



Rolling Thunder® One-Hand Deadlift Rules and Official Referee Form

Rolling Thunder® One-Hand Deadlift 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. The lift starts with the weight in between the lifter's feet. In the world championships (and the U.S. nationals), the 15" loading pin and large carabiner that IronMind® sells are used (this standardizes the lifting height). Any other loading pin and carabiner with the same dimensions can be used.
2. The lifter grabs the Rolling Thunder handle in its center and lifts with the handle remaining approximately parallel to the ground. A thumbless grip is not permitted.
3. 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."
4. 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.
5. 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.
6. Ordinary chalk may be used on the lifter's hand, but nothing else is permitted (liquid chalk, for example, is specifically disallowed).

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 (athlete) _____

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

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

