

# **THE COMPETITION OF NATURAL STRONGMAN**

**WORLD'S NATURAL STRONGESTMAN FEDERATIONS RULES  
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HUNGARY IN 2010**

## **RULES**

### **The competition aims to:**

Gather experience for those athletes without any routine, the junior education and training. Advanced competitors test themselves with several strength control options.

The organizers are fully endorsed and supported by all possible means, and published in the Hungarian Olympic Committee, expressed by the General Assembly and 2007. April 14, approved Anti Doping Rules Preamble specification.

The organizers pinpoint a particular significance to raise awareness and clarify the public that doping is the same as committing fraud.

The organizers aim to restore the moral purity of sport and aim to use every possible tool in the fight against unethical behavior, thus ensuring the full realization of equal opportunities.

### **The competitions aim to:**

The competitions aim to provide a uniformity in the rules of

competition as is held, conducted and thereby to:

1. Contribute to the promotion of sport.
2. Encourage the spread of sport to the masses.
3. Based on a similar principle to promote the organization and conduction of the competitions.
4. To protect the rights of those involved in the process of directing, organizing or participating in the contest.
5. Protects and regulates the sport in such order to encourage the compliance with the rules of Fair-play.

The scope of competitions:

These Rules apply to all the territory of the Republic of Hungary or any other country to be held in individual or group competition.

### **The structure of a competitive system**

The competitive system structure can be:

1. Race as restricted or open or mixed leagues, amateur leagues;
2. According to field sizes mini, high rollers, free or reduced-size-lane track;
3. Participating players according to the sex of male and female;
4. Participating in adult and junior players according to age;
5. Domestic and international, staged
6. Various senior events: World championships, European championships, tournaments in Central Europe, international cups and championships of Hungary, the Hungarian Magyar cups and tournaments with different names.

### **The contest:**

The competition is organized by the rules of the competition, which with all the relevant information about the tournament record.

## **The contest should include:**

- The writer and / or director name, address (postal and electronic contact details) an exact description of the competition
- The purpose of competition
- Competition dates
- The composition of the referees
- Eligibility to participate in the contest
- The entry criteria (delivery address, entry deadline and entry fee) to be paid
- The competition to be held in the system designed to be conducted
- Other information

## **DEFINITIONS**

The organizer is responsible for monitoring the compliance with rules, carried out for the event. The organizer's decision is mandatory to all participants.

The Entry of the competitors who wish to start and / or groups interested in participating and also the present with the Rules and in any other competition rules of engagement statement.

The entry is not in itself constitute a right to participate in the tournament.

The organizer is entitled to refuse an or any entry without explanation. The organizer has the right to determine the entry and the entry deadline notifies of staff ceiling.

## **ENTRY**

Participation is voluntary and it is a subject to the valid entry.

The entry is valid when the competitor or member of the group (at the time of the tournament) meets all criteria's of the specified Tournament.

The group may consist of at least 2 people, of which the main 1 athlete is the captain of the group or group captain. The group captain is responsible for - the safety of riders in mind - to organize, manage the group's activities. The composition of the team and the group captain's person (after the surrender of the entry) at the start of the race can be changed at the same time notifying the

competent organizer. A single group of clothes should be chosen to match the current weather conditions, provide sufficient protection, but does not impede the competitor's racing.

Entry: organizer of the address indicated by (postal)

Method of entry: e-mail, fax, letter

Registration deadline: the deadline indicated in the contest

Entry fee: Entry fee for the precise regulation and its annexes.

The contest should be spelled out what other services are included in the entry fee.

Entry fee: With the registration at the same time or within a specified period.

Confirmation of Entry: The organizer has 8 days to confirm the entries when the entry fee has been already received.

In the case of a refusal of entry fee and/or no payment received to the notification date of receipt there will be 8 banking days until the amounts shall be refunded to the payee.

Entry fee remission: the organizer of the contest is only obliged to refund the entry fee when the entry is rejected. Due to any kind of exclusion the organizer is not required to reimburse the registration fee.

## **IMPLEMENTATION**

Participants are required to comply with the instructions of the organizer.

The competitions are taking place indoors, semi (partly) indoors and in open areas.

The arenas or the place of the contest can be on firm and soft soil cover or pavement without natural soil.

## **EVALUATION**

The winner of a competition is an individual or a winning team. An individual or a group and/or team in the group wins the contest under the rules of the competition which at the end has the most points.

## **ADVERTISEMENT**

The event is supported by sponsors, so their products and/or promotion of the program may be incorporated in varying degrees and many ways,.

The Agreement with supporters represents the exclusive right of the organizer.

The exclusion of competitors or the entry fee to the extent that can not be liable to a fine of an approved advertisement of it's own.

The contest will provide sponsors wear the outfit by the advertising party for all contestants. T-shirt with different advertisings or own clothing may only be worn with the organizer's permission.

The possibility that contestants and/or athletes can use their usual clothing, but only without any logo.

## **Misconduct**

Disciplinary offense those who:

- Deliberately violate the rules of competition.
- Presents an unsportsmanlike conduct.
- Use Banned athletic performance-enhancing drugs or any purpose solicitation methods during a competition or contest.
- During a competition attest unruly, abusive behavior.
- The competitors in the competition or out of the competition have been behaving roughly with other competitors.

The presence at announcement of the placing at the end of the contest is mandatory.

The absence, respectively to leave the competition venue - before its completion - may only be authorized by the Head Referee. In the event of no participation of a competitor at the Closing Ceremony will not be eligible for the prize money the outcome of the tournament is canceled and will be disqualified.

## **DISQUALIFICATION**

All podium winners (first 3 placed athletes) - whether individual or group winner or winners - will be involved in a mandatory anti doping tests. In case of a Positive test, the person or group receives lifetime banning.

For whatever reason, the exclusion of a competitor or competitors shall not apply or be entitled for any claim for damages for the organizer.

The organizer of the event, is entitled to exclude from further participation the competitor in case when:

- The competitors participate in a different way at the event,
- Commit one or several serious breach of competition rules,
- In breach of any of the Rules, the organizer's own discretion applies,
- The exclusion of a competitor to be decided after a hearing.

## **RESPONSIBILITY**

When during the competition a personal injury or property damage occurs, the organizer does not assume any liability. Possible occurrence of any property damage during a contest the competitor has the full responsibility. In the event of gross violation of the contest rules of engagement during a competition the organizer reserves the right to exclude a competitor or a team.

## **ATTENDANTS AND ESCORTS, SPECTATORS, GUESTS**

The competition area attendants and escorts, spectators and guests are required to comply with the instructions of the organizer. During a competition they shall stay only in their allocated places, the competitors and/or teams may not maintain a connection with others not being involved in the competition, which can affect the outcome of the competition.

## **OWNERSHIP OF RIGHTS AND COPYRIGHTS**

During a competition of the organizers and their legal and approved

natural persons are responsible for creating videos, recording sounds or take pictures. At these point, the competitors do not have any rights for live recordings of the organizer or against legitimate users.

The competition organized by the organizer is entitled to all the property, in particular:

- At the place of the competition outsourced ad sales right and the right to sell the name of competition,
- The right to sale all printed materials (posters, programs, etc)
- Ticket sales right
- The right to sale all Video, Voice recordings and photos taken as well as the broadcasting rights of the whole competition.

## **EVENTS**

### **Ball-shaped objects, or other shaped objects packing, lifting and/or placing such as Atlas Stone, for example:**

One or more of the ball-shaped objects, lifting and placing on a platform and/or structure, made for this purpose which can be in any format.

The platform's, stand's height begins from 1 cm and increases to any height upwards.

The ball-shaped balls or other objects can also be lifted and/or packed to one or more of the same structures, not for time counting purpose, but for the magnitude of the dominant weights.

The material, diameter and/or structure of the ball-shaped stone or any object is determined by the organizer, it's weight begins from at least 1 kg.

### **Pressing the ball-shaped object over the head:**

In this Event the competitor must press the ball-shaped object over the head with strait arms and hold it for at least 1 second. Competed in the one ball over the head levers and pushing for a minimum of one second to keep it. The winner of the event is the competitor pressing the heavier ball-shaped object.

The ball's diameter and material is determined by the organizer, the minimum weight of the object begins from 1 kg.

### **Lifting of ball-shaped object onto shoulders:**

In this Event a ball-shaped object shall be lifted onto the shoulder, so that the competitor obviously has a straight posture and not be dominated by the weight in compliance with the referee's decision.

The ball's diameter and material is determined by the organizer, the minimum weight of the object begins from 1 Kg.

### **Carrying of a ball-shaped object for distance:**

In this Event a ball-shaped object shall be carried for distance in counted timely matter, or if time does not matter, only distance traveled in meters shall be counted.

The ball may be placed and carried on the thigh, lap, or chest or even the shoulders may be used as well.

The ball's diameter and material is determined by the organizer, the minimum weight of the object begins from 1 Kg.

### **Carrying hand weights (Farmer's Walk):**

In this Event the competitor shall carry two separate weights or two structures with inserted weights on a certain distance in a counted timely matter, or only for distance. The hand hanging down beside the body and competitors (athletes) will hold the handles of the weights.

The weights and/or objects diameter and material is determined by the organizer, the minimum weight of the object begins from 1 kg.

### **Carrying weights and/or objects in the neck (Yoke):**

In this Event the competitor shall carry different weights and shapes of objects close to the neck on a certain distance in a counted timely matter, or for distance.

In case of only distance the meters count.

The weights and/or objects diameter and material is determined by the organizer, the minimum weight of the object begins from 1 kg.

### **Carrying weights on stairs (Power Stairs):**

In this Event the competitor shall carry different weights and shapes of objects leading to the top of the stairs. The stairs are made of one, or more steps, the height and width of the tread is arbitrary. The stairs are made of metal, wood, plastic, and different other materials.

The weight of the items shall begin from 1kg.

### **Carrying weights between legs:**

In this Event the competitor shall carry one piece of object of any shape between legs for time or distance.

The shape of the item varies. The weight of the items shall begin from 1kg.

### **Rubber wheel rotation (Tire Flip):**

The competitor flips one or more rubber wheels continuously in a certain period of time or distance, or perhaps only for a certain number of flips. The event can only be an accessory tire, or a rim inside the tire, or any other material used for heavier weight.

The diameter and the thickness of the rubber is arbitrary, it's weight begins from 1 kg.

### **Rotate Weight (Conan Circle):**

The structure is anchored at one end to a point, at the other end there are different shaped and formed weights. The fixed point and the distance between the weight of any length are connected by a

straight rod. The athlete is at the end of the weight side, in stomach or chest's height level lifts the rod and starts in a clockwise direction, or go contrary to the 360 degree circle. The winner is the one with more rounds completed thus the greater the cumulative number of angles.

In this Event the subsoil can be covered by anything.  
The weight of the structure begins from 1 kg.

### **Pushing or pulling vehicles and objects (Ex. Truck pull):**

These vehicles and objects are pulled away for a certain distance for a certain time limit, only the pulled distance counts.

Accessories category: cars, motorcycles, trucks, buses, aircraft, large and small trucks, heavy work equipment.

These objects are on wheels. There are some things that just do not have wheels and the friction of the subsoil, and this makes it difficult. These include objects of various shapes and structures, for example: sleigh, dragging lying rubber wheels, boat structure and similar items.

These vehicles and objects can be pulled out of hemp, plastic, or wire rope, rope like material or a rigid rod, or similar objects. The competitor pushes or pulles standing, sitting, or dragging strap tied, or even standing and pushing away by using hands.

The weight of the vehicles and items begins from 1 Kg.

### **Team Weight Carrying:**

Two or more competitors carry an object of any shape for distance in a counted timely manner, by holding it at one or more points or grips.

The object may be any shape, example: car, small or large tanks, barrels, and objects of different weights and loaded structure. People may be carried as well.

The weight of the object begins from 1 Kg.

### **Pushing wheelbarrow type:**

The competitor pushes in a wheelbarrow fashion object or objects for a certain distance on a counted timely manner, or just for distance. The shapes of the wheels are arbitrary, or in some cases without wheels.

Could be imitations of barrow structures with people standing or sitting in them.

Similar structures, which are loaded with weights.

The subsoil is arbitrary.

The objects weights begins from 1 kg.

### **Weight holding forward or sideways (Crucifix):**

The competitor holds horizontally one or more weight forward, or sideways. The exercise can be made in a free posture or standing leaning to a structure with backrest.

The stand is a 90-degree structure, which provides back support.

The athlete is in front of the backrest the bottom and back shall be pressed against the vertical backrest and performs the holding of weights in a counted timely manner.

As soon as the weight falls below the maintenance level or raises any of the body parts mentioned the time counting stops.

The winner of the event, who is more able to keep the set of weights respecting the rules.

The weight could be of any form. The objects weight start from 1 Kg.

### **Log lift:**

This object is a log imitation, it's length and diameter varies. Can be made of wood, metal and other types of materials. The object has two vertically integrated handles that allows the object to be picked

on the lap and chest and then pressed over the head.

The object may be of the desired weight itself, or side barbell weights can be integrated to achieve the desired weight.

The shape of weights is arbitrary. The objects weight start from 1 Kg.

### **High weight throw:**

The contestant to throw a certain weight over a structure similar to the scaffold used in high jump. This structures shape is arbitrary, in essence the desired heights can be used in competition by adjusting it and the competitor for the current weight can throw it above.

The winner is the one who can throws the weight higher over the structure.

Between the two vertical shafts the stretched altitude counter can be stretched rope, metal, or Wooden rod or similar objects.

The weights to be thrown shape is arbitrary, depending on the organizers creativity.

In this Event the beginning height is 1cm, the weight to be thrown shall begin at 1 kg.

### **Pressing weight above the head:**

The competitor presses a holding a handle that is attached to a pole, or structure over the head. The object can be raised from the ground or just push from the chest, once or more times in a specified time period. Possibly who's able to push harder over the head once or several times.

The weights shape is arbitrary, the handles thickness begins from 1 cm, the weight begins at 1 kg.

### **Pull-up:**

Pulling weight, weights and different-shaped objects on stem or handle detention.

After deflection the handle or the steel rod shall be pulled and held in a straight position.

The event can be implemented once or several times, in a counted timely manner. Or just as often, perhaps once or several times as the weight should be increased.

The weight and the shape of it is arbitrary, the handles thickness begins from 1 Cm and the weight begins at 1 Kg.

### **"Kinizsi" - "Toldi" competition:**

This specific Event consists in throwing procedure of a weight wise and diameter wise non specified millstone or its imitation. The farther the athlete throws the millstone the better placing will get.

The millstones material is arbitrary, the diameter begins from 1 Cm and the Weight begins from 1 Kg.

The millstone can be pushed over the head once or several times, possibly bigger ones.

In the event of one or two rods should be kept in one or both hands in a counted timely manner. The diameter and the length of the rod material is arbitrary and it's weights begins at 1 kg.

### **Carrying objects, pushing and pulling:**

Carrying, pulling, pushing, and turning over usual and unusual shaped objects and different vehicles and reproductions, which are with or without wheel or wheels. The appropriate weight of these objects are given by their own weight or the number or weight of people seating or standing in the object.

The beginning weight of these object shall be from 1kg.

### **Dragging of vessels or objects in water:**

Pulling vessels and other floating objects on the water. They may be top of the water or sunk into the water. These objects can be pulled from the shore, or from other objects located on the water. The competitor pulls an object for certain distance in a counted timely manner, or only for distance.

The objects are of unspecified material and the beginning weight shall be 1 kg.

### **Hanging weights on hooks:**

Weight loading on one or more hooks. This event is very similar to the old butcher shops in the wall behind the counter's hooks. Metal or wood, other materials, different shaped structure on one or more hook with adjustable height. It should be hung up on hooks different shaped and weighted of one or more objects. The objects should be lifted from the ground or raised from the height of the stomach.

The objects material is arbitrary and starting weight from 1 kg.

### **Car flip over:**

One or more cars to be knocked over, different distance and clocked in a way that those will be flipped on the side or a complete turnover. May be one or more cars or their imitations rotated in a timely manner. The vehicle weights shall be dominant.

The subsoil cover is optional. The objects weight start from the 1 kg.

### **Addition:**

The competitions listed (or at least most of) can be organized in snow and. Some of the events assets, snow or ice can also be made. The organizers include the plans that the above circumstances, organized competitions, or prepared on the basis of the above tools will organize competitions.

The Ball-shaped object over the head pressure and the Hanging weights on hooks events, and the tools, supplies of ice or snow to capture the concept are the exclusive property of the organizer.

## **FINAL PROVISIONS**

The organizers reserve the right to change the sequence of events and team events in the order - they are realigning - to organize the competition.

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