



CoC Silver Bullet Hold

IronMind Silver Bullet Challenge: WR Attempt Rules and Official Referee Form

IronMind® CoC Silver Bullet Hold: World Record Attempt Rules

1. A genuine IronMind Captains of Crush® No. 2 (women), or No. 3 or No. 4 (men) gripper must be used.
2. The gripper must be new, in an unbroken package and opened on the spot.
3. Ordinary chalk (magnesium carbonate) may be used on the gripping hand, but nothing else is permitted (liquid chalk, for example, is specifically disallowed).
4. A genuine IronMind CoC Silver Bullet weight may either be an IronMind CoC Silver Bullet Disc or an IWF or IPF certified (calibrated) 2.5-kg plate.
5. The CoC Silver Bullet is inserted by the competitor no deeper than up to the top edge of the clear band, so that the script Captains of Crush® is legible, and so that all four fingers are in contact with the CoC gripper handle (dropping the pinky completely off the end of the gripper handle is expressly prohibited). The CoC Silver Bullet must be aligned with the handles of the gripper, which cannot overlap with the CoC Silver Bullet in what we call a three-point position.
6. Using one or two hands, the competitor closes the CoC gripper in his/her own time so that the two handles hold the CoC Silver Bullet in place and once this position has been achieved, and only one hand is holding the gripper shut, the referee gives the signal to start the clock. If the competitor fails to get a secure hold on the CoC Silver Bullet, s/he is allowed one chance to reset it.
7. The hand must be held with the gripper approximately vertical and the referee may give one warning to correct the position. No contact between the lifting arm and the body is permitted.
8. Time stops when the Silver Bullet drops from the handles or when the referee observes any contact between the pinky and the CoC Silver Bullet, or any other illegal position.
9. Independent of the timekeeper, a referee (whose sole responsibility is to assure that the rules regarding placement, hand position, etc. are being followed) must officiate the attempts.

Verification:

Gripster's Name: _____

Address: _____

Telephone: _____

Email: _____

Age: _____ Weight: _____ Height: _____

Referee's Name: _____

Certification Location: _____

Telephone: _____

Email: _____

Referee's Signature: _____

I verify that (gripster) _____
has held the CoC Silver Bullet with the:

No. 2 – Women

No. 3 No. 4 – Men

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

Captains of Crush gripper for a time of _____ minutes _____ seconds following all of the rules listed above.

Date: _____

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

