

2022 Napalm's Nightmare World Championship

PROMOTER: Jedd Johnson
CONTACT: Email: jedd.diesel@gmail.com or call (607) 857-6997
DATE: 12/10/22
TIME: Start Time varies by location. Wyalusing – 8AM Weigh-ins, 9AM Warm-ups, 930AM Rules, 10AM start
LOCATION: Can be home gym or hosted by GSI promoter. My location is at 36 Main Street Wyalusing PA 18853
HOTEL: Available upon request from your local promoter.
DIVISIONS: All GSI/NAGS Weight Classes will be contested that are signed up for.
 Men: 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, 120+kg
 Women: 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, 100kg, 100kg+
 Master's: Age brackets 50+
EVENTS: 2&3/8" NN, 2" NN, 3x4 Pinch NN, 2x5 Pinch NN

ENTRY FEES: \$10 per competitor. Can be paypaled to jedd.diesel@gmail.com or mailed to the address below

MAIL PAYMENTS & ENTRIES TO: **Jedd Johnson**
PO Box 806
Wyalusing PA 18853

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against The Diesel Crew LLC, Jedediah Johnson, PEAK Strength and Fitness, Lucas Raymond, and any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the US Grip Sport National Championship (Nationals) and its related events, I hereby grant Diesel Crew LLC and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate Diesel Crew LLC and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that Diesel Crew LLC and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to Diesel Crew LLC and/or any other approved video or entertainment organization hereunder. Therefore, I affix my signature below:

NAME: _____ **AGE:** _____
ADDRESS: _____
CITY: _____ **STATE:** _____ **ZIP:** _____
PHONE: _____ **DATE OF BIRTH:** _____
EMAIL: _____
WEIGHT CLASS: _____ **HEIGHT:** _____

SHORT BIO OF CREDENTIALS: _____

Please enter your estimated openers for each event in lbs: 2&3/8: _____ 2" NN: _____ 3x4: _____ 2x5: _____

SIGNATURE: _____
 (PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

WAIVER, RELEASE, AND ASSUMPTION OF RISK

This Release of Liability Agreement ("Agreement") is between you the competitor ("Competitor") and Jedd Johnson / Diesel Crew LLC on behalf of itself and its related companies, affiliates and subsidiaries (collectively, "Promoter"). It is agreed by the parties that Competitor is purchasing, for the benefit of Competitor, a fitness program membership, from Promoter, according to the terms hereof and the Promoter.

Competitor has volunteered to participate in a physical strength competition provided to me by the Promoter, which may include, but may not be limited to, strength training, mobility & flexibility training, cardiovascular exercise and nutritional service programing (the "Fitness Program").

IMPORTANT NOTICE:

In consideration of the agreement with the Promoter I agree to release the Promoter from liability due to participation. COMPETITOR IS URGED TO HAVE THIS RELEASE AGREEMENT REVIEWED BY THEIR ATTORNEY BEFORE SIGNING.

COMPETITOR ACKNOWLEDGES THAT THE FITNESS PROGRAM PURCHASED HEREUNDER INCLUDES PARTICIPATION IN STRENUOUS PHYSICAL ACTIVITIES, INCLUDING, BUT NOT LIMITED TO, RUNNING, WEIGHT TRAINING, VARIOUS AEROBIC CONDITIONING, MACHINERY AND VARIOUS NUTRITIONAL PROGRAMS OFFERED BY THE PROMOTER ACKNOWLEDGES THESE PHYSICAL ACTIVITIES INVOLVE THE INHERENT RISK OF PHYSICAL INJURIES OR OTHER DAMAGES, INCLUDING, BUT NOT LIMITED TO, HEART ATTACKS, MUSCLE STRAINS, PULLS OR TEARS, BROKEN BONES, SHIN SPLINTS, HEAT EXHAUSTION, KNEE/LOWER BACK/FOOT INJURIES AND ANY OTHER ILLNESS, SORENESS, OR INJURY, HOWEVER CAUSED, OCCURRING DURING OR AFTER COMPETITOR 'S PARTICIPATION IN THE FITNESS PROGRAM. COMPETITOR FURTHER ACKNOWLEDGES THAT SUCH RISKS INCLUDE, BUT ARE NOT LIMITED TO, INJURIES CAUSED BY THE NEGLIGENCE OF AN INSTRUCTOR OR OTHER PERSON, DEFECTIVE OR IMPROPERLY USED EQUIPMENT, MACHINERY, DEVICES OR FURNITURE, OVER-EXERTION, SLIP AND FALL, OR AN UNKNOWN HEALTH PROBLEM AND THAT COMPETITOR IS VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES AND USES ANY EQUIPMENT, MATERIALS, DEVICES, FURNITURE OR MACHINERY WITH FULL KNOWLEDGE, UNDERSTANDING AND APPRECIATION OF THE DANGERS INVOLVED. COMPETITOR HEREBY AGREES TO EXPRESSLY ASSUME AND ACCEPT ANY AND ALL RISKS OF INJURY, REGARDLESS OF SEVERITY, OR DEATH.

COMPETITOR AGREES TO ASSUME ALL RISK AND RESPONSIBILITY ARISING FROM PARTICIPATION IN THE FITNESS PROGRAM. COMPETITOR AFFIRMS THAT COMPETITOR IS IN GOOD PHYSICAL CONDITION AND DOES NOT SUFFER FROM ANY DISABILITY THAT WOULD PREVENT OR LIMIT PARTICIPATION IN THE FITNESS PROGRAM. COMPETITOR ACKNOWLEDGES PARTICIPATION WILL BE PHYSICALLY AND MENTALLY CHALLENGING, AND COMPETITOR AGREES THAT IT IS THE RESPONSIBILITY OF COMPETITOR TO SEEK COMPETENT MEDICAL ADVICE REGARDING ANY CONCERNS OR QUESTIONS CONCERNING THE ABILITY OF COMPETITOR TO TAKE PART IN THE FITNESS PROGRAM. BY SIGNING THIS AGREEMENT, COMPETITOR AFFIRMS THAT HE OR SHE IS CAPABLE OF PARTICIPATING IN THE FITNESS PROGRAM. COMPETITOR AGREES TO ASSUME ALL RISK AND RESPONSIBILITIES FOR EXCEEDING HIS OR HER PHYSICAL LIMITS.

COMPETITOR, ON BEHALF OF COMPETITOR, HIS OR HER HEIRS, ASSIGNS AND NEXT OF KIN, WAIVES ANY CLAIMS AGAINST AND RELEASES THE PROMOTER AND ALL AFFILIATES (AS WELL AS ANY OF THEIR RESPECTIVE OWNERS, EMPLOYEES, OR OTHER AUTHORIZED AGENTS, INCLUDING INDEPENDENT CONTRACTORS) FROM ANY AND ALL LIABILITY, CLAIMS AND/OR CAUSES OF ACTION THAT COMPETITOR MAY HAVE FOR INJURIES OR OTHER DAMAGES OF ANY KIND, INCLUDING BUT NOT LIMITED TO PUNITIVE DAMAGES, ARISING OUT OF PARTICIPATION IN THE FITNESS PROGRAM, INCLUDING, BUT NOT LIMITED TO THE PERSONAL TRAINING/NUTRITIONAL PROGRAMS AND ALL PHYSICAL ACTIVITIES.

COMPETITOR ACKNOWLEDGES THAT COMPETITOR HAS THOROUGHLY READ THIS FORM IN ITS ENTIRETY AND FULLY UNDERSTANDS THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, COMPETITOR WAIVES ANY AND ALL RIGHTS COMPETITOR OR COMPETITOR'S SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST PROMOTER OR ANY OF ITS AFFILIATES FOR THEIR NEGLIGENCE OR THAT OF THEIR EMPLOYEES, AGENTS, OR CONTRACTORS.

Competitor agrees that all terms and conditions of this Agreement shall be binding upon the heirs, personal representatives, lawful successors, and assigns of Competitor, and anyone claiming by or through Competitor.

The parties agree that if any provision or portion of this Agreement is declared void and unenforceable, such provision or portion of a provision shall be deemed severed from this Agreement, which shall otherwise remain in full force and effect However, Competitor specifically agrees all the terms and conditions are to be enforced and Competitor specifically waives any statute or other right of any type, which would invalidate the enforceability of any provision or portion of a provision of this Agreement.

This Agreement shall be governed and enforced in accordance with the laws of the State of Pennsylvania In the event litigation is necessary to enforce any of the terms and conditions of this Agreement, the parties agree that the venue for such action shall exclusively be Bradford County, Pennsylvania. Furthermore, in the event either party finds it necessary to commerce litigation or other court action to enforce the terms and conditions of this Agreement, the prevailing party in such litigation or court action shall be entitled to receive their actual attorney's fees incurred, together with court costs, and other charges from the other party as a part of any ruling or judgment.

I, Participant, _____ have read, understood and completed this questionnaire honestly and to the best of my knowledge. I understand that The Promoter assumes no liability for persons who undertake physical activity.

Competitor Signature _____ Print Name _____ Date _____
Parent/Guardian Signature _____ Print Name _____ Date _____

2022 Napalm Nightmare World Championship

Table of Contents

1 Event Overview.....	4
2 Scoring.....	4
3 General Rules	5
4 Personal Equipment Specifications.....	5
5 Event-Specific Rules	6
5-1 2&3/8 NN Rolling.....	6
5-2 2" NN Rolling	6
5-3 3x4 NN Pinch	7
5-4 2x5 NN Pinch	7
6. Results Submission Procedure	8
7. Loading Pins, Knock Bars and Crossbars: Overview	8
8. Social Media	10
9. Compliance, Ethics and Penalties	10
10. Appreciation and Gratitude.....	12

1 Event Overview

The World Championship for the Napalm's Nightmare, sanctioned through Grip Sport International, consisting of 4 events:

- 2 3/8" Napalm's Nightmare (Rolling) 6" Lift
- 2" Napalm's Nightmare (Rolling) 6" Lift
- 3x4 Napalm's Nightmare (Pinch) 6" Lift
- 2x5 Napalm's Nightmare (Pinch) 6" Lift

The purpose of this contest is to crown a Men's and Women's overall champion on the Napalm's Nightmare, as well as champions in each weight class GSI has to offer.

Contest Date: 12/10/22

Entry Fees: \$10 per lifter. Organizers who run events at their gym will collect the money and then send to jedd.diesel@gmail.com. After the contest. Competitors who partake in the event from their own location, solo-style, can send their individual fee to the paypal directly.

Mandatory Divisions:

- Men: 59kg / 66kg / 74kg / 83kg / 93kg / 105kg / 120kg / 120+kg
- Men's Masters 50+ Years: Open
- Women: 57 kg / 72kg / 84kg / 100kg / 100+kg

Divisions not officially offered in the contest will still be tracked for GSI records purposes (www.gripsportinc.com).

Awards:

Overall Champions for Men and Women will be mailed a trophy.

Scoring: Percentage based scoring will be used (explained in next section)

2 Scoring

Scoring: The lifter who gets the best lift (heaviest weight) will receive 100 points in the overall.

Every other person in the class will receive a score based on the weight they lifted divided by the top lift and multiplied by 100. So, if the best lift is 150lbs, that person receives 100 points.

If the 2nd place person lifts 148lbs, their score is divided by 150 and multiplied by 100. Example: $148/150=.986$; $.986 \times 100 = 98.6$. Scoring continues like this down the list.

Scores will also be figured using the same system for weight class specific rankings

3 General Rules

Weigh-ins: Weigh-ins must Saturday morning, the date of the competition, no earlier than 2 hours before the start of the event. Weigh-ins must be done on a point-calibrated scale and must weigh less than the calculated point calibrations.

Weights Used: Either competition weight plates or weight plates that have been weighed on a calibrated scale must be used. All implements, carabiners, loading pins, knock bars, etc, MUST be weight on a calibrated scale. If you do not intend to weigh your equipment, do NOT take part in this contest.

All weights recorded in the scoresheet are to include the weight of the device (including loading pin and knockbar).

The crossbar is set at the height determined by the promoter that allows for the correct height for each event. Lift heights are all 6” for this competition.

Each competitor is allowed four (4) trips to the platform for official attempts. On each trip, the competitor has 30 seconds during which he/she can make as many attempts as desired. The 30-second time limit also includes equipment prep time (i.e. adding or removing chalk to one’s liking). Chalk can be removed using a dry cloth, paper towels, or equivalent, provided by the venue promoter.

The amount of weight attempted must rise or stay the same for each subsequent trip to the platform. In other words, if a lifter attempts 150lbs on the NN and misses, he/she may not take a lighter weight on the next attempt. He/she must try the same weight or go up, or he/she can end their attempts for that event.

Warm-up equipment will be provided. Warm-up attempts can be made on the contest apparatus prior to official attempts, but must be declared as such to the referee. However, once a competitor has begun his official attempts, he may no longer do warm-up lifts on the contest apparatus. Promoter may refuse warmups on the contest apparatus if time is becoming an issue and assuming a suitable warm up station has been provided.

Individual athletes will have a minimum of two (2) minutes between their trips to the platform, with the maximum at the discretion of the promoter.

The weight stack should not be tilted (to the front or to the side) so that the weight plates are not parallel to the floor prior to the beginning of the lift. Tilting may take place in order to secure the proper grip, but level must be attained before the lift begins.

4 Personal Equipment Specifications

Clothing: Clothing will consist of pants, shorts or a skirt for the lower half. For a top, a t-shirt, sweatshirts or long-sleeved shirts may be worn after showing that no illegal bracing is worn on the wrists or elbows. One piece lifting suits are allowed. Gloves are not allowed to be worn when lifting. No inappropriate writings or pictures are allowed. Watches or event wrist bands are permitted.

Belts: Lifting belts are allowed and may be of rubber, nylon, or leather.

Wrist Wraps: Wrist wraps/bands of any kind are not allowed.

Elbow Sleeves: Non-adjustable elbow sleeves are allowed.

Knee Sleeves: Knee sleeves and/or braces are allowed.

Wraps/Bandages: Contingent upon prior approval by the Referee medical tape may be applied to bodily injuries in a fashion that would not grant the lifter an undue advantage.

Finger Tape/Bandages: In the case of an open wound on the gripper setting hand, tape and/or bandaging will be allowed for the setting hand on the gripper event, ONLY.

Chalking: Only chalk is allowed on the lifter's hands. No foreign substances may be applied to the equipment. Liquid chalk is not permitted. This takes into account all substances other than chalk, or a sterile agent which may be used periodically in the cleaning of the equipment, or platform, which would be permitted as necessary.

5 Event-Specific Rules

5-1 2 3/8" Napalm's Nightmare (Rolling) 6" Lift

5-2 2" Napalm's Nightmare (Rolling) 6" Lift

5-3 3x4 Napalm's Nightmare (Pinch) 6" Lift

5-4 2x5 Napalm's Nightmare (Pinch) 6" Lift

5-1 2 3/8" Napalm's Nightmare (Rolling) 6" Lift

The events MUST be run in this order.

The athlete will have 4 attempts to complete their biggest weight.

Time Limit: The athlete will have 30 seconds to make a legal attempt.

Execution: A double overhand grip must be used. Hook grip is not permitted. The judge will signify for the timer to start. The athlete will then lift the implement until the knock bar touches the cross bar. There is no down call and you do not have to lock out the implement. Once contact between the knock bar and cross bar is made, the athlete must return the implement to the floor without losing grip. The implement slipping out of the athlete's grip disqualifies the attempt, and the athlete will have to try again within his/her time limit, or wait until the next attempt if he/she has more attempts to use. In the event that the knock bar turns during the lift and misses the crossbar, it will be up to the judge to make the call if the implement was lifted high enough. Video replay can be used to verify if the proper height was attained on the lift. No bracing is permitted with the device.

**There must be at least an 1/8th of an inch or at least 3 millimeters between the inside of the rolling handle and the center piece of the frame. There must also be at least an 1/8th of an inch or at least 3 millimeters between the outside of the rolling handle and the allen collar.

5-2 2" Napalm's Nightmare (Rolling) 6" Lift

The athlete will have 4 attempts to complete their biggest weight.

Time Limit: The athlete will have 30 seconds to make a legal attempt.

Execution: A double overhand grip must be used. Hook grip is not permitted. The judge will signify for the timer to start. The athlete will then lift the implement until the knock bar touches the cross bar. There is no down call and you do not have to lock out the implement. Once contact between the knock bar and cross bar is

made, the athlete must return the implement to the floor without losing grip. The implement slipping out of the athlete's grip disqualifies the attempt, and the athlete will have to try again within his/her time limit, or wait until the next attempt if he/she has more attempts to use. In the event that the knock bar turns during the lift and misses the crossbar, it will be up to the judge to make the call if the implement was lifted high enough. Video replay can be used to verify if the proper height was attained on the lift. No bracing is permitted with the device.

**There must be at least an 1/8th of an inch or at least 3 millimeters between the inside of the rolling handle and the center piece of the frame. There must also be at least an 1/8th of an inch or at least 3 millimeters between the outside of the rolling handle and the allen collar.

5-3 3x4 Napalm's Nightmare (Pinch) 6" Lift

The athlete will have 4 attempts to complete their biggest weight.

Time Limit: The athlete will have 30 seconds to make a legal attempt.

Execution: A double overhand grip must be used. Hook grip is not permitted. The judge will signify for the timer to start. The athlete will then lift the implement until the knock bar touches the cross bar. There is no down call and you do not have to lock out the implement. Once contact between the knock bar and cross bar is made, the athlete must return the implement to the floor without losing grip. The implement slipping out of the athlete's grip disqualifies the attempt, and the athlete will have to try again within his/her time limit, or wait until the next attempt if he/she has more attempts to use. In the event that the knock bar turns during the lift and misses the crossbar, it will be up to the judge to make the call if the implement was lifted high enough. Video replay can be used to verify if the proper height was attained on the lift. No bracing is permitted with the device.

**There must be at least an 1/8th of an inch or at least 3 millimeters between the inside of the pinching handle and the center piece of the frame. There must also be at least an 1/8th of an inch or at least 3 millimeters between the outside of the pinching handle and the allen collar.

5-4 2x5 Napalm's Nightmare (Pinch) 6" Lift

The athlete will have 4 attempts to complete their biggest weight.

Time Limit: The athlete will have 30 seconds to make a legal attempt.

Execution: A double overhand grip must be used. Hook grip is not permitted. The judge will signify for the timer to start. The athlete will then lift the implement until the knock bar touches the cross bar. There is no down call and you do not have to lock out the implement. Once contact between the knock bar and cross bar is made, the athlete must return the implement to the floor without losing grip. The implement slipping out of the athlete's grip disqualifies the attempt, and the athlete will have to try again within his/her time limit, or wait until the next attempt if he/she has more attempts to use. In the event that the knock bar turns during the lift and misses the crossbar, it will be up to the judge to make the call if the implement was lifted high enough. Video replay can be used to verify if the proper height was attained on the lift. No bracing is permitted with the device.

**There must be at least an $\frac{1}{8}$ th of an inch or at least 3 millimeters between the inside of the pinching handle and the center piece of the frame. There must also be at least an $\frac{1}{8}$ th of an inch or at least 3 millimeters between the outside of the pinching handle and the allen collar.

6. Results Submission Procedure

Any promoter who is running a venue must complete a Statistics document and submit to jedd.diesel@gmail.com as soon as possible once the competition is over. For individuals who are competing solo in their own home, gym, garage, etc, they must also complete the Statistics document and send to the email address above once they have completed all their lifts. Any Statistics documents that have not been received by 12/11/22 at 12pm Eastern will not be counted in the competition. All weights must be recorded in POUNDS. Any results submitted in Kilograms will be returned to the promoter to be converted.

7 Loading Pins, Knock Bars and Crossbars: Overview



Example Set-Up 1



Example Set-Up 2

The following sections will discuss the support equipment for the event. Moving forward the loading pins and knock bar will not have a specific requirement but a set of guidelines that must be followed. The uprights and crossbar/knock bar allow for a great deal of freedom for the promoters. Promoters may choose to use an adjustable knock bar or an adjustable crossbar. Either method of judging height can be used for WWGBNE as long as the specific event's lifting height can be accurately gauged.

NOTE: The simplest method may be to place the knock bar at the bottom of the loading pin for all four events, and then to simply adjust the height of the crossbar for each event. However, this may not be the safest method: the knock bar can tend to swing during the lift for certain events (e.g. the Hub), and when the weight is put down the knock bar could come down on the athlete's foot.

Loading Pins:

- Pin height should be between 11" and 16" inches tall.
- Loading pins can be no smaller in diameter than 1.9"
- Promoters are highly encouraged to have a backup loading pin in the case the main pin breaks during the event. It has happened in the past.
- The following pins are examples that meet the above criteria. As long as the criteria is met, any loading pin is fine.
 - FBBC Contest and Omni Pins
 - Arm Assassin Loading Pins
 - Barrel Strength Loading Pins
 - IronMind Loading Pin

Knock bars:

- Must be a rigid material that protrudes perpendicular from the loading pin. The knock bar must extend past the plates that will be used at the event to be able to hit the crossbar.
- Knock bars can be adjustable in position.

- As long as these criteria are met, any knock bar is fine. Questions should be directed to Jedd Johnson prior to February 1st, 2022.

Crossbars and uprights:

- Provide a non-rigid height gauge for the knock bars to come in contact with.
- Uprights can be made of any material that allows the cross bar to sit at the desired height.
- Homemade versions are allowed for this.
- As long as the criteria is met, any cross bar and uprights set-up is fine. Questions should be directed to Jedd Johnson prior to February 1st, 2022.

Standing blocks

- In the case where an athlete cannot reach the height requirements comfortably, blocks or weight plates should be available for the athlete to stand on.

AT THE PROMOTER'S DISCRETION: It is permissible for lifters to start lifts with the loading pin placed on something higher than the floor (e.g. a small stool, extra mats, etc.), as long as everything else is also adjusted (i.e. crossbar) to ensure the range of motion requirements are met.



Example Block to stand on.

8 Social Media

Posting pictures, videos and even streaming during the competition are all prohibited, as this can lead to an unfair advantage for lifters who compete later on in the day.

9 Compliance, Ethics and Penalties

Compliance:

This section is to clarify the expectations of the promoters and athletes taking part in the Napalm Nightmare World Championship

- The promoter will be familiar with all the general rules and individual event rules as laid out in this document. Questions should be directed to Jedd Johnson prior to December 1st, 2022.

- The promoter will enforce the event rules.
- The promoter will only use equipment from the designated supplier (i.e. authentic Napalm Nightmare frames, rolling handles, and pinch handles).
- The promoters will ensure that all equipment has been maintained and serviced to the manufacturer's specification. Damaged equipment must not be used in any circumstance.
- All handles must freely spin, with no binding. Allen collars must not be tightened in a way that they prohibit proper spinning of the handles.

Ethics:

It is always an undertaking to write rules for events that are fair for all competitors. With multi-venue competitions, there already exists the possibility for slight variation in equipment due to prior use, age of equipment, and other factors. Therefore, it is a must to comply with the rules given and to perform all lifts in the true intent and spirit of the rules as written.

The King Kong rules document perhaps says it best regarding rules and adhering to them:

“Due to the number of variables it would both be impossible and impractical to list out each and every situation that could gain an athlete an advantage. The International King Kong Grip Challenge is unique to other contests in that athletes are competing with athletes in multiple locations around the world. The goal for each promoter should be to maintain uniformity to the best of their ability. The nature of grip is that a 100% uniformity would be impossible without everyone in the world lifting on the same equipment on the same day. This said, any action taken by a promoter to gain an advantage for themselves or their athletes can result in penalties being levied against the location even if no direct rule was broken. Not only will the letter of the law be enforced but the spirit as well.

Warnings and Penalties:

Let us first and foremost state that we have no desire to ever need to implement the following penalties but as the contest grows the chance that something will come up increases. This will set down a guideline for what will happen in the case of unethical conduct to outright cheating. When something off is noticed, the impact to the overall integrity of the contest is what will primarily be considered in determining the penalty level.

Warning: *In a case where the offence does not impact the integrity of the contest and would not have within reasonable certainty affected the outcome the venue or person the venue will receive a warning. The immediate effect will be a discussion on how to move forward and eliminate this problem from future events. In the case that a venue or person receives a related or repeated minor penalty the following year, the offence will be upgraded to a moderate penalty.*

Examples:

- *Several missed calls (e.g. repeatedly not noticing when an athlete is not following the rules (for example intentional body contact)).*
- *Allowing an athlete to compete wearing a wrist band.*

Moderate Penalty: *In the case that an offence does have a measurable impact to the contest that would give the athletes a measurable advantage, yet the offence is not serious enough to warrant a major penalty. In this case the contest promoter along with the top 2 to 5 athletes at the location will take a 25% reduction in lifting scores. This will be evaluated on an event-by-event basis. If in doubt it will be applied to all 4 events. This will ensure that promoters that are not competing will not have the incentive to cheat to gain an advantage for their athletes. As well as putting ownership on the athletes themselves to keep an eye out for any issues that could appear. The reason this will not apply to all the athletes is for two reasons. First the top athletes are normally the most experienced and will be able to catch any cheating and puts their scores on the line to discourage*

cheating. Second punishing most of the athletes at the venue that would not affect the top scores could discourage newer athletes.

Examples:

- *Not using authentic equipment (e.g. a hub other than an IronMind Hub)*
- *Using equipment that is damaged or not working properly*

Major Penalty: *In the case that an offence has a major impact across the contest site that would give the athletes a major advantage the entire location will be forced to take a zero. This would be considered blatant cheating.*

Examples:

- *Falsifying scores*
- *Using fake weights*

Note that the venue promoter bares most of the responsibility for ensuring all rules are followed. This said, individual athletes can be removed from the competition at the venue promoter's discretion. For example, if an athlete refuses to follow instructions after being told several times, he/she can be ejected from the competition."

10 Appreciation and Gratitude

I, Jedd Johnson, wish to thank Eric Roussin and Andrew Pantke, as I utilized the structure of the 2021 King Kong rules document for the 2022 Napalm Nightmare World Championship Rules Document. Also, I wish to thank all of the assistants and competitors who will help to make this competition a tremendous success that runs smoothly from beginning to end by assisting with loading weights, keeping score, judging and other unnamed tasks that will surely take place. You are appreciated.

As always, I welcome any questions you may have. Please direct your questions to me at jedd.diesel@gmail.com or through Facebook messenger as soon as possible, preferably before December 1st, 2022.