



MÜNCHEN



# COMPETITION RULES

## HB MASSKRUGSTEMMEN [steinholding] competition

1. The Stein must be gripped by the handle.
2. The thumb is strictly prohibited from resting on the top of the Stein handle; instead, it must be positioned among the other fingers, forming a wrap around the handle.
3. The pinkie finger is allowed to be positioned outside of the Stein handle; however, if it does so, it is permitted to make contact solely with the handle and not the main body of the Stein.
4. The Stein must be gripped such that the front faces straight away from the competitor. The Stein may not be gripped sideways.
5. The arm holding the Stein must be extended directly in front of the competitor, not to the side. As a guide, the shoulder line of the participant and the outstretched arm must be perpendicular to each other.
6. The arm holding the Stein is to be parallel with the ground, extended straight and with close to no bend in the elbow, and all parts of the arm must be separated from the competitor's chest.
7. Slight arching of the back is permissible, but only minimal leaning is acceptable. In the vertical plane, the competitor's elbow must never cross behind the front of the hips or ankle of either foot.
8. Leaning to the side is not permitted; the upper body should not bend noticeably to the left or right.
9. The non-competing arm and hand must remain down at the side and may not support hips, torso, and the arm holding the Stein.
10. Competitors must refrain from contacting any other structures, objects, or people during the competition, and they are required to stand within their personal area without moving more than necessary to adjust for proper form.

**5LBS**

HOW LONG CAN YOU HOLD IT?



### COMPETITION

1. During the initial 60 seconds, judges can offer corrections to competitors (adjust grip, straighten back, extend elbow...) without assigning an official warning. This does not apply to beer spillage, which leads to immediate disqualification at any time.
2. Any rule violation after the first 60 seconds will prompt the competition judge to issue a warning.
3. Upon receiving two warnings, the competitor will face immediate disqualification after the third rule violation.
4. Winner is the remaining contestant. The competition and time taking concludes when that contestant decides to lower the Stein, spills, or is ruled out by the 3rd warning.

DO YOU HAVE WHAT IT TAKES TO BE A MASSKRUGSTEMMEN CHAMPION?



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### POSTURE IN PICTURES

