

Technical Rules Book of the International Grip Collective

The official text of the Technical Rules shall be maintained by the IGC and shall be published in English. (In the event of any conflict between the English and other language versions, the English version shall prevail.)

Written by David Horne – revised version dated 19 May 2014

What is the IGC (International Grip Collective)?

The IGC is not a governing body; it is a collective of people voted for by the grip strength community to help with rules towards the sport of grip. These people are very experienced in the sport of grip. Their number one goal is to help the sport, the promoters and the athletes, and give them the required information they need.

What is a Contest?

A Grip contest has to have at least 2 competitors in the whole contest, irrespective of how many are in an individual class.

How many events is a contest?

A contest has a minimum of 3 events.

Where to announce the competition?

Contests should be advertised at least 30 days in advance of the contest date via:

David Horne's World of Grip forum (12 month contest calendar)

<http://www.davidhorne-gripmaster.com/forum/index.php>

Gripboard forum

<http://www.gripboard.com>

North American Grip Sport site

<http://www.gripsport.org/calendar.htm>

World of Grip site

<http://www.davidhorne-gripmaster.com/igc.html>

Bodyweight Categories:

Weight class structure for records/contests

Men: 59k, 66k, 74k, 83k, 93k, 105k, 120k, 120k+

Women: 47k, 52k, 57k, 63k, 72k, 84k, 84k+

Master's: Age brackets 50-59, 60-69, 70-79, 80+.

Weight Classes - 59k, 66k, 74k, 83k, 93k, 105k, 120k, 120k+

Masters Classes

Masters – age on day of contest will be age used

Standards - World Record minimum standards

Age 50-59 = 10% off the respective class record

Age 60-69 = 15% off the respective class record

Age 70-79 = 25% off the respective class record

Age 80+ = 40% off the respective class record

Classes

Competition classes are based on the promoter's decision.

An 'open'-to-all class is at this moment the most popular, but when bodyweight classes are used they are taken from the list above.

Scales

Scales must be of an electronic digital type and register to at least the tenths of decimal places – either Pounds or Kilos. They can be either calibrated or “Point Calibrated” to each weight class limit using calibrated weight plates etc or plates which have been weighed on calibrated scales and marked as to actual weight. All “Point calibrated and Certified calibrated” scales must be recalibrated annually – and with a new battery if appropriate.

Platform: Acceptable Standards

The use of a specially constructed lifting platform is preferred, but when this is not possible the deck of the competing area for weight based lifts such as Two Hands Pinch, Vertical Bar, GripTopz, and Axle Deadlift should meet the following guidelines.

The lifter should stand on a firm material such as cement, concrete, wood or hard, dense rubber matting.

The lifting surface should be level so that the implement does not excessively roll in any direction that could lend momentum to the lifter.

The level at which the weights or item being lifted sits should be at the same height as the lifter's feet for events such as Two Hands Pinch, Axle Deadlift, GripTopz, etc, and should not be in any way raised, which would decrease the distance the implement would have to be lifted.

The platform should not be springy as to lend assistance to the lift. In other words, the item lifted should not be placed on something such as a mat, pad, or cushion which could compress under the item's weight and as a result act as a de-load for the implement during a lifting attempt.

In the case that a wooden platform should be used, care must be given by the organizer of the event to avoid competing near any areas of the platform that might have become warped or bent, and which could lend spring to the implement being lifted.

Also, when competing on a wooden platform, it is advisable to cover the lifting area with thick, dense gym matting or a similar material to protect the surface of the wood. This will prevent damage to the wood, and thus prevent the inadvertent change in height and level of the lifting surface upon which the implement or weights might be resting.

Regardless of the material upon which the lifters will be competing, stray materials such as weights, collars, tools, chalk containers, etc., should be kept clear of the lifting area in order to prevent tripping, slipping, or interfering with the lifter's ability to perform an attempt.

Competition Equipment Specifications

Collars

Must be used in any instance where weights etc might possibly shift if the apparatus is lifted unevenly. Any secure collaring method is acceptable. The collars must be either of a certified weight or have been weighed on a certified scale. The weight of the collars will be added to the weight of the apparatus.

Clocks

In events that are timed the clock must be either visible to the competitor or the time must be called out to the competitor at appropriate intervals.

Scoreboard and Scoring

Scoring method will be at discretion of the promoter. A visible scoreboard must be available for all competitors and updated after each event. This may be on paper, chalkboard, or electronic in nature.

Personal Equipment Specifications

Clothing

Clothing will consist of trousers, shorts or a skirt for a woman for the lower half. For a top a t-shirt, sweatshirts or long sleeved shirts may be worn after showing that no illegal bracing is worn on the wrists or elbows. One piece lifting suits are allowed.

Gloves are not allowed to be worn when lifting.

No inappropriate writings or pictures are allowed.

Footwear

Feet must be covered – minimum footwear will be socks.

Belts

Lifting belts are allowed and may be of rubber, nylon, or leather.

Wrist Wraps, etc

Nothing is allowed to be wrapped around your wrist such as wrist wraps, sweatbands, bandages or anything.

Elbow Sleeves

Non adjustable elbow sleeves are allowed.

Knee Sleeves

Knee sleeves and/or braces are allowed.

Wraps/Bandages

Contingent upon prior approval by the Referee medical tape may be applied to bodily injuries in a fashion that would not grant the lifter an undue advantage.

Weigh-in Process

Weighing-in of the competitors must take place no earlier than two hours before the start of the competition. All lifters must weigh-in.

The Competition

The order in which competitors will make attempts is based on the individual rules of the events being contested and the promoter's decision.

Before contest starts

Get competitors to sign the Disclaimer

Do a starting draw. Although it is rising bar on the events, if competitors want the same weight, then the draw allows you to know the order of these lifters.

Lifting attempts

In most events each competitor is allowed four attempts, except for events such as "Medleys" and "timed holds", etc. The lifter's best valid attempt on each event counts toward his placing in that event.

Rising Bar format

In a Rising Bar format, once the weight has been added to the implement, it is not lowered again unless a loading error is detected.

Rounds System

The rounds system is also permitted, and sometimes used.

The rounds system is where lifters take their attempt in order of the draw done previously, one lift at a time. It is used in Powerlifting. It can be a slow method for weight events (as weights are removed, and increased all the time), and we only use it on events where there is no weight loading to be done - Silver Bullet is an example.

Dropping system

Sometimes on events such as the Silver Bullet, and the Wrist Developer and Vulcan Gripper (where different strengths of springs are used), a lifter sometimes has an attempt or two on the heavier spring, before lowering to the lighter springs if they failed, which rises from the lowest level.

Error

If a lifter's attempt is unsuccessful due to the equipment being loaded incorrectly, or an equipment failure, the lifter will be granted a further attempt at the correct weight. If the weight was heavier than the lifter asked for, but was deemed a successful lift, the lifter can accept this successful lift. After this the weight would be lowered to the correct weight for the next competitor.

Personnel near Competition Area

Only the lifter and the referee/s will be allowed on the platform/stage area during the lifting performance.

Referees

There shall be at least one referee.

Sometimes there can be three referees; this is used on events where more than one set of eyes are needed. Such an event would be the Axle Deadlift, where side views are useful to see if the athlete got their shoulders back, or if they hitched the weight.

Also in this age of digital cameras, the use of video playback can be used if desired by the referee/s. Only the referee/s is allowed to view this, and come to a decision.

During the contest the referees must ascertain that the weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with loading charts for this purpose. It is their joint responsibility.

Scoring Systems

Strongman style of scoring

If there are 10 athletes, then it would be 10 points for 1st and 1 point for 10th.

All the points are added up at the end. If the points are equal at the end of the contest, then the placings are found by using the count-back method. This is giving the position to the person with the most amounts of wins. If it is still a draw, then you look at the most amount of 2nd places, and then 3rd, 4th, and so forth till there is a winner.

If two athletes are level in say 4th place, then they would receive 6.5pts each (7 plus 6 points are added together and halved).

Reverse Strongman scoring

This is the scoring system used in the UK.

If there are 10 athletes, then it would be 1 point for 1st and 10 points for 10th.

All the points are added up at the end. If the points are equal at the end of the contest, then the placings are found by using the count-back method. This is giving the position to the person with the most amounts of wins. If it is still a draw, then you look at the most amount of 2nd places, and then 3rd, 4th, and so forth till there is a winner.

If two athletes are level in say 4th place, then they would receive 4.5pts each (4 plus 5 points are added together and halved).

German scoring

here is an imaginary contest.

Lifter A gets 145k

Lifter B gets 137.5

Lifter C gets 95k

Lifter D gets 88k

The top lift gets 100 points. The formula for the rest is, their lift (lifter B = 137.5) x 100 divided by 145 (top lift) = 94.82

Lifter A has 100points

Lifter B has 94.82

Lifter C has 65.51

Lifter D has 60.68

U.S.A. (GripBash) scoring

here is an imaginary contest.

Lifter A gets 145k

Lifter B gets 137.5

Lifter C gets 95k

Lifter D gets 88k

The top lift gets 10 points. The formula for the rest is, their lift (lifter B = 137.5) x 10 divided by 145 (top lift) = 9.482

Lifter A has 10points

Lifter B has 9.482

Lifter C has 6.551

Lifter D has 6.068

As you can see the German and U.S. systems of scoring are very similar.

General Rules of Grip

Throughout this rule book, for reasons of brevity, wherever the words “he” or “his” occur, such reference is deemed to apply to either sex.

The rules apply to all levels of competition.

Only chalk is allowed on the lifters hands.

No foreign substances may be applied to the equipment. This takes into account all substances other than chalk, or a sterile agent which may be used periodically in the cleaning of the equipment, or platform.