



IronMind Block

IronMind Block: WR Attempt Rules and Official Referee Form

IronMind® Block: World Record Attempt Rules *

1. The IronMind Blockbuster Pinch Grip Block ("IronMind Block") must be an authentic current-model IronMind Enterprises Block; it cannot have been modified or tampered with in any way. The Block must be wiped clean before each attempt.
2. Ordinary chalk (magnesium carbonate) may be used on the lifting hand, but nothing else is permitted (liquid chalk, for example, is specifically disallowed).
3. Weight is hung from the Block using an IronMind 15" Olympic loading pin and carabiner.
4. The lifter grabs the Block in approximately its center and lifts with the Block remaining approximately parallel to the ground. A thumbless grip is not permitted. Other than incidental contact, the hand or Block must not touch the body before the lift is completed—dragging the hand or Block up the leg is cause for an immediate "No lift."
5. The lifter must fully straighten up (back erect, legs and hips locked out); once standing straight, the lifter must maintain control of the lift for 1 second before getting a down signal from the referee and must then return the weight to the ground. Contact must be maintained between the lifter's hand and the Block until the weight is resting on the floor. The referee then indicates whether the lift was passed or not.
6. In contest situations, the lifter is given 1 minute to complete the lift after his/her name is called; during that minute, there is no limit to how many times the lifter may try to complete the lift.

*The minimum increment for breaking a world record is 1 kg, effective January 1, 2015.

See also IronMind's grip contest rules for extra attempts.

Verification:

Athlete's Name: _____

Address: _____

Telephone: _____

Email: _____

Age: _____ Weight: _____ Height: _____

M F (circle one)

Referee's Name: _____

Contest Location: _____

Telephone: _____

Email: _____

Referee's Signature: _____

I verify that (gripster) _____
has lifted a new world record weight of _____ lb. (_____ kg)
on the IronMind Block following all of the rules listed above.

Date: _____

In order to make our decision regarding your certification, IronMind requires that the referee return the completed Official Referee Form within 72 hours.

Please return this completed form to:
IronMind Enterprises, Inc., PO Box 1228, Nevada City, CA 95959 USA
tel: +1- 530-272-3579; fax: +1-530-272-3095; e-mail: sales@ironmind.com; www.ironmind.com

