

Eukonkanto / Wife Carrying

Contest Rules

The following rules are set by the International Wife Carrying Competition Rules Committee and are modified by FHSS:

1. **Have *FUN!***

2. The minimum weight of the wife is 100 pounds
3. WINNER is the couple who completes the course in the shortest time
4. If a contestant drops his(/her) wife, that couple will be fined 15 seconds per drop
5. The contestants have to pay attention to the instructions given by the organizers of the competition
6. The wife to be carried may be your own, a neighbor's or you may have found her farther afield
 - a. Alternatively, a wife may carry a 'husband'; same sex couples are also permitted (this is Massachusetts after all!)
7. Each contestant **MUST** sign the FHSS Participation Waiver and take care of his/her own safety and, if deemed necessary, insurance him/herself independently prior to the day of the event
8. Any style of carry is allowed, but 10 seconds are deducted for attempting the **"ESTONIAN HOLD"**!
9. Prizes [to be determined] are awarded for the following:
 - First, Second, Third Place



Estonian Hold
(www.wikipedia.com)

