

DIESEL CREW

GLOBAL

GRIP

CHALLENGE

2009

September 19th, 2009 @ 10:00am

WYALUSING, PA

\$50 per Athlete

No weight classes

18 & Over only, unless accompanied by adult

EVENTS

[#1. Parallel Set Grippers](#)

[#2. 2-Hand Pinch](#)

[#3. Axle Deadlift](#)

[#4. Weaver Stick to Rear](#)

[#5. Loading Medley](#)

[Awards](#)

Prizes and Trophies will be given out for the top 3 place finishers.

[Bonus Award](#)

MOST DIESEL AWARD – given to grip Athlete who clearly is humble in character but fiercely intense in competition. Not necessarily the person who wins the contest, but gives everything he has when competing. This Award will be voted on, by secret ballot, by all the competitors **after the competition** and will be announced during the awards ceremony.

This competition's rules are designed to promote the execution of maximal performance lifts, keeping the competition to a conservative time, and setting a high standard for Grip Contests.

All events will begin with a judge asking the question "Lifter Ready?" The Athlete must then make an affirmative response, at which time the judge will announce "Begin." The Time limits for the lifter vary for each event – please be familiar with the rules that are set for each event.

A lifter may disqualify himself from his current turn at any time, but will not be allowed to start over if they change their mind. The judge will state are you sure, and the lifter must acknowledge with an affirmative response.

Individual event rules are subject to change at promoter's discretion.

EVENT RULES

#1. Captains of Crush Grippers: A variety of torsion spring Grippers will be used starting. Three attempts, using a parallel set. Nothing may be in contact with the gripping hand or the gripping arm from the elbow down (for example, the free hand is not allowed to steady the wrist of the gripping hand or hold the spring, etc.).

The referee will tell the athlete to begin. The athlete can then set the gripper to parallel. The referee will call “good” when the gripper is at parallel and the athlete can then squeeze. The athlete should not attempt to close the gripper until the referee gives the OK on the set.

The gripper must be held with the spring facing up. Handles of gripper must clearly touch for attempt to count. Best hand will be contested. Chalk only allowed.

SCORING: Best gripper closed gives the athlete 10 points. Other performances are figured by using the best gripper as the denominator, and multiplied by 10. Example: Best gripper closed is a 4 with a parallel set (worth 8). This athlete scores 10 points for that event. The next best performance is a 3.5 with a parallel set (worth 5). Point value is figured as follows: $5/8 = .625 \times 10 = 6.25$ points.

#2. 2-Hand Pinch: The European Pinch apparatus will be used. The Euro Pinch apparatus is comprised of two steel discs of 6mm thickness on the outside. Between the steel disks, there are 4 - 10mm and 2 - 6mm rubber discs, allowing for a possible total of 64mm thickness (just over 2 1/2"). There will be a 2" steel pipe running through the middle with 2 outside collars. The Athlete must grip and then lift the apparatus to a level where the steel pipe contacts a horizontal stick at a height of 16.5". Chalk only allowed. No alternating of grip. Hands must be no further than 3 inches apart. Apparatus must stay clear of body throughout attempt. Each Athlete will have 4 attempts. Rising Bar event – explained below. The athletes will be permitted one effort per trip to the platform to lift the implement. Grip resets will not be permitted.

SCORING: The weights listed will be the weights used during the contest, so train to be able to lift these weights. Using only these defined weights will save time. Other performances are divided by the best, and multiplied by 10, as explained above in the gripper rules.

Ignore this table to the right, we'll go 5 lb jumps from 150, up.

Weight
150
160
170
180
190
200
205
210
215
220
225
230
235
240
245
250
WR

#3. Axle Deadlift: A 2" Axle will be used. Double Overhand Grip. Athlete must deadlift the axle to full lockout for a good call made by the judge, and then return the bar under control to the floor. No hitching is allowed.

SCORING: The weights listed will be the weights used during the contest, so train to be able to lift these weights. Best performance = 10 points. Other performances are divided by the best, and multiplied by 10.

Weight
225
275
315
365
375
385
395
405
415
425

#4. Mad Grip Medley: A series of implements will be loaded onto platforms. A variety of implements will be used that will be fair to lift for any hand size. The largest handled implement will be the Inch Dumbbell. The biggest block weight will be the 50-lb Blob. Some implements will be loaded on top of boxes. Others will be pulled to lockout. If any other specifications are required they will be lifted only mere inches. We will not be loading on top of the v-bar platform.

SCORING: Number of implements loaded dictates score. Time limit is 3 minutes, but finishing time will not factor into the score. Take your time!

#5. Weaver Stick to the Rear: The Weaver stick must be grabbed by the handle and lifted to a parallel position. Per David Horne's website, here are the rules: "George Russell Weaver popularised this wrist leverage test some 50 years ago whilst living in Brooklyn. A round stick (mop handle) is used which has the following dimensions – diameter about 1", length 42". Half an inch from one end cut a notch. Exactly 36" from the centre of this notch, circle the stick with a line. Get two metal right angles at a hardware store, and screw them into the top and bottom sides of the stick so that the rear edges of the right angles come exactly to the circled line. The topside of the stick is the side where the notch is cut. This leaves a handle just 5 ½" long.

The weight hangs from a wire in the notch ½" from the end, creating a leverage effect when you lift the stick by the handle. For the lift to the rear, you face away from the stick, grasping the handle with your little finger towards the weight, and lift the stick and weight off the table. You may bend your body forward as the lift is made.

The stick must be lifted approximately parallel to the floor. If the weighted end slopes downwards, you may carry on the event till the stick is level. You will then get the referees command to lower the stick. There must be no rocking of the stick on the table before lifting. The lifter hand and arm must remain free of the body. The heel of the hand must remain on top of the stick; if the hand twists around under the stick, the lift is not allowed. The grip has to be a normal grip with the thumb opposing the fingers.

For safety reasons, this is the only event the BHSA allow the use of a wrist wrap. The wrist wrap should be no bigger than 12" x 3". At the British Hand Strength Championships 2008 the wrist wrap will be provided. "

SCORING: Best performance = 10 points. Other performances are divided by the best, and multiplied by 10.

What is a Rising Bar Event? RISING BAR is used in part to conserve time. In some contests, a great deal of time has been wasted by continually removing and adding weights over and over. The lowest weight will go first, and weight will be added in ascending order. At the completion of the lifter's turn, if the Athlete completes the lift and decides to jump up in weight, he may or may not end up going next, depending on the next higher opening weight. If the lifter completes a legal lift of 100 pounds, then chooses to jump up to 110, but another lifter chooses to start at 105, the first lifter will be intercepted by the second lifter, and so goes the rest of the event.

TO QUALIFY

Qualification for Nationals takes place in USHS sanctioned contests only, announced on the Gripboard.

Qualification Chance 1: Athletes shall qualify for Nationals if they finish top 3 in a US Hand Strength sanctioned contest announced on the Gripboard between September 2008 and September 2009.

Qualification Chance 2: Athletes can also qualify for Nationals by completing 3 of the following feats during 2008-2009 competition:

1" Vertical Bar - 290

2" FBBC Vertical Bar - 200

Gripper - IM #3 or equivalent (140#), or 150# choker close

Reverse Bending - Grade 5x6" bolt

Axle Deadlift - 290

Plate Pinch - 170

One Hand Deadlift – 225

Qualification Chance 3: Complete any one of the following Wild Card feats:

Close #4 Gripper with parallel set or wider (choker included)

Break US Record in Two Hands Pinch

Break US Record in 1-inch Vertical Bar (LGC Standard or FBBC Standard)

These qualifying lifts can be done in a medley as long as the lift meets the requirements of a the normal event as far as the standard for completion: lift to lockout, lift to stick, lift to two inches, etc.

Additional Information:

- All events have a specific time limit – “Athlete Ready?” will start each Athlete’s attempt, and the command “Lift” will engage the effort.
- If at any time an Athlete causes intentional damage to equipment - the Athlete will be disqualified from the contest promptly with no refund of entry fee.
- There will be 4 rounds for the Grippers, Axle, Weaver Stick and 2HP event; 1 round for Medley.
- Chalk only allowed.
- No supportive gear of any kind except a belt.
- There will be minimal time between heats/runs/rounds and 5 minutes between events.
- Contestants with highest point totals win.

- Contest promoter reserves the right to change or amend the rules at any time.
- Contest promoter reserves the right to change order of events at any time.

Athlete's Pre-Contest Tasks:

- **Fill out and sign contest liability sheet, entry form** and return with entry fee to address post marked by August 20, 2008. Entries on contest day will require 20 dollars be added.

DAY OF THE CONTEST:

- **Sign Log Sheet for 2HP Width** – Note: 2 Hand Pinch width must be determined and signed off for each competitor before the contest begins.
- **Take group picture**
- **Pickup Contest T-shirt**

DIESEL CREW GLOBAL GRIP CHALLENGE 2009

PROMOTERS: Jim Smith, Jedd Johnson,
Diesel Crew, PO Box 806, Wyalusing, PA 18853
www.DIESELCREW.com, Phone: 607.857.6997

DATE: September 19, 2009
SIGN-IN: 9:00am
RULES: 9:30am
START: 10:00am

LOCATION: **JEDD'S PLACE**
EMAIL FOR DIRECTIONS
JEDD.DIESEL@GMAIL.COM

ENTRY FEE: \$50
DEADLINE: **Postmarked** August 20, 2008. Paying on contest day, add \$20.

Events subject to change without notice
Events order subject to change without notice

AWARDS: Trophies will be awarded to the top three finishers.

MAKE ALL CHECKS/ MONEY ORDERS PAYABLE TO: JEDD JOHNSON
MAIL ENTRY FORM AND FEE TO:

JEDD JOHNSON
PO BOX 806
WYALUSING, PA 18853

HOTELS

Comfort Inn (15 miles from **DIESEL**)

RR6 Box 6167A
Wysox PA 18854
570-265-5691

Ask for Group Rate \$120. Use the code word Johnson or Grip Contest

Best Western, Sayre PA (36 miles from **GGC**)

<http://book.bestwestern.com/bestwestern/productInfo.do?iata=&promoCode=&corpID=&propertyCode=39095#null>
255 Spring St
Sayre, PA 18840-1909
(570) 888-7711
Group Rate to be determined

Ask about other sleeping options.

AIRPORTS

Wilkes Barre/Scranton International Airport

<http://www.flyavp.com>
1-877-2-FLYAVP

Elmira/Corning Regional Airport:

276 Sing Sing Rd
Horseheads, NY 14845
(607) 739-5621

Greater Binghamton Airport (BGM)

Edwin A Link Field
2534 Airport Road, Box 16
Johnson City, NY 13790
<http://www.flyavp.com>

ENTRY FORM

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 and its staff, Jim Smith, Jedd Johnson, and staff, any and all sponsors/suppliers, equipment donors, the officials, volunteers, employees, their representatives and assigns, for any and all injuries incurred by me in conjunction with this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the Diesel Crew: Global Grip Challenge 2009, US Grip Championships and its related events, I hereby grant the Diesel Crew, Jim Smith and Jedd Johnson, 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 the Diesel Crew, Jim Smith and Jedd Johnson 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 the Diesel Crew, Jim Smith and Jedd Johnson 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 the Diesel Crew, Jim Smith and Jedd Johnson and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

AGE: _____ HEIGHT: _____

T-SHIRT SIZE: _____

SIGNATURE: _____

(PARENT OR GUARDIAN SIGNATURE IF UNDER 18)