



## Rolling Thunder® Pull-up Rules and Official Referee Form

### Rolling Thunder® Pull-up Rules

1. An authentic current-model IronMind® Rolling Thunder® handle must be used, it cannot have been modified in any way, and it must be inspected to ensure that it revolves freely: holding the handle, lift the triangular metal frame and rotate it until it is horizontal (parallel to the ground). Release the metal frame to demonstrate that it rotates back to its original vertical position (pointing toward the ground) under its own weight. The Rolling Thunder must be wiped clean before each attempt.
2. The lifter grabs the Rolling Thunder handle in approximately its center and pulls with the handle remaining approximately parallel to the ground. The lifter's hand should not touch the non-revolving part of the handle, and a thumbless grip is not permitted. Pull-ups may be done with one arm or two.
3. The athlete must not touch the ground at any time during the pull-up attempt.
4. The athlete must start from a deadhang position, and not swing or kip at any time during the attempt. The athlete's chin must go higher than the top edge of the Rolling Thunder handle, and then he or she can return to the deadhang position with a controlled descent. The athlete does as many repetitions as he or she can—there is no time limit.
5. For maximum weight attempts, both the athlete and the weights must be weighed on a demonstrably accurate scale.
6. Videos must include a) demonstration that the Rolling Thunder handle(s) are legal and (b) footage of the athlete's complete performance.
7. Ordinary chalk (magnesium carbonate) may be used on the lifter's hand, but nothing else is permitted (liquid chalk, for example, is specifically disallowed). No chalk may be applied directly to the Rolling Thunder.

### Verification:

Athlete's Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Age\*: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

M F (circle one)

\*must provide proof of age for teenage records

Referee's Name: \_\_\_\_\_

Contest Location: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Referee's Signature: \_\_\_\_\_

I verify that (athlete) \_\_\_\_\_

has lifted a new world record  weight of \_\_\_\_\_ lb. (\_\_\_\_\_ kg)

or  reps \_\_\_\_\_ 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

