



Masskrugstemmen ...the rules are simple, right? Contestants hold a 1 litre stein, with one arm, completely stretched out and parallel to the floor. You must hold the stein as long as possible in this position.

1. 1 litre stein filled with Hofbrau Bier.
2. Held using one arm; Arm must be completely outstretched, cannot be bent, and must remain parallel to the floor. Participants will only receive one warning before they are disqualified.
3. Any spillage will result in automatic disqualification.
4. Stein must be held by the handle, and your thumb cannot be on top of the handle.
5. Your opposite arm must be straight down, not supporting the body in any way.
6. HB logo must always face away from the contestant.
7. Judges have final say on the winner.
8. Must be 21 or older to participate.