



MUSCLE DRIVER USA

2007 MUSCLE DRIVER USA NAS INC NATIONAL CHAMPIONSHIPS

PROMOTER: NAS Inc/ASC

DATE: November 16th (LW), November 17th (HW), 2007

TIME: November 16 contest will begin at 3:00pm; November 17, contest will begin at 11:00am

LOCATION: Circus Circus Hotel & Casino; 2880 Las Vegas Blvd South; Las Vegas, NV 89109

HOTEL: Circus Circus hotel & Casino, Call 800-634-3450 option 1 to make your reservations!!! At the time of booking, please mention **Group name: American Strongman Corporation, Group code B11ASC in order to receive discounted rate. You may also book on-line at <http://www.circuscircus.com/>**

The group rate expires on October 16, 2007. Make sure you reserve your room in Advance!!

WEIGH-INS: November 15, 2007 3-6pm for LW only; November 16 10am-1pm for LW and HW. Location will be detailed in athlete itinerary on check in.

RULES: November 16, 2pm; November 17, 10am.

DIVISIONS: Open Lightweight and Heavyweight men

WEIGHT CLASSES: up to 175, 176-200, 201-231, 232-265, 266-300, 301 and up

EVENTS:

1. Muscle Driver USA Kettle Bell Clean & Press for Reps. 60 sec. Time limit LW-36 kilos; HW-48 kilos
2. Yoke Walk 60 sec time limit; 317 kilos LW; 362 kilos HW
3. Muscle Driver USA Farmers Carry max distance' (LW 117 kilo/HW 139 kilo), with turns, every 80'
4. Monster Tire Flip. (LW- 317 kilos; HW-362 kilos)
5. Atlas Stones (LW 104, 117, 136, 149, 163 kilos; HW 136, 149, 163, 172. 188 kilos), LW-will load to 52" and HW will load to 54". Athletes will run between boxes to load stones.

Events subject to change without notice

AWARDS: 1st thru 3rd each weight class. Overall lightweight and heavyweight winner receive Pro card.

SPECTATOR FEE: free

ENTRY FEES/AWARDS BANQUET: \$100.00 Athletes entry fee includes award banquet) Awards banquet will take place at 6:30pm at the Circus Circus Hotel & Casino banquet room on 11/17/2007.

ENTRY DEADLINE: All entries must be postmarked no later than Oct 29, 2007. *Entry's postmarked after this date will have a \$50.00 late fee, no exceptions. No entries will be accepted postmarked after November 6th.*

(Entries received are non-refundable)

MAKE ALL CHECKS PAYABLE TO: ASC

Send To: American Strongman Corp

11676 Mark Twain LN

Bridgeton, MO 63044

2007 Muscle Driver USA NAS, inc. NATIONALS EVENTS RULES.

ALL ATHLETES FOR THIS EVENT MUST HAVE QUALIFIED AT A NAS SANCTIONED EVENT IN THE 2006-2007 QUALIFYING SEASON.

1. Kettle Bell Clean & Press For Reps-60 second time limits

-Athlete must clean and press the implement each time from the floor in order for the repetition to count. Athlete will have 60-second time limit to complete as many reps as possible. The athlete must use one hand to clean and press the implement. The athlete is allowed to switch back and forth between the right and left arm if needed.

- When kettle bell is pushed overhead the athlete's arm must be locked out or motion stopped if the athlete cannot



lock out the arm. Athlete's feet must be parallel and standing in an upright position.

- Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judge prior to the start of the event.

2. Yoke Walk- 60second time limit

One attempt.

- 80' course length.
- One set down allowed throughout the 80' course.
- Athlete will start with the Yoke on the floor and shoulders under the crossbar.
- The signal is given and the athlete must lift and carry the yoke throughout the course and fully cross the finish to stop the clock.
- No sliding of the yoke will be permitted. Disqualification from the event if sliding is obvious, or a 2 second penalty if inadvertent.
- Equipment allowed: Belt, Knee sleeves or wraps, supportive suits, chalk.
- Equipment NOT allowed: Tacky.

3. Farmers Walk max distance'

- The course shall be 80' in length straight ahead.
- Athlete will make turns at every 60', around cones, in order to finish the course.
- No Drops. As soon as implement(s) are dropped, athlete is finished and the distance will be recorded.
- Absolutely no dragging/sliding of implements. Implement(s) must be carried one implement per hand.
- No wrist straps, power suits or tacky allowed.
- Chalk, wrist wraps, knee wraps and belts allowed.

4. Monster Tire Flip- 80' course- 60-second time limit

- One attempt.
- Tire starts in the upright position with the front of the tire on the starting line.
- The athlete may have their hands on the tire at the start.
- When the signal is given the athlete must flip the tire end over end throughout the course. **NO ROLLING OF THE TIRE ALLOWED.**
- Once any part of the tire crosses the line, time stops.
- If the athlete is unable to make the full course in the time limit, measurements will be taken from the start to the front of the tire.
- Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, wrist wraps, Forearm sleeves, gorilla grips.
- Equipment NOT Allowed: Tacky.

5) Atlas Stones

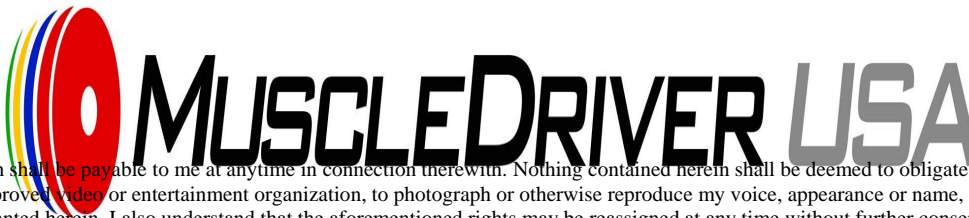
- Athlete will have 75 seconds to lift five stones, of ascending weight, to platforms of descending order.
- Tacky, sleeves and other protective devices allowed.
- Stones must be loaded in a controlled manner. If a stone rolls out of position or falls from the platform, it must be replaced before moving on.
- Athlete will load stones in order of lightest to heaviest.
- Elevated shoes must be store bought. Shoes manipulated by athletes will not be allowed.
- Extra tacky can be put on platform. Coaches, trainers, etc., will not be allowed near the platform.

Coaches, friends etc., will not be allowed on the competitor's arena. Staff, judges, and any others involved with the organization of the contest are allowed in the competitor's arena.

If there are questions about your eligibility for the show, Contact Information:

Dione Wessels Phone: 314-565-5970 Email: dione@nastrongmaninc.com

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against the, **North American Strongman Inc, Circus Circus Hotel & Casino, American Strongman Corporation, Muscle Driver USA, Willie or Dione Wessels**, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the **2007 Muscle Driver USA NAS, inc. NATIONALS** and its related events, I hereby grant **NAS INC.**, and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further



compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate NAS INC., and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that NAS INC. and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to NAS INC. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ DATE OF BIRTH: _____

DIVISION: _____ WEIGHT CLASS: _____ t-shirt size: _____

Newspaper: _____ TV Stations: _____

Email: _____

Qualifying Event: _____

SIGNATURE: _____ Parent

(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

2007 Muscle Driver USA NAS, Inc National

Extra Banquet Order form

Banquet will be held at the Convention Center immediately after the conclusion of the competition.

Additional Banquet Ticket Request:			
	Price	Number	Total
Banquet Ticket	\$40.00	_____	_____
		Grand Total	_____

Requestor's Information:

First Name: _____ Mid: _____ Last Name: _____

Address 1: _____

Address 2: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

- ♣ Personal Check
- ♣ Money Order
- ♣ Cashiers Check

*Please note that payment by Personal Check is only good until October 29th, 2007 then only Money Orders, Cashiers checks orders will be accepted.

Send Order Form to:

ASC

11676 Mark Twain Lane

Bridgeton, MO 63044