

2018 NAGS Championship North American Grip Sport

Titan Strength Gym: 103 Stowell Place Elmira NY 14901
June 2, 2018

Name _____ Date of Birth _____ Gender _____
Address _____ City _____ State _____ Zip _____
(number and street)
Best Telephone Number to reach you: (____) _____ - _____
e-mail address: _____
Height: ____ Weight: ____ Weight Class: ____ Occupation: _____ 2HP Width: ____

Events: 20mm Gripper (best hand), 2 Hands Pinch Euro, Napalm's Nightmare (2 3/8"), Medley, Wrist Roller

**Entry Fee: \$50.00 on or before May 20th. ANY entry fees after that date will be \$65.
Weight Class (Circle One): 66k, 74k, 83k, 93k, 105k, 120k, 120+, Open Womens, Masters 50+**

Winners will receive: Medals awarded for 1st – 3rd in each division.

DEADLINE TO ENTER: May 20th. Weigh-ins at 8am, Rules @ 9:00, Warm-ups @9:30 Contest Starts @ 10:00am

**Please mail your entry form to: Jedd Johnson 905 Route 409 Wyalusing PA 18853
Can be paid to jedd.diesel@gmail.com**

I, _____ (print your name), do hereby grant to Jedd Johnson and Luke Raymond ("2018 NAGS North American Grip Sport Championship") and assigns, any and all rights, title and interest to use my name, photographs, motion picture film, videotapes and/or any likeness of me, as well as verbal statements made by me, for the purposes of sale, broadcast, advertising and/or other promotion on behalf of Jedd Johnson and Luke Raymond.

ATHLETES MUST COMPLETE AND SIGN THE RAW RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT ("AGREEMENT")
Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement ("agreement")

As a participant in the 2018 NAGS North American Grip Sport Championship ("Event"), I acknowledge that participation in any 2018 Events exposes me to a possible risk of personal injury. I, hereby release Jedd Johnson and Luke Raymond hereby known as the: "company" and its officers, directors, employees, agents, licensees, subsidiaries, consultants, independent contractors and affiliates, form any and all liability from property damage, personal injuries or other claims arising from or in connection with my participation in the Event including claims that are known and unknown, foreseen and unforeseen or contingent. I covenant that I will not now or at any time in the future, directly or indirectly, commence or prosecute any action, suit or other proceeding against Company and its officers, directors, employees, agents, licenses, subsidiaries, consultants, independent contractors and affiliates, arising out of or relating to the actions, causes of action, claims and demands hereby waived, released or discharged by me. For good and adequate consideration, which I acknowledge I have received, I hereby grant, release, and quitclaim to Company the right and authority to use, sell, reproduce, and distribute, quoted material, biographical information, my photograph, likeness, recorded voice or videotaped filmed appearances (the "Materials") for promotional and advertising purposes or programs as Company in its sole discretion will deem appropriate. I acknowledge that I have read and fully understand this Injury Waiver and General Release Form. This agreement will be binding on me, my spouse, my children, legal representatives, heirs, successors and assigns.

Printed name of participant: _____ Date: _____

Participant's signature (only if age 18 or over): _____

MINOR'S RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE. I THE MINOR OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed name of parent or Guardian: _____ Phone: _____

Address:

Street

City

State

Zip Code

Parent/guardian signature (only if participant is under the age of 18): _____ Date: _____

Event Rules:

1. NAGS Gripper Set - One Hand Contested - 20mm Block - 4 attempts

The athlete will set the gripper with the off hand and then must pass the block through him or herself. The athlete may switch back and forth between hands as needed to get the best close out of their 4 attempts. At no time may the gripper be braced against the body during the set or during the close. This will be strictly enforced. If the lifter closes the gripper, the judge will say "Good" or "Closed." If the lifter is unsuccessful, the judge will say "No."

We will try to move through this quickly, possibly running two grippers and judges at a time, as was done at NAGS 2017.

2. Two Hands Pinch on Euro - 16.5" Crossbar - 4 Attempts

2 Implements will run at a time, the same implements that have been used only at Nationals since 2014. One will be the light implement, starting below 185lbs, and the other will be the heavy implement, starting over 185lbs. We will begin with the lower widths first and then work our way up. For instance, once all lifters using 48mm are finished, the width will be changed to the next higher width desired. Please know your width prior to the contest, in order to save time. At least one separate apparatus will be on hand for people to take warm-ups.

The athlete will grip the implement with both hands in an overhand grip. Underhand or alternated are not permitted. The lifter gets 4 attempts. Any effort to lift the implement off the floor is considered an attempt. This is a Rising Bar event, so if the lifter fails on an attempt, he/she may wait 2 minutes and then repeat that weight, or have weight added, but may not drop down in weight.

3. Napalm's Nightmare - 2 3/8" Handles - 6-inch Lift Height - 4 Attempts

A genuine Napalm's Nightmare implement will be used. The athlete must take a double overhand grip - alternated or underhand are not permitted. The athlete takes his/her grip and lifts, trying to make a knock-bar contact a cross-bar, 6 inches above. Any effort to lift the device is considered an attempt, and if the implement does not reach proper height, or if the implement slips from the athlete's hands before touching the floor, the lift is disqualified. This is a rising bar event - once weight is added, it will not be removed. If the lifter misses a lift, he/she may repeat that weight or go up, but may not drop down.

Weight jumps will be a 10lb plate, a 10lb plate, then the 10's will be removed and replaced with a 25-lb plate, then a 10lb plate, and then the 25lb and 10lb plates will be removed and replaced with a 45-lb plate.

4. Medley

12 Items in 90 seconds - There will be 4 weight options for each challenge category. They are listed from most to least difficult. Most difficult = 5 points, then 4 points, 3 points, and the least difficult will receive 2 points.

1. Double RT Pull-up - 4 / 3 / 2 / 1
2. Block Weights - Fatman 53# / Next Gen Blob 50# / Half 75 Next Gen / Half 70 Hex /
3. Rolling Handles - 2.5" Crusher 190 / Mannino 165 / Old RT 140 / Old RT 115
4. Inch Pinch - 65 / 50 / 35 / 20
5. Sledge Choke to Box +/- 31" Handles - 10# / 8# / 6# / 3#
6. Anvil to Lockout - 113+20-lbs (ring) / 113 / 67 / 55
7. Challenge Bells - Inch Dumbbell 170 / Death Grip 154 / Shot 123 / Plate Loadable 80
8. Plate Hub Lift - 45# + 10 / 45# / 35" / 25"
9. Sledge Face Lever - 16 / 12 / 8 / 6
10. Plate Pinch - 2x45's / 2x35s / 2x25s / 3x10s
11. Inverted Dumbbell Lift Smooth Faces Only - 60 / 50 / 35 / 20
12. Loose Plate Pinch - 5 tens / 4 tens / 3 tens / 2 tens

Athletes can start on any feat, without their hand touching the item, and they can take tries at multiple difficulty levels within the same category, but will only receive points for their top performance in that category. In other words, they will receive only 4 points for doing 3 RT Pullups. If they do 3 on one try and 2 on the next, they will receive 4 points for doing 3.

1. Double RT Pull-up: Reasonable extension on each rep, chin above the rolling thunders on each rep, no re-gripping. Reps must be done consecutively.
2. Block Weights: Loaded to a platform
3. Rolling Handles: Lift to Lockout with Down Call
4. Inch Pinch: 6" pull above block
5. Sledge Choke to Box: Grip by end of handle, load onto box without quarter falling off
6. Anvils: Grip by horn, lift to lockout
7. Challenge Bells: Lift for speed, so tilts and bracing permitted, must lift with one hand.
8. Plate Hub Lift: Lift for speed, any grip required
9. Sledge Face Lever: Reasonable control keeping the working hand approximately
10. Plate Pinch: Load to platform
11. Inverted Dumbbell Lift Smooth Faces Only: No contact with print on dumbbell, lift to platform
12. Loose Plate Pinch: Load to platform

5. Wrist Roller for Time

Distance and weight of sled to be determined upon visiting the venue - Approximately 30 to 40 feet. 60 seconds time limit

The objective will be to pull a sled towards you by winding it up a wrist roller, using a wrist extension motion. Distance will be marked if the course is not completed, and scores awarded by distance.

Anyone who drags it partially will earn between 51 and 75 points and anyone who drags it the full distance earns between 76 and 100 points (scaled based on speed - fastest time earns 100 points).