

# SD State Fair Strong Man Competition Information and Rules

1. Must be 18 years or older to participate.
2. No wrist straps can be used.
3. Wrist and/or knee wraps or pads are allowed.
4. Gloves are allowed.
5. No body suits can be used.
6. In order to compete, competitor must have entry fee paid.
7. Contestant will be given a score sheet. Give the score sheet to each official at each event. It will be filled out once the event has been completed.
8. A point system will be used to determine the place winners.
9. In event of a tie, the two competitors will wrestle. Competitor must throw other competitor to back to win.
10. The SD State Fair Strongest Man Competition will consist of six events.
  - a. Deadlift for Reps: Only full reps will be counted. Dropping the bar will cost the competitor a rep. If a full rep is not completed, competitor will receive a no rep from the official. Two minute time limit.
  - b. Overhead Press Medley: 4 barbells, one dumbbell. Competitors will receive a down signal to ensure all lifts are locked out and under control. Fastest time and/or most completed lifts will win. Two minute time limit.
  - c. Squat for Reps: Competitors will receive a squat command. Squatting without a command will result in a no rep from the official. The bar must touch on both supports at the bottom of the lift to count. Two minute time limit.
  - d. Rock Load: Competitors will load five rocks on barrels in two minutes or less. Fastest time and/or most loaded rocks will win. Time stops when competitor takes hands off of rock once loaded.
  - e. Farmers Walk: Competitors will carry implements as far as possible. No time limit.
  - f. Tire Flip: Competitors will flip tire over a 100 foot course. The tire must break the line to count. Fastest time wins. If course is not completed, competitor's distance will be marked.
11. Event official's decisions are final.
12. Questions on competition can be directed to event official, Chuck Englert: (605) 350-7819.
13. There is a \$20.00 entry fee to compete. Please send check or cash in along with entry form. It can be sent to: SD State Fair, 890 3<sup>rd</sup> St. SW, Huron, SD 57350. Make checks payable to: South Dakota State Fair.
14. If contestants register prior to Friday, August 22, one SD State Fair gate admission valid for the competition day will be sent out. If contestants register after Friday, August 22, they will need to pay the gate admission to get onto the grounds and compete.

# SD State Fair Strongest Man Competition

Saturday, August 30 – 2:30 pm – West of Dakotaland Museum

\*\* Note new date and time

1<sup>st</sup> place – 50% of jackpot

2<sup>nd</sup> place – 30% of jackpot

3<sup>rd</sup> place – 20% jackpot

\* The entry fees comprise the jackpot.

\* added money

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Weight: \_\_\_\_\_

T-Shirt Size (check one): ☐ XL ☐ XXL ☐ Other \_\_\_\_\_

Participant Waiver of Liability: As a participant in the 2014 South Dakota State Fair Strongest Man Competition, I the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns, voluntarily assume any and all risks associated with or connected to participation in the Competition. I further waive and release any and all rights for claims, damages, harm, or injuries to my person or property that may occur or arise against South Dakota State Fair, the South Dakota Department of Agriculture, and/or the State of South Dakota, including all employees, agents, successors or assigns of the aforementioned entities, as a result of, or in connection with, participation in this event. I further grant permission to South Dakota State Fair and/or agents authorized by them, to use any photographs, videotapes or any other record of this event that may include photographs of me or my name for legitimate purposes to promote the South Dakota State Fair. I have read this release and I fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily without any inducement, assurance, or guarantee being made to me and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Contestant Signature \_\_\_\_\_

Date of Signature \_\_\_\_\_

Please send \$20.00 entry fee and application to:  
SD State Fair, 890 3<sup>rd</sup> St. SW, Huron, SD 57350.  
Checks can be made payable to: "SD State Fair"