

# RULES - THE OXFORDSHIRE STRONGMAN AND STRONGWOMAN COMPETITION 2026

## THE EVENTS

Below is a brief description of each event that will be held on the day.

All events will have a countdown to start (eg 3-2-1-'lift' or 3-2-1 'go'). Competitors will be notified of the time remaining for each event at the 30 seconds point, at 15 seconds and for the final 5 seconds, finishing with the word 'stop', where applicable.

## Events Order

The events will take place in the following order:

1. Axle Clean and Press for reps (from floor to overhead).
2. Deadlift for max weight.
3. Conan's Wheel for distance.
4. Hercules Hold (Pillars of God) for time.
5. Atlas stone over yoke for reps.

## Scoring System

The following scoring system will be adhered to throughout the competition, in order that there is no ambiguity in the event of any 'ties' for individual events and the overall competition positions. The event organiser will have the final decision on any disputes or discrepancies during the competition.

Points will be awarded for all competitors as follows:

Points will be numbered according to the amount of people in each category e.g. if 10 in men's open 10 points down to 1, if 6 in the beginners women's 6 points down to 1. Therefore, in men's open 10 points for first placed in the event, down to 1 point for the last or 10th place.

Anyone not able to complete an event (e.g. can't lift the weight or doesn't actually attempt an event) will get 0 points for that event.

In the event of a tie in an event, points will be averaged and shared e.g. 1st position gets 10 points, if 2nd and 3rd are tied they will share 9 plus 8 points divided by 2 = 8.5points each. Similarly, if three are tied for 4th position in an event, points will be shared 7+6+5 points divided by 3 = 6 points each.

For competition placings, in the event of any ties, we will use a countback system to ascertain who has the most 1st positions, 2nd positions, 3rd positions and so on and positions allocated accordingly.

## Axle Clean and Press (from floor to overhead ) for reps 60 seconds



On the receipt of the word of command 'LIFT' competitors will lift the axle barbell from the pads to overhead, for as many repetitions as they can within a time limit of 60 seconds. A full repetition constitutes when the competitor lifts the axle barbell from the floor, above their heads with their elbows locked out. The referee will indicate with a downward hand signal and shout 'down' for a good lift, only then does the repetition count. The axle barbell must be returned to the pads under control. The most repetitions will determine the winner and subsequent placings will be awarded according to the number of repetitions lifted. Chalk, belts, grip shirts, knee, wrist and elbow sleeves are permitted to be used. No straps are allowed.

### Technical details of the Axle clean and press

The axle barbell weighs 20kg without weight plates. It has a standard sized circumference.

### Weights

Women Novice 40kg

Women Inter 50kg

Women Open 60kg

Men Novice 70kg

Men Inter 90kg

Men Open 110kg

## Deadlift for max weight



On the receipt of the word of command 'LIFT' competitors will lift the barbell, from the floor and stand upright with their legs, knees and hips fully locked out. The referee will indicate with a downward hand signal and shout 'down' for a good lift, only then will this be determined a successful lift. Competitors must pass their proposed lifts to the judge before each lift. Each person can have a maximum of 3 separate lifts but can only proceed onto the 2<sup>nd</sup> and 3<sup>rd</sup> lift if successful each time. The heaviest weight will determine the placings. Straps, Chalk, belts, knee, wrist and elbow sleeves are permitted to be used. No deadlift or squat suits are allowed.

### Technical details of the Deadlift

The barbell is a conventional 7ft 20kg barbell with appropriate bumper plates added.

### Weights (minimum starting)

Women Novice 110kg

Women Inter 130kg

Women Open 140kg

Men Novice 170kg

Men Inter 200kg

Men Open 220kg

## Conan's Wheel



On the receipt of the word of command 'lift' competitors will grip the Conan's Wheel arm and lift the weight stand off the floor. They will then walk in a circular direction as far as they can in 60 seconds. Once the Conan's Wheel weight stand is dropped to the floor, the distance will be measured (in degrees). Chalk, lifting belts, grip tops, knee, wrist and elbow sleeves are permitted to be used. The winner will be determined by the furthest distance within the allotted time-frame.

### Technical details of the Conan's Wheel

The wheel arm weights 70kg and is 2.95m in length from the pivot point. The circumference of the wheel arm is 32cm. The wheel arm has a weight stack consisting of 32kg weight plates, and additional weight plates to make up the total weight required for each category.

### Weights

Women Novice 98kg

Women Inter 120kg

Women Open 142kg

Men Novice 172kg

Men Inter 190kg

Men Open 210kg

## Hercules Hold (Pillars of God)



On the receipt of the word of command 'GO' competitors will grip the handles holding the 'pillars' either side with weight plates. The pins will be removed to allow the pillars to fall away from the competitor. The winner will be determined by the longest time to hold their grip in the handles with both hands. Chalk, belts, knee, wrist and elbow sleeves are permitted to be used.

## Technical details of the Hercules Hold

To follow.

## Atlas stones over yoke



On the receipt of the word of command 'GO' competitors will lift an atlas stone from the ground over the yoke for as many repetitions as possible within 60 seconds. The atlas stone must be lifted over the yoke and dropped under control (not thrown). The competitor will be responsible for returning any atlas stones to the start position should they roll away. The winner will be determined by the most amount of repetitions within the allotted time-frame. Chalk, tacky, belts, knee, wrist and elbow sleeves are permitted to be used.

### Technical details of the Atlas stones over yoke

The atlas stones will be lifted over the yoke set at a height of 48 inches.

### Weights

Women Novice 50kg  
Women Inter 60kg  
Women Open 70kg  
Men Novice 80kg  
Men Inter 100kg  
Men Open 120kg