



CoC Silver Bullet Hold

IronMind Silver Bullet Challenge: WR Attempt Rules and Official Referee Form

IronMind® CoC Silver Bullet Hold: World Record Attempt Rules

1. A genuine IronMind Captains of Crush® No. 2 (women), or No. 3 or No. 4 (men) gripper must be used.
2. The gripper must be new, in an unbroken package and opened on the spot.
3. A genuine IronMind CoC Silver Bullet must be used, with 2.5 kg of weight hanging from the Silver Bullet strap and this weight may take the form of either an IWF or IPF certified/recognized (calibrated) plate or some other weight that has been demonstrated to be no less than 2.50 kg on a certified or otherwise demonstrably accurate scale.
4. The CoC Silver Bullet is inserted by the competitor no deeper than up to the top edge of the clear band, so that the script Captains of Crush® is legible, and so that all four fingers are in contact with the CoC gripper handle* (dropping the pinky completely off the end of the gripper handle is expressly prohibited).
5. Using one or two hands, the competitor closes the CoC No. 2, No. 3, or No. 4 in his/her own time so that the two handles hold the CoC Silver Bullet in place and once this position has been achieved, and only one hand is holding the gripper shut, the referee gives the signal to start the clock. If the competitor fails to get a secure hold on the CoC Silver Bullet, s/he is allowed one chance to reset it.
6. The hand must be held with the gripper approximately vertical.
7. Time stops when the Silver Bullet drops from the handles or when the referee observes any opening of the gripper handle for any reason whatsoever.

*This means on the "top" side of the handle, as the fingers are normally positioned.

Verification:

Gripster's Name: _____

Address: _____

Telephone: _____

Email: _____

Age: _____ Weight: _____ Height: _____

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

Referee's Name: _____

Certification Location: _____

Telephone: _____

Email: _____

Referee's Signature: _____

I verify that (gripster) _____

has held the CoC Silver Bullet with the:

No. 2 – Women

No. 3 No. 4 – Men

Captains of Crush gripper for a time of _____ minutes _____ seconds following all of the rules listed above.

Date: _____

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

