



# RULES & REGULATIONS

## STRONGMAN

1. Participants will be split into two categories, which are as follows:
  - a. Light weight <80KG
  - b. Heavyweight 80KG+
2. The course will involve tyre flips and farmers walks as well as other strongman exercises
3. Each participant will be allowed one timed attempt of the course as their entry to the competition.
4. An official can refuse the right to participation to anybody not being deemed to conduct themselves in a safe manner around the equipment, or anyone deemed unable to safely participate in the competition.
5. No belt, wrist wraps, or chalk provided.
6. No use of a belt is permitted.
7. The winner in each category will be determined by the participant completing the course in the least amount of time.
8. The National Sehat-e-Jismani Team reserves the right to amend any of the above rules and regulations as it deems fit.



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