



# OLDSTOBERFEST

## MASSKRUGSTEMMEN/ STEIN HOLDING CONTEST 2023

### OFFICIAL INFORMATION, RULES AND GUIDELINES

#### **GENERAL INFORMATION**

WHAT IS A STEIN HOLDING CONTEST?

A stein holding contest involves holding 1 litre of beer in a glass stein at arm's length.

HOW MUCH DOES A GLASS STEIN AND A LITRE OF BEER WEIGH?

An empty glass stein weighs 3 ½ lbs. A full stein weighs 5 lbs.

WHAT IS THE AVERAGE LENGTH OF TIME FOR STEIN HOLDING?

Average time for women is 1 - 2 minutes. Women's record is 6 minutes and 10 seconds

Average time for men is 3-5 minutes. Men's record is 21 minutes and 17 seconds

DO I GET TO KEEP THE LITRE OF BEER FOLLOWING THE COMPETITION?

Yes! We will transfer your litre to another glass and cheers to you! There will also be a cash prize for the champions!

#### **RULES**

Each contestant will be provided with a standard 1 litre glass stein

Each contestant will hold the stein at arms length - straight at 90 degree angle

All contestants must pre-register and receive confirmation of entry. Contest is limited to the first 10 contestants in each division. \$25 entry fee which includes free admission to Afternoon Bier Garten. The Bier Garten is held at ORE, Cow Palace, Olds, AB

Official US Steinholding Association Rules will be used. Visit [www.ussteinholding.com](http://www.ussteinholding.com) to familiarize yourself with the complete rules. Prizes to contestants and winners!

1. A 1L glass stein with handle will be used and provided by Oldstoberfest.
3. Stein must be gripped by the handle.
4. Thumb may not go on top of the stein handle, it must rest on the other fingers.
5. Pinkie finger may be held outside of the handle.
6. Arching of the back is allowable, however excessive leaning is unacceptable.
7. The stein must be gripped such that the front of the stein faces away from the competitor (the stein can't be gripped sideways)
8. Stein must be held out in front of the competitor, not out to the side.
9. The arm holding the stein must remain close to parallel with the floor and should be extended straight with very little bending at the elbow.
10. The off-hand should remain at the competitor's side and should not be used to support the body.
11. An infraction of any rule will result in a strike. After two strikes, the third infraction will lead to elimination of the competitor.
12. If any amount of beer spills or drips off of the stein, the competitor is eliminated, regardless of the number of previously assigned strikes.
13. Competitors should not contact any structures, objects or people during the competition.
14. Competitors must stand within their personal area and should not move more than is necessary to make adjustments ensuring proper form during the competition.
15. No brace, support or strap of any kind may be worn during competition.
16. Athletic compression clothing is acceptable, however stiff or supportive clothing (such as a bench press shirt) may not be worn.
17. Use of grip powders, pine tar or any similar substance is prohibited.
18. The decision of the judge is final
19. Within the first 60 seconds of a competition, judges may provide corrections to competitors (hold higher, hold lower, unbend elbow) without assigning an official strike.
20. Judges' decisions are final.

**FOR MORE INFORMATION on Stein Holding AND TO LEARN HOW TO PRACTICE** please visit <http://www.ussteinholding.com>

