



# **Six Classical Disciplines: *Specifications and Equipment***

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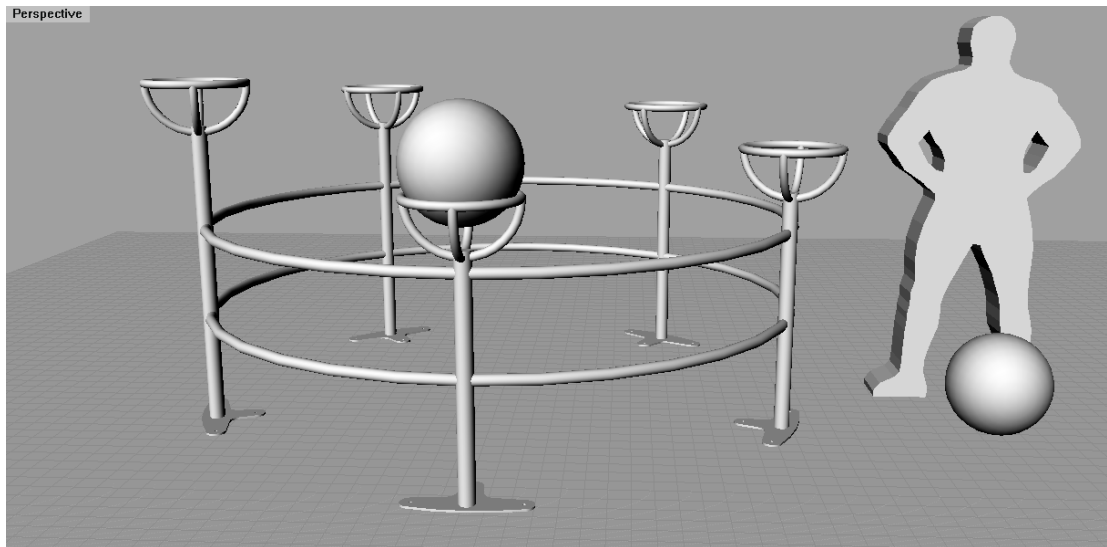
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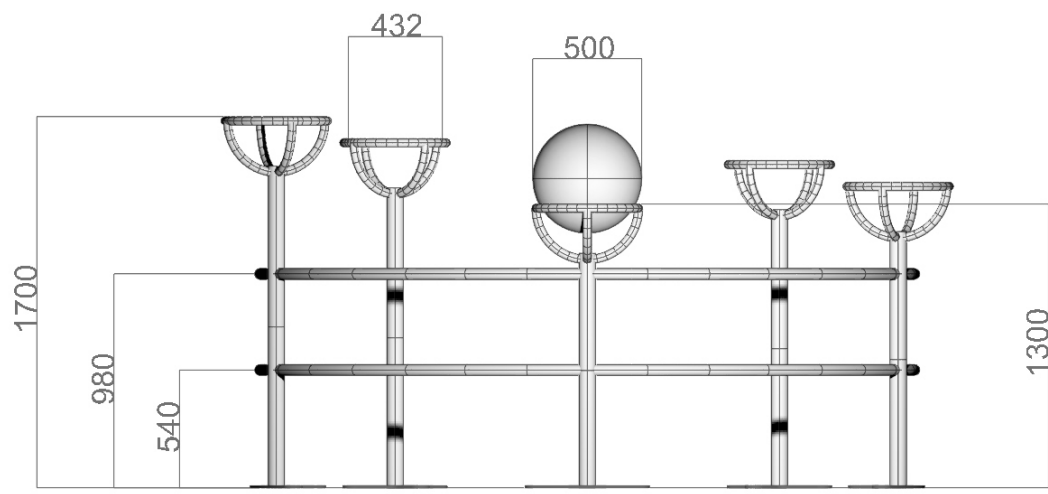


## Part I: Atlas Stone Circle

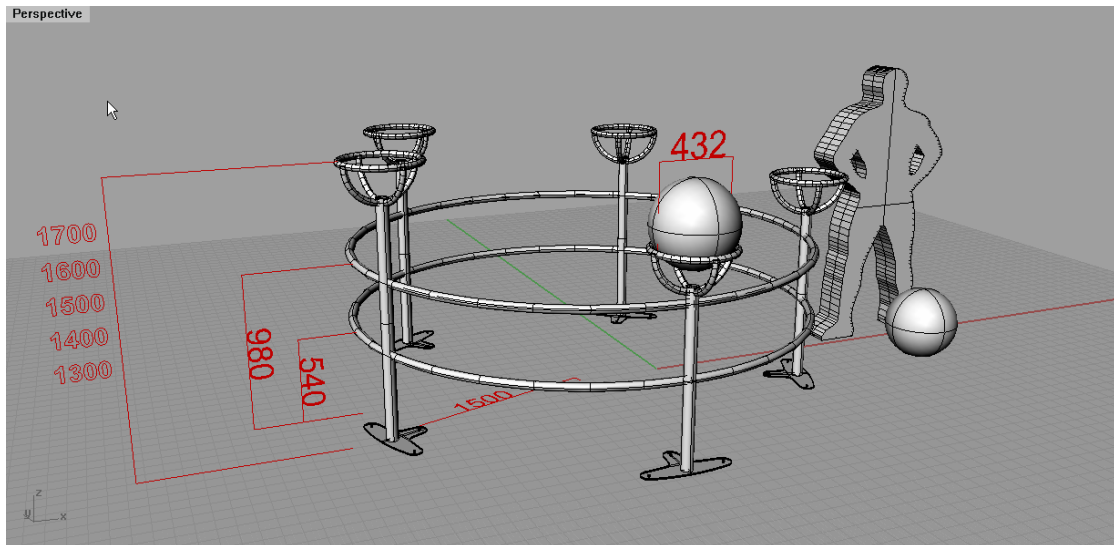
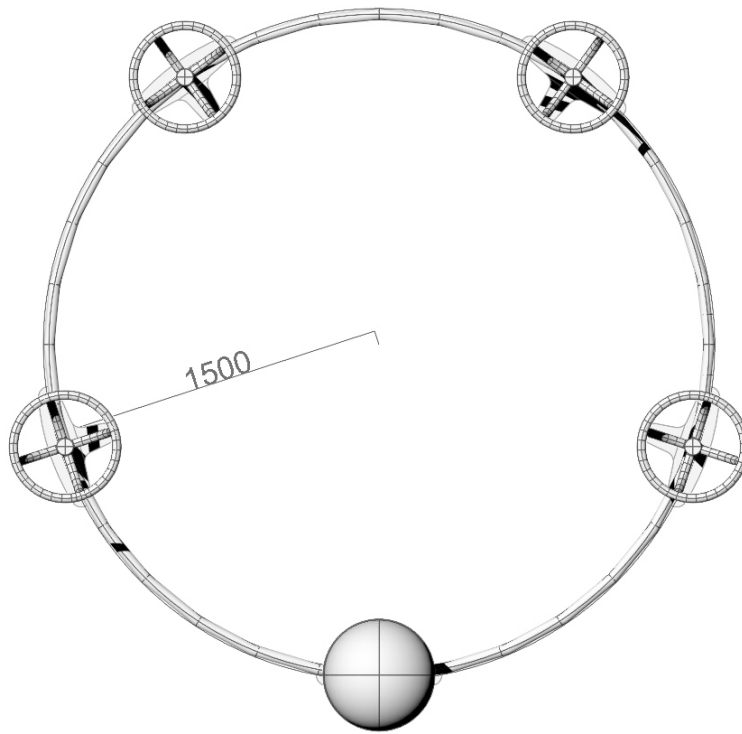
### 1.1 Illustration



### 1.2 Technical Drawings\*



\* CAD/CAM files available upon request from IFSA Strongman Ltd.



- Note on dimensions in the above illustration:
  - dim 1500 = internal radius, and
  - dim 432 = internal diameter.
- Uprights from 75mm diameter tube.
- Main hoops from 50mm diameter tube.
- Baskets from 40mm diameter tube.

### 1.3 Discipline Specifications

There are two sets of standard stones, with all stones having 50 cm diameter:



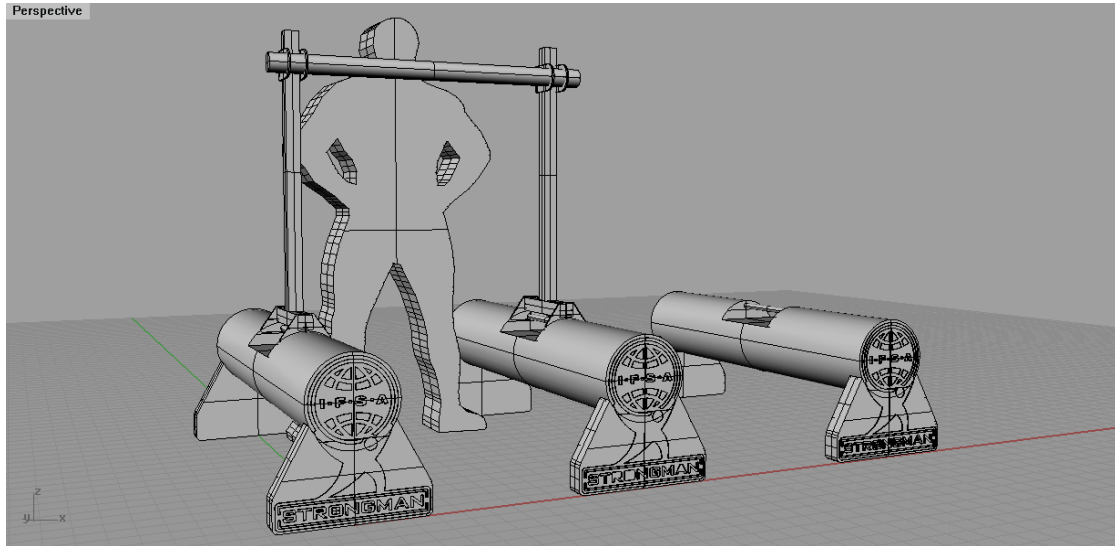
	<b>1<sup>st</sup> Stone</b>	<b>2<sup>nd</sup> Stone</b>	<b>3<sup>rd</sup> Stone</b>	<b>4<sup>th</sup> Stone</b>	<b>5<sup>th</sup> Stone</b>
Light Stones	120 kg	140 kg	150 kg	160 kg	170 kg
Heavy Stones	140 kg	150 kg	160 kg	170 kg	180 kg
Platform Height	170 cm	160 cm	150 cm	140 cm	130 cm

At the beginning of this discipline, each stone is placed 1 metre away from the the platform, centre-to-centre. The distance between the platforms on the circle is 175 cm. The event is for time, with clock stopping when the last stone is stable on the platform. There is a 75 second time limit. Minimum of 3 time keepers per athlete with the middle time taken as official time.

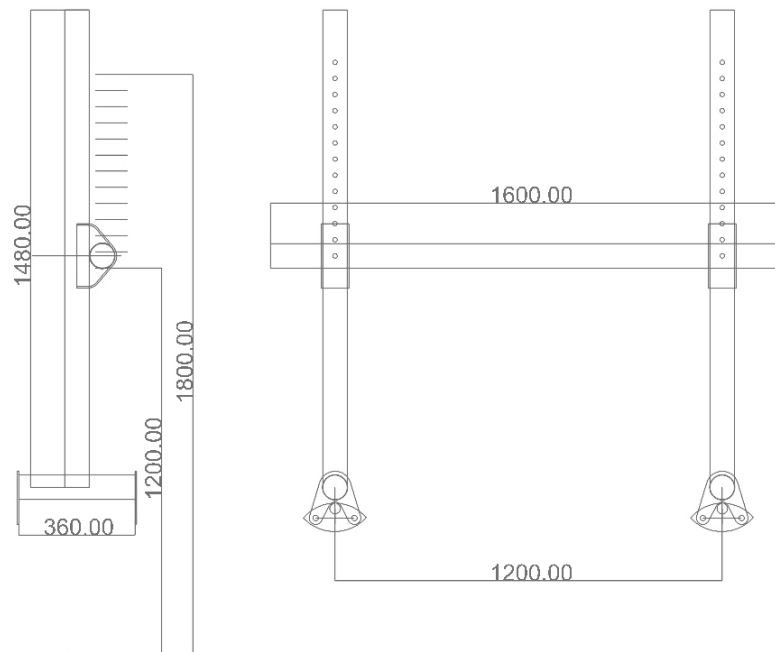


## Part II: Yoke

### 2.1 Illustration



### 2.2 Technical Drawings\*



\* CAD/CAM files available upon request from IFSA Strongman Ltd.



## 2.3 Discipline Specifications

The Yoke has a standard size and shape. The standard Yoke weighs 410 kg. Two Classical Disciplines can be staged with the Yoke:

- **Yoke Race for Time:** The Yoke will be lifted from the floor and carried for 35 meters in straight line and a time will be taken when the back of the Yoke crosses the finishing line. There is a 75 second time limit. The Yoke can be lifted again if it is dropped. Minimum of 3 time keepers per athlete with the middle time taken as official time.
- **Yoke Race for Distance:** The Yoke will be lifted from the floor and carried up and down a 35 metre course until 75 second time limit is reached. The total distance is measured from the back of the Yoke. The athlete walks around a post at the turning points, or alternatively drops the Yoke at the turning point, turns around, picks up the Yoke again\*, walks slightly sideways to clear the post and continues down the course.

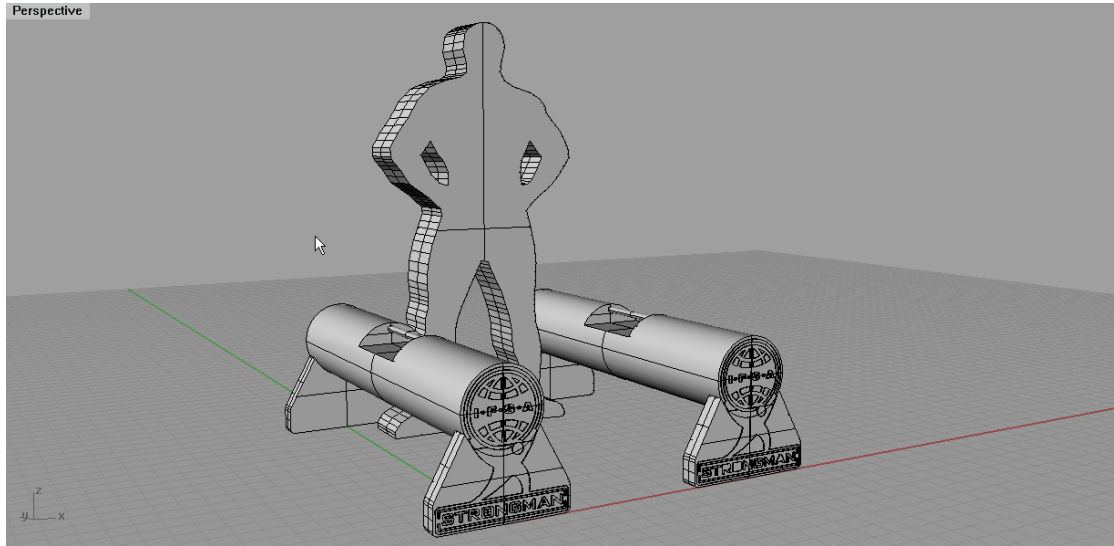
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\* The Yoke is symmetrical and hence can be carried to either direction.

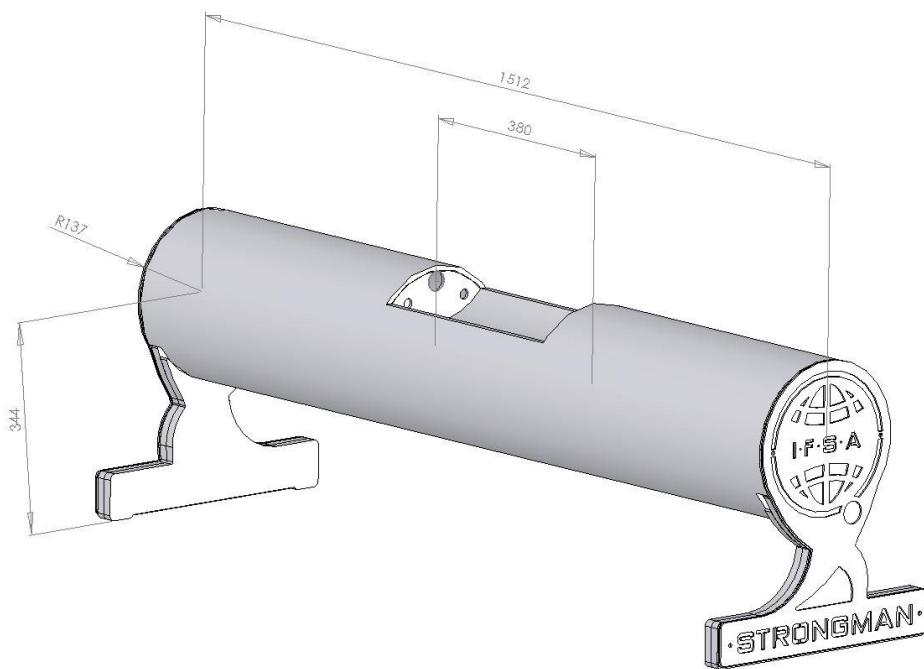


## Part III: Farmer's Walk

### 3.1 Illustration



### 3.2 Technical Drawings\*



\* CAD/CAM files available upon request from IFSA Strongman Ltd.



### 3.3 Discipline Specifications

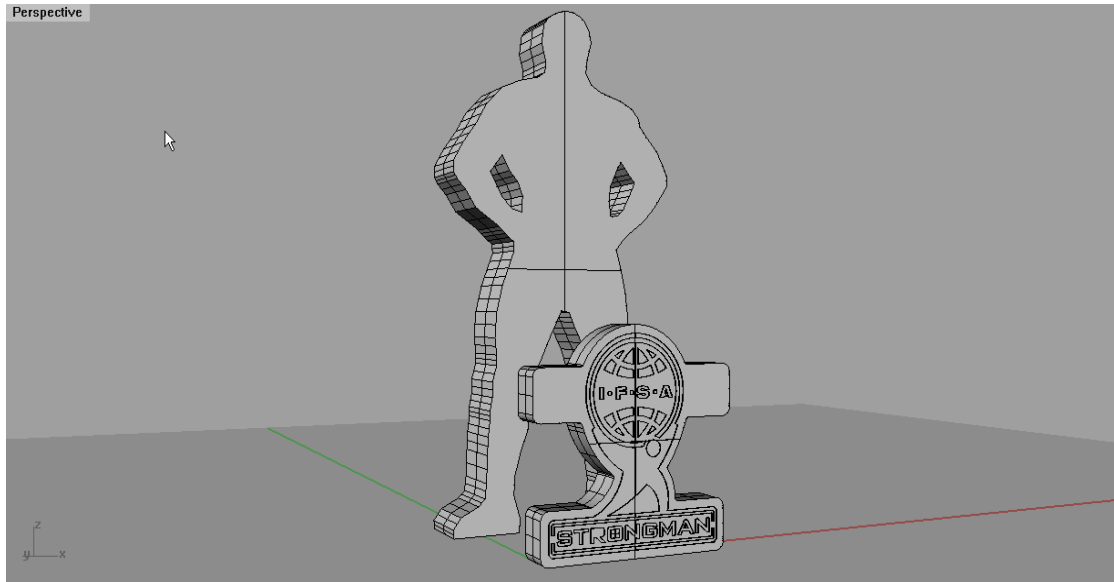
The Farmer's Walk weights have a standard size and shape. There are two standard Farmer's Walk weights 125 kg each hand and 160 kg each hand. Two Classical Disciplines can be staged with each standard Farmer's Walk weights for a total of four Classical Disciplines that can be staged with this piece of equipment:

- **Farmer's Walk for Time:** The weights will be lifted from the floor and carried up and down a 25 metre course for a total distance of 75 metres in the case of 125 kg weights and 50 meters in the case of 160 kg weights, and a time will be taken when the back of both of the weights have crossed the line. The athlete cannot throw the weights over the line – he must have contact when crossing the line. The athlete walks around a post at the turning points. If dropped, the weights can be picked up again. There is a 75 second time limit. Minimum of 3 time keepers per athlete with the middle time taken as official time.
- **Farmer's Walk for Distance:** The weights will be lifted from the floor and carried up and down a 25 metre course until they are dropped for the first time. The total distance is measured from the back of the weights. There is no time limit. The athlete walks around a post at the turning points.

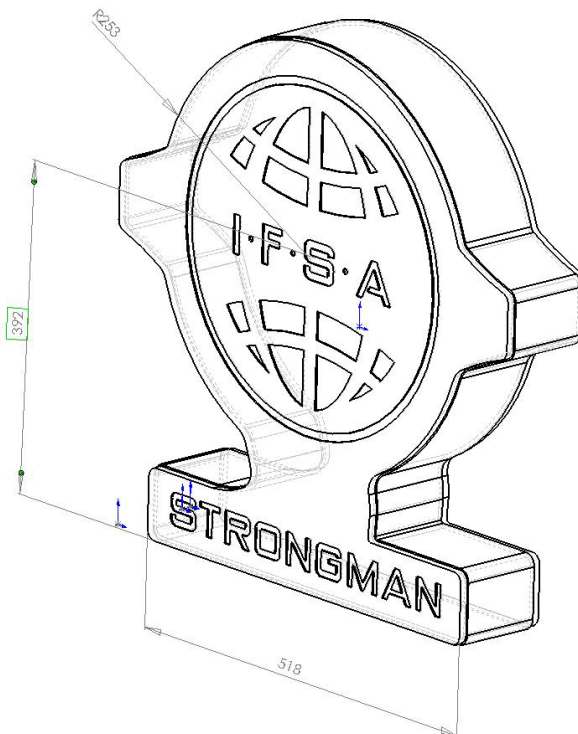


## Part IV: Shield Walk

### 4.1 Illustration



### 4.2 Technical Drawings\*



\* CAD/CAM files available upon request from IFSA Strongman Ltd.



### 4.3 Discipline Specifications

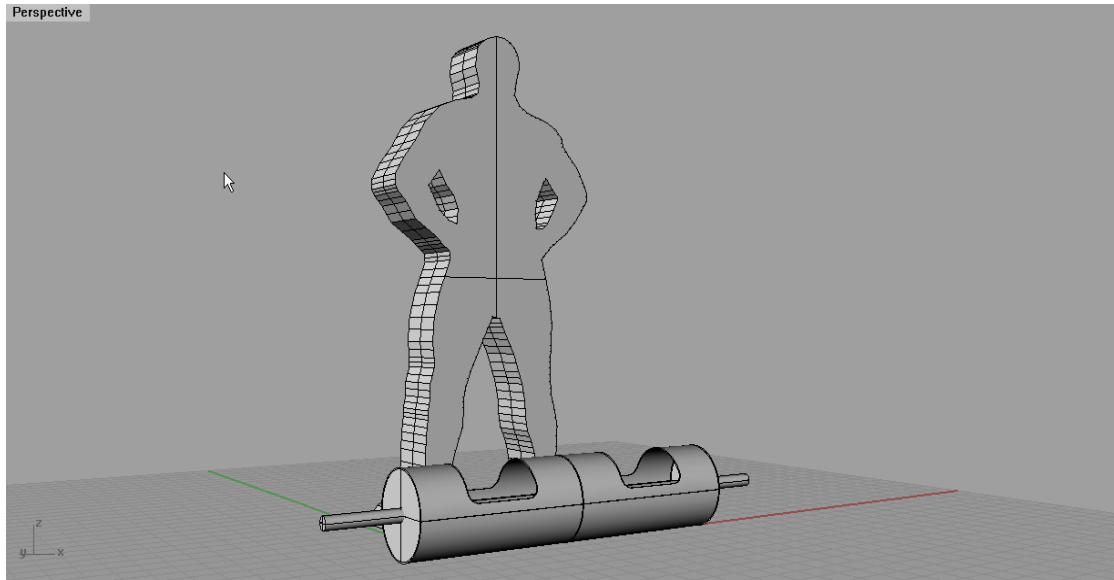
The IFSA Shield has a standard size and shape. It weighs 182.5 kg (400 lbs). Two Classical Disciplines can be staged with the IFSA Shield:

- **Shield Walk for Time:** The IFSA Shield will be lifted from the floor and carried up and down a 25 metre course for a total distance of 75 metres and a time will be taken when the athlete carrying the shield crosses the line. The athlete cannot throw the shield over the line – he must have contact when crossing the line. The athlete walks around a post at the turning points. If dropped, the Shield can be picked up again. There is a 75 second time limit. Minimum of 3 time keepers per athlete with the middle time taken as official time.
- **Shield Walk for Distance:** The IFSA Shield will be lifted from the floor and carried up and down a 25 metre course until it is dropped for the first time. The total distance is measured. There is no time limit. The athlete walks around a post at the turning points.

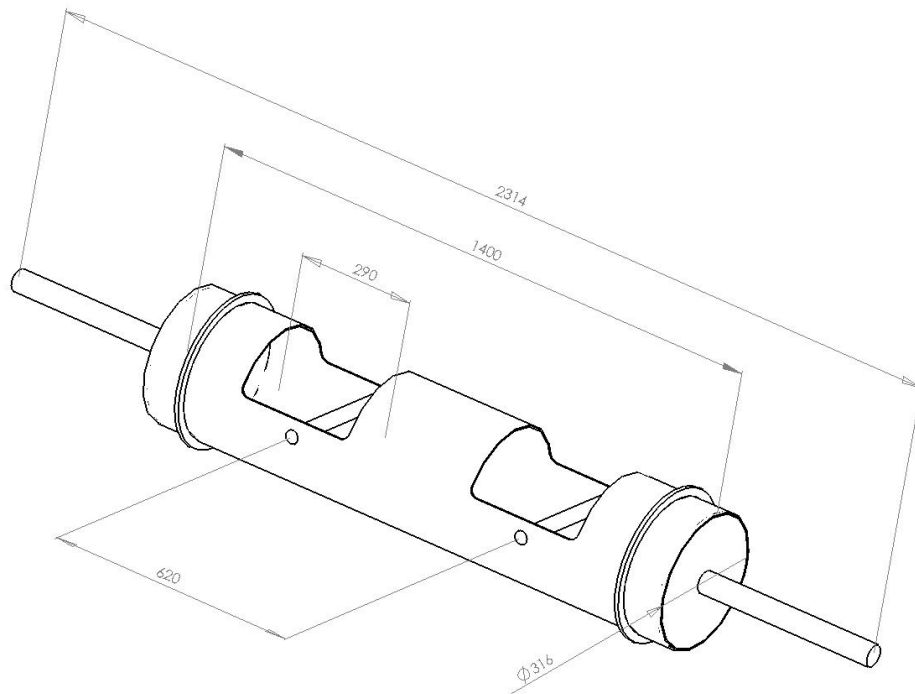


## Part V: Log Lift

### 5.1 Illustration



### 5.2 Technical Drawings\*



\* CAD/CAM files available upon request from IFSA Strongman Ltd.



### 5.3 Discipline Specifications

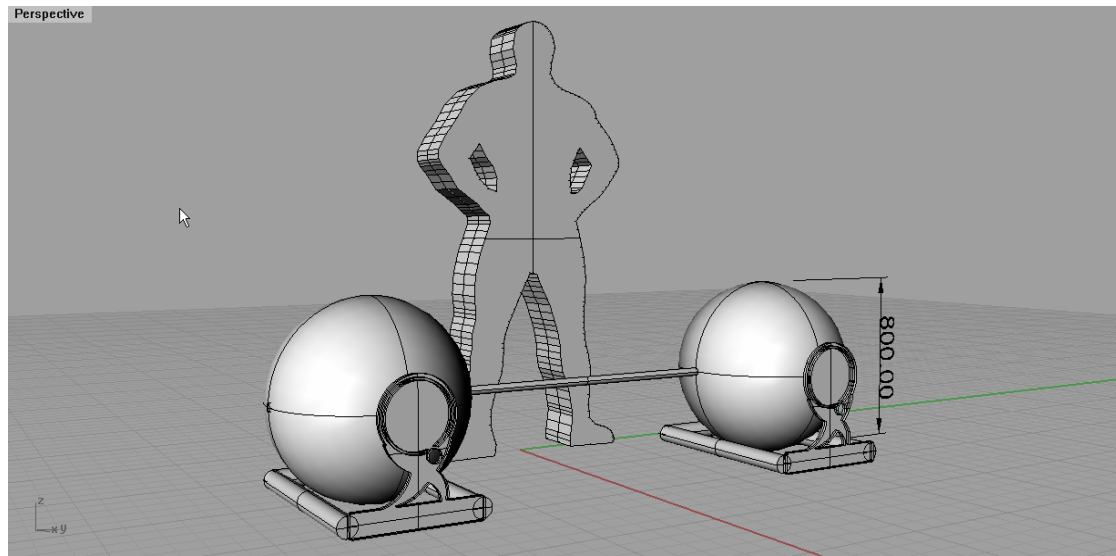
The Log has a standard size and shape. Two Classical Disciplines can be staged with the Log:

- **Log Lift for Reps:** A 125 kg log will be lifted from the floor and lifted above the head with elbows locking for a maximum number of repetitions. There is a 75 second time limit. After each lift, the Log must touch the floor and at least one hand must remain in contact with the Log at all times.
- **Log Lift for Maximum:** The log will be lifted from the floor and lifted above the head with elbows locking. Each athlete gets three attempts with increasing weight as in weight- and powerlifting. A fourth attempt will be granted outside of the competition for record attempts as long as the athlete is improving the respective record by at least 12.5 kg.

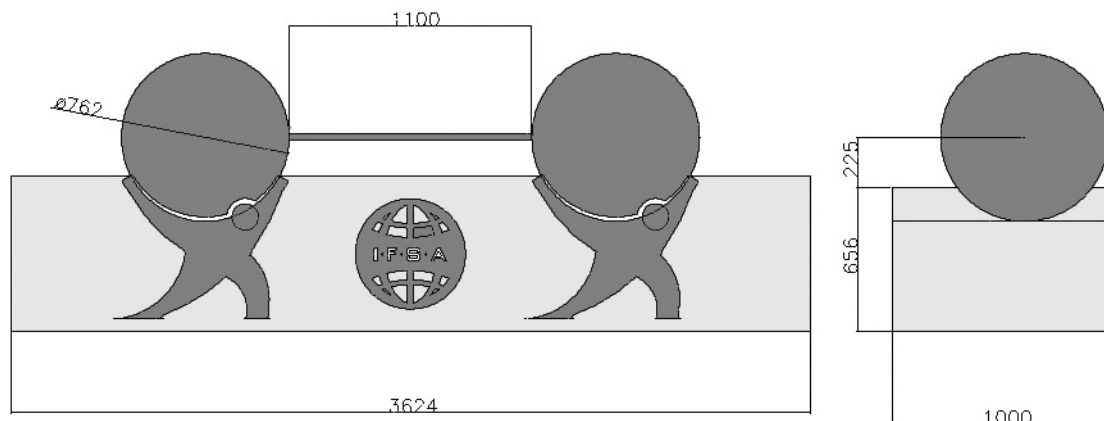


## Part VI: Deadlift

### 6.1 Illustration



### 6.2 Technical Drawings\*



### 6.3 Discipline Specifications

The centre of the Olympic-thickness bar (28 millimetres) stands at a height of 225 millimetres from the floor.

Two Classical Disciplines can be staged with the deadlift bar:

- **Deadlift for Reps:** A 320 kg bar will be lifted from the floor to an ending position defined in the IPF powerlifting rules, and repeated for a maximum number of repetitions. There is a 75 second time limit.
- **Deadlift for Maximum:** The bar will be lifted from the floor to an ending position defined in the IPF powerlifting rules. Each athlete gets three attempts with increasing weight as in weight- and powerlifting. A fourth attempt will be

\* CAD/CAM files available upon request from IFSA Strongman Ltd.



granted outside of the competition for record attempts as long as the athlete is improving the respective record by at least 20 kg.