u>Women</u>		<u>Men</u>
<125: 125 lbs		<165: 200 lbs
125-150: 160 lbs		165-180: 215 lbs
150+: 180 lbs		180-200: 235 lbs
		200+: 270 lbs

Scoring

Points will be awarded based on placement in each event. Once all of the events have been completed by each participant, the points that they have receive will be added up to determine their overall score. Points will be awarded for each event as follows:

1st place: 5 pts

2nd place: 4 pts

3rd place: 3 pts

4th place- 2 pts

5th place- 1 pt

6th + place- 0 pts

Ranking is based on weight class. There will be a 1st, 2nd, and 3rd place representative from each weight class at the end of the event.