



LOS ANGELES May 21-22, 2022



The 2022 Odd Haugen Strength Classic
All-American Strongman Challenge
All-American MAS Wrestling
All-American Armlifting



Los Angeles Convention Center - South Halls

Saturday, May 21 | 10am - 5pm
Sunday, May 22 | 10am - 5pm

The 2022 All-American Strongman Challenge is a Strongman Corporation **PLATINUM PLUS** contest OPEN to all qualified member athletes. **Winner*** in each division INITIALLY offered will qualify for the **Arnold Amateur World Championships**. **The top three athletes**** in each Weight Class will qualify for **the 2022 National Championship**. Weight Divisions are: **Light Weight**





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Women (LWW) -140lb Weight Class; **Middle Weight Woman** (MWW) - 180lb Weight Class; **Heavy Weight Women Division** (HWW) 181lb and above Weight Class; **Light Weight Men** (LWM) -175lb Weight Class; **Welter Weight Men** (WWM) – 200lb Weight Class; **Middle Weight Men** (MWM) -231lb Weight Class; **Heavy Weight Men** (HWM) -265lb Weight Class; and **Super Heavy Weight Men** 265lb and above Weight Class.

* The first place in each Weight Division INITIALLY offered will qualify for the Arnold Amateur World Championships. If the minimum of 10 athletes in a Division is not met, the winning athlete in that Weight Division will not qualify for the Arnold.

* *There must be a minimum of 5 athletes in a Weight Class for the top 3 athletes to qualify for Nationals. Weight classes will be combined into Light Weight, Middle Weight and Heavy Weight if there not enough participation in individual Weight Classes.

Entry Fee: Early \$80.00 (by 12/31/2021); \$100 (by 4/30/2022); and late entry \$120 payable with entry form at: <https://www.oddehaugen.com/2022-odd-haugen-strength-classic-la-fitexpo-registration/>

ENTRY DEADLINE: April 30, 2022

Hotel Information:

<https://thefitexpo.com/city/los-angeles/attendees/hotels/>

The Challenge will be contested over six (6) Disciplines of which all count towards OVERALL STANDING. Athletes' order in all the Disciplines where applicable are determined by reverse order of received entry forms and entry fee and announced at the Athletes' Rules Meeting prior to the commencement of the contest. The order in FINAL Discipline shall be the reverse order of OVERALL standing. Ties in the overall standing shall be broken by finish in previous Discipline. If discipline is contested in pairs or groups, the "lane" assignments must be uniformly applied "odd" in left lane, "even" in right lane to all the pairs. No powerlifting suit or straps allowed in any discipline.

Scoring:

Timed Disciplines shall be hand timed, and distances shall be measured by standard measuring tapes or measuring wheel. The score in a Discipline will equal the placement in the contest, i.e. first place finisher receives one (1) point. If an Athlete pass on a Discipline or fail to get a measurable result in a Discipline, he will receive max points (for example 16 points if there's a total of 15 competitors in a weight division) i.e. fails to get one repetition in a Discipline for maximum repetitions, fails to lift the opening weight in a max lift, pass on a discipline etc. Ties for purpose of determining overall score will share points. Example: Two-way tie for FIRST in a discipline each will receive 1.5 point; and next athlete will receive 3 points (3rd).





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Saturday						
	LW women (LWW)	MW women (MWW)	HW women (HWW)	LW men (LWM)	MW men (MWM1&2)	HW men (HWM)
(1) Farmers Carry for MAX Distance	155lb	185lb	205lb	245lb	275lb/125kg	297lb/135kg
	LW women (LWW)	MW women (MWW)	HW women (HWW)			
(2a) Overhead Medley Women Only						
Dumbbells	66lb (blue)	dB 75lb (Rogue)	88lb (Giant)			
Small Mouser Block	Block ~100lb	Block ~120lb	Block ~140lb			
10' Log (press away)	Log 130lb	Log 160lb	Log 180lb			
				LW men (LWM)	MW men (MWM1&2)	HW men (HWM)
(2b) Log Ladder Men Only						
12" BeastMetal Log (180lb)				200lb	220lb	230lb
14" Maui Log (200lb)				220lb	240lb	250lb
12" PowerLift Log (210lb)				240lb	260lb	280lb
12" IFSA Log (231lb)				264lb/120kg	286lb/130kg	297lb/135kg
	LW women (LWW)	MW women (MWW)	HW women (HWW)	LW men (LWM)	MW men (MWM1&2)	HW men (HWM)
(3) Bavarian Deadlift	LMS Max	LMS Max	LMS Max	LMS Max	LMS Max	LMS Max
	LW women (LWW)	MW women (MWW)	HW women (HWW)	LW men (LWM)	MW men (MWM1&2)	HW men (HWM)
(4) Combat MAS: Prelim. Rounds	Tournament style	Tournament style	Tournament style	Tournament style	Tournament style	Tournament style
Sunday						
	LW women (LWW)	MW women (MWW)	HW women (HWW)	LW men (LWM)	MW men (MWM1&2)	HW men (HWM)
(5) DOH Apollon Axle	LMS Max	LMS Max	LMS Max	LMS Max	LMS Max	LMS Max
	LW women (LWW)	MW women (MWW)	HW women (HWW)	LW men (LWM)	MW men (MWM1&2)	HW men (HWM)
(6) Rogue Bags over BAR						
Women over 12' Bar	20; 25; 30; 35lb	25; 30; 35; 40lb	30; 35; 40; 45lb			
Men over 15' Bar				25; 30; 35; 40lb	30; 35; 40; 45lb	35; 40; 45; 50lb
	LW women (LWW)	MW women (MWW)	HW women (HWW)	LW men (LWM)	MW men (MWM1&2)	HW men (HWM)
(4b) Combat MAS: FINAL Rounds	Tournament style	Tournament style	Tournament style	Tournament style	Tournament style	Tournament style

Friday May 20. 2022

2PM –5 PM Weigh-in and check in and Strongman Corporation/MAS Registration

Saturday May 21. 2022

- 8:00AM** – Late weigh-in and check in and Strongman Corporation/MAS Registration.
- 9:30AM** - **Rules Meeting:** Athletes and officials
- 10:00AM** – **Farmers Carry for MAX Distance (All-American Strongman-1)** The athletes, competing in pairs will each attempt to lift and carry a pair of Farmers implements (see weight chart above) for 50 feet; return for 50 feet etc. Set-down and safety zone at start and each turn. No set downs allowed other than in safety zones. Furthest distance within 2-minute time limit wins.
- 11:00AM** – **Overhead Medley (All-American Strongman-2a Women Only)** The athletes will attempt to clean and press/jerk overhead a Circus Dumbbell; a Mouser Block, a Log (see weight chart above) Press away on Log. Athletes will have 60 seconds time limit to complete as many lifts as possible. Most reps wins.
- 11:30AM** – **Log Ladder (All-American Strongman-2b Men Only)** The athletes will attempt to clean and press/jerk overhead 4 logs of different size and weight, with press away on last Log. (see weight chart above). Athlete will have 60 seconds time limit to complete as many lifts as possible. Most reps wins.





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1:00PM - Bavarian Deadlift (All-American Strongman-3)

The athletes will attempt to deadlift a weight attached to short bar right above toe level to full lockout. Hitching is allowed! NO lifting suit or straps allowed! Last Man Standing format, rising bar, 4 attempts maximum. Starting weight will be 100kg, and weight will increase in fixed interval thereafter. Athlete has 60 seconds to complete an attempt.

2:00PM - Combat MAS™: All-American Championship (Strongman-6 and MAS Prelims)

Athletes in each weight division will compete in double elimination type tournament based on random draw. Each match is best two of three bouts. The overall standing is scored identical to all other disciplines contested. *This discipline counts towards overall score as well as the All-American MAS Wrestling Championship.*

4PM –5 PM Weigh-in and check in Armlifting

Sunday May 22, 2021

8:30AM – Late weigh-in and check in Armlifting

9:30AM - Rules Meeting: Athletes and officials

10:00AM - Double Overhand Apollon's Axle™ Deadlift (All American Strongman-5/Armlifting)

The athletes will each attempt to deadlift the IronMind Apollon's Axle™ loaded with standard plates, starting weight will be appropriate for weight division and increasing in no less than 5kg/10kg0 increments (each athlete has maximum of 4 attempts) till there is ONE MAN STANDING in each weight division. Time starts when Axle is loaded, and athletes have 60 seconds to commence and complete the lift, multiple attempts allowed within time limit. No grip aids other than chalk allowed. Athletes must grip axle with knuckles on both facing away from body (double overhand grip). Thumb less or locked thumb grip not allowed. Otherwise, standard power lifting rules (including Sumo style) apply; resting Axle on the thighs or any downward movement will NOT be allowed. Athletes must await referee's down signal before returning the Axle back to the platform all the while maintaining the grip/contact with Axle. *This discipline counts towards overall score as well as All-American Armlifting Championship and Armlifting USA Leaderboard*

Two platforms/implements used: one with starting weight 40kg and increase increments of 5kg; and one with starting weight 120kg and increase increments of 10kg. You may choose smaller increment in one attempt but that will be your last attempt!

Armlifting USA Leaderboard <https://armliftingusa.com/doh-apollos-axle>

11:30AM -Rogue Bags Throw over BAR (All-American Strongman-5)

The athletes will attempt to throw 4 Rogue Bags iwth increasing weight (see weight chart below) over bar (12' for women 15' for men). Athlete will have 60 seconds time limit to complete all 4 bags over bar. Most successful throws in least amount of time wins.

11:30AM - Rolling Thunder® One-Arm Deadlift (Armlifting ONLY)

The athletes will each attempt to dead lift with one hand the IronMind Rolling Thunder®. Each athlete having maximum 4 attempts. Time starts when the implement is loaded, and athletes have 60 seconds to commence and complete the lift, and may attempt the lift multiple times within the 60 second time limit. No grip aids other than chalk allowed. Athlete can use either hand and must grip the center of handle. Thumb less or locked thumb grip not allowed. Athletes must await referee's down signal before returning the implements back to the platform all the while maintaining the grip/contact with implements. Highest weight lifted wins.

Two platforms/implements used: one with starting weight 15kg and increase increments of 2.5kg; and one with starting weight 60kg and increase increments of 5kg. You may choose smaller increment in one attempt but that will be your last attempt!

Armlifting USA Leaderboard <https://armliftingusa.com/rolling-thunder>

12:30PM - Saxon Bar Deadlift (Armlifting ONLY)

The athletes will each attempt to deadlift with two hands the Sorinex Saxon Bar, in Rising Bar Format, each athlete having maximum 4 attempts. No grip aids other than chalk allowed. Thumb less or locked thumb grip not allowed. Athletes must await referee's down signal before returning the implement back to the platform all the while maintaining the grip/contact with implement

Two platforms/implements used: one with starting weight 30kg and increase increments of 2.5kg; and one with starting weight 70kg and increase increments of 5kg. You may choose smaller increment in one attempt but that is will be your last attempt!

Armlifting USA Leaderboard <https://armliftingusa.com/3%22-sorinex-saxon-bar>





LOS ANGELES May 21-22, 2022

1:00PM - Combat MAS™: All-American MAS Wrestling Championship FINALS (Strongman-6 and MAS)

Final matches in all weight divisions as necessary to determine the winners. The overall standing is scored identical to all other disciplines contested. *This discipline counts towards **overall Strongman score** as well as the All-American MAS Wrestling Championship.*

3:30PM

—Award Ceremony



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MAS Wrestling North America, LLC

Disciplines, their order and rules are subject to refinement and change without notice.

