

FSU strongman Competition Rules

All events will take place on the falcon center lawn

Tire Flip

Objective: To flip the tire from one end of the falcon center lawn, to the other end in the fastest time

Rule: The tire will be placed in the grass just inside the side walk. The individual must squat down, grasp the tire with two hands & flip it over without having it roll.

Keg Toss

Objective: To toss an empty keg the farthest in the air. The distance marked will be where the keg first touches the ground.

Rule: The keg will be placed on the sidewalk next to the grass. The side concrete will serve as the tossing platform. Individuals must grasp the keg with two hands, and throw the keg into the grass without stepping into the grass. Stepping in the grass will be a fault and the individual will be allowed 1 extra toss. No running starts. Each individual will get three tosses.

Fire Hydrant Carry (Large Fire hydrant)

Objective: Carry a fire hydrant across the falcon center lawn & back in the fastest time.

Rules: The fire hydrant must be picked up with both hands and held against chest while carrying.

Fire Hydrant Hold (Smaller Fire Hydrant)

Objective: Hold the fire hydrant straight out away from the body for the longest time.

Rules: The fire hydrant must be held with both hands, with hydrant in an up & down position, straight out away from the body. The squat beeper will be placed on the forearm (midway between wrist and elbow). Once in the starting position, the squat beeper will light up red and make a constant noise, indicating it has reached 90 degrees. As individuals fatigue and start to lower the beeper, it will start to stop beeping. Once the beeper has stopped completely, the event is over and time is recorded.

Feed Bags Lift

Objective: To take the feed bags off the ground and place them up onto a table in the quickest time

Rules: There will be multiple piles of feed bags with each pile becoming heavier. The individual must squat down, grasp the bag(s) with two hands, stand up and place them onto a table. Once one pile is completed, the individual may move to the next piles. Once all bags have been placed on the table, the event is over and time is recorded.

Scoring For All Events

At the end of each event, all participants will be ranked according to fastest time or farthest distance. Scoring will be as follows:

1st place = 5 pts

2nd Place= 4 pts

3rd Place = 3 pts

All others = 1 pt

Most points at the end of all events win