

Strongman Corporation License Regulations (PLEASE READ ALL)

State/Provincial Chair and Promoter Requirements

A Strongman Corporation (SC) state/provincial chair representative is required to be in attendance at all competitions for all competition levels. State/provincial chairs are volunteers that are selected by SC home office to act in a representative role in their state and elsewhere. State/provincial chairs are responsible for assisting promoters within their state/province with the competition process. It is the promoter's responsibility to provide lodging and transportation for the SC state/provincial representative chosen to attend their contest. For regional events, SC will assign the representative to attend the event. A \$100 travel fee is applied for the SC representative, whether they are flying OR driving to compensate them for their time. The SC rep will also receive \$0.50 per mile for fuel if driving, or airline ticket plus lodging if necessary. There are no exceptions to this rule. All SC competitions must have a representative present or licensing will be forfeited. In the event a state/provincial chair cannot attend a competition, they **must** work with the promoter to guarantee a qualified SC representative is contacted and commits to attend in the state/provincial chairs absence. State/provincial chairs are recommended to promote at least one SC licensed competition per year. When promoting a competition the state/provincial chair must adhere to the SC promoter requirements. All state/provincial chairs receive a free bid to SC Nationals.

All promoters are welcomed by SC. All promoters must work through a SC state/provincial chair, or an SC representative if their state/province does not have a state/provincial chair. A blank entry form template will be provided by SC home office if needed to assist promoters with preparing a suitable entry form. All promoters will undergo a background screening to check for any sexual related charges. Prior to licensing, promoters will receive an email requesting permission to run background check. Promoters will receive a copy of the results within 24 hours. Once we receive the report back with no pending issues, your event will be posted on our event page. Once licensing from SC is obtained for a competition, SC will include the event on the SC website under the "Upcoming Contest" tab. This is the promoter's first line of advertisement. Please read each and all competition level requirements prior to attempting to obtain licensing for a competition. Liability insurance, \$3M liability policy, may be obtained via SC home office at a low cost to the promoter for each licensed SC competition if needed. Promoters are responsible for guaranteeing enough loaders, spotters, score keepers, etc. are in attendance to run competitions efficiently. The SC state/provincial chair will assist the promoter in any way possible, but are not there to run the competition.

- State/provincial chairs or promoters of any SC licensed competitions **are not** eligible to compete in their own competition. At a competition where a SC state/provincial chair wishes to compete, **they must** be in competitor status **only**.
- Promoters shall turn in all funds owed to SC for any and all memberships sold on the day of the competition to the SC state/provincial chair representative in attendance. The SC state/provincial chair will ensure the funds reach the home office within a timely manner.
- At any and all competitions a state/provincial chair is the SC representative at, they will be responsible for any and all membership inquiries and monies generated by the competition.

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- Promoters shall provide SC home office the results of competition within seven business days. Results must be sent via email to admin@strongmancorporation.com. The preferred format is Excel or a google document that can be edited. This is to track SC Regional and National qualifiers, and so athletes may view their results online.
- Promoters shall allow any SC state/provincial chair to enter their contest at a discounted entry fee of 50% off.
- Strongman Corporation reserves the right to deny the licensing of any competition it feels does not meet the competition licensing requirements.
- Strongman Corporation reserves the right to remove any previously acquired licensing for any competition that does not adhere to the licensing requirements without refunding the licensing fee.
- State/provincial chairs will be exempt from SC yearly dues for the duration of their chairperson term. As a state/provincial chairperson the contest licensing fee is half the price required in the "Contest level" requirements (with the exception of Pro-Am or Regional event). Cost of liability insurance will be half price for state/provincial chair.

Competitor Requirements

A competitor **must** have a current SC membership card on the day of competition in any SC licensed competition. Each competitor **must** present their membership card on the day of competition to the promoter or SC representative to be allowed to compete for insurance liability purposes. Obtaining and keeping a SC membership card current is the competitor's responsibility. The competitor is responsible for paying all entry fees to any contest attended; thus, SC is not responsible for paying any competitors' entry fees. The competitor is responsible for all travel and expenses to, during, and from any competition; thus, SC is not responsible for a competitors' travel, lodging, food, etc. at any time.

Amateur status is any strongman that does not currently hold a recognized "Pro Card" by SC, or any competitor not qualified or ranked as one of the top professional competitors.

All professional 105kg are eligible to compete in the 265 or heavier weight class (amateur only) in a licensed SC competition. Professional Lightweight and middleweight women are allowed to compete up a class in a licensed amateur SC event. Heavyweight women and men may compete as an amateur if they choose to drop a weight class (180 or Below) for professional athlete's guidelines (below). Expense money may be awarded per competitor (promoters' discretion). Supplement packages and gifts are separate and may be awarded in any competition and for any value.

Strongman Corporation Weight Classes

All SC licensed events must adhere to the SC weight classes.

Men:

265lbs (120.7kg) and above:

265.5 and above

265lb (120.7kg) Class:

231.5lbs (105kg) to 265.4lbs (120.7kg)

231lb (105kg) Class:

200.5lbs (91.14kg) to 231.4lbs (104.9kg)

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200lb (91.09kg) Class:

175.5lbs (80kg) to 200.4lbs (91.09kg)

175lb (80kg) Class:

Up to 175lbs (80kg)

Women:

180.5lb (82.05kg) and above:

180.5lbs (82.05kg) and above

180lbs (82kg) Class

160.5lbs (72.95kg) to 180.4lbs (82kg)

160lbs (72.91kg) Class

140.5lbs (63.86kg) to 160.4lbs (72.91kg)

140lb (63.8kg) Class

125.5lbs (56.9kg) to 140.4lbs (63.8kg)

125lb (54.7kg) Class

Up to 125.4lbs (56.7kg)

Strongman Corporation Competition Levels and Qualifying Steps

Strongman Corporation Licensed Event

This competition shall be promoted and held by state/provincial chairman or a qualified promoter that has been approved by the state/provincial chair and SC home office. This type of competition is recommended for any special competitions, i.e. charity events, team competitions, etc. The licensing fee for a licensed competition is \$200 payable prior to competition licensing. All required licensing forms and payment must be submitted to the SC home office at least 60 days prior to the competition date.

If there is only one athlete in a weight class, it is suggested that they are combined with another class. (combining of weight classes is up to promoter discretion).

If there are two to five athletes in a weight class:

1st place - Nationals invite

If there are six or more athletes in a weight class:

1st place - Nationals

2nd place - Nationals

If there are 10 or more in a class,:

1st Place - Nationals

2nd Place- Nationals

3rd Place- Nationals

A licensed event does not have a minimum or maximum total number of competitors required. Competition events and weights are at the discretion of the promoter. Expense money and supplements may be awarded.

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Regionals

Must be approved by SC board only! Regionals was the new gateway to Nationals in 2023. For 2022, Regionals were open events with athletes qualifying for Nationals. Athletes now have to qualify for regionals. A two-day event is the preferred format for Regionals. Also Regionals will be open to all SC athletes (**No novice class** at Regionals) Regional events must have a minimum of 12 weeks prior to the event for licensing. There are no exceptions to anyone on this. The qualifying spots for Nationals at Regionals is:

1st - Arnold and Nationals

2nd - Nationals

3rd - Nationals

4th - Nationals with nine or more competitors per class

5th - Nationals with 12 or more competitors per class. The weights for Regionals should be within 15% of the weights typically used at Nationals.

Pro-Am

This competition must have the approval of the SC home office. The promoters of Pro-Am Competitions are based on the quality of the promoter's past competitions, equipment, venue, organization, SC signage, etc. Signage is the responsibility of the promoter, not SC. All Pro-Am events must have a minimum of two SC banners hanging at the event, SC has a limited amount of banners for sale at a discounted price. The promoter **must** have an appointed SC representative at their contest. The representative will be chosen by SC home office. Fees for the representative are paid for by the promoter.

The licensing fee for a Pro-Am Competition is \$1,000 payable prior to competition licensing. All Pro-Am events do not have a maximum athlete cap, but **must have** a minimum of 10 athletes per class in order to earn a "Pro Card". If an amateur athlete has a podium finish at any Pro-Am event, the athlete will be awarded a "Pro Card". Weights for the amateur and professional **must** be the same in order for an amateur to be awarded "pro" status. The winner will also qualify for the Arnold Amateur World Championships. If the minimum of 10 athletes is not met, the athlete in that division will **still** qualify for the Arnold. There are no exceptions. State/provincial chair discounts **are not** given for Regionals or Pro-Am events. In Pro-Am competitions, there should be a minimum of **six** professional athletes in a competition. Promoters may add other professional classes to their event if they choose to pay prize money to the professional athletes. All required licensing forms and payments must be submitted to the SC home office at least 120 days prior to 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 Pro-Am Competition are required to be comparable to the weights used at the Arnold Professional Strongman, America's Strongest Man/Woman, or SC Professional Shows (within 25%).
- Once licensing forms and entry forms have been reviewed discussed and approved by the SC board and home office, the promoter will be contacted. Events, classes, 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)
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all events). The top three finishers (up to 3rd place) in each weight class or division offered at the competition will receive an invitation to the SC National Championships.

- A minimum of 10 competitors is required for this level of competition for **each weight class!** If there are less than 10 competitors in a weight class, then qualifying spots for the Arnold **will not** be awarded. The **only exception** being lightweight women or men as it is challenging to find 10 in these classes. Do not ask for exceptions if there are less than 10 in a class!

On competition day, if the total number of competitors competing in a weight class is below 10, i.e. a late withdrawal from competition, athlete failed to show-up, etc., the competition will be downgraded to the lower competition level, and only the top two competitors will qualify for SC National or Regional championships. Arnold spots **will not** be awarded to downgraded competitions. Downgraded competitions do not warrant half price for state/provincial chair representatives. In the event of a downgrade, there will be **no refunding** of licensing fees!

StrongMom Division

Many thanks to Amanda Kulik and Gina Melnik for sharing their “StrongMom” idea with SC!

In an effort to make the transition from motherhood back into strength training smoother and to retain female athletes, SC has created a new division for female strongman competitors who have recently had a child, StrongMom! This division was created for competitors who were previously in the open division as a transition back to strongman; however, competitors who were previously novice or who are completely new to strongman may also take advantage of this option. 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 may not yet be ready for. A competitor may choose to **not** select 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/new to the sport before the birth of their child and do not wish to exercise this option.

- A competitor **may be** in the StrongMom division for **up to two** years postpartum.
- StrongMom athletes are required to make weight for their desired weight class, or they will be bumped into the next weight class, just like any other athlete, **in competitions where novice divisions have weight classes.**
- In competitions 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.
- Once a StrongMom athlete competes in an open division **scored**, they **no longer** have the option to compete in StrongMom division. **Unless** there is **no novice** division offered in the contest they wish to compete in.
- To enter a competition as a StrongMom athlete, the athlete must email the promoter informing them they will be competing as a StrongMom!

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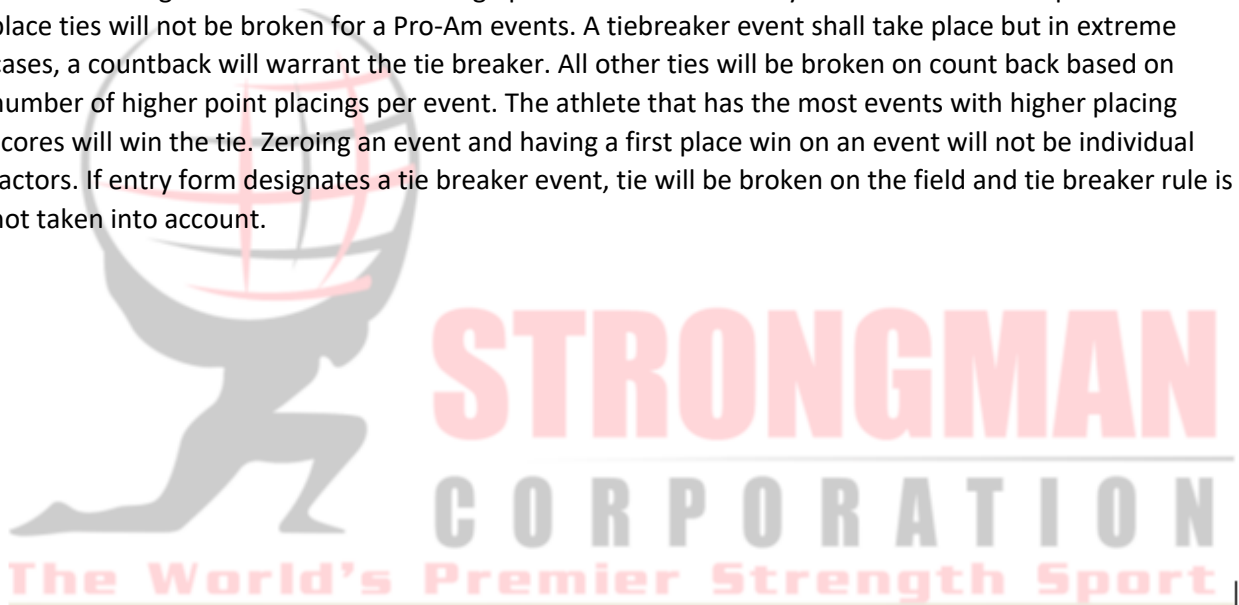
Miscellaneous

Clothing, Advertising, and Promoting

All event t-shirts must have a minimum 3-inch SC logo or name included on the shirt. Promoters may obtain a one-time use high resolution image of the logo by email request from admin@strongmancorporation.com. Any flyers, posters, or other public information promoting the event must also include the SC logo or name and must have prior approval from SC home office before displaying or dispersing. Please note the logo use is for one-time authorization use only. Any contest apparel not approved by SC 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 into print. There are **no exceptions**. It is the promoter's responsibility to advertise and promote their competition in a manner such that competitors attend. Attendance to any competition is **not** the responsibility of SC.

Scoring

Scoring should be done with a high point wins. A zero in any event results in zero points. First place ties will not be broken for a Pro-Am events. A tiebreaker event shall take place but in extreme cases, a countback will warrant the tie breaker. All other ties will be broken on count back based on number of higher point placings per event. The athlete that has the most events with higher placing scores will win the tie. Zeroing an event and having a first place win on an event will not be individual factors. If entry form designates a tie breaker event, tie will be broken on the field and tie breaker rule is not taken into account.



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Strongman Corporation License Request Form

Home Office

2480 Executive Dr.

Suite 120

St. Charles, MO 63303

(636) 317-6116

admin@strongmancorporation.com

www.strongmancorporation.com

Name of Contest:

Date:

Time:

Contest Director:

Venue Address:

Email:

Telephone:

Contest Events:

Please circle the following classes if offered:

Novice

Masters

Teen

Event Level (Please circle)

Licensed event -200.00 Regionals (1000.00)

Pro-Am - 1000.00

Entry Fee:

Awards Given:

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By signing this form I, _____, competition promoter, acknowledge that I must ensure each competitor possesses and presents a current Strongman Corporation membership card on competition day. I also understand if I allow a competitor to compete without a Strongman Corporation membership card, I am liable for that membership fee and must pay prior to the competition beginning, as per insurance liability policy. I understand all membership applications and monies 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 Strongman Corporation home office within FIVE business days of competition completion. I agree to reimburse the Strongman Corporation representative for all travel expenses and provide lodging. My signature below says, I have read and understand all preceding pages of this license agreement.

There are NO REFUNDS. Events may be rescheduled only ONCE within one year of original date at no additional fee. Rescheduling must be done prior to the event date with home office.



X

Competition Promoter

Make all checks payable to: Strongman Corporation.

Strongman Corporation 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 charge per policy requested. Strongman Corporation policy is \$5,000,000 liability coverage. Please fill in one name and address per certificate you are requesting. **Please verify** the exact wording to print on the certificate with your competition venue! Failing to do so can result in your contest 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 Strongman Corporation home office a **minimum of three weeks** prior to competition. Any requests made to the home office **after** three weeks **will not** be granted. Due to the new insurance regulations with Strongman Corporation policy holder, no exceptions will be made for anyone! Requests will not be 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/Province, Zip code: Bridgeton, MO 63044

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Additional Insured (AI): _____ (PTI)

Address: _____

City, State/province, Zip code: _____

Additional Insured (AI): _____ (PTI)

Address: _____

City, State/province, Zip code: _____

OFFICE USE ONLY:

License Granted: **Yes** **No**

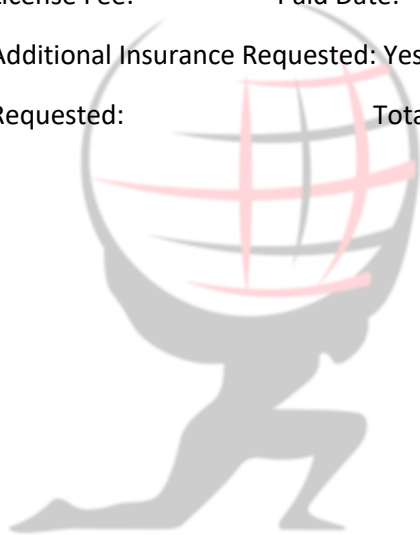
Comments:

Date Received: Date Posted:

License Fee: Paid Date: Billed Date:

Additional Insurance Requested: Yes No Number of Policies:

Requested: Total Amount Due:



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