



## Regulations | Heavyweight Male and female categories

1. Registration can be done in two ways:
  - ☒ Online on the Sport-Plus website until July 5, 2023 (see the registration and payment procedure online at grpn.ca;
  - ☒ On-site Saturday, July 8, 2023 behind the *Centre Amishkuisht* from 7:30 to 8:30 a.m. 30 (15 minutes will be allocated after each competition for registration).
2. The competitions will take place between 9 a.m. and 4 p.m. on Sunday July 8, 2023. The competition times will be communicated on-site by the activity manager.
3. The order of the competitions is as follows: Speed, heavyweight and endurance.
4. Each candidate must have their own loading team (3 people maximum).
5. Each porter must be accompanied by an official.
6. The candidate and their loading team have **10 minutes** to depart as soon as the previous wave is finished.
7. The starting weight for men is **600 pounds and 400 pounds** for women.
8. The goal is to portage the suggested weight over a distance of 20 meters.
9. The course is complete as soon as one foot touches the finish line.
10. If the competitors do not cover the total distance, the positions are determined according to the distance covered by the participants.
11. No retakes are accepted if the strap comes off or if a sandbag falls to the ground.
12. The candidate may retake the course if the strap breaks.
13. Each candidate must be dressed appropriately and in a safe manner to participate in the competition (e.g., wearing sneakers).
14. The organizers reserve the right to refuse any person who does not appear apt to participate in the competition.