

Wrath of the strongest 2025

(Strongman Corp. Membership required of all Contestants)

PROMOTERS: Matt Webb & Nadia Morrison

DATE: 05/31/2025

TIME: 9:00AM contest start; rules at 8:30AM; 24 HOUR Weigh ins, the day before and the morning of the competition.

LOCATION: TBD

DIVISIONS: Men: Masters; U175, U200, U231; U265 and 265+; Women: Masters; U140, U160, U180, 180+ Masters Men and Women and Teen Division

ENTRY FEE: \$100

EVENTS AND WEIGHTS ARE SUBJECT TO CHANGE

	Women OPEN					
	U57kg U64kg	/ U73kg Masters	/ U82kg	OPEN (82kg and above)	Teens	
Log And Kettlebell Clean and Press For Reps	125/53	135/62	150/62	160/83	75/35	
Car Deadlift for Reps	HEAVY	HEAVY	HEAVY	HEAVY	HEAVY	
Tower Of Pain – Wrist Roller	TBD	TBD	TBD	TBD	TBD	
Truck Pull	TBD	TBD	TBD	TBD	TBD	
Atlas Stone Load for Points	175/200/220	200/220/240	220/240/260	240/260/285	95/120/155	
	MEN OPEN					
	U80kg	U90kg Masters	/ U105kg	U120kg	OPEN (120kg and above)	Teens
Log And Kettlebell Clean and Press For Reps	210/83	225/106	245/106	265/130	280/130	90/48
Car Deadlift for Reps	HEAVY	HEAVY	HEAVY	HEAVY	HEAVY	HEAVY
Tower Of Pain – Wrist Roller	TBD	TBD	TBD	TBD	TBD	TBD
Truck Pull	TBD	TBD	TBD	TBD	TBD	TBD
Atlas Stone Load for Points	240/285/315	305/315/335	315/335/365	335/365/400	335/365/400	110/120/155

Strongman Corp. membership is required at time of competition. The contest will be capped at 60 total competitors.

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Nadia Morrison email: nadine20mai@gmail.com or phone: 707-718-0240

PayPal: nadine20mai@gmail.com /Venmo: @Nadia-Morrison

NAME: _____

AGE: _____

ADDRESS: _____

CITY: _____ . STATE: _____

ZIP: _____

PHONE: _____

DATE of BIRTH: _____

EMAIL: _____

DIVISION: _____ WEIGHT CLASS _____

HEIGHT: _____ WEIGHT: _____

T-Shirt size (circle one): Men: M L XL XXL XXXL; Women: S M L XL

SIGNATURE: _____

(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

RULES:

1) Log And Kettlebell Clean and Press for Reps

Athlete may choose which implement to start with. Athlete will begin behind a line on the ground, and upon the “start” command will have 60 seconds to get as many reps as possible going back and forth pressing each implement for one rep at a time. Athlete must wait for the “down” command from their judge to get credit for the rep and be able to move over to the other implement. A good lockout on log will require arms locked out, head under the log, feet in line with each other, and showing control/stability of the log. A good lockout on the kettlebell will be the same standard as log (of course without your head under the implement) but arm straight up and showing control. NO DROPPING either implement from overhead. This will result in a no rep. Control the weight down to the pads provided.

Equipment allowed: knee sleeves, elbow sleeves, wrist wraps, soft belts and hard belts (both belts together if that’s your thing), all chinks.

Not allowed: doubling elbow sleeves or wraps, tacky or other adhesives.

2) Car Deadlift for Reps

Athlete will stand in frame, not touching the implement. Upon the “start” command the athlete will strap in on their time and begin pulling. 60 second time limit to complete as many reps as possible. Wait for the “down” command from your judge. A good down command will require a full lockout of the knees, hips, and shoulders in an upright and strong position. Athlete must then wait for the “up” command at the bottom of the rep, this is to eliminate touch n go reps or bouncing the implement.

Equipment allowed: Straps (all kinds), belts, soft belts, knee sleeves, shoeless is ok but no bare feet (at least socks or deadlift slippers), all chinks.

Not allowed: Deadlift suits, briefs, adhesives

3) Tower Of Pain – Wrist Roller

Athlete will begin with hands on the implement. Upon the “start” command, athletes will begin rolling the implement in either direction. 60 second time limit to complete or distance will be measured when time expires if not completed.

Equipment allowed: Chinks.

Not allowed: No supportive gear will be allowed. Raw is the law.

4) Truck Pull

This will either be an arm over arm seated truck pull, or a harness with a lead rope truck pull. The following rules will apply no matter which method is decided upon:

Athlete will have 60 seconds to complete the 50-foot truck pull. Athlete will begin by getting all the slack out of the rope. Upon the “start” command athlete will pull until the course is completed or time expires and get a distance measurement for score.

Equipment allowed: Knee sleeves, elbow sleeves, wrist wraps, all belts, chinks, gloves, any footwear.

Not allowed: Adhesives, briefs.

5) Atlas Stone Load For Points

There will be three stones lined up in front of the bar. Athlete will start behind a line and upon the “start” command the athlete can choose between the lightest, middle, and heaviest stone. The lightest stone is worth ONE-point, middle stone is worth TWO points, heavy stone is worth THREE points. Athlete has 60 seconds to accumulate as many points as possible. Athlete may NOT grab the bar to assist in loading the stone over, that will result in a warning to remove hands, and possibly a no rep if warning is not respected. Do not throw the stone over the bar, this will also result in a warning for the first offense and a no rep for the second. There will be a tacky station for application and removal, this is the ONLY place you are allowed to be with tacky on other than when it is your turn for the event. If you are caught anywhere else with tacky on you will be at risk of being disqualified from the event. I hate to be this harsh but tacky is a mess that gets everywhere, and we must keep these spaces clean.

Equipment allowed: Tacky, tacky towels, spray tack, all sleeves, all belts, all supportive gear.

Not allowed: Briefs.