

5th Annual
Schwabenfest
Stein Holding Contest Official Rules

1. Participants must hold a 1-liter stein filled to the liter mark with beer (at their own expense) at arm's length for as long as possible.

(**Note:** Participants can use any glass liter stein, but if they don't have one or if they forget, glass Paulaner liter steins will be available for purchase at the event).

2. The arm **cannot** be bent and **must** remain parallel to the floor.
3. Any spillage will result in automatic disqualification.
4. The winner is the last man or woman standing.
5. Bavarian dress such as a lederhosen or a dirndl is encouraged!
6. You must be 21 years or older to participate.

The record for the men's contest is **5 minutes and 3 seconds** held by
Brian Gault.

The record for the lady's contest is **2 minutes and 47 seconds** held by
Robin Carroll.

