



EVENT RULES

Straight Arm Hang

The objective is to hang on to the bar for as long as possible.

1. Athletes are allowed one counted attempt at a time. If athletes choose to do a second attempt, their card will be placed at the back of the stack (the back of the line).
 - a. All practice attempts should be done on their own.
2. No straps are allowed. Gloves are allowed.
3. Both hands must be on the bar at all times. No switching grip position. If one hand comes off the bar, time will stop.
4. Time stops when one hand or both hands come off the bar, not when the athlete's feet hit the floor.
5. Elbows do not need to be straight or in the same position at all times.
6. When three timers are present, the middle time will be recorded.