



Crushed-to-Dust!® CHALLENGE



CTD Challenge: Rules for Certification and Official Referee Form

Rules for Completing the CTD Challenge:

- The participant must succeed in all three events within 3 minutes of starting the first event:
 - closing a Captains of Crush® No. 2 gripper
 - lifting 20 kg/45 lb.* on an IronMind Hub
 - lifting 90 kg/200 lb.* on a Rolling Thunder® Deadlift Handle
- Only genuine IronMind products may be used and they must be the current model of each.
- The challenge must be completed within 3 minutes of starting the first event, and the events may be completed in any order.
- Each event must be carried out according to the CTD Challenge Rules for Certification, per the attachment.

*total weight: Hub, loading pin, carabiner, and plates (Hub + pin + carabiner = 5 lb. / 2.26 kg)
 **total weight: Rolling Thunder, loading pin, carabiner, and plates (Rolling Thunder + pin + carabiner = 6.65 lb. / 3 kg)

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