

## **2024 STATIC MONSTER COMPETITION RULES**

**(Release Date) January 28, 2024**

### **RUNNING ORDER**

1. The log lift must precede the deadlift in the event.
2. Athletes may choose to compete in only one of the events.

### **SCORING**

1. Your final score is the combined total of your heaviest completed Log Lift and heaviest completed deadlift under the specified rules.
2. The competitor with the highest total in each division will be declared the winner.
3. In case of tied totals within any division, the competitor with the lighter weigh-in will be declared the winner. If the competitors have the same weight at the weigh-in, the winner will be determined by the heaviest log lift.
4. Athletes will still receive a score even if they "Zero" one of the lifts.

### **LOG LIFT RULES**

1. Competitors have 60 seconds to complete each lift after receiving the judge's signal.
2. The log must be controlled to the ground; throwing the implement is prohibited. There is no requirement to return the log to the chest during descent, only control it to the ground.
3. Any dropped lift results in a failed attempt, and no count will be given. Competitors may retry a failed lift within their allotted 60 seconds.
4. Each competitor is allowed three attempts.
5. Competitors nominate their opening attempt for both events during the check-in.
6. Once nominated, competitors cannot reduce their weight after a failed or completed attempt.
7. No minimum weight increase due to international events using different units (lbs or kgs).
8. No points awarded if no complete lifts are counted.
9. A lift is completed when the judge calls "down" with locked knees, hips, and shoulders, and head through.
10. Competitors may change their first lift once, up to 5 minutes before the event starts.
11. Competitors nominate their second lift weight immediately after completing their first lift.
12. Competitors may change their second lift weight once, but not less than the current bar weight.
13. Competitors nominate their third lift weight immediately after completing their second lift.
14. Competitors may change their third lift weight twice, but not less than the current bar weight.
15. If a competitor drops the implement in an uncontrolled manner just before the buzzer, the rep will not count.
16. Belts are allowed; an under and over belt are permitted. No additions or stuffing into the belt to create a shelf.
17. The log can touch, bounce off, or rest on the belt during the clean.
18. Chalk is allowed.
19. Tacky and straps are not allowed.
20. Wraps and sleeves are allowed, limited to one item per joint, including "equipped" elbow sleeves. No multiple sleeves on one joint.

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21. If a spotter intervenes in a lift, the log must be reset to the ground. If the spotter steps in too early, the lifter can opt for an additional 60 seconds or repeat the lift at the end of the round.
22. The log cannot be rested on the top of the head during the lift; touching the head during the upward trajectory may be allowed.

### **DEADLIFT RULES**

1. Conventional stance deadlift is mandatory; Sumo stance, Jefferson deadlifts, or any other variation are not allowed. Hands must remain outside the knees throughout the entire lift.
2. Straps, including figure 8 straps, are permitted, but they must be tight, and the hands must be around/holding the axle. A long figure 8 strap with only "fingertips" touching the bar is not acceptable.
3. Deadlift suits are allowed.
4. Tacky is not allowed.
5. Each competitor is allowed three attempts.
6. Competitors cannot reduce their nominated weight after a failed or completed attempt.
7. No minimum weight increase due to international events using different units (lbs or kgs).
8. No mid-lift bounce is allowed, where the athlete forcefully pushes the bar to the ground to gain height on the rebound.
9. "Eddie Halls" are not allowed; weight must be controlled to the ground for the lift to count.
10. Competitors have 60 seconds to complete each lift after the whistle blows, and lifting can continue until the full 60 seconds expire.
11. No points are awarded if no complete lifts are counted.
12. The lift is considered complete when the judge calls "down," requiring the lifter to have knees, hips, and shoulders locked out.
13. Competitors may change their first lift once, up to 5 minutes before the event starts.
14. Competitors nominate their second lift weight immediately after completing their first lift.
15. Competitors may change their second lift weight once, but it cannot be less than the current bar weight.
16. Competitors nominate their third lift weight immediately after completing their second lift.
17. Competitors may change their third lift weight twice, but it cannot be less than the current bar weight.
18. Competitors' opening lift must be at the minimum set weights or above for their class.
19. Chalk is allowed.

### **ADAPTIVE RULES**

1. **\*\*Standing: Male - Female Adaptive Static Monsters\*\***
  - Follow the rules outlined above.
2. **\*\*Seated: Male – Female Adaptive Static Monsters\*\***
  - a. **\*\*Seated Deadlift\*\***
    - A regular flat gym bench is required, load-rated for the lifter's weight combined with their planned maximum deadlift.

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- Prone Row is also acceptable; the axle is needed, and athletes may use straps if desired.
- To judge the Prone Row, the bar must start from a full hang, be rowed to touch the underside of the bench, and then be lowered to a full hang again.

b. **\*\*Seated Log Lift\*\***

- Minimum incline angle: 55 Degrees.
- No "rolling" the log into the rack position; it must start from a stationary position on the lifter's rack. If the log is rolled into position, the safety bars are too high.

3. **\*\*Considerations for Adaptive Athletes (Referenced from the "Classes" Section)\*\***

- For the standing division, participants must have a physical disability preventing them from safely handling weights in the open division or competing evenly against athletes without disabilities.
- In the seated division, athletes either have a physical disability requiring the use of a wheelchair or meet the physical criteria for the standing division but choose to compete in a wheelchair. For example, those with a prosthetic leg may choose either division based on the prosthetic limb's condition.
- In the seated division, all athletes use the same wheelchair for events.
- In the neuro division, athletes must have cerebral palsy, spina bifida, MS, or a similar condition impairing optimal neurological function at a level disadvantaging them against someone with a fully functioning nervous system.

### **WORLD CHAMPIONSHIP RULES ( In addition to the above)**

1. Competitors must participate in the class for which they qualified. Changing classes renders them a non-scoring competitor, even if they fail to make weight for their qualified class.
2. Lifting attempts will progress in 2.5kg increments.
3. Grip shirts are permitted but must be worn underneath the competition-supplied shirt, which is mandatory for all lifts.
4. Athletes qualifying in multiple categories will not be allowed to compete across two separate classes. To ensure fair competition and optimal performance from all athletes, this practice is prohibited.