

The **HOLDFAST** GAUNTLET

September 28, 2013 @ 10:00am

Wyalusing PA

\$50 per Athlete

\$70 Day of Event

18 & Over only, unless accompanied by adult

EVENTS

#1. 20-mm Block Set Grippers

#2. 2-Hands Pinch

#3. Sledge Choke Deadlift

#4. Speed Medley

#5. Wrist Roller or Hold for Time

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.

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

RULES

#1. 20-mm Block Set 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 the handles prior to closing. The athlete will pass the block and make the attempt on the close. If the swipe of the block is hidden and the judge can not see, he will allow one re-swipe. More than one shielded swipe results in a loss of a turn.

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.

This event is not rising bar, so if you miss on a gripper, you can drop down on the next attempt.

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 100.

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

#2. 2-Hands 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 inside and 2 outside collars. The Athlete must grip and then lift the apparatus to a level where the steel pipe contacts a horizontal target bar 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. Always try to pull high enough that the loading pipe would touch the target bar.

SCORING: Your best legal lift will be divided by the best lift done during the competition in your class. This proportion is multiplied by 100 to get your score, as explained above in the gripper rules.

Weights will go in about 5 lb jumps from 150 or so and up.

#3. Sledge Choke Coin Lift: A 12-lb Sledge Hammer with markings every inch from the head lies on the floor with a US Quarter atop the highest part of the head. The athlete must grip behind the marked line and lift the hammer head atop an 18-inch platform without letting the coin fall off.

Any contact of the hammer with a part of the body other than the hand will result in a foul. If you foul, you may restart once.

SCORING: Your best lift will be divided by the best score in your class and multiplied by 100.

#4. Speed 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. Some implements will be loaded on top of boxes. Others will be pulled to lockout. Farmers Walk and other odd object carries are possible. Steel bending and card tearing are possible. The updated medley will be announced on my YouTube Channel. Work open hand endurance for this event.

SCORING: Number of implements loaded dictates score. Time limit is 60 seconds, so speed is a MUST.

EVENT #5 IS STILL UNDECIDED, BUT WILL MOST LIKELY BE ONE OF THE FOLLOWING

#5A. Wrist Roller: A sled with weight added will be attached to a line that is connected to Wrist Roller. The athlete will roll the Wrist Roller backwards, winding up line until the sled crosses the finish line or until time is called.

SCORING: Fastest completion gets 100 points
Any distance pulled while not completing the course is divided by 100.
If multiple people finish, the score will be broken down in intervals between the furthest distance pulled without finishing and the fastest finish time.
Example: If 3 people complete the course, and the highest score of those who did not is 89, then the difference will be 11 (100-89). $11 / 3 = 3.66$. So, the slowest person who completed will get 92.66 (89 + 3.66), and the next fastest will get 96.32 (92.66 + 3.66).

#5B. Fat Gripz Hold for Time: A Shrug Bar will be loaded with a weight and Fat Gripz attachments will be placed on the handles. The athlete will lift the Shrug Bar to lockout and hold for time.

SCORING: The longest hold time gets 100 points. All other hold times are figured by dividing

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.

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, 2HP, and the Sledge Choke events; 1 round for Wrist Roller/Hold for Time and Medley.

Chalk is allowed.

Belts are allowed. Straps are not allowed. Wrist and elbow wraps are allowed.

We will make all efforts to keep the event moving with 10 minutes rest between events.

Contestant with highest point total after all events wins.

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

HOLDFAST GAUNTLET

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

DATE: September 28, 2013
WEIGH-IN: Any time after 8:00am (scale will be spot-calibrated)
SIGN-IN: 9:00am
RULES: 9:30am
START: 10:00am
LOCATION: Jedd Johnson's Garage Gym

EMAIL FOR DIRECTIONS

JEDD.DIESEL@GMAIL.COM

ENTRY FEE: \$50. (check, money order, or paypal - jedd.diesel@gmail.com)

DEADLINE: Paying on contest day, add \$20.

Events subject to change without notice

Events order subject to change without notice

AWARDS: To be determined

MAKE ALL CHECKS/ MONEY ORDERS PAYABLE TO: JEDD JOHNSON

MAIL ENTRY FORM AND FEE TO:

JEDD JOHNSON

PO BOX 806

WYALUSING, PA 18853

HOTELS

Wyalusing Hotel: 570-746-1204

AIRPORTS (all three are about the same distance from Wyalusing, 1.5 hrs)

Scranton/Wilkes Barre PA

Binghamton NY

Elmira NY

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, LLC and 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 Holdfast Gauntlet, and its related events, I hereby grant the Diesel Crew, LLC 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, LLC 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, LLC 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, LLC 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)