IAWA Old Time Strongman World Postal

July 14 - 15, 2018

**Country:                                                                          Venue:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Lifter Name** | **Age** | **BWT (kg)** | **Anderson Squat** | **Cyr Press** | **Peoples Deadlift** | **Total** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

Officials:

**Rules:**

The IAWA Old time strongman World Postal must be completed on the 14th-15th of July 2018. There is to be only one set venue, and promoter/s, for each participating country for the postal to be contested, Lifters must complete their lifts in the single session and will only be allowed one attempt to complete the postal. The format is the same as standard IAWA meets, lifters will be allowed 3 attempts at each lift with the highest successful attempted counting towards their total score. This postal will be scored using the Lynch Formula. Score sheets are to be submitted by the end of the 15th July 2018 to **jflmahon@gmail.com** or **al bluestemvet@tctelco.net**

**The lifts for the postal:**

**H2.  Anderson Squat**

A squat (with a standard Olympic bar) is done from a dead stop from a height not over two thirds the height of the lifter measured to the bottom of the bar. The rules of the squat apply to bar position on the back.  The squat is completed when the knees are locked and the lifter is standing erect. A time limit of 1 minute is given for each attempt, meaning the lifter may reset as many times as necessary to complete the lift. Knee wraps or knee sleeves will be allowed on this lift. An official will give a command to end the lift.

**H4. Cyr Press**

Any dumbbell with a handle diameter between 1 inch and 1.5 inches is allowed.  The dumbbell may be brought to the shoulder in any manner, but must come to the shoulder before going overhead.  This includes using two hands. Once at the shoulder, the dumbbell is taken overhead with only one hand anyhow. The other

arm/hand is not allowed to touch the lifting arm during the overhead portion. The feet are allowed to move. If the lifter misses with one arm, the dumbbell may be switched to the other arm during the attempt, but the arm used must be selected at the shoulder.  A time limit of 1 minute is allowed for the attempt. The dumbbell may be set down or dropped during the attempt. If the overhead portion of the lift is missed, it may be restarted at the shoulder. Once the dumbbell is overhead motionless with arm straight, the legs straight and feet in line with the torso, an official will give a command to end the lift.

**H9. Peoples Deadlift**

This is a partial deadlift, where the bar height must not be over 18” from the platform (measured to the bottom of the bar).  The plates or bar may be supported on stands, rack supports, or blocks to obtain this height. The lifter must have the bar in front of the legs, as defined by the rules of the deadlift.  The hands must be on the outside of the legs (NO SUMO STANCE) during the entire lift. Lifting straps or any other gripping aid is not allowed. It is NOT an infraction to drag the bar up the legs, bounce the bar up the legs, or support the bar on the legs during the lift (hitching).  A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is totally upright and the bar motionless, an official will give the command to end the lift.

**Locations:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Country** | **Venue** | **Promoter** | **Contact**  |
| Australia | Lambda Academy (yet to be confirmed)  | John Mahon | **jflmahon@gmail.com** |
| England | TBA | Nicholas Swain, Phil Crisp |  |
| USA | Dino Gym | Al Myers | **al bluestemvet@tctelco.net** |