

## Appendix D

### THE DUCHY'S STRENGTH TRIALS - Great Battle 1023

#### TOURNAMENT RULES

The Duchy's Strength Trials are back. Gorghor Baey's brute strength and Lotus No Chi's legendary finesse unite once again to officiate the greatest strength tournament of Bicolline. Under the watchful eyes of officials, participants will have to excel in 5 trials, 5 challenges, for a single first place in each category.

Come witness feats that will enter the legends or, even better, sign up to become a legend yourself!

#### INFORMATION

Once again this year, the strong men and strong women of the Duchy of Bicolline compete together. The same trials and challenges await them in the Duchy's Strength Trials.

A lightweight category for both men and women will be available. Of course, we also retain the two heavyweight categories for women and men. The details of the trials are included in the document appendix.

The first day will be devoted to familiarizing participants with the different trials. Jux Ap Vorgrumm will be present to talk to you about the tournament, its trials, and how scoring will be awarded. You will also have the chance to handle the equipment and practice at the same time. Your presence on this day does not obligate you to participate in the tournament, but it gives you the opportunity to understand the commitment required and the effort to be made. Registrations will take place immediately after these trials.

#### DESCRIPTION OF THE TRIALS

##### Trial 1

For the first Duchy's Strength trial, you will witness a race in which participants lift and carry atlas stones and perform deadlifts.

The participants will need the crowd to overcome this trial, so come in large numbers to give them your energy and encouragement; they will greatly appreciate it.

##### Trial 2

The strongest in this world have an iron grip and steely determination. In this trial, participants will have to pull a load over a distance, with the load increasing in weight as the distance increases.

Who will have the will and strength to go all the way?

##### Trial 3

The farmer's walk is a classic in the Duchy's strength trials. The strong men and women of the Duchy carry loads that defy imagination.

Speed, Strength, and Determination will be on display!



#### Trial 4

The deadlift is considered by strongmen as the perfect trial to determine who possesses the greatest brute strength. In this trial, participants will have to lift a series of loads that increase in intensity and difficulty at each stage.

Come witness feats that will enter the legends.

#### Trial 5 (Final)

The 5th trial of this competition will be a surprise for the participants. The required movement and load will only be announced during the qualifiers. Could the surprise be the weak point of the strongest among all?

### **SCHEDULE AND LOCATION**

**The tournament takes place in front of the main stage.**

<b>Wednesday (1:00 PM to 4:00 PM)</b>	<b>Friday (1:00 PM to 4:00 PM)</b>
ree trials, Tournament presentation, Trials 1 and 2 / Bracket	Trials 3 to 5, Final

### **RULES**

- The decision of the referees must be respected at all times.
- No competitor can join the competition once the first trial of the tournament has started.
- The use of chalk is allowed for all trials.
- The use of gloves, training belts (powerlifting belt), and tape is allowed as long as it is appropriate.
- The organization reserves the right to refuse equipment if the participant violates the event decorum.
- No spiked shoes are permitted.

### **CATEGORIES**

- Heavyweight Men and Women, no weight limit
- Lightweight Men (under 90kg) and Women (under 70kg)