



Rolling Thunder® Pull-up Rules and Official Referee Form

Rolling Thunder® Pull-up Rules

1. An authentic current-model IronMind® Rolling Thunder® handle must be used, it cannot have been modified in any way, and it must be inspected to ensure that it revolves freely: holding the handle, lift the triangular metal frame and rotate it until it is horizontal (parallel to the ground). Release the metal frame to demonstrate that it rotates back to its original vertical position (pointing toward the ground) under its own weight. The lift starts with the weight in between the lifter's feet, using an IronMind 15" Olympic loading pin and carabiner. The Rolling Thunder must be wiped clean before each attempt. The plates must either be calibrated or can be weighed on a proven scale.
2. The athlete grabs the Rolling Thunder handle at approximately its center and pulls with the handle remaining approximately parallel to the ground. The lifter's hand should not touch the non-revolving part of the handle, and a thumbless grip is not permitted. Pull-ups may be done with one arm or two.
3. The athlete must not touch the ground at any time during the pull-up attempt.
4. The athlete must start from a deadhang position with fully-extended arms, and not swing or kip or use their legs for assistance during the attempt. The athlete's chin must go higher than the top edge of the Rolling Thunder® handle, and then he or she can return to the deadhang position with a controlled descent. The athlete does as many repetitions as he or she can—there is no time limit.
5. For maximum weight attempts, both the athlete and the weights must be weighed on a demonstrably accurate scale.
6. Videos must include 1) a demonstration that the Rolling Thunder handle(s) are legal and 2) footage of the athlete's complete performance (filmed from the front, side or another angle that clearly shows the range of motion for each rep attempted).
7. Ordinary chalk (magnesium carbonate) may be used on the lifter's hand, but nothing else is permitted (liquid chalk, for example, is specifically disallowed). No chalk may be applied directly to the Rolling Thunder.

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

Verification:

Athlete's Name: _____

Address: _____

Telephone: _____

Email: _____

Age*: _____ Weight: _____ Height: _____

M F (circle one)

*must provide proof of age for teenage records

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: _____

Contest Location: _____

Telephone: _____

Email: _____

Referee's Signature: _____

I verify that (athlete) _____

has lifted a new world record weight: _____ lb. (_____ kg)

or reps: _____ 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: +1- 530-272-3579; fax: +1-530-272-3095; e-mail: sales@ironmind.com; www.ironmind.com



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