



Captains of Crush® Grippers: Rules for Closing and Official Referee Form

Rules for Closing a No. 2, No. 2.5, No. 3, No. 3.5 or No. 4 Captains of Crush Gripper

1. The gripper must be an authentic IronMind Enterprises Captains of Crush® gripper.
2. The gripper cannot have been modified or tampered with in any way.
3. Ordinary chalk (magnesium carbonate) may be used on the gripping hand, but nothing else is permitted (liquid chalk, for example, is specifically disallowed). No chalk may be applied directly to the gripper.
4. The free hand may be used to position the gripper in the gripping hand, but the starting position can be no narrower than the width of an IronMind Captains of Crush (CoC) ID card, and the gripster must show the official that he has an acceptable starting position by using his non-gripping hand to slide the end of a credit/ATM card in between the ends of the handles. Once this is done, the official will give the signal to remove the card and begin the attempt. Any contact between the non-gripping hand and the gripper as the card is being removed will invalidate the attempt, and the non-gripping hand must stay at least a foot from the gripping hand at all times during the squeeze. Similarly, nothing may be in contact with the gripping hand or the gripping arm from the elbow down (for example, the free hand is not allowed to steady the wrist of the gripping hand or hold the spring, etc.). The entire squeeze must be clearly visible to the official: the gripper cannot be closed while blocked from view and then turned and presented as already closed.
5. The gripper must be held with the spring facing up.
6. The handles must touch completely.

Verification:

Gripster's Name: _____
 Address: _____

 Telephone: _____
 Email: _____
 Age: _____ Weight: _____ Height _____

Referee's Name: _____
 Certification Location: _____

 Telephone: _____
 Email: _____

In order to make our decision regarding your certification, IronMind requires that you contact us within 24 hours with the result of the certification attempt. The following is to be received by IronMind within 72 hours of the certification attempt:

Referee's Signature: _____

I verify that (gripster) _____ closed the:

- Completed Official Referee Form (sent by referee)
- A short biography (please include your age, weight, and height; where you live; what your work and interests are; some information about your training and goals; and any related accomplishments you'd like to mention)
- A waist-up photo of you

- No. 2 No. 2.5 – Women
- No. 3 No. 3.5 No. 4 – Men

Captains of Crush gripper following all of the rules listed above.

Date: _____

Please return this completed form and all necessary items 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

