

WOMEN'S **ELEPHANT BAR DEADLIFT**

QUALIFYING WEIGHT:

Minimum weight: 450lbs (205kg)

EQUIPMENT LIST:

- Plates that have weight numbers visible
- Standard Olympic-type barbells including power bars and deadlift bars are acceptable.
- Collars

QUALIFYING RULES AND DETAILS:

- Open to women only.
- Minimum weight: 450lbs (205KG)
- Your video submission should be your highest successful lifted weight.
- Qualifiers will be selected based on the heaviest successful deadlift that has met all criteria listed.
- Lifters hands must be outside their knees when attached to the bar (sumo-style is not permitted).

ROGUE RECORD BREAKER PRIZE PURSE:

\$5000 for establishing a Rogue record.

HISTORY OF MOVEMENT:

Since 2016, men in the Arnold Strongman Classic have lifted on the 10' long Rogue Elephant Bar, and made some amazing lifts. The current male Elephant Bar deadlift record was set by Hafthor Bjornsson in 2019 at 1046lbs. This year, we will establish a women's Elephant Bar deadlift Rogue record. The women's contest will take place using the same Elephant Bar used in the Arnold Strongman Classic.

ELEPHANT BAR DEADLIFT:

The lifter must pull from the floor to a locked out top position. The legs and body must be held straight and motionless and the shoulders must be in line with the sides of the body. The knees must be straight at the finish of the lift. During the lift, the bar can be hitched, stopped, and even lowered so long as it is brought to the correct finish position at the conclusion of the lift.



SUPPORTIVE GEAR RULES:

Permitted Items: Regular straps (with a single tail), chalk (magnesium carbonate), baby powder, lifting belts including nylon, powerlifting, Olympic or similar, knee sleeves, power briefs, neoprene back support belt, wrist wraps.

Not Permitted: Grease or oil on thighs; super suits or deadlifting suits, figure 8 straps, knee wraps, liquid chalk.

VIDEO SUBMISSION STANDARDS:

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from a front corner angle so that the knees can be seen to be locked at the top of the lift. Failure to show the full body 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 and announcing the weight on the bar. First, the athlete needs to show the poundage markings on surfaces of each plate. Please verbally say what each weight is as you show it to the camera. Athletes also need to show the weight of the barbell they will use in order to verify the total load of the attempt. Athletes can load their bar after this step. Second, the athlete needs to hold their palms toward the camera to show that they are not using tacky or any substance other than chalk to assist the grip. Third, the lifter then assumes the start position for their lift. Finally, the lifter executes a proper deadlift based on listed criteria.

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