



# Antigonish Highland Society

## Antigonish Highland Games Farmers Walk Challenge Official Rules

Adopted November, 2011 in accordance to rules outlined by IFSA (International Federation of Strength Athletes).

Implements – Two torpedo-shaped weights weighing 202lbs each.

Objective – Each participant must carry both weights, without the aid of lifting straps, down a 100' course. The athlete who passes the course in the fastest time will be the winner.

Officials: The Start Judge stationed at the start line  
The Head Judge stationed at the Finish Line  
A secondary Timing judge stationed at the Finish Line. (only used if Head Judge requests)

### Official Rules:

- 1) The implements shall be placed at any spot behind the official start line deemed preferential by the athlete.
- 2) The athlete shall have a maximum of two (2) practice lifts to find appropriate balance points.
- 3) Chalk, weightlifting belts, elbow and knee sleeves/supports and wrist wraps are permitted for use.
- 4) At no time shall the athlete use weightlifting straps to assist with his grip. This includes track and field hammer gloves.
- 5) At no time shall the athlete use tacky/super grip paste to assist with his grip.
- 6) Gloves are permitted provided they are inspected by head official and are not equipped with my grip assist devices or tacky/super grip paste.
- 7) Thumb hook gripping is permitted.
- 8) The Head Judge shall be the final authority in all timing matters.
- 9) The Head Judge will be stationed at the end of the course with a timing device. A secondary Timing judge will also be at the end of the course with a separate timing device.
- 10) The Head Judge shall give a “ready” call just prior to the start of the walk. This will signal that the Head judge is ready to begin the event.
- 11) After the “ready” call has been made, the Start Judge, positioned next to the athlete at the start of the course, shall raise the start flag. Time will start when the athlete lifts the

implements from the ground behind the designated start line and the start judge drops the flag. No flying starts are permitted.

- 12) The athlete will have completed the course when the end of the implements passes through the finish line. The implement must fully pass the line in order for time to stop.
- 13) Time will only stop when the athlete completes the course or after two (2) drops during his advance. The judge can also stop the timer at any point at his discretion.
- 14) At no point will the athlete drag the weights across the line. They must be carried at all time.
- 15) At no point will the athlete 'throw' the implements pass the finish line before his body crosses the finish line.
- 16) The timing device used by the head judge shall be the device used for the official time. The judge can also confer with the secondary judge in the event of any discrepancies.
- 17) The competition order of start shall be determined prior to the start time. The previous year Champion (if present) will go last. Similarly the 2nd and 3rd place finishers from previous year (if present) will go second and third last respectively. All other competitors' order of start will be determined by luck of the draw.