



IronMind Hub

IronMind Hub: WR Attempt Rules and Official Referee Form

IronMind® Hub: World Record Attempt Rules

1. The IronMind Hub must be an authentic IronMind Enterprises, Inc. Hub; it cannot have been modified or tampered with in any way.
2. Ordinary chalk (magnesium carbonate) may be used on the lifting hand, but nothing else is permitted (liquid chalk, for example, is specifically disallowed).
3. Weight is hung from the Hub using an IronMind 15" Olympic loading pin and carabiner.
4. The lifter starts the lift with all 5 fingertips of the lifting hand touching the plate at the base of the Hub. It is permissible that the fingers rotate somewhat from this position during the course of the lift, but holding the Hub as if grabbing a doorknob is not allowed. The Hub must remain approximately parallel to the ground.
5. 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 Hub until the weight is resting on the floor. The referee then indicates whether the lift was passed or not.
6. 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.

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 IronMind Hub 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

