

Crushed-to-Dust!®

CHALLENGE



CTD Challenge: Rules for Certification and Official Referee Form

Rules for Completing the CTD Challenge:

1. The participant must succeed in all three events within 3 minutes of starting the first event:

- closing a No. 2 Captains of Crush® gripper
- lifting 20 kg/45 lb.* on an IronMind Hub
- lifting 90 kg/200 lb.* on a Rolling Thunder® Deadlift Handle



*total weight, including loading pin and plates

2. Only genuine IronMind products may be used and they must be the current model of each.

3. The challenge must be completed within 3 minutes of starting the first event, and the events may be completed in any order.

4. Each event must be carried out according to the CTD Challenge Rules for Certification, per the attachment.

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 completed the CTD Challenge following all of the rules listed
above.

Date: _____

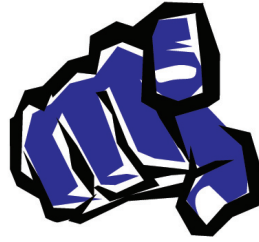
In order to make a decision regarding your certification, IronMind requires that the referee return the completed Official Referee Form within 72 hours.

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



Crushed-to-Dust!®

CHALLENGE



CTD Challenge: Rules for Certification by Event

Closing a No. 2 Captains of Crush® Gripper



1. The gripper must be an authentic IronMind® Enterprises, Inc. Captains of Crush® gripper.
2. The gripper cannot have been modified or tampered with in any way.
3. Chalk (magnesium carbonate) may be used on the gripping hand, but nothing else is permitted (tacky, for example is specifically disallowed).
4. The free hand may be used to position the gripper in the gripping hand, but the starting position can be no narrower than the width of a credit/ATM card, and the gripster must show the official that he has an acceptable starting position by using his non-gripping hand to slide the end of a credit /ATM card in between the ends of the handles. Once this is done, the official will give the signal to remove the card and begin the attempt. Any contact between the non-gripping hand and the gripper as the card is being removed will invalidate the attempt, and the non-gripping hand must stay at least a foot from the gripping hand at all times during the squeeze. Similarly, 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, etc.). The entire squeeze must be clearly visible to the official: the gripper cannot be closed while blocked from view and then turned and presented as already closed.
5. The gripper must be held with the spring facing up.
6. The handles must touch completely.

Lifting 20 kg/45 lb.* on the IronMind Hub



1. The IronMind Hub must be an authentic IronMind Enterprises, Inc. Hub; it cannot have been modified or tampered with in any way.
2. Chalk (magnesium carbonate) may be used on the gripping hand, but nothing else is permitted (tacky, for example, is specifically disallowed).
3. Weight is hung from the Hub with an Olympic-sized loading pin that is clipped to the underside of the Hub with a carabiner (generally, IronMind's loading pin and carabiner are used, although substitutions are allowed).

*total weight, including loading pin and plates

4. The lifter starts the lift with all five fingertips of the lifting hand touching the plate at the base of the Hub. It is permissible that the fingers rotate somewhat from this position during the course of the lift, but holding the Hub as if grabbing a door knob is not allowed.
5. The lifter must stand up straight; once standing straight, the lifter waits for a down signal from the referee before returning the weight to the ground. Contact must be maintained between the lifter's hand and the Hub until the weight is resting on the floor. The referee then indicates if the lift was accepted.

Lifting 90 kg/ 200 lb.* on the Rolling Thunder® Deadlift Handle



1. An authentic and 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.
2. Chalk (magnesium carbonate) may be used on the lifter's hand, but nothing else is permitted (tacky, for example, is specifically disallowed).
3. The lift starts with the weight in between the lifter's feet. Weight is hung from the Rolling Thunder with an Olympic-sized loading pin that is clipped to the frame of the Rolling Thunder with a carabiner (generally, IronMind's loading pin and carabiner are used, although substitutions are allowed).
4. The lifter grabs the Rolling Thunder handle in approximately its center and lifts with the handle remaining approximately parallel to the ground. A thumbless grip is not permitted. Any contact between the lifter's hand and the non-revolving portion of the handle disqualifies the lift; and other than incidental contact, the hand or Rolling Thunder handle must not touch the body before the lift is completed—dragging the hand or handle 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 handle until the weight is resting on the floor. The referee then indicates whether or not the lift was passed.

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