

Global Grip Challenge 2011
North America Grip Sport Championship
July 16, 2011 @ 10:00am
Crooksville, Ohio
\$50 per Athlete
\$70 Day of Event
4 Divisions (Elite, Open, Novice, Women)
18 & Over only, unless accompanied by adult

EVENTS

[#1. 20-mm Block Set Grippers](#)

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

[#3. Medley](#)

[#4. 100 Foot Wrist Roller](#)

[#5. Plateau Buster](#)

[Awards](#)

Prizes and Trophies will be given out for at least the top 3 finishers in each class

[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.

RULES

#1. Captains of Crush Grippers: A variety of torsion spring Grippers will be used. Four attempts, using a 20-mm Block 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, no bracing the gripper against the leg for the set, etc.).

The referee will tell the athlete to begin. The athlete can then set the gripper as deep as he/she wishes, but it must be opened far enough for a 20-mm Block to be inserted between them prior to closing. The athlete will pass the block. The referee will call “good” when the gripper is properly set 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: All Grippers are rated using the recognized gripper rating device. The rating value of the Gripper closed is divided by the value of the best gripper closed and multiplied by 10.

For example: Best Close – 190 lbs. A close of 154 will get a score of 81 : $(154/190)*100$.

#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.

A legal lift is when the loading pipe touches the target bar. If plates or a collar touch the bar it will be the judge's discretion if the lift will be counted.

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.

Weights will go in about 5 lb jumps from 150, up.

#3. Grip Medley: A series of implements will be loaded onto platforms, carried, closed, bent, etc. 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. Still others

will be grippers that must be closed, steel that must be bent, etc. Farmers Walk and other odd object carries are possible. Work open hand endurance for this event.

SCORING: Number of implements loaded dictates score. Time limit is 4 minutes, but finishing time will not factor into the score. Take your time!

#4. 100' Wrist Roller: A Wrist Roller will be attached to a bar and a 1" strap will be twisted around it, pulling a sled 100 feet. There will be a time limit to pull the sled. At the end of the time limit, the distance will be measured. The score will be distance divided by 100 feet. This will be the score. Pulling the sled 100 feet yields a score of 10.

SCORING: Described above.

#5. Plateau Buster Lift: A Plateau Buster from StrongerGrip.com will be used and will be contested using Vertical Bar rules. The athlete must grip the handle of the PB and lift the implement higher than 2" marker and then return it to the ground under control. If the implement slips out of the athlete's hand, it will be considered a no lift.

Weights: Weights will be pre-determined to save time. For the Women, we will start with 140-lbs. Next the weights will be 160, 180, 190, 210, 230, 240, etc. These will be the estimated weights, as the weighed plates may be slightly different. Also, the PB weighs roughly 9.5-lbs, which will be added to the total of each lift. For the Men, we will start with 270-lbs added and then move to 290, 320, 340, 360, 380, 410, 430, 450, etc.

Weights will be Rising Bar for the Women and Men.

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 Chance 1:

- * Athletes in the Open Class who Total Elite: Total of 800-lbs between Grippers, Axle, and Two Hand Pinch
- * Finish in the top 3 out of 7 in your class (Novice, Open B, Open A) in a NAGS-sanctioned contest
- * Finish in the top position of your class (less than 7 competitors) in a NAGS-sanctioned contest

Qualification Chance 2:

Athletes can also qualify for Nationals by completing 3 of the following feats during the 2010 – 2011 season in NAGS-sanctioned contests. (Can occur during multiple contests)

- * 1" Vertical Bar – Men – 325, Women - 180
- * 2" FBBC Vertical Bar – Men – 200, Women - 110
- * Gripper – Men – Close Level 13 Gold on the Vulcan or 150# Gripper Close, Women – Level 4 Gold or 82# Gripper Close(parallel or 20-mm Block Set)
- * Bending – Men – Grade 8×6" bolt, Wrist Developer Level 5 Gold, Women – Grade 2x6" bolt, Wrist Developer Level 1 Gold
- * IronMind Axle Deadlift – Men – 325, Women – 180
- * Euro Two Hands Pinch – Men – 200, Women – 110
- * One Hand Deadlift on Olympic / Powerlifting Bar – Men – 250, Women – 135
- * 50-lb Blob to Lockout or Loaded to 30" Platform during a Medley, (Men), 30-lb York Block Weight (Women)
- * Rolling Thunder – Men – 180#, Women – 100#
- * Two 45's Pinch to Lockout or Loaded to 12" Platform during a Medley (Men), Two 25's (Women)
- * Sledge Hammer - 16-lb Lever (Men) 8-lb (Women)(vertical, to head, to vertical)

Qualification Chance 3:

Complete any of the following Certifications during the 2010 – 2011 Grip season

- * Certify for IronMind Captain of Crush (#3 or #3.5) Women - #2 Cert – IM or Gripboard
- * Certify for IronMind Red Nail Roster
- * Certify as Gripboard Mash Monster (or move up the Ladder)

Qualification Chance 4:

Complete any one of the following Wild Card feats during the 2010 – 2011 season in NAGS-sanctioned contests (Can occur during multiple contests)

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

- * Break US Record in Two Hands Pinch (Men / Women)
- * Break US Record in 1-inch Vertical Bar (LGC Standard or FBBC Standard) (Men / Women)
- * Break US Record in 2-inch Vertical Bar (FBBC Standard) (Men / Women)
- * Break US Record in the Axle Deadlift (Men / Women)

Qualification Chance 5:

* Win in one of the Wild Card Weeks of the Weekly Diesel Grip Strength Challenge at DieselCrew.com. The following tests of Grip Strength will be used:

- w/o June 6 – Two Hands Pinch
- w/o June 13 – Grippers
- w/o June 20 – Medley Style Test (yet undecided)
- w/o June 27 – Plateau Buster Lift

Additional Information:

- If the event has a specific time limit – “Athlete Ready?” will be asked. When the athlete confirms they are ready they will be told to “Go” or “Lift” by the judge.
- 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, Plateau Buster, and 2HP event; 1 round for Wrist Roller and Medley.
- Chalk is allowed.
- Belts are allowed. Straps are not allowed. Wrist wraps are allowed.
- We will make all efforts to keep the event moving with 10 minutes rest 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 provided. 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 &
NORTH AMERICAN
GRIP SPORT NATIONAL CHAMPIONSHIP. 2011**

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

DATE: July 16, 2011
SIGN-IN: 9:00am
RULES: 9:30am
START: 10:00am

LOCATION: **Chris Rice's Facility**
EMAIL FOR DIRECTIONS
JEDD.DIESEL@GMAIL.COM

ENTRY FEE: \$50. Please get entries post marked by July 6, 2011
DEADLINE: Paying on contest day, add \$20.

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

AWARDS: 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

***Will be provided.

AIRPORTS

***Will be provided

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 2011, North American Grip Sport 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)