



Stein Holding Contest Registration Form & Rules

Name: _____ Age: _____

Date of Birth: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

As a contestant, I hereby agree that I am participating in this activity with the knowledge that it could result in injury and I specifically absolve the Town of Cedaredge, any staff or volunteers, and any sponsors from any liability resulting from participation in this activity. I further acknowledge that I have read the rules, regulations and legal disclaimer on the following pages.

Signature: _____ Date: _____

(Official Use Only)

ID#: _____ Expiration: _____

Staff Initial: _____ Payment date and type: _____

Entry fee is \$25 per person and includes a one-liter stein filled with Happy Hollow Hard Cider. Contestants keep the stein at the conclusion of the contest. There is a men's division and a women's division. There is a limit of 12 men and 12 women competitors. The winning man and woman will each receive a hard cider gift package from Happy Hollow Hard Cider

RULES AND REGULATIONS:

The Stein Holding Contest takes place in Town Park in front of Happy Hollow Booth on Saturday, Oct. 7 at 2:30 pm. Contestants must first visit the Merchandise Booth in Town Park (immediately west of the stage) to have their IDs checked and receive a bracelet from Staff. Contestants should be at the event location by 2:15 pm.

Rules are taken from the US Stein Holding Association. Participants must be 21 years of age and show a valid ID at both the time of registration and at the check in at the Merchandise Booth. Contestants must be able to hold a filled 1-liter stein with one arm, either left or right, stretched out in front of the body (not to the side) and completely parallel to the ground. If the arm holding the stein is not absolutely parallel to the ground, the contestant gets a warning. The contestant will be disqualified after two warnings. There are no exceptions.

Cedaredge Applefest reserves all rights and the decision of the judges is final.

LEGAL DISCLAIMER:

- The Applefest Stein Holding Competition is NOT a drinking game. The competition is about holding a filled, 1-liter stein with an outstretched arm in compliance with the rules set by the organizers. The Town of Cedaredge and the Cedaredge Applefest Committee does not condone nor encourage drinking. Even though The Applefest Stein Holding Contest involves a filled, 1-liter stein, we strongly encourage all contestants and those in attendance to drink safely and responsibly and not to drive or operate machinery while under the influence of alcohol.
- As a contestant, you acknowledge with your signature that you are aware of the risks involved in the Applefest Stein Holding Competition (e.g., cramps, muscle tension, or other injuries) that might occur.

Stein Holding Competition Rules, adopted completely from the US Stein Holding Association:

In the experience of the USSA, rules and enforcement are often inconsistent between competitions. In order to ensure that all competitors are being judged fairly and to the same

standards, the following rules have been established. There are multiple judges present to enforce these rules, so it is important for all competitors to know them in advance and incorporate them into their training early on to ensure good form.

1. A 1L glass stein with handle must be used. The stein itself should weigh approximately 3.5 pounds and should be provided by the establishment hosting the competition to ensure consistency.
2. Stein must be filled with liquid to the 1L lip.
3. Stein must be gripped by the handle.
4. The thumb may not rest 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 arm holding the stein should remain separated from the chest of the competitor. The chest may not be used as a shelf to support the arm.
11. The off-hand should remain at the competitor's side or back and may not touch or be used to support the arm holding the stein.
12. An infraction of any rule will result in a strike. After two strikes, the third infraction leads to elimination of the competitor.
13. If any amount of beer spills or drips off of the stein, the competitor is eliminated, regardless of the number of previously assigned strikes. During outdoor competitions or humid conditions, judges should be sure to differentiate between dripping resulting from condensation and dripping resulting from beer spillage.
14. Competitors should not contact any structures, objects or people during the competition.
15. Competitors must stand within their personal area and should not move more than is necessary to make adjustments ensuring proper form during the competition.

U.S. Stein Holding Association Competition Apparel

1. No brace, support or strap of any kind may be worn during competition.
2. The elbow of each competitor must be visible to the judge to ensure straightness at

all times. If a competitor is wearing a shirt with sleeves that go past the elbow, they should be asked to roll up the sleeve so that the elbow can be viewed.

3. Athletic compression clothing is acceptable, however stiff or supportive clothing (such as a bench press shirt) may not be worn.
4. Use of grip powders, pine tar or any similar substance is prohibited.

U.S. Stein Holding Association Judging Guidelines

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.

1. Judges should be conservative but fair when assessing competitors.
2. Failing to adhere to all of the rules or being too lenient with judging will hurt the reputation of the establishment and improperly prepare competitors for higher level competitions.

**The 2023 Cedaredge Applefest Stein Holding Competition
is sponsored by:**

