

RRB EVENT 6



MEN'S / WOMEN'S

OVERHEAD WOODEN LOG LIFT

QUALIFYING WEIGHT:

Minimum men's weight: 450lbs (205kg)

Minimum women's weight: 253lbs (115kg)

EQUIPMENT LIST:

- 12" in diameter metal or wood log
- Plates that have weight numbers visible
- Collars
- Scale
- Tape Measure

QUALIFYING RULES AND DETAILS:

- Open to both men and women.
- 12" in diameter metal or wooden log
- Minimum men's weight: 450lbs (205kg)
- Minimum women's weight: 253lbs (115kg)
- Your video submission should be your highest successful lifted weight.
- Qualifiers will be selected based on the heaviest lifts assuming the athletes have met the all criteria listed

ROGUE RECORD BREAKER PRIZE PURSE:

\$5000 for both a male and female competitor establishing a Rogue record.

HISTORY OF MOVEMENT:

In 2015, Zydrunas Savickas set the world record for a log lift at 502.65lbs.

In the Arnold Strongman Classic, we have historically used two different "Slater" wooden logs for our men's overhead pressing events. The Austrian Oak and its lighter version have been plate loaded to various weights throughout the years, but we have never held a max lift event until this contest. In this new RRB event, male athletes will attempt to lift a 12" wooden log that will be loaded to 504lbs. For the women's event, female athletes will attempt to lift a 12" wood log that will be loaded to 300 pounds. Except for the difference in weight, the rules are otherwise the same.

OVERHEAD WOODEN LOG LIFT:

Lifter will take the log from the floor and lift it to arms' length overhead, locking the elbows and controlling the log at the top. To be considered a good lift, the lifter's feet should be stationary and must be parallel to each other. The lifter may use any technique to bring the log to the chest except to stand it on one end and rock it sideways into position. The log may stop and rest on the stomach in the upward pull. It may not rest on the belt.



SUPPORTIVE GEAR RULES:

Permitted Items: Knee sleeves, knee wraps, elbow sleeves, wrist wraps, lifting belts including nylon, powerlifting, olympic or similar, neoprene back support belt, chalk (magnesium carbonate).

Not Permitted: Tacky of any sort including tacky towels, elbow wraps, lifting straps, liquid chalk. Any item placed under the belt to create a “shelf” to support the bar.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so that the entire body can be seen from the front throughout the entire lift. Failure to show the full body, including the log overhead at all times, makes the video ineligible. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound should be on during the filming.

The submitted video should begin with the athlete saying their name as they walk into frame near the log and plates. First, the athlete needs to show the poundage markings on surfaces of each plate.

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Please verbally say what each weight is as you show it to the camera. Second, move your empty log onto a scale. Your video must show the log on the scale and the weight that the scale reads all in the same shot. Third, using your tape measure, please measure the diameter of your log showing it is 12". You may move the log back to the lifting position and load the log after this step. Next, the athlete should hold their palms toward the camera to show that they are not using tacky or any substance other than chalk to assist the grip. Finally, the athlete can then lift the log to arms length overhead. Once the lift is completed the log can be lowered back to the floor.

This must all be done with the camera continuously running for the video to be accepted.