

# Apollon's Axle



## Apollon's Axle Double Overhand Deadlift: WR Attempt Rules and Official Referee Form

### IronMind® Apollon's Axle: World Record Attempt Rules

1. A genuine IronMind Apollon's Axle must be used, along with full-sized plates (discs) that are the standard IWF/IPF diameter (450 mm).
2. The plates must either be calibrated or have been weighed on a proven scale.
3. Time starts when the Apollon's Axle is loaded; the athletes have 30 seconds to begin the lift.
4. No grip aids other than chalk allowed. Ordinary chalk (magnesium carbonate) may be used on the lifter's hands, but nothing else is permitted (liquid chalk, for example, is specifically disallowed).
5. The Apollon's Axle must be gripped with the knuckles on both hands facing forward (away from the body) with a double overhand grip.
6. Thumbless and hook grips are prohibited.
7. 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 Axle until the weight is resting on the floor. The referee then indicates whether the lift was passed or not.
8. IPF powerlifting rules define the key guidelines: resting the Axle on the thighs or any downward movement will disqualify the lift, as would failure to await the down signal or dropping the bar. A sumo style is permitted, and the feet may move after the lifter has received the down signal.

See also IronMind's grip contest rules for extra attempts.

### 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 (gripster) \_\_\_\_\_  
has lifted a new world record weight of \_\_\_\_\_ lb. (\_\_\_\_\_ kg)  
on the Apollon's Axle Double Overhand Deadlift 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



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