

STRONGMAN CORPORATION REGULATIONS

Competitor Requirements

Amateur status is any strongman that does not currently have a recognized Pro Card by SC (Strongman Corporation) or any competitor not qualified or ranked as one of the top professional competitors. The Strongman Corporation National Heavyweight and Lightweight Champion will receive a Pro Card. (He must turn pro or sit out of competition for one year).

All pro 105k athletes are eligible to compete as a heavyweight amateur only in a licensed Strongman Corporation competition. Expense money can be awarded per competitor (this is up to each promoter). Supplement packages and gifts are separate and can be awarded in any competition and for any value.

A competitor **must** have a current Strongman Corporation membership card to compete in any Strongman Corporation licensed competition.

A competitor **must** present their Membership Card on the day of competition to the promoter/SC Rep to be allowed to compete. Obtaining and keeping a Strongman Corporation Membership Card current is the competitor's responsibility.

The competitor **is responsible** for paying all entry fees to any contest attended. Strongman Corporation is not responsible for paying any competitor's entry fees.

The competitor **is responsible** for all travel and expenses to, during, and from any competition. Strongman Corporation is not responsible for a competitor's travel, lodging, or other expenses at any time.

REGULATIONS

Promoter Requirements

SC welcomes all promoters. All promoters must work through a Strongman Corporation State Chair, or a Strongman Corporation Representative if your state currently does not have a State Chair. Strongman Corporation home office will provide a copy of a blank entry form template if needed to help you put together a suitable entry form. SC will see that once licensing is obtained for a competition that it is included on the Strongman Corporation website under "***Upcoming Contest.***" This will give you your first line of advertisement. Promoters will have 3 competition levels to choose from. Please read each an all Competition Level requirements prior to trying to obtain licensing for a competition. Strongman Corporation home office can provide liability insurance (3 million dollar liability policy) at a low cost to you for your Licensed Strongman Corporation competition if needed. Please contact the Strongman Corporation home office concerning this issue if needed.

Promoters of any Strongman Corporation licensed competitions are not eligible to compete in his or her own competition. There are **NO** exceptions.

A Strongman Corporation State Chair/Representative is required to be in attendance at all competitions for both competition levels. It is the promoter's responsibility to provide lodging and transportation for the Strongman Corporation State Chair/Representative that is chosen to attend their contest. **There is a 100.00 travel fee for the SC rep plus .50 per mile for fuel fee.** There are no exceptions to this rule. All Strongman Corporation competitions must have a representative present or licensing will be forfeited.

Strongman Corporation requires that promoters be responsible for obtaining and ensuring that enough workers, score keepers, etc. are in attendance to make the competition run smoothly. The Strongman Corporation State Chair/Representative will help in any way possible but they are not there to run the competition.

-All competitors shall have a current Strongman Corporation card in their possession on competition day. At no time shall a competitor be allowed to compete without a current Strongman Corporation membership card (this is for insurance liability purposes).

-Strongman Corporation reserves the right to deny the licensing of any competition that it feels does not meet the competition licensing requirements. Strongman Corporation reserves the right to remove previously acquired licensing for any competition that does not adhere to the licensing requirements without refunding the licensing fee.

-Promoters shall give all funds owed to Strongman Corporation for any and all memberships sold on the day of the competition to the Strongman Corporation State Chair/Representative in attendance. The Strongman Corporation State Chair/Representative will ensure that these funds reach the home office in a timely manner.

-Promoters shall provide Strongman Corporation home office the results of the competition within 7 business days. This should be sent via email to dione@americanstrongman.com, it is preferred to be in EXCEL format. This is to keep track of Strongman Corporation National qualifiers and so athletes can view results on-line.

-Promoters shall allow any Strongman Corporation State Chair to enter your contest, paying ½ of the advertise competition entry fee.

Weight Classes and Division requirements

- All Strongman Corporation licensed events must adhere to the SC weight divisions or weight classes.

STRONGMAN CORPORATION Weight Divisions and Classes:

Heavy Weight Men Division

- 300.5# (136.6 kilo) to SHW
- 265.5# (120.7 kilo) to 300.4# (136.55 kilo)

Middleweight Men Division

- 200.5# (91.14 kilo) to 231.4# (105kilo)
- 175.5# (80 kilo) to 200.4# (91.09kilo)

LIGHT WEIGHT MEN DIVISION

- UP TO 150# (68 KILO)
- 150.5#(68.4 KILO) TO 175.4 #(79.7KILO)

HEAVY WEIGHT WOMEN Division

- 200.5#(91.14KILO) AND UP
- 180.5# (82.05K) TO 200.4# (91KILO)

MIDDLE WEIGHT WOMEN Division

- 160.5#(72.95KILO) TO 180.4# (82KILO)
- 140.5# (63.86KILO) TO 160.4#(72.91 KILO)

LIGHT WEIGHT WOMEN Division

- 120.5#(54.7 KILO) TO 140.4#(63.8 KILO)
- UP TO 120.4#(54.73KILO)

Clothing

-Strongman Corporation requires that all event t-shirts must have a minimum 3-inch Strongman Corporation logo or name included on the shirt. You can obtain a **one-time use** high resolution of the logo by email request to dione@americanstrongman.com. Any flyers, posters, or other public information bearing the Strongman Corporation logo or name must have prior approval from the Strongman Corporation home office before displaying or dispersing. Please note the logo use is for one time authorization use only.

NOTE: any contest apparel not approved by Strongman Corporation will not be counted as a licensed event. All flyers, marketing pieces and clothing for athletes must have prior approval via the SC home office prior to going to print. THERE ARE NO EXCEPTIONS

It is the promoter's responsibilities to advertise and promote their competition in such a manner competitors attend. Promoters choose their competition level. Strongman Corporation is not responsible for competitor attendance to any competition.

State Chairperson Requirements

State Chairs are volunteers that are selected by the Strongman Corporation home office to act in a representative role in their states and elsewhere. State Chairs are responsible for assisting promoters in their state with the competition process. State Chairs will help with licensing, helping the day of the competition, and ensuring that competition results and Strongman Corporation monies are sent to the home office. It is suggested that State Chairs promote at least one Strongman Corporation licensed competition each year. When promoting a competition, the State Chair must adhere to the Strongman Corporation **Promoter Requirements**.

State Chairs or promoters cannot compete in a contest that they are promoting or whereas they are serving as the SC Representative. At the contests' state chairs compete at, they must be in a

competitor status only. All State Chairs will be allowed to compete in any competition by paying only ½ the competition entry fee.

State Chairs will be exempt from Strongman Corporation yearly dues for the duration of their chairperson term.

As a State Chairperson your contest licensing fees is 1/2 the price that is required in the **Contest Level** requirements. (With the exception of any Pro-Am/or plat plus) Also cost for liability insurance (3 million dollar policy) will be 1/2 that of promoters.

At any and all competitions that a State Chair is the Strongman Corporation Representative. They will be responsible for any and all membership questions and monies generated by the competition. The State Chair will receive \$5.00 paid back from Strongman Corporation for each membership or renewal. If the competition information and registrations are postmarked by the Tuesday following the competition date.

All competitions within a State Chairs state must have the attendance of the State Chair. If the State Chair cannot attend the competition they must work with the promoter to ensure a qualified SC Representative is contacted and commits to attend in the State Chairs absence.

All State Chairs receive a free bid to compete at Strongman Corporation Nationals.

Thanks so much to Amanda Kulik and Gina Melnik for sharing their “StrongMom” idea with us.

NEW! StrongMom Division

In an effort to make the transition from motherhood back into strength training smoother, and to retain female athletes, we have created a new division for female strongman competitors who have recently had a child : StrongMom.

StrongMom athletes cannot place nor win trophies/prizes, they are an exhibition athlete. This gives postpartum women the structure of having a contest to train for and all of the contest day fun and experience, but without having to jump right back into open class weights that their body might not be ready for yet.

This Division was created for competitors who were previously in the Open division as a transition back into strongman. However, competitors who were previously Novice, or who are completely new to strongman, may also use this option.

A competitor may choose to NOT use this option. No competitor will be required to 1. compete novice after the birth of a child or 2. compete novice unscored if they were a novice competitor / new to the sport before the birth of their child and do not wish to exercise this option.

Timeframe : A competitor may be in the StrongMom division for up to two (2) years postpartum.

For shows with novice divisions that have weight classes : StrongMom athletes are required to make weight for their desired weight class, or they will be bumped

into the next weight class, just as any other athlete would.

Once a postpartum competitor competes in the Open division (scored), they no longer have the option to compete in the StrongMom division. UNLESS there is no novice division offered in the contest they would like to compete.

For shows with no novice division : StrongMom athletes may compete in the Open class, in the appropriate weight class, unscored. They will still be allowed to compete in novice divisions in other competitions.

To compete as a StrongMom, simply register for your weight class in the novice division and send an email to your promoter letting them know you will be competing as a StrongMom!

Strongman Corporation Competition Levels

LEVEL I COMPETITION: This competition shall be promoted and held by State Chairman or a qualified promoter that has been approved by the State chair and Strongman Corporation home office. This type competition is recommended for any special competitions, i.e. charity events, team competitions, etc.

The licensing fee for a *LEVEL I COMPETITION* is \$150.00 payable prior to competition licensing. All required licensing forms and payment must be submitted to the Strongman Corporation home office at least 60 days prior to the competition date.

The top athlete (1st Place finisher) in each weight class or division that is offered at the competition will receive an invitation to the SC National Championships.

A *LEVEL I COMPETITION* does not have a minimum or maximum total number of competitors required. **At no time will a *LEVEL I COMPETITION* be upgraded to a *LEVEL II COMPETITION*, because a *LEVEL II COMPETITION* has special licensing requirements.**

Each weight class offered in any division shall have a minimum of 5 competitors competing. If there are less than 5 competitors in a weight class then it shall be combined with another appropriate weight class to ensure a National qualifying spot.

Competition events and weights are at the discretion of the promoter.

Expense money or supplements can be awarded.

LEVEL II COMPETITION: This competition must have the approval of the SC Home Office. The promoters of *LEVEL II COMPETITIONS* are based on the quality of the promoter's past competitions, equipment, etc.

The licensing fee for a *LEVEL II COMPETITION* is \$250.00 payable prior to competition licensing. ***All State Championships are required to be a Level II Competition*** without a competitor minimum requirement.

All required licensing forms and payments must be submitted to the Strongman Corporation home office at least 90 days prior to the competition date. Contests will not be posted via the SC website without proper forms and payments submitted.

The weights, events, and equipment used in a *LEVEL II COMPETITION* are required to be comparable (25%) to the weights used at the Strongman Corporation Nationals Championships.

Once licensing forms have been reviewed and approved. Events and competition weights shall not be changed the day of the competition.

There shall be at least one standard event included in the list of events for the competition. The remaining events are at the promoter's discretion (***weights must be approved for all events***).

The top 2 finishers (2nd place) in each weight class or division that is offered at the competition will receive an invitation to the SC National Championships.

A minimum of 30 competing competitors is required for this competition (***The only exception to the minimum competitor requirement is State Championship competitions***). Each weight class offered in any division must have a minimum of 5 competitors competing. If there are less than 5 competitors in a weight class then it shall be combined with another appropriate weight class to ensure a National qualifying spot.

In the event on competition day the total number of competitors competing is below 30. The competition will automatically be downgraded to the lower ***LEVEL I COMPETITION*** and only the top competitor will qualify for Strongman Corporation National Championships. There will be no refund of licensing fee due to this occurrence.

PLATINUM PLUS COMPETITION/PRO-AM: This competition must have the approval of the Strongman Corporation Home Office. The promoters of *PLATINUM PLUS COMPETITIONS/ PRO-AM Competitions* are based on the quality of the promoter's past competitions, equipment, venue, organization, etc.

The licensing fee for a *Platinum Plus or PRO-AM COMPETITION* is \$1000.00 payable prior to competition licensing. ***All Plat Plus events do not have a cap on athletes, but must have a minimum of 15 athletes per division.***

All required licensing forms and payments must be submitted to the Strongman Corporation home office at least 120 days prior to the competition date. **Contests will not be posted via the SC website without proper forms and payments submitted.**

An assigned Strongman Corporation rep MUST be in attendance at your event.

The weights, events, and equipment used in a *PLAT PLUS COMPETITION* are required to be comparable (25%) to the weights used at the AMERICA'S STRONGEST MAN, THE ARNOLD AMATEUR STRONGMAN WORLD CHAMPIONSHIPS, OR SC PRO SHOWS.

Once licensing forms have been reviewed, discussed and approved. Events and competition weights shall not be changed the day of the competition.

There shall be at least one standard event included in the list of events for the competition. The remaining events are at the promoter's discretion (***weights and location must be approved for all events***).

The top 3 finishers (3rd place) in each weight class or division that is offered at the competition will receive an invitation to the SC National Championships. In the chosen and discussed division will offer the "Plat Plus Perk."

Home Office will discuss with the promoter the type of "Plat-Plus" qualifier is needed. It can be either HW Pro card, LW Pro card, or spot to the Arnold. The final decision WILL BE UP TO HOME OFFICE depending on what is available.

A minimum of 15 competing competitors is required for this competition ***in one division***. Each weight class offered in any division must have a minimum of 5 competitors competing. If there are less than 5 competitors in a weight class then it shall be combined with another appropriate weight class to ensure a qualifying spot.

In the event on competition day the total number of competitors competing is below 15 in the division for the Plat Plus "perk", the competition will automatically be downgraded to the lower ***LEVEL II COMPETITION*** and only the top two competitors will qualify for Strongman Corporation National Championships. There will be no refund of licensing fees due to this occurrence. ***Plat Plus competitions do not warrant ½ price for state chairs.***

STRONGMAN CORPORATION Class Consolidation Protocol: This protocol is put into place to insure safe and fair consolidation of classes in Strongman Corporation events in the instance a class does not meet minimum contestant and requires consolidation.

- Consolidation should be implemented from a top down approach heaviest to lowest without athletes crossing the 231-lbs class line.
- A 175#/200#/231# can be combined and 265#/300#/SHW can be combined because above and below 231# is the universal STRONGMAN CORPORATION "Light/heavy line". If the 231# and 265# classes are being consolidated to a single 265# class the state chair should make verify the consolidation as acceptable.
- The class should be named the Heavier Class because all athletes are below that weight
- The weight from the lowest consolidated class should be used this ensures an athlete is not forced into lifting more weight than he/she was expecting the day of the contest.
- Example: the combination of 265# and 300# would use the 265# weights; the combination of 175# and 200# class would use the 175# weights.

- **STRONGMAN CORPORATION LICENSE REQUEST FORM**

Home Office (314) 565-5970 Fax (314) 770-9279

P.O. Box 1973; Maryland Heights, MO 63043

admin@strongmancorporation.com

www.strongmancorporation.com

NAME OF CONTEST:			
DATE:		TIME:	
PLACE (venue):			
CONTEST DIRECTOR:			
ADDRESS:			
TELEPHONE:		EMAIL:	

CONTEST EVENTS:

ENTRY FEE:

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AWARDS GIVEN:

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By signing this form I _____, contest promoter, acknowledge that I must ensure that each competitor has and presents a current Strongman Corporation membership card on competition day. I also understand that if I allow a competitor to compete without a Strongman Corporation membership card that I am liable for that membership fee and must pay it prior to the competition beginning. (For insurance and liability purposes) I understand that all membership applications and monies that are due to Strongman Corporation must be given to the Strongman Corporation Representative at the completion of the competition. I understand that all competition results must be sent to the Strongman Corporation home office within 7 business days of competition completion. I agree to obtain or reimburse the Strongman Corporation Representative for all travel expenses, and provide lodging.

COMPETITION PROMOTER SIGNATURE _____

Date _____

Please circle the Competition Level desired: LEVEL I (\$150.00), LEVEL II (\$250.00)

MAKE CHECKS PAYABLE TO Strongman Corporation

*****SC Insurance Certificate form for PROMOTERS*****

Please fill in below if you are requesting insurance for your competition and return with your completed license request form. Insurance is an additional 100.00 charge per policy requested. SC' policy is a 5,000,000.00 liability policy. Please fill in one name and address per certificate that you are requesting. **Please check with your venue on the exact wording as to how the certificate should read.** Failing to do so can result in your contests not being insured appropriately. **Add-ons or changes to the policy due to errors made by the promoter may result in the promoter paying for a new certificate.** Please turn in the additional insurance requests with the license form in order to provide adequate timing in getting your policy out to you on time. **All additional insurance requests must be turned into the SC home office a minimum of three weeks to your contest.** Any requests made to the home office after three weeks will not be granted. Due to the new insurance regulations with our policyholder no exceptions will be made for anyone. Requests are not granted until paid in full.

Please fill out below for Additional insured's Liability certificate requests:

Example: ADDITIONAL INSURED AI) **Big Bob's Arena C/O Jim Broney** (PTI) _*

ADDRESS **1999 Anywhere USA**

CITY, STATE & ZIP CODE **Bridgeton, MO 63044**

ADDITIONAL INSURED _____ (PTI) _

ADDRESS _____

CITY, STATE & ZIP CODE _____

ADDITIONAL INSURED _____ (PTI) _

ADDRESS _____

CITY, STATE & ZIP CODE _____

OFFICE USE ONLY

LICENSCE GRANTED: YES NO By: _____

COMMENTS: _____

DATE RECEIVED: _____ DATE POSTED: _____

LICENSCE FEE: _____ PAID DATE: _____ BILLED DATE: _____

ADDITIONAL INSURANCE REQUESTED: Y N NUMBER OF POLICIES

REQUESTED: _____ TOTAL AMOUNT DUE: _____



STRONGMAN

C O R P O R A T I O N

The World's Premier Strength Sport