



RULES AND REGULATIONS

NIGERIA STRONGEST MEN FEDERATION TECHNICAL RULES:

1.1. Program and rank of competitions

1.1.1. Strongest man competitions include the exercises which are approved by the list of the federation.

1.1.2. Except multiathlon competitions, there are tournaments in mass-wrestling as a separate type of strongest man.

1.1.3. Competitions are held between the athletes in the categories defined according to their sex, weight and age.

1.1.4. Competitions are held in order of increasing weight categories from light to heavy.

1.1.5. Weight categories are divided into groups (sessions). If the number of athletes in weight category exceeds 14, the participants must be divided into two (or more) groups.

1.1.6. In a flow the athletes of one or more adjacent weight categories are competing.

1.1.7. Distribution of athletes into groups (the first – is stronger, the second – weaker and so on and so far) is carried out by the main panel of judges (hereinafter referred to as – MPJ) depending on their sporting achievements (12 months before the event) that are submitted in previous applications. Lists of athletes, who are divided into groups, are published not later than 15 minutes prior to the weighting in a flow.

1.1.8. The athletes of the weakest GROUP are competing first.

1.1.9. Each of the competitors has one attempt in each exercise. Exceptions are explained in the relevant sections of these rules. Athlete, who showed greater amount of points, is the winner in his weight category. Other members are classified according to the acquired amount. If two members show the same result in the amount of points, the athlete who has more victories as the advantage. In order to determine the places in exercises the points will be awarded as follows (example for 8 participants): For the

1st place – 8 points

2nd place – 7 points

3rd place – 6 points

4th place – 5 points

5th place – 4 points

6th place – 3 points

7th place – 2 points

8th place – 1 point

In case of complete failure of the participant in certain exercise the points are not awarded at all. In case of draw the points of participants are divided equally. If it is necessary to identify places in the overall standings, the places will be determined by one of the following principles:

- 1) The majority of the first places;
- 2) The majority of the second places.

Prior to sets a blind draw will be carried out to determine the starting order for the participants of the first exercise. After that, unless otherwise stated, the order of the next order of athletes may be reverse, according to the results of previous exercise, i.e., an athlete who showed the worst results in the previous exercise, goes first and vice versa. Participants of paired exercises also go in reverse order to the occupied place in the previous exercise, i.e.: 8 and 7, 6 and 5, 4 and 3, 2 and 1. Before the last exercise participants also go in reverse order, but according to the amount of points collected in the previous exercises. That is, the participant with the lowest amount of points goes first and vice versa.

1.1.10. All kinds of competitions in strongest man held are divided into ranks **[1]** under their scale: I – International, II – National, III – Regional and Urban, IV – the rest. I rank – Olympics Games, Winter Olympic Games, Para Olympic Games, Deaf Olympic Games, World Games; II rank – world and African championships among the athletes of all age groups, World Cup and African Grand Prix, World Student Games, other international competitions that are included in the schedule of international federations and federations of disabled persons of corresponding illnesses.

1.1.11. Competitions of all ranks are carried out according to the current rules of the Nigeria strongest man Federation (hereinafter referred to as — NSF), approved by the rules of Federation of (hereinafter referred to as — NSF).

1.1.12. Competition rules of NSF are applied to the competitions of II-IV II-VI ranks.

1.1.13 NSF holds:

- Championships in strongest man — Men, Women, Juniors, Youths, Students and Pupils;
- Complex events among different population groups.

• General provisions

1.2.1. Strongest man competitions are divided into individual, team and individual-team. During individual competitions only the results of each athlete for which he occupies the appropriate place are determined. During the team competitions final results of each athlete are admitted to the team. During individual-team competitions final results of each athlete shall be counted both to each participant and the team.

1.2.2. The athletes can participate in the event out of competition. The decision on their admission is rendered by the credentials committee. If an athlete competes out of competition, he affects neither the individual nor the team results, he does not set records. He cannot be assigned a sport rank (grade) under the results of such competition.

1.2.3. If an athlete competes in the individual standings, he is not a member of the team, does not affect its final results, but interferes with the distribution of personal places in this weight category, he may set records. He can be assigned a sport rank (grade) under the results of such competition. While summing up the year results the points for occupied place in this case are not awarded.

1.2.4. The nature of competitions and the number and sequence of competitive exercises in each case are determined by provision on them.

1.2.5. The official calendar competitions shall have at least four standard exercises.

2. ORGANIZATIONAL ISSUES

2.1. Provision on competition

2.1.1. Strongest man competitions are held on the basis of provision developed by the organization that holds them. Only such organization has the exclusive right to make changes or additions, but not later than 30 days before the event. Information about athletes (name, date of birth, office, sports category, name of coach), indicated in the earlier application is not subject to changes in the competitions.

2.1.2. Provision on competition should not conflict with existing rules.

2.1.3. The provision is sent to the relevant sports organizations no later than two months before the competitions.

2.1.4. Provision on competition consists of the following sections: goals and objectives, management of holding, location and duration of holding, program and the nature, condition of scoring, awarding, acceptance of members and judges, the applications.

2.2. Registered applications

2.2.1. Registered applications for participation in the competitions are submitted to the Credentials Committee within a period specified by the provision on the competition. Previous registered applications for competition, conducted by NSF, are sent to the specified addresses no later than 21 days before the competition.

2.2.2. All sections of registered application shall be filled in print. There are signatures of physician and medical institution seal with the date of passing a medical examination of each participant. The document, which may confirm the conclusion of a doctor, is a certificate of medical establishment.

2.2.3. All athletes participating in the competition shall be ensured. The relevant insurance policies are provided when passing the Credentials Committee.

2.2.4. Athlete is allowed to participate in the competition by the Credentials Committee, which makes the appropriate mark in the application.

2.3. Credentials Committee (CC)

2.3.1. The question of participation of athletes or teams in the competition is decided by the CC, which is created at the place of the event.

2.3.2. The CC is composed of: a representative of the organization, which supports and conducts competitions (Chairman), the master judge, the chief secretary and the doctor.

2.3.3. After reviewing the applications the CC decides on the admission of teams and athletes to competitions. Information on quantitative composition of the competitors is recorded by the CC in the protocol.

3. COMPETITION PARTICIPANTS, REPRESENTATIVES AND TEAM COACHES

3.1. Categories of athletes.

3.1.1. Strongest man competitions are held among male and female

3.1.2. Age is determined by the athletes year, month and day of birth.

3.1.3. The competitions comprise the athletes who have reached the corresponding age: in the competitions of a rank I-II – 15 years; 2-4 III-VI ranks – 15 years. As an exception, the athletes who are under 15 years, but who have sufficient physical and technical training, a separate permit of the doctor and statement of parents in writing that they do not object to the participation of their child in the competitions may be admitted to the competitions.

3.1.4. Competitions of 2-4 III-VI ranks are conducted among athletes who are divided into the following age groups:

Open Championship (excluding age) – 15 years and over (for the competitions of 1 I-II rank – 15 years and over);

Youths – 15-18 years (from the day of 15 years, including the entire calendar year, which marks 18 years) (for the competitions of rank 1 I-II – 15-18 years);

Juniors – 19-23 years (from the day that marks 19 years, including the entire calendar year, which marks 23 years);

- *veterans (men and women)*: Group 1 – 40-49 years (from the 1st January, which marks 40 years, including the entire calendar year, which marks 49 years), Group 2 – 50-59 years (from the 1st January, which marks 50 years, including the entire calendar year, which marks 59 years), group 3 – 60-69 years (from the 1st January, which marks 60 years, including the entire calendar year, which marks 69), 4 group – 70 years and older (from the 1st January, which marks 70 years);
- 1.5. Participating of athletes of a particular age group in the competitions (together or separately) is governed by the provision on competition.

3.2. Weight categories

3.2.1. Accuracy of weighing the personal weight of the athletes is performed due to the calibration of measuring devices, which weigh the competition participants, but not more than 0.01 kg and not less than 0.05 kg. Measurement accuracy can be 0.1 kg for the competitions of III and IV 1 V-VI ranks.

3.2.2. All competitions of I and II 1 IV ranks are held with the distribution of the athletes into the following weight categories: up to 95 kg, 95, 01-110 kg, over 110 kg.

3.3. General rules

3.3.1. Each team can be composed of 9 participants. One team in any weight category may be composed of no more than 3 members.

3.3.2. Each team is allowed to make a preliminary application with the inclusion of a maximum of five odd athletes. They may be filed at any time prior to weighing in the appropriate weight category. Name, date of birth and other information on odd athletes should be included in the previous registered application (see Annex 1), submitted to the Credentials Committee.

3.3.3. Earning team points during the competition of all ranks is conducted in the following order: 1st place – 12 points, 2 – 9, 3 – 8, 4 – 7, 5 – 6, 6 – 5, 7 – 4, 8 – 3, 9 – 2 points. Every athlete who finished the competition gets 1 point for other places. During the competition of all ranks the team

total includes the results of three best athletes from each team. Others scoring variants are governed by separate provisions.

3.3.4. Each regional organization shall provide a list of team members to participate in National competitions, indicating the best results (in the standard exercises) that an athlete has shown in the last 12 months in the official competition, namely, in that weight category in which he submitted the application. Also it is necessary to specify the name and date of the competition on which this result was shown. If within last 12 months, the athlete did not perform exercises in this weight category, it is necessary to specify a result that was shown by him in that weight category before. All the foregoing also relates to the reserve athletes. Application shall be submitted to the Technical Secretary of NSF no later than 21 days before the competition. If the result of that weight category, in which the athlete submitted the application, is not specified, he automatically refers to the weaker group during the distribution of the competition participants into the groups. Lack of a previous application or errors in submitting information in the application may result in disqualification of the team (athlete) or in another it's (his) sentence. If the athlete was disqualified, the result shown by him during the disqualification at other competitions cannot be included in the application for participation in national competitions.

3.3.5. Teams are awarded for the first three places. If two or more teams have the same amount of points the team that has more first places gets a first place. If the number of first places is the same, the team that has more second, etc. places, including places, which were occupied by six scoring participants gets the first place. If the winner is not again defined, the results of all team members are taken into account. If all parameters are the same, both teams occupy a certain place, and the next place is not shared.

3.3.6. The medals for first, second and third places in each weight category are given according to the accumulated amount of points at every competition. In addition to these awards medals or diplomas for places in some exercises in each weight category may be awarded. Awarding the prize which the participant won in a separate exercise is carried out at the end of the competition.

3.3.7. The Federation has within six (6) months to present prizes won by athletes to them.

3.3.8 Any champion that emerges from any NSF event has to fulfill all obligations of the position he holds otherwise he or she will forfeit the position to the next runner up. This includes medals, prizes, cash, e.t.c.

3.3.9 Any athlete that behaves inappropriately in any form including insulting any official or board member of NSF on or off competition venue shall be sanctioned by NSF. Such sanctions include loss of medal, loss of winning position, relinquishing of title as winner and loss of any other benefits that he or she gained via NSF, automatically.

4. INSTALLATIONS

4.1. Ground for competition – shall be of a rectangular form of 40×25 meters, flat (without tilting surface), enclosed by the turnstiles of height of 1 meter. There shall be separate tracks (for distance events), parallel to each other, and wooden platform of 3×3 meters (for static exercises) in the middle of the ground.

4.2. Specifications of standard installations for the World, Europe, national records setting.

“Farmer’s walk”:

Sizes of the installation:

– Length 70 cm;

- Height 45 cm;
- Width 16 cm;
- handle height 15 cm;
- handle diameter 29 mm;
- weight of empty apparatus 115 kg.

“Log-lift”:

Sizes of the installation:

- Length 190 cm;
- distance between handles 62 cm;
- Diameter 32 cm;
- handle diameter 29 mm;
- weight of empty apparatus 85 kg.

“Super-yoke”:

Sizes of the installation:

- Length 70 cm;
- Height min 95 cm, max 155 cm;
- Width 135 cm;
- yoke diameter 75 mm;
- weight of empty apparatus 250 kg.

“Dumble”:

Sizes of the installation:

- length 35 cm;
- disks diameter 25 cm;
- handle length 15 cm;
- handle diameter 62 mm;
- weight of empty apparatus 75 kg

“Shield”:

Sizes of the installation:

- lower width 45 cm, upper 55 cm;

- height 75 cm;
- depth 15 cm;
- weight of empty apparatus 180 kg.

“Conan carousel”:

Sizes of the installation:

- length of pipe 550 cm;
- height of tripod 105 cm;
- distance of fixing the beginning of the basket with cargo from the center of tripod 85 cm;
- weight of empty apparatus 80 kg.

“Apollo-axel”:

Sizes of the installation:

- length 200 cm;
- grip diameter 50 mm;
- weight of empty apparatus 15 kg.

“Atlas stones”:

Sizes of the installation:

- diameter 530 mm;
- weight of apparatus 110, 125, 135, 150, 160, 170, 180 kg;
- manufactured of the reinforced cement of 400 make

“Deadlift”

lifting bar with disks that meet the standards of the World Weightlifting Federation (WWF). In order to perform this exercise the athlete should be dressed in long socks (to close the entire leg).

5. OUTFIT

5.1. Athletes competes wearing sleeveless shirts and any clothing that fits the feet.

5.2. Special tights.

The special tights for power-lifting of only those manufacturers who are registered and approved by the Technical Committee of NSF are allowed to be used in the competition. The athlete tights should be solid and manufactured from a material having a single layer. They have to stretch, have the same thickness across the surface, without any additional patches, substrates or bands. Tights

with any seams, overlays and other details, which, according to judges, are inserted solely for the strengthening, are prohibited for the use in competitions. Straps are on the shoulders during the execution of all exercises. Tights must meet the following requirements:

1. a) They can be of any color or colors.
2. b) The tights can have a logo, brand name, country name, name of National or regional (city, etc). Federations (associations), club, sponsor (under separate decision of the federation, under the aegis of which competition is held). The tights or other things of outfit may include the name of the athletes. Offensive signs are prohibited.
3. c) The width of seams and hems should not exceed 3 cm, and thickness – 5 cm. Only tights for power-lifting, which are not supporting, and other tights (for wrestlers, lifters) may have seams wider than 3 cm. The same tights may have a packing (sealing) in the crotch area of the same material, of no more than 12 x 24 cm.
4. d) Seams can be covered or strengthen with a narrow strip of fabric or material, but its width cannot exceed 2 cm and thickness – 5 cm.
5. d) Lower part of the tights shall be no less than 3 cm and no more than 15 cm from the central part to the crotch. The measurement is carried out from the line that passes through the top seam of the crotch to the bottom of its inner part. Lower part of the tights (trouser leg) may be of a maximum length of 25 cm.
6. e) All tights that do not meet the abovementioned requirements shall be prohibited for use in the competitions.
7. e) It is allowed to sew in the tights (special sleeveless shirt) for better clinging, but folds shall be placed along the factory seams.
8. g) Sewing in tights, it is prohibited to thrust under and stitch excess material to the tights. In case of shortening of tights straps, it is preferably to sew them in such a manner that remnants of fabric are placed under the straps and do not stuck on them.
9. g) Athletes-students who participate in competitions of IV level are allowed to wear athletic shorts and t-shirts, provided that this outfit does not help them in carrying out exercises and will not interfere with the judges to assess the attempt.

5.3. Shorts (trunks)

The standard factory bandage or standard factory shorts of trunks type of a mixture of cotton, nylon or polyester (but not swimming trunks containing components of rubber or similar material, except rubberized storage for shorts at the waist) shall be worn under the athlete's suit. Women may also wear plain or sports bra. Underwear that has a supporting effect can be used in training, but not allowed in the competition.

5.4. Socks

It is possible to wear socks.

1. a) They can be of any color or colors and have a factory logo.
2. b) They must be long enough not to touch the bandages that are wrapped around the knee, or knee pads.
3. c) Stockings (tights), which completely cover the legs, tight bandages or hose that are tightly clinging the legs, are strictly prohibited. The length of socks for pulling shall be such as to cover and protect the athlete's leg from the injury by grip during the pulling. They shall be of factory production and shall not touch winding bandages (if they are used).
4. d) The protective cover inside the socks to protect the legs is allowed while performing pulling if when checking the outfit it was decided that it does not help when performing exercises.

5.5. Belt (band)

Participant can use belt. It is worn over the suit.

Materials and construction:

1. a) The belt is made of leather or vinyl, or other similar material that does not stretch, is from one or more layers glued or stitched.
2. b) It should not have extra soft gaskets, fasteners, or any reference material outside or inside the belt.
3. c) Buckle is fixed to one end of the belt by buttons and (or) is stitched.
4. d) The belt buckle can have one or two prongs (forks) or a special lock.
5. e) Loop of the belt tongue is attached to the belt with a buckle by buttons or is sewn to it. The belts with one or two loops for belt tongue that can easily slip are forbidden. The end of the belt, on the part of the tongue, is often of 2/3 length wrapped around the waist of the athlete and fixed with loop that slips. It is forbidden, because in this case the belt reaches 26 mm of thickness. Belt should match the size of the waist of the athlete.
6. f) On the outside of the belt the name of the country, name of the athlete or the name of the club can be written.

Sizes:

1. Width — maximum 10 cm.
2. Thickness in the main part — maximum 13 cm.
3. Inside width of the buckle — maximum 11 cm.
4. Outside width of the buckle maximum — 13 cm.
5. Width of the loop on the belt maximum 5 cm.
6. Distance between the front end of the belt near the buckle and the remote end for the belt tongue — maximum 15 cm.

5.6. Footwear

a) Only sport shoes such as running shoes, special shoes for weightlifting or power-lifting are allowed.

1. b) The shoes with metal prickles or strips are forbidden.
2. c) The sole should be not thicker than 5 cm
3. d) The sole of shoes should be the same height on both lateral sides.
4. d) Thickness of internal insoles, if they are not part of factory made shoes, cannot exceed 1 cm.

5.7. Bandages

It is allowed to use bandages or dressings with elastic factory materials with a layer of polyester, cotton or a combination of medical crepe.

Bandages on the wrists.

- 1) It is possible to use bandages, the length of which does not exceed 1 m, width – 8 cm. Bandages with a loop in which the hand can be moved forward, should be no longer than 50 cm.

- 2) If they use special bandages in the form of a “sleeve”, their length with sticky clips should not exceed 1 m. They also may have a loop for the thumb. During the exercise execution the loop should not be draped over the fingers.
- 3) The width of the winding up from the central part of the wrist upwards – no more than 10 cm, down (on hand) – less than 2 cm. Overall width – less than 12 cm.

Bandages on the knees.

- 1) It is allowed to use bandages of length of 2 m and of width of 8 cm. The knee is bandaged in such a manner that the total length of the winding does not exceed 30 cm. alternatively it is possible to use elastic knee-guards no longer than 20 cm. The knee-guards in the form of sleeves that are used in weightlifting and have a length of 30 cm are also allowed. Combination of bandages and knee-guards is strictly prohibited.
- 2) Bandages shall not touch with socks or tights.
- 3) Bandages can not be used on other parts of the body.

Special bandages.

Only those special bandages of factory production, which are officially registered by NSF (under a separate list) can be used in the strongest man competitions.

Ordinary bandages.

Bandages of medical crepe or ordinary medical bandages and special wristlets do not need permission of MPJ.

Plaster.

- 1) Two layers of plaster may be applied on the thumbs, but they should not be used as a means for lifting the apparatus. The use of medical tape or its equivalent in any part of the body without the express permission of the jury or master judge is not allowed.
- 2) The official physician or medical attendant of the competition may apply plasters, bandages or similar dressing material in place of the injured body of the athlete with the permission of the jury or the master judge.
- 3) If there is no jury at the competitions, master judge has a jurisdiction on the use of plasters and bandages.

5.8. Checking outfit (CO)

5.8.1. Checking of personal outfit can be carried out at any time selected for the competition (can be declared at the technical meeting), but not later than 20 minutes prior to the start of competition in the relevant weight category. If large number of participants is involved in one flow of the competitions, the process of outfit control can start in a 0.5-1 hour before the time prescribed by regulations. For this purpose, the panel of judges of NSF may appoint additional judges.

5.8.2. At least two judges are appointed to perform this procedure. All items shall be checked before they are put on a mark (marked). From this very moment they are allowed to participate at the competition.

5.8.3. Bandages that exceed the permitted length may be shortened during the time allotted for PE. Cutting bandages – duty of the athlete.

5.8.4. Anything is useless if it is dirty or torn (damaged).

5.8.5. Everything is registered by judges in the official protocol of PE. After the end of PE protocol is given to the head of the jury.

5.8.6. If after PE athlete appears on the dais dressed in a thing or using the object, not indicated in the protocol of PE (except those that were accidentally allowed by the judges), he is immediately disqualified and withdrawn from the competition.

5.8.7. All items mentioned previously in the section “outfit” should be checked prior to the competitions, including the mouthpiece (Capua), headbands and etc. to enable the athlete get to the dais with them. Items such as watches, jewelry, sunglasses and women’s toiletries do not need to be checked.

5.8.8. Athletes who wish to wear a sponsor’s logo on the outfit should contact the NSF management for permission. The application must be made at least three months before the announced date of the first competition, and the amount of money stated by the decision of the Executive Committee of NSF shall be paid. After receiving special permission the logo can be used in place agreed with the NSF organization or athlete. Logo can be worn to the end of the calendar year. The fee for the logo shall be paid by one sponsor and one country. Other sponsors, who want to put their logo on the outfit or accessories, shall pay an additional amount of the contribution. NSF reserves the right to refuse from the application of logo, if logo does not meet the aesthetic requirements or the advertisement of this logo leads to disruption of earlier NSF commitments before other partners (TV, organizers of the competitions). NSF reserves the right to make changes in the size of the logo. Athletes –Members of NSF may appear with emblems of regional organizations and clubs of NSF which are collective members of NSF, without paying a fee for this.

5.8.9. Athlete shall submit to judges who test the equipment, the relevant payment receipts.

5.8.10. In case of any doubts about the outfit, the judge shall consult with members of the Panel of Judges of NSF, or in their absence, with a judge of the highest category among the judges who attended the competitions.

5.9. General provisions

5.9.1. It is strictly prohibited to use oil, ointment or other lubricants on the body, suit or personal things.

5.9.2. Baby powder (talc), chalk, liquid chalk, rosin or magnesia can be used on the body of an athlete or his outfit, except for bandages.

5.9.3. The shoe soles that are made from any type of adhesive material are prohibited, the same applies to any adaptations that are overlaps of emery paper, sandpaper and etc. Rosin and magnesia on the shoe soles are also prohibited. Wetting the soles with water is allowed.

5.9.4. Any substances for processing outfit for strongman, except those substances that are regularly used for sterilization are prohibited.

5.9.5. It is prohibited to undress, strap or change the outfit in the field of view of spectators.

5.9.6. It is prohibited to compete in the dirty, lath clothes or to have untidy appearance.

Athlete is obliged:

- 1) Adhere to standards of conduct and ethics at the competitions and beyond;**
- 2) Know and perform the competition rules and regulations thereon;**
- 3) participate in the opening ceremony and awards;**

- 4) Immediately appear to the judges at their request, to fulfill their order on the rules of competition;
- 5) if the competition provided anti-doping control, to be present at the locations of athletes from the date of arrival to the end of competitions;
- 6) Timely appear for doping control, when warned about it;
- 7) To be at the place of competitions of the weight category up to their end, if the athlete finished the competitions earlier.

In accordance with the decision of the MPJ or jury the athletes are eliminated from the competitions and the results are canceled in case of:

- 1) The absence during awarding or premature abandonment of the awarding;
- 2) Repeated violations (after warning) of competition rules, ethics in place of competitions and beyond;
- 3) Refuse to undergo doping control.

6. STRONGMAN EXERCICES AND RULES OF THEIR EXECUTION

6.1. Participants will take part in all 5-7 types (types are selected by the organizer from the list of events approved by the Federation), according to the scheduled event. Competitions are held 1-2 days, according to the schedule.

6.2. “Farmer’s walk”

This is a pair or individual event for the time or distance. The athlete must carry two special apparatus (suitcases) along the defined route. If the athlete can not go the full distance, the result will be determined according to the passed distance.

Weight 100, 120, 130,140, 150 or 175 kg, not more.

Time limit: 90 seconds. Distance up to 60 m. Use of straps is not allowed.

6.3. “Log-lift”

Athletes raise a log of certain diameter with handles adapted to the number of times – repetition or weight. Starting weight – 110 kg. The athlete has to lift the log from a platform on his chest by any method that he selects himself. Then the athlete pushes or squeezes the log overhead on outstretched hands and fixes to the time of the referee’s signal (2 sec). Knees of the athlete should be bent when lifting, but at the end of exercises legs should be straight, feet still in line. Then the log should be put to the ground, not thrown.

1 variant. If lifting is for the weight, the athlete makes 5 sets with the ability to pass the weight.

2 variant. In exercise of grasping for repetition it is allowed to put the log on the chest and continue execution of such a position.

3 variant. If the repetition is exercised on the ground, the athlete should not take his hands off the log at all.

Time limit: 60 seconds.

- “Viking-press”

Athletes raise a special loaded platform fixed on the one side, for the number of times – repetitions. By direction of a judge, an athlete comes to the apparatus, stands on the line, removes the platform

with the handles from the stand and begins to press from his chest. The athlete presses the weight overhead on outstretched hands and fixes to the time of the referee's signal (2 sec). Knees of the athlete should be bent when lifting, but at the end of exercises legs should be straight, feet still in line. Next athlete puts weight on his chest and continues repetition of the position to the maximum number of times.

Weight – up to 140 kg. Time limit – 90 seconds.

6.5. “Hold”

This is exercise for the time. The athlete is standing by pulling hands apart at the level of shoulders, and squeezes the handles which are connected to the apparatus (e.g. to cars) by the chain, one on each side by his wrists. Apparatus are located on inclined planes. When an athlete has taken the position, the judge gives the first signal (Prepare!/Push!). The athlete gives a sign that he is ready, the judge gives the signal to release the apparatus (remove the car with brakes) and timing out starts. Referee report on completion of execution, when the athlete is unable to maintain leverages and dropped them out. There is no limitation of time and the athlete holds weight as long as he can.

6.6. “Tire flip”

This is exercise for the time or number of throwing over (at least four). There is a large tractor tire before the athlete in an upright position at the starting line. At a signal of the judge the athlete pushes the tire forward to the ground and then flips the tire toward the finish line or by the number of times until it reaches the finish line (tire shall be in a horizontal position rather than in vertical). Athletes, who could not flip the tire to the finish line, have the results of the number of flips or passed distance.

Weight – up to 400 kg.

Distance – up to 25 m

Time limit – 90 seconds.

6.7. “Crucifix”

This is exercise for the time. Athletes are standing, by clutching the back and seat to the board that is behind, and extending hands to the sides, hold two levers (apparatus) by the handles – one in each hand. Hands are pressed to the horizontal plates. Two assistants help the athlete to take starting position. Athlete, nodding, gives a sign of his readiness, the judge gives the signal to put the apparatus away and timing out starts. Feet of the athlete should be straight, hands should be above the horizontal line and not bent at the elbows (position of hands depends on equipment). Referee stops when an athlete puts his hands away from the plates, tears off his back or seat of the board.

Objects for holding are determined by the organizers themselves.

Weight: 16 kg or 21 kg

- “Arm over arm”

This is exercise for the time. Athletes will sit behind a special shield and as directed by the judge, take a rope attached to the vehicle. After the starting signal, the athlete stretches the rope and being in the sitting position with his feet against a shield, takes his hands on the rope trying to pull vehicles over the finish line. The athlete must remain in a sitting position, throughout the pulling. Time will be recorded when the “front” part of the vehicle will cross the finish line. If the athlete was unable to complete the pulling, the result is determined according to the distance that the vehicle has passed. Distance – up to 30 m

Time limit – 90 seconds.

6.8. “Truck-pull”

This is exercise for the time. The special rides are used for pulling. The athlete puts on harness or special straps before the attempt attached to the transport vehicle. Assistants stretch the rope, fixed near the finish line. The athlete takes a rope, signaling of his readiness. After the starting signal of the judge the assistants release the rope. Using the rope for pulling athlete takes his hands on the rope trying to pull the vehicle to the finish line. Time will be recorded when the “front” part of the vehicle will cross the finish line. If the athlete was unable to complete the pulling, the result is determined according to the distance that the vehicle has passed.

Distance – up to 30 m.

Time limit – 90 seconds.

6.9. “Super yoke”

This is exercise for the time. Apparatus in the form of yoke – two levers with cargo that are height adjustable, mounted on the crossbar. Crossbar with the levers is placed on the shoulders of an athlete. The apparatus should be in advance fit under the height of the athlete. After starting signal the athlete carries the weight as quickly as possible to the finish line. Stopovers are allowed.

Weight – up to 360 kg.

Distance – up to 30 m.

Time limit – 90 seconds.

6.10. “Weight for height”

Objective – to throw the apparatus over crossbar (syinka), which height increases with each subsequent round. The athlete selects throws the load (beer keg, weight of special form) with both hands (weight is thrown with one hand), previously swinging the arms before trying. The initial height – 3 feet – is scoring and who did not overcome it, is withdrawn from the exercise execution. Athletes perform 5 sets, having the right to pass certain height, given notice to the referee about this. After each attempt athlete orders a new height. Two consecutive unsuccessful attempts make an athlete to go out of the fight. Level of the height increase – 10 cm. In case of the same height, one athlete who used fewer throws wins. Be very careful when the apparatus falls on the ground. Min. height – 3m.

Weight – 25 kg.

Time limit – 60 seconds.

6.11. “Conan carousel”

The load is attached to the metal pole, which freely rotates around a similar to the gates basis, and is attached thereto at one end. Athlete supports the other end (along with the load) in the bent arms (elbows bent). After the signal athlete lifts the pole with a load and has to take it as far as it is possible, without putting down. Trajectory of the movements forms a circle as the apparatus allows it. The place to which the load is transferred is marked. Each athlete must carry load in the same direction.

Weight load 300-400 kg, depending on the placement of the load on pole.

Length of the pole – 3-4 m.

Time limit – 90 seconds.

6.12. “Deadlift”

The athlete should stand facing the front part of the platform. Rod is placed horizontally before the feet of the athlete. The athlete takes grip in an arbitrary way with both hands and lifts it up while he does not take the vertical position (is exercised only in classical style). At the end of the rod lifting the knees should be completely straight, shoulders back. With the signal of the judge the athlete has to lift weight until the knees are straight, feet still in line, body straight and straightened, hips forward. By direction of a judge “down”, weight is lowered to the ground.

1 variant. Weight will increase for each stage, and attempts will be recorded after lifting. Athletes perform 5 sets, with the possibility to pass weight lifting, given notice to the judge in advance. After each attempt the athlete orders a new weight. Time limit – 60 seconds for each lifting, during which the number of attempts is unlimited. The one who raised the largest weight wins. In the event of the same results, those athletes who have used less attempts will be leaders. If still the result is the same, points will be divided

2 variant Weight will be increased for each round and attempts will be recorded after lifting. Level of the weight increase – 10 kg. Athletes are participating in all sets. Time is limited – 60 seconds for each lifting, during which the number of attempts is unlimited. The one who raised the largest weight wins.

3 variant. Pulling load with repetitions. Time limit – 60 seconds. The one, who performed the largest number of repetitions wins. Straps are allowed.

4 variant. Pulling load and maintenance. This is exercise for the time. Athlete carries out load pulling, rectifies and tries to keep the weight as long as possible in such a position. The judge begins the countdown only after the athlete purely performed the pulling. Timing stops when the athlete cannot keep load – dropped it down or did not hold the straight posture. Straps are not allowed.

“Super-suit” is allowed.

Starting weight – 250 kg.

6.13. “Power stairs”

Three loads of 150 to 275 kg (for example, 175 kg, 225 kg, 275 kg) should be raised 5 stairs up and all put to the upper platform. The first weight must be lifted up before the second to be raised, and accordingly – the third after the second. On the top platform scales shall be placed so that they are not on edge and not shifted. Points are awarded according to the principles “who soon” or “number” of weights and steps is taken into account.

Time limit-120 sec.

6.14. “Shield”

1 variant. Weight 200 kg. This is exercise for the time. Load with attached handles will be carried in hands (between legs) at a distance of 50 m in the shortest period of time. The load can be lowered. If the athlete did not take the weight to the finish line during the limited time – 90 seconds – the result is determined due to the passed distance. Straps are not allowed.

2 variant. Weight 175 kg. Flat metallic box (flat load made in the form of contours of the country where the tournament is held, without handles on the sides) is removed by the athlete after start signal from the base and is carried away in front of the athlete as far as possible. Time is unlimited.

6.15. “Atlas stones”

Round stones are raised in order of increasing weight on the platform (in barrels or pedestals that stand apart) for the less time. Stones should be placed in front of them on the identified places, consistency shall be preserved – from light to heavier.

Time will be recorded when the stone is laid (not thrown) in place, and it stayed there (did not fall). The athlete, who coped with all the stones, obtains his result under the spent time. Therefore, athlete who is not within the time limit, obtains the points according to the spent time per the number of correctly placed stones.

Weight of stones – from 110 kg to 180 kg.

Number of stones – 4-5 pcs.

Time limit – 120 seconds.

6.16. “Wheelbarrow”

This is exercise for the time. The vehicle (car, wheelbarrow, etc.) should be attached the handle behind so that when lifting the handle, the rear wheels are taken away from the earth. At a signal of the judge the athlete lifts the handles and vehicle and pushes it to the finish. If the weight is lowered to the ground, it can be lifted and pushed on to finish in the same place within a limit of time. Rear wheels must be on the brakes that they are not rolled in contact with the surface. Movement forward by rear wheels is prohibited. Places will be determined by the time of passing the distance, then places are determined by length of distance covered within a set time limit. Time is fixed at the finish, when the front part of the vehicle will cross the line, and the passed distance is measured from the starting line to a point on the earth, which is in line with the front part of the vehicle.

Straps are not allowed.

“Super-suit” is allowed.

Distance – up to 25 m.

Time limit – 90 seconds.

6.17. “Apollo-axel”

This is the grasp of the barbell with repetitions (a copy of the complex Luis Uni): grip of thickness of 5 cm and with two wheels still attached to the grip. The athlete must lift the barbell over his head in any way, squeeze the barbell overhead on outstretched arms and lock to the signal of the judge (2

sec). Knees of the athlete should be bent lifting, but at the finish legs should be straight, feet still in line. Later barbell falls to the ground. And then the athlete performs the same repetition.

Time limit – 120 seconds.

Weight of barbell – up to 165 kg.

Diameter of wheels – 33 cm.

6.18. “Squats”

Squats can take place using barbell, a special machine with platform, specific platform which raises the car. Squats can be both by weight and by repetition.

For a successful attempt, the athlete must perform parallel squats (with certain positions of the legs), bending and then straightening legs to raise the platform. At a signal of the judge, the platform is lowered. Insurance equipment is slightly below the full squat position.

1 variant. If squats are made by weight, then it increases for each round, and attempts are admitted for a raised weight. Athletes perform five attempts with the possibility of crossing weight, given previous notice to the judge. After each attempt the athlete orders a new weight. The result of two alternating failures – stop of further fighting. Time is limited – 60 seconds for each lifting, during which the number of attempts is unlimited. The one who raised the heaviest weight wins. In the event of the same results, those athletes who have fewer attempts will be placed higher. In the case of similar results, points will be divided.

2 variant. If squats are made by repetition the one who made the greatest number of repetitions wins. Time limit – 90 seconds.

6.19. “Dumble”

Lifting large weights overhead. First athlete takes the dumbbell located on the platform with two hands and raises it to his shoulder. Then using one hand the athlete shall push the dumbbell over his head and secure it in the top position (2 sec.). Knees can be bent when lifting, but at the finish feet should be straight, feet still in line. The athlete who raised the dumbbell the largest number is the winner.

Weight of apparatus – 75-95 kg;

Time limit – 90 seconds.

6.20. “Mass-wrestling”

Athletes sit on mats, legs pushing against the point-blank against each other. At the signal of a judge “Get” the athletes take the wooden stick (length 50 cm and a diameter of 5 cm) by both hands, at the signal of a judge “Start” they are trying to pull the contestant to their part of the mat with the help of force of back and legs. Pulling the contestant to their part of the mat or deflation of sticks by the contestant is suggested to be the victory. Pool (fight) goes to two victories. Abrupt movements by pulling stick from the hands of an opponent are prohibited.

7. WEIGHING

7.1. Weighing of the participants should take place not earlier than two hours before the time of the competition in the relevant weight category/categories. All athletes must go through the weighing

carried out in the presence of two or three appointed judges. If necessary weight categories may be combined into a competitive flow.

7.2. In order to establish the procedure of weighing draw should be conducted. When the draw was conducted in advance, it is held before weighing. Draw also provides the order of athletes at the competition.

7.3. Weighing takes half an hour.

7.4. Weighing of each participant is held in a room with closed doors, where the athlete, coach or his representative and two (three) judges are situated. From hygienic reasons standing athlete shall be wearing socks or he shall have a paper towel to cover platform of scales.

7.5. Athletes may be weighed naked or in underwear, that is properly and does not change much the weight of the athlete. If there is a question of weighing without underwear weighing may be reappointed.

7.6. Each athlete can be weighed only once. Re-weighting is allowed only to the athletes whose own weight is more or less of the limit category. They should go back to weighing and pass it within 1.5 hours, or they will not be allowed to compete in this weight category. Athlete could weigh again only after all members of this weight category will be weighed in the course of draw. Athletes who try to adjust their weight may be weighed again several times, but within the time allocated for weighing, and through the draw. Athlete can be weighed and after the half an hour expired, but only in the case when he appeared on the re-weighting in time, but because of the large number of athletes who are trying to adjust the weight, he cannot stand on the scales. The judges could allow him to weigh, but only once. Participant's own weight, which is fixed on the weighing, cannot be declared as long as all participants will be weighed. If the athlete has not passed weighing procedure in the weight category in which he was claimed, he may be not allowed to participate in competitions in more heavy weight category, including and in the process of weighing, but only in individual trial for competition.

7.7. The athlete should perform in the weight category that corresponds to his weight. However, each athlete has the right to move to a lighter or heavier category than previously ordered. Wanting to use this right, he must personally apply to the master judge in the weighing room at least 10 minutes before weighing in weight category, which he ultimately chose for himself. Desiring to move to a heavier category, he should inform the master judge of the category (lighter), which he selected initially, at least 10 minutes prior to the weighting to remove him from the list of participants in this category. If a new category for athletes is divided into groups, he is automatically included in the first (weaker) group.

8. PANEL OF JUDGES

8.1. Duties of members of the panel of judges

8.1.1. Panel of judges of the nationwide competition is completed by the Panel of Judges of the FPU and is approved by the presidium of NSF no later than 30 days before the event.

8.1.2. Judges who are called for refereeing must be members of NSF, have a copy of the rules and form provided by the organizers.

Judges shall be on-site of the competition from the beginning to the end.

8.1.3. The competition of the 4th VI rank may involve the judges who have no category of the judge.

8.1.4. Judges who came to the competition prior to the technical meeting, pass the registration and verification of presence of judge attributes (form, etc.).

8.1.5. Judges must thoroughly know the rules and regulations on competition, be able to use them, and be objective and principled in their decisions.

8.1.6. The presence of the judges on the judge seminars and daily meetings of the judges – is required.

8.1.7. The composition of judging panel for every day in separate weight categories (or flows) is appointed by the Chairman of PJ, or the master judge of the competition or his deputy.

8.1.8. The panel of judges is composed of judges who have permanent or temporary positions:

- 1. a) The permanent judges are master judge and his deputies, chief secretary and his deputies, judges of the award and of doping control.**
- 2. b) temporary judges positions (to judge competitions of separate flow) are members of the jury, a judge on the platform, the competition secretary and his assistants, referee-informant, referee-timekeeper, judge on reserve record (information board), technical manager, assistants.**

8.1.9 Substitution of judge on the reserve may be realized: because of his disease in case of a poor score for the work of judge, if an athlete's record weight was satisfied (if his judicial category does not comply with rules.

8.1.10. Master judge is responsible for establishing the weight. He can use a table of setting the weight, which also has to be in the senior assistant and on the table of the jury.

8.1.11. If the judge doubts whether the attempt was successful, his score should be in favor of the athlete.

8.1.12. Judges, jury members and assistants who are at the competition, should not eat, drink and use chewing gum. Jurors may take soft drinks.

8.1.13. Mobile phones of judges, assistants and members of the jury must be off during working hours.

8.2. Main panel of judges (MPJ)

8.2.1. The structure of MPJ includes: Chairman of the PJ, master judge, his deputies, chief secretary and his deputies. Chairman of the PJ is the President of the PJ.

8.2.2. The master judge and the chief secretary arrive at the place of competition one day prior to the day of arrival of participants and referees.

8.2.3. MPJ members are entitled to:

- 1. a) amend the schedule;**
- 2. b) delay the beginning of the competition or cancel it completely, if medical personnel is absent, outfit and installations are not ready for competition or out of order;**
- 3. c) Remove the athletes, agents, coaches, referees from competition through their violation of regulatory provisions and rules.**

8.2.4. Members of the MPJ cannot change provision on competition.

8.3. Jury

8.3.1. Control over refereeing of the competitions of I-III I-V ranks in a separate flow from the beginning to the end up to the procedure of awarding is realized by the jury.

8.3.2. The jury is composed of judges of international or national categories (competitions of III-IV V-VI ranks – the first category). Chairman of the jury may be President of the PJ or PJ member, or master judge of the competition, or the most experienced judge among the jury members.

8.3.3. The jury is composed of three judges from different regions (does not apply to the President of the PJ of NSF).

8.3.4. The function of the jury – to enforce the technical rules.

8.3.5. During the competition jury by the majority of votes can dismiss any judge, if his decision is incompetent. The judge should be warned about dismissal.

8.3.6. Decision of judges cannot be put under question, although errors in judging may be allowed. In this case, the judge shall give an explanation for his decision, subject to notification.

8.3.7. If objection was submitted against the judge actions, the judge may be informed about this. The jury shall not put pressure on judges without need.

8.3.8. If a serious mistake has been made during judging, which contradicts the rules, the jury may take appropriate actions to correct the mistake and give athletes an extra attempt.

8.3.9. Only exceptionally, the jury by majority of votes can change the judicial decision, after consultation with judges, if a serious mistake has been made during judging.

8.3.10. Jury members are placed close to the competitive ground so that they can freely see the progress of events. Only jury members are present at the table. Table of the jury must be equipped with a microphone. The jury disposes of: a letter of appointment of judges, the table of records, lineups of flow.

8.3.11. Before the competition the jury chairman should ensure that all members of the jury are fully aware of their duties and any changes or additions in the amended rules.

8.3.12. Selection of athletes for doping control may be carried out by jury by drawing.

8.3.13. If the competition is accompanied by music, the jury determines the volume of sound.

8.3.14. After the competition in the weight category (flow), the chairman of the jury signs a participant's card. Jury members sign a protocol with the judge's points. Chairman of the jury exposes the points to scoring paper.

8.4. Master Judge and his deputies

8.4.1. The master judge is responsible for the quality of the competition and judging before the organization conducting the competition and before the FSU (regional branches of FSU).

8.4.2. Responsibilities of the Chief Justice before the competition:

1. a) readiness of the places of competition, ancillary facilities, outfit and installations;
2. b) the technical meeting of the panel of judges with representatives, coaches;

For holding the technical meeting the master judge shall:

1. a) prepare a suitable place for a technical meeting;
2. b) to make a list of judges together with the President of PJ;
3. c) to determine together with the President of PJ at the technical meeting the composition of judges and jury on the first day of competition, others may be approved later; information about this should be in the information sheet on the information board.

After the technical meeting of the master judge shall:

1. a) place information about the appointment of judges on the information board;
2. b) to instruct the doctor of competitions, assistants, and staff.

8.4.3. Duties of the master judge during the competition:

1. a) to approve the composition of the judging panels together with the President of PJ;
2. b) to hold each day after the competition the meetings of representatives, coaches and judges in order to approve the results of the competition.

8.4.4. The duty of the master judge (President of PJ) after the competition is to prepare a report on the competitions and transfer it (within 3-days) to NSF and sporting institution that held competitions.

8.4.5. In the absence of the master judge his duties are performed by one of his deputies (usually 2-3 persons).

8.5. Executive Director

8.5.1. The Executive Director is obligatory appointed at the competitions of I-II I-IV grades, at other competitions – by agreement. Its functions can be performed by the master judge of competitions. The Executive Director is responsible for the technical and organizational support for the competition.

8.5.2. Technical checklist

Technical checklist should be completed by the Executive Director.

This checklist should be sent to the Secretary General of NSF, and a copy – to the President of the panel of Judges of NSF.

The requirements listed below which the Executive Director shall perform at the competition, are minimal. In case of difficulties with the implementation of these requirements, the organizer shall be informed of them by the Secretary General and the President of the panel of Judges of NSF before the invitation for the competition will be sent.

Place of holding competition

The place of holding competition should have enough space to accommodate the audience and participants. The platform should have enough space for judges, jury, dais and etc. If there is no enough space on the platform, then the jury and the judges may be located near the ground, but in a convenient place for inspection.

Board (screen) to show progress of the competitions (double-log) should be on the side of the platform, but not behind. Installations, on which the competitions will be held, must be approved by the NSF.

Weighing room

The weighing room shall have:

a) Checked scales, certificate on the scales;

1. b) a table and chairs for judges.

Chief Secretary of competitions or his deputy sends the master judge an envelope with a participants' cards, cards of applications, protocol of checking the outfit, protocol of assistants, lineups, the list of manufacturers of outfit, products of which are allowed to be used at the competitions by NSF.

Room for checking outfit (preferably)

The room shall have: a table and chairs for judges, chairs for athletes.

Locker room for athletes

It shall comply with the generally accepted standards.

Doctor's room (presence of the doctor is obligatory)

Room of masseur-chiropractor (preferably)

Room of doping control

The room shall have:

1. a) drinks (water, etc.) in sealed form;
2. b) a table and chairs for persons who carry out testing;
3. c) chairs for athletes who are waiting for testing;
4. d) a refrigerator for storing samples.

Office of the competitions

The office shall have the following equipment:

1. a) Xerox;
2. b) computer and printer;
3. c) sufficient paper for printing and reproduction;
4. d) Sufficient number of required documentation for the competition.

Officials

The Executive Director shall appoint agents in sufficient quantities to ensure effective operation.

List of officials:

1. a) Judge of the awards ceremony;
2. b) Judge – time keeper;
3. c) Assistants.

Organizer (Executive Director) shall confirm (in the abovementioned paragraphs) readiness to competitions and provide the Technical Secretary of FSU no later than 6 months (for the national competition under single order) prior to the event, the following document:

I,, confirm, that the abovementioned requirements will be fulfilled by me during the competitions

.....

Signature of the organizer. Date.

Address..... Tel..... Fax.

8.6. Chief Secretary and its deputies (assistants)

8.6.1. The chief secretary is under the direction of the master judge and performs the following duties:

1. a) participates in the work of Credentials Committee;
2. b) prepares, processes and distributes judges documentation;
3. c) instructs and supervises the competition secretaries and staff of the secretariat;
4. d) controls the quality of protocols making at the competitions and conducting calculations of team results;
5. e) provides information on the progress of the competition to the judge-informant, team officials, media representatives;
6. f) draws instruments of the set world and African records, preparing materials for a report on the competitions, approves extracts from the protocols by its signature;
7. g) Before the competition in each weight category he prepares copies of the initial reports and letter of appointment of judges for the jury.

8. g) completes the list of all invited participants in each weight category, manufactures and distributes copies to all master judges in the envelope along with other required documents and protocols;

8.6.2. The chief secretary works with judge documents, which are conventionally divided into preparatory, main and final.

The preparatory documents include: provision on competition, registered applications, and statements of representatives of teams or athletes, athletes' personal cards (participation card), table of evaluation of team results, competition rules.

The main documents include: protocol of the draw, working protocol of competitions, certificates of the doctor, sports classification, and the table of records, written objections and decisions on them.

The final documents, respectively, include: acts of records, extracts from protocols, final protocol of the competition, the report of the master judge of the competition, the report of the doctor of competition.

8.6.3. Duties of the deputies (assistants) of chief secretary in each case are defined by the chief secretary himself.

8.7. Judges at the ground

8.7.1. The composition of judges at the ground includes: master judge and two judges who have equal rights on the assessment of attempts of athletes.

8.7.2. Judges at the ground shall: weigh athletes of the flow in which they perform judging, conduct verification of outfit, evaluate the accuracy of competitive exercises during the judging on the platform, and watch the correct setting of weight.

8.7.3. Additional duties of master judge include: control for the properly set weight, for the outfit of the participants, the order at the ground and near it, management of assistant at the dais during the competitions.

8.8. Secretary of the competitions and its assistant

9.8.1. Duties of the secretary:

1. a) Prior to the competition in the weight category (flow) to obtain from the secretariat the completed participants' cards, table of records, start (working) protocols.
2. b) Immediately after the fulfillment of weighing procedures to transfer participants' cards to computer Secretary to enter information into computer
3. c) To maintain competition in accordance with applicable rules of competition, declaring the weight of the next attempt and last name of the athlete. When the weight is set, the master judge notifies this to the Secretary, who, in turn, immediately declares that the weight is set, and calls the athlete, who must perform again, and the following two athletes who are preparing.
4. d) After the competitions in the flow to process cards, working protocol, submit them to the judge at the ground, senior judge, jury chairman and to sign the same himself and to submit documentation to the chief secretary.

8.8.2. The assistant of the secretary shall obtain from the secretary the working protocol of the competitions on the flow, keep it neat, take cards of the attempts ordering from the participants or coaches, enter the ordered weight into the protocol and transfer them to the secretary.

8.10. Judge-informant

8.9.1. For more interesting holding of the competition judge informant who informs the audience, judges, participants and coaches on the program, course of competitions, records, intermediate and final results of athletes, awarding winners of competitions during the award procedure, as well as on the persons who conduct it may be appointed. Judge informant is appointed from persons who are fluent in other languages, with speaker's capabilities.

8.9.2. Announcements of the judge informant should not interfere with the work of secretary or athletes.

8.12. Technical manager

Technical Manager (TM) is appointed from among experienced judges. His responsibilities include participation in the procedure for inspection of outfit, enforcement of the order in the warming-up hall, in the place of training of competition participants to enter the platform. TM controls access to the platform of the athlete, which is called, and the use of the outfit that has been verified. Before going to record weight athlete must necessarily submit to TM reviews those items of outfit that he intends to use during the set.

8.13. Judges-assistants

Judges-assistants are responsible for timely preparation of equipment for competitive attempt of the athletes, perform assembly/disassembly of the ground.

8.14. General requirements

8.14.1. During the exercise execution only athletes, assistants and judges have the right to stand on a platform. Coaches remain within the space designated for them by MPJ.

8.14.2. Weight of the apparatus should be announced in kilograms. The minimum increase in weight – 0.5 kg.

8.14.3. Responsibility for the decisions taken in case of mistakes in the setting the apparatus weight or the wrong announcement made by the secretary is solely born by the master judge. His decision is informed to the secretary who provides an appropriate announcement.

8.14.4. If during the warming-up or the competition, the athlete complains of injury or his health is endangered, the doctor on duty has the right to examine the athlete. If the doctor believes that the athlete should not continue the competition, he should tell his opinion to the jury and the representative of the team. The doctor shall give evidence before the elimination (remove) of the athlete from the competition.

8.14.5. Any athlete or coach who violates the order at the competition ground, leading to discrediting of the sport, have to be officially informed. If the violation continues, the jury, and in his absence – the judges may disqualify the athlete or coach and get them to leave the competition. The representative of the team shall be officially informed of the warning and disqualification.

8.14.6. Jury and judges have the right to immediately disqualify an athlete, if they find that there was a serious violation of the rules. The representative of the team should be immediately informed about this.

8.14.7. During the competitions any objections against the judge decisions, complaints relating to the course of the competition or against any persons involved in the competition shall be submitted to the jury in writing. Objection or complaint shall be notified to the chairman of the jury by the

representative (coach) of the team. This should be done immediately after the action, under which the objection or the complaints are filed.

8.14.8. If necessary, the jury may terminate the competition and consider the application for rendering a decision. After considering and reaching a verdict the chairman informs about it by the majority of votes of the jury. Jury verdict is final and does not give the right to apply with an appeal to another body. Pending competitions are resumed after the next athlete is given 3 minutes for preparation. If the complaint is directed against an athlete or team official, the deposit is paid (amount is determined by separate provision). When the verdict is rendered the jury shall take into account the content of the statement: if it foolish or malicious, the entire amount or part thereof shall be entered by the jury to the account of FSU (regional branch).

9. RECORDS

If an athlete shows a record achievement in one of the standard exercises, the protocol of the competition along with all the appropriate signatures with the videotape of the exercise execution is sent to the Technical Committee of the NSF, which shall within a 30-day period give a definitive answer on approval or refusal in the registration of the record.