



## The 2022 Visegrip Viking All-American Armlifting Los Angeles, California

May 22, 2022

LOS ANGELES CONVENTION CENTER

SUNDAY: 10:00 AM - 5:00 PM

Open to all American and International strongmen and grip specialists and part of the 2022 *Odd Haugen Strength Classic*. Armlifting USA memberships available at <https://armliftingusa.com/>. We will feature World Record attempts in all 4 disciplines contested as well as Armlifting USA Leaderboard positions in all event. Each event will be contested in all weight categories:

**Men:** *Lightweights* 70kg/154lb; 80kg/176lb; *Middleweights* 90kg/198lb; 100kg/220lb; *Heavyweights* 110kg/242lb; 125kg/275lb; and 125kg/275lb plus. Men will also compete in **Absolute World Championship in Rolling Thunder Deadlift**.

**Women:** *Lightweight* 60kg/132lb; *Welterweight* 70kg/154lb; *Middleweight* 80kg/176lb and *Heavyweight* 80kg/176lb plus

### AWARDS:

*1<sup>st</sup> through 3<sup>rd</sup> MEDALS Overall in each weight category*

*Absolute World Championship in IronMind Rolling Thunder Award/\$Prize Money TBD.*

**Entry Fee:** Early \$50.00 (by 4/30/2022); and late entry \$75 AFTER 4/30 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/>

### Scoring:

Ties will be broken by bodyweight (less weight scores higher). **Overall Scoring:** Percentage based scoring will be used. For example, if 100 kg wins the Rolling Thunder, that athlete will receive 100 points. If the second-place athlete lifts 90kg, they will receive 90 points. The winner is the athlete with the most points at the end of the contest. Should two athletes tie, the athlete with the lower body weight at the time of weigh ins will place higher.





Saturday May 21, 2022

5:00PM to 6:00 PM: Early weigh-in for Armlifting

Sunday May 22, 2022

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

9:30AM - Rules Meeting: Athletes and officials

**10:00AM - IVANKO Double Overhand Apollon's Axle™ Deadlift** (All American Strongman/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 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 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!

<http://www.ironmind.com/certification/apollons-axle/rules-and-world-records/> <https://armliftingusa.com/>

**11:30AM – IronMind® Rolling Thunder One-Arm Deadlift** (Armlifting Only LMS 4 attempts MAX)

including **Absolute World Championship in Rolling Thunder Deadlift**

Starting weight will be appropriate for weight division and increasing in no less than 2.5kg increments (each athlete has maximum of 4 attempts) till there is ONE MAN STANDING in each weight division. Time starts when the implement is loaded and athlete's name called, and athletes have 60 seconds to commence the lift, there is no limit to how many times the lifter may try to complete the lift. If lifter fails to complete a lift, the lifter has no further attempts. No grip aids other than chalk allowed. Athlete can use either hand, and must grip the center of the Rolling Thunder handle. Thumb less or locked thumb grip not allowed.

**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!

<http://www.ironmind.com/certification/rolling-thunder/rules-and-world-records/>. <https://armliftingusa.com/>

**3:45PM - Sorinex® Saxon Bar Deadlift** (Armlifting Only LMS 4 attempts MAX)

The athletes will each attempt to deadlift the Sorinex Saxon bar (3" wide rectangular tube) loaded with standard size plates. Starting weight will be appropriate for weight division and increasing in no less than 5kg increments (each athlete has maximum of 4 attempts) till there is ONE MAN STANDING in each weight division. Time starts when the implement is loaded and athlete's name called, and athletes have 60 seconds to commence the lift, and there is no limit on attempts within time limit. No grip aids other than chalk allowed. Athletes must grip bar with knuckles on both facing away from body (double overhand grip). Otherwise, standard power lifting rules (including Sumo style) apply; resting bar on the thighs or any downward movement will NOT be allowed. Athletes must await referee's down signal before returning the BAR back to the platform all the while maintaining the grip/contact with BAR.

**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 will be your last attempt!





<https://armliftingusa.com/>

**1:00PM IronMind Captains of Crush® Silver Bullet™ Hold (OPTIONAL EVENT)**

The athlete will attempt to crush and then hold a 19mm CofC Silver Bullet™ between the handles of any Captains of Crush (CofC) Gripper and hold it until it falls out or the athlete's hand opens. Athlete will have 60 seconds to choose the CofC gripper. Athlete's hand must be vertical position (not supinated or pronated), in front of athlete's body, and clear of athlete's other hand. A 2.5kg weight (CofC Silver Bullet disc) will be attached to the CoC Silver Bullet and the best time with the highest number CofC gripper wins. Each athlete will have three attempts. No grip aids other than chalk allowed.

<http://www.ironmind.com/certification/coc-silver-bullet/rules-and-world-records/> . <https://armliftingusa.com/>

**3:30PM –Award Ceremony**



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

