



# IronMind Block

## IronMind Block: WR Attempt Rules and Official Referee Form

### IronMind® Block: World Record Attempt Rules\*

1. The IronMind Blockbuster Pinch Grip Block ("IronMind Block") must be an authentic current-model IronMind Enterprises Block; it cannot have been modified or tampered with in any way. The Block must be wiped clean before each attempt.
2. Ordinary chalk (magnesium carbonate) may be used on the lifting hand, but nothing else is permitted (liquid chalk, for example, is specifically disallowed). No chalk may be applied directly to the Block.
3. Weight is hung from the Block using an IronMind 15" Olympic loading pin and carabiner.
4. The lifter grabs the Block in approximately its center and lifts with the Block remaining approximately parallel to the ground. A thumbless grip is not permitted.
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 Block 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.

\*The minimum increment for breaking a world record is 1 kg, effective January 1, 2015.

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 Block 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

