

Farmer's Carry Competition Rules

Date: 4 July 2025

-Competition will be announced at 1600-1615 by MC

-First 10 participants to sign-up can participate.

-Competition will begin at 1730

In this farmer's carry competition, participants must carry two kettlebells with their arms extended for 100 meters.

Detailed Rules:

- **Start and Finish:**

The event begins when the judge says "go". Once the Judge says "go", the participants pick up the kettle bells and complete the 100-meter course. The time ends with them returning the kettlebells to the same designated area they started from.

- **Carry Technique:**

The kettlebells must be held with arms extended by the sides of the body.

- **Resting:**

Kettlebells can be placed down for rest, but they cannot be moved forward while resting.

- **Completion:**

The event is completed when the athlete has crossed the finish line and returned the kettlebells to their designated area.

The participant that finishes the 100 meters the fastest wins.

1st Place winner only

Male Category: 50lbs (100-meter distance)

Female Category: 30lbs (100-meter distance)

Bench Press Competition Rules

Date: 4 July 2025

Competition will be announced at 16:15 by MC

-First 10 participants to sign-up (Warm-up, push-ups, shoulder rotations)

1st Round will begin at 16:30

RULES FOR THE BENCH:

-Spotter will assist in handing off the barbell to you.

-Once you are ready the Judge will say "Bench".

-Must lower the weight, touch the chest, and push back to top until fully extended.

-Bouncing the bar or sinking the bar into the chest will result in disqualification.

MUST BE A CONTROLLED LIFT, DOWN AND UP!

-If you successfully complete the bench, you will move to the next round.

-ONLY 1 LIFT PER ROUND! If the lift is not successful, participant is disqualified.

-First Place Prize only

Male Category:

-Start Weight (Round 1) - 225lbs

-Round 2 Weight – 265lbs

-Round 3 Weight – 285lbs

-Each Consecutive Round - +10lbs added

Female Category:

-Start Weight (Round 1) - 135lbs

-Round 2 Weight – 145lbs

-Round 3 Weight – 155lbs

-Each Consecutive Round - +10lbs added