

2019 IAWA Old Time Strongman World Postal Championships

July 20-21st, 2019

Country:

Venue:

Lifter Name	Age	BWT (kg)	Thor's Hammer	Hackenschmidt Floor Press	Kennedy Lift	Total

Officials:

Rules:

The IAWA Old Time Strongman World Postal Championships must be completed on July 20th or July 21st, 2019. 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 following the event to Al Myers at email address: bluestemvet@tctelco.net or amyers@usawa.com

Locations:

Country	Venue	Promoter	Contact
Australia	Lambda Academy	John Mahon	jflmahon@gmail.com
England	TBA	Nicholas Swain, Phil Crisp	
Scotland	TBA	Andy Tomlin, Matt Finkle	
Wales	KEDS	Neil Keddy	keds.beinspired@gmail.com
USA	Dino Gym	Al Myers	bluestemvet@tctelco.net

The lifts and rules for the postal:

H12. Thor's Hammer

A 2" Vertical Bar that conforms to the rules for the 2" Vertical Bar Deadlift must be used for this lift. The Vertical Bar must be 18" in length (with ¼" tolerance), shaft diameter 2" (.1" tolerance), no knurling, and have a solid plate attached to the bottom. The bar must be gripped by only one hand, using any type of grip, near the top of the VB to begin the lift. The lifting hand must not grip the VB lower than 6" from the top of the VB. It is recommended to mark this 6" spacing on the VB. The gripping hand must not be touching the weights or collars or it is a disqualification. The lift begins at the lifter's discretion. Once the lifter chooses to use the left or right hand the other hand must not come into contact with the VB, attached weights, or lifting arm or it is a disqualification. The other hand may be braced on the body during the lift but must be removed at the completion of the lift. Once the weight leaves the platform it must remain in continuous motion till the lift is completed. The lifter may choose to swing or snatch the weight to an overhead position. A press out is a disqualification. If the forearm of the lifting arm comes into contact with the VB or attached plates it is a disqualification. If the VB or attached plates come into contact with any part of the lifter's body besides the lifting hand during the attempt it is a disqualification. The feet may move and the knees bend in executing the lift like a snatch or swing. The lift is complete when the lifter is in an upright position with the legs straight, lifting arm locked straight overhead, feet in line with the torso, and the vertical bar/weights pointing upright in a vertical position to the platform under control and motionless. At this time the official will give the command to end the lift. There will be a one minute time limit to complete a legal lift, with as many attempts taken as needed during this time limit. If a lift is missed during this time limit, the lifter may switch hands but only with the weight resting on the lifting area.

H8. Hackenschmidt Floor Press

A press (with standard Olympic bar) will be performed while lying flat on the floor/platform. The bar height, measured to the bottom of the bar, should be no greater than 15". The bar/plates may rest on blocks or supports to achieve this height. The lift starts when the lifter, while lying under the bar with the bar above the chest, starts to press. A time limit of 1 minute is given for each attempt, meaning the lifter may reset as many times as necessary within this time limit to complete a legal lift. The lift is complete when the bar is pressed completely with the lifter's elbows locked out. It is not an infraction to press unevenly, lock out at different times, raise the head, or allow the bar to lower during a part of the press. It is an infraction if the hips/legs rise off the floor/platform during any part of the lift. Once complete, an official will give a command to end the lift.

H9. Kennedy Lift

This is a partial lift using a straddle stance on the bar, 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 between the legs, as defined by the rules of the Jefferson 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.