

2023 US Grip Sport National Championship

PROMOTER: Jedd Johnson
CONTACT: Email: jedd.diesel@gmail.com or call (607) 857-6997
DATE: 6/10/23
TIME: Weigh-ins begin at 9AM, Warm-ups 10AM, Rules 10:30AM, Start time 11AM
LOCATION: 36 Main Street Wyalusing PA 18853
HOTEL: Available upon request
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: 20mm Block Set Grippers, 2x5 Napalm Nightmare Pinch (6" Lift), 2" Napalm's Nightmare (6" Lift), Little Big Horn (6" Lift), Napalm's Island Medley
CONTEST UPDATES WILL BE ADDED HERE: <https://www.gripboard.com/index.php?/topic/62391-2023-united-states-grip-sport-championship/>

ENTRY FEES: \$60 before May 21, 2022. \$75 between 5/21-6/17. \$85 day of event. Send to address below or Paypal: jedd.diesel@gmail.com. Page 1 and 2 of Entry form are all that need to be emailed or mailed.

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:** _____ **SHIRT SIZE:** _____
EMAIL: _____
WEIGHT CLASS: _____ **HEIGHT:** _____
SHORT BIO OF CREDENTIALS AND CHAMPIONSHIPS: _____

Enter your estimated openers for each event in lbs: Gripper: _____ 2x5 NN: _____ 2" NN: _____ LBH: _____

Medley Item You'll Bring or Borrow: _____

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 _____

2023 US Grip Sport National Championship

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1 Event Overview

The National Championship for the United States of America, sanctioned through Grip Sport International, consisting of 5 events:

- 20mm Block Set Grippers
- 2" Napalm's Nightmare (6" Lift)
- 2x5 Napalm's Nightmare (6" Lift)
- Little Big Horn (6" Lift)
- Napalm's Island Medley

The purpose of this contest is to crown a Men's and Women's overall champion as well as champions in each weight class GSI has to offer. The objective is to make this the biggest US Championship ever, contesting events that were voted upon amongst a pool of 3 distinct contest locations. The cream will rise to the top on June 10th!

Contest Date: June 10, 2023

Entry Fees: Early bird price is \$60 before May 21. Cost goes to \$75 before June 17. Day of Price is \$85

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 receive their own United States Championship Belt. Past year's champions must bring their Belt with them to present it to the new winner, or the best must be mailed back to Jedd Johnson at the address on Page 1 before May 30th.

Weight class 1st place winners will receive 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 can be done Saturday morning prior to the comp. Current plan day of event is to weigh in between 9am and 11am. Weigh-ins must be done on a point-calibrated scale and must weigh less than the calculated point calibrations.

Either competition weight plates or weight plates that have been weighed on a calibrated scale will be used. All devices will have been weighed on a calibrated scale as well.

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 vary by event.

For one-handed events, the competitor may switch hands at any time, as desired.

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. There will be a 30-second time limit that includes equipment prep time (i.e. adding or removing chalk to one's liking), chalking of the hands, situating boxes to stand on, etc. Chalk can be removed using a dry cloth, paper towels, or equivalent, provided by the venue promoter. The lifter may switch hands on each attempt and may switch back and forth between left and right hands during the time limit of their attempts as well.

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 Little Big Horn 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 20mm Block Set Grippers

5-2 2" Napalm's Nightmare (6" lift)

5-3 2x5 Napalm's Nightmare Pinch (6" lift)

5-4 Little Big Horn (6" lift)

5-5 Napalm's Island Medley

5-1 20mm Block Set Grippers

The athlete will have 4 attempts to close their best gripper. Either hand may be used to close the gripper, and the best performance will be the score the athlete gets for the event.

The NAGS/GSI Grippers will be used, which range from about 85lbs to 200+ pounds. Several lighter grippers outside of the NAGS/GSI set will also be incorporated for those who need them.

The athlete will have 30 seconds to make a legal attempt. The judge will signify for the timer to start. The athlete will then set the gripper, pass the block, and make the attempt on the close. The 20mm thickness of the block must completely pass through the handles for a legal set. At no time may anything but the off-hand be used to set the gripper. Pushing the gripper against the throat, neck, belly, waist or thighs is prohibited.

The swiping of the block must be visible for the judge to see. If they can not see it, the athlete will be asked to start over without time starting over. Same goes for the close. If the judge can not see that the gripper is closed, then it doesn't count, whether the athlete "feels that it closed" or not. Be prepared to offer a good, steady sight picture for the judge to call the block set and the close.

If the athlete fails to close a gripper, he/she may try again during the time limit but may not drop down during that trip to the platform. He/she may drop down to a lighter gripper on the next attempt if he/she chooses to. Re-chalking during the time limit is acceptable as well.

Once the competitor finishes his/her attempt, he/she must tell the Assistant what their next attempt will be.

The competitor order for grippers will be the reverse order of entries received. A name will be drawn “from a hat” to be the judge for the contest organizer, Jedd Johnson, Lucas Raymond, Evan Norton, and Clint Ziegler, Josh Culpepper, Nick Sanders, and Ronald Pawlus to avoid complaints and excuses.

5-2 2” Napalm’s Nightmare

The athlete will grip the NN with a double overhand grip. No alternating or underhand grips are permitted.

No bracing is permitted with the device. Incidental contact between the body may happen should be avoided at all costs. We do not train to be braceful here. The athlete must take their grip, lift the implement so the knock bar contacts the crossbar, and then control the implement back down to the floor. If the lifter misses contact with the crossbar, the lifter will still need to have the top of the knockbar cross the plane of the crossbar. Referee’s discretion will be used to judge whether the correct height was attained. Video review may also be used.

The lifter may stand on boxes or plates at their own risk and discretion. Blocks must be set up efficiently prior to the attempt, during the 30-second prep window. Once the athlete’s time starts, re-positioning of the blocks will be part of their attempt time. The athlete has 30 seconds to make a legal lift.

The Napalm’s Nightmare will be run using approximately 10lb jumps. Immediately after completing their attempt, the lifter must go to the Assistant and give them their next planned attempt.

5-3 2x5 Napalm’s Nightmare Pinch

The athlete will grip the NN with a double overhand grip. No alternating or underhand grips are permitted.

No bracing is permitted with the device. Incidental contact between the body may happen should be avoided at all costs. We do not train to be braceful here. The athlete must take their grip, lift the implement so the knock bar contacts the crossbar, and then control the implement back down to the floor. If the lifter misses contact with the crossbar, the lifter will still need to have the top of the knockbar cross the plane of the crossbar. Referee’s discretion will be used to judge whether the correct height was attained. Video review may also be used.

The lifter may stand on boxes or plates at their own risk and discretion. Blocks must be set up efficiently prior to the attempt, during the 30-second prep window. Once the athlete’s time starts, re-positioning of the blocks will be part of their attempt time. The athlete has 30 seconds to make a legal lift.

The Napalm’s Nightmare will be run using approximately 10lb jumps. Immediately after completing their attempt, the lifter must go to the Assistant and give them their next planned attempt.

5-4 Little Big Horn

NOTICE: The following rules differ from the IronMind Rules

The current version of the Little Big Horn should be used.

The lifter grips the Little Big Horn with one hand (no part of the hand can grasp below the rim). The lifter will lift the Little Big Horn until the knockbar comes in contact with the crossbar for a 6" lifting height. If the lifter misses contact with the crossbar, the lifter will still need to have the top of the knockbar cross the plane of the crossbar. Referee's discretion will be used to judge whether the correct height was attained. Video review may also be used.

There is no referee's signal. You do not have to be erect upon completion. You must lower the weight under control (hand grasping it all the way down).

The off-hand may not be placed in contact with the device during any part of the attempt. During the lift it can be posted on the hip or leg or left out to the side.

5-5 Napalms Island Medley

This Medley will run in the spirit of the Canary Islands Plow Lifting Championships where the winner of the event was the person who lifted his/her plow along with the most other plows, only we will be doing Grip Feats within a time limit. Right now, the intended time limit will be 3 minutes, depending on the total number of feats that end up in the medley (which will be dictated by the number of competitors. For the Women, there will be an item total equal to the number of competitors, but most likely scaled down appropriately in difficulty level.

The lifter can begin the Medley with his/her hand on the first Medley item.

For the Medley, each competitor will bring his/her own Medley item. The competitor may choose to use one of the implements I have in my collection. The item may be as hard as the athlete chooses, with a handful of exceptions:

- the size of block weight must not be larger than a half 100lb Blob
- no thick bar may be thicker than 2.5"
- height must not be an issue where a shorter individual would not be able to lock the implement out
- no face lifting of Blobs
- no plate pinches wider than 3x25's, 5x10s, 2x45s
- feat items and loading pin items will be lifted to lockout
- if other limits are deemed appropriate by the promoter, they will be added

Each lifter must lift his/her own Medley item FIRST and then proceed with the rest of the Medley

The competitor who lifts his/her Medley item and the most other Medley items within the time limit will be the winner. All other competitors scores will be determined by dividing their Medley count by the overall winner's Medley count. If the competitor fails to lift his/her own Medley item, they will receive a zero. Choose your implement wisely!

6 Social Media

Posting pictures, videos and even streaming during the competition is perfectly fine, since this is a single venue competition.

7 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 2023 US Grip Nationals 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 June 1st, 2022.

8 Additional Links and Resources

Full list of lifters qualified for Nationals Competition: <https://www.gripboard.com/index.php?/topic/56961-2022-us-grip-championship-qualified-lifters/>

Full list of ways to qualify for Nationals Competition: <https://www.gripboard.com/index.php?/topic/54035-2022-national-championship-qualifier-list/>