

# 2018 International King Kong Grip Challenge – Rules

## Event Overview

An international grip sport contest consisting of four distinct events:

- One-Hand Flask Pinch (Barrel Strength Systems)
- 2.5” Crusher (FBBC)
- MoonTop (World of Grip)
- 2.5” Jug (FBBC)

Main Contest Date: October 27<sup>th</sup>, 2018

### Divisions:

- Men: 59kg / 66kg / 74kg / 83kg / 93kg / 105kg / 120kg / 120+kg
- Men’s Masters 50+ Years: Open
- Women: 72kg / 72+kg

Divisions not officially offered in the contest will still be tracked for GSI records purposes ([www.gripsport.org](http://www.gripsport.org)).

### Awards:

Custom King Kong gorilla sculptures for the following:

- All class champions
- The overall top lifter in each event
- The Exceptional Lifter (best pound-for-pound performance - using a calculation developed by Andrew Pantke)
- The overall champion ("The King Kong of Grip")

Custom gorilla medals for 2nd and 3rd place finishers in each class

Scoring: Reverse strongman scoring will be used (as done in previous years). Andrew Pantke will tabulate the scoring once all completed scoresheets have been submitted by promoters.

Example of reverse strongman scoring:

If there are 10 athletes, then it would be 1 point for 1st and 10 points for 10th.

All the points are added up at the end. If the points are equal at the end of the contest, then the placings are found by using the count-back method. This is giving the position to the person with the most amounts of wins. If it is still a draw, then you look at the most amount of 2nd places, and then 3rd, 4th, and so forth till there is a winner. If two athletes are level in say 4th place, then they would receive 4.5pts each (4 plus 5 points are added together and halved).

### **General Rules**

All competitors must weigh in on a point calibrated or certified calibrated scale no earlier than two hours before the start of the competition.

Either competition weight plates or weight plates that have been weighed on a calibrated scale are to be used. All devices must have been weighed on a calibrated scale as well.

All weights recorded in the scoresheet are to include the weight of the device (including loading pin, collars, etc.).

An FBBC Crossguard, as well as either an FBBC Contest or Omni Loading Pin are to be used for the Flask, Crusher, and Jug events.

For the MoonTop event, a World of Grip GripTopz loading pin or an FBBC Omni loading pin can be used with an FBBC crossguard (lowest hole on the Omni).

The crossbar is set at the same height of 16.5" (to underside of bar) for all four events. Lift heights will vary by event, through different crossguard attachment heights on the loading pin.

All venues to run the events in the same order:

- 1<sup>st</sup> – One-Hand Flask Pinch
- 2<sup>nd</sup> – 2.5" Crusher
- 3<sup>rd</sup> – MoonTop
- 4<sup>th</sup> – 2.5" Jug

The competitor is allowed to switch hands between attempts, as desired.

Each competitor is allowed four (4) trips to the platform for official attempts. On each trip, the competitor has one (1) minute during which he/she can make as many attempts as desired. The one-minute time limit also includes equipment prep time (i.e. adding or removing chalk to one's liking). Chalk can be removed using a dry cloth, paper towels, or equivalent, provided by the venue promoter.

The amount of weight attempted must rise or stay the same for each subsequent trip to the platform.

Warm-ups can be made on the contest apparatus prior to official attempts, but must be declared as such to the referee. However, once a competitor has begun his official attempts, he may no longer do warm-up lifts on the contest apparatus.

### **Personal Equipment Specifications**

Clothing: Clothing will consist of trousers, shorts or a skirt for a woman for the lower half. For a top a t-shirt, sweatshirts or long sleeved shirts may be worn after showing that no illegal bracing is worn on the wrists or elbows. One piece lifting suits are allowed. Gloves are not allowed to be worn when lifting. No inappropriate writings or pictures are allowed.

Belts: Lifting belts are allowed and may be of rubber, nylon, or leather.

Wrist Wraps: Wrist wraps/bands of any kind are not allowed.

Elbow Sleeves: Non-adjustable elbow sleeves are allowed.

Knee Sleeves: Knee sleeves and/or braces are allowed.

Wraps/Bandages: Contingent upon prior approval by the Referee medical tape may be applied to bodily injuries in a fashion that would not grant the lifter an undue advantage.

Only chalk is allowed on the lifters hands. No foreign substances may be applied to the equipment. Liquid chalk is not permitted. This takes into account all substances other than chalk, or a sterile agent which may be used periodically in the cleaning of the equipment, or platform.

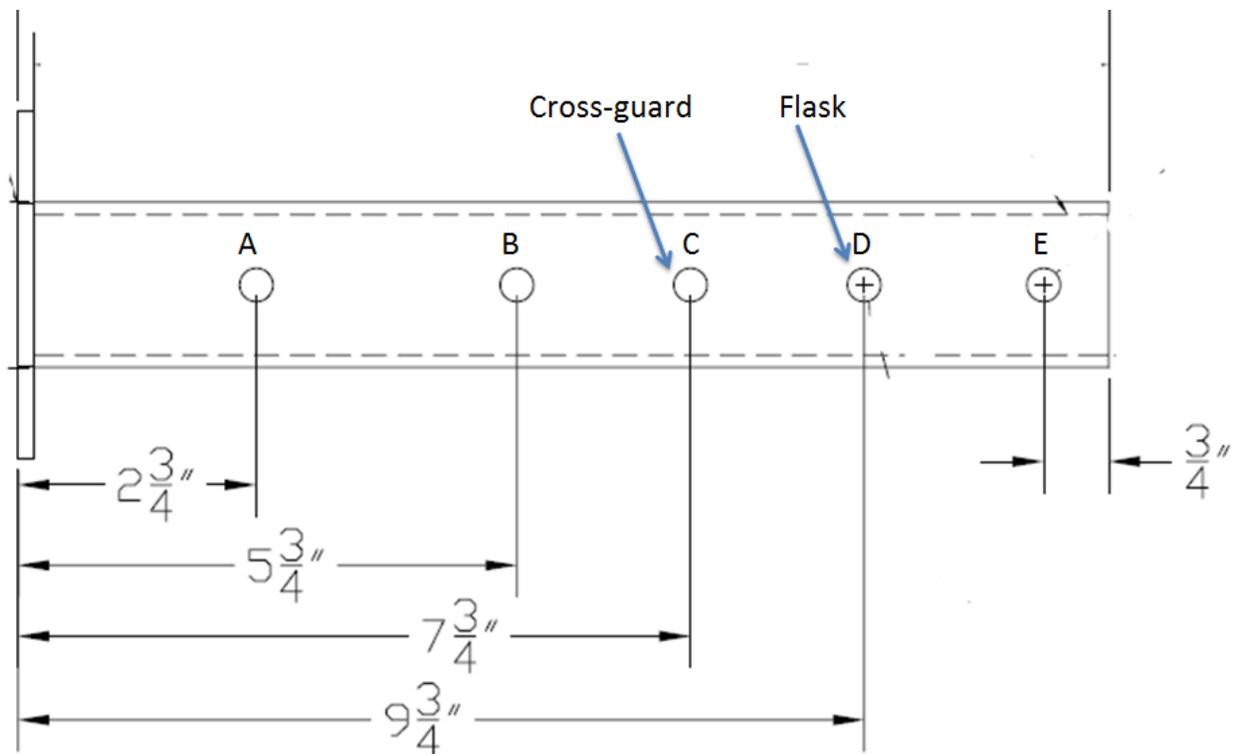
## Event-Specific Rules

### One-Hand Flask Pinch:

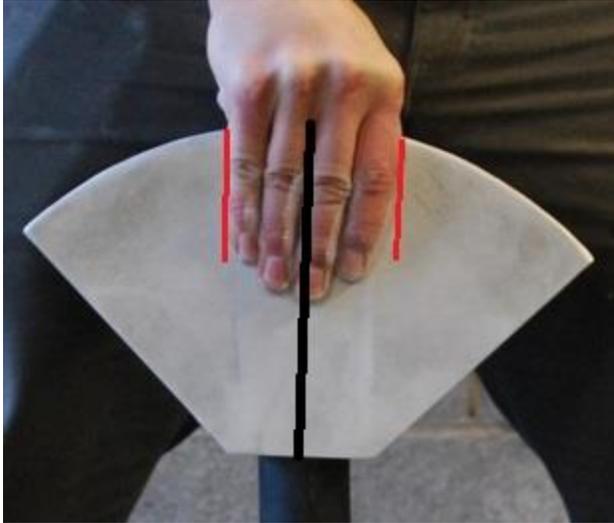
Legal Lift Requirements: The athlete must lift the apparatus in an Overhand Pinch Grip and touch the crossguard to the 16.5" crossbar.

For consistency across all venues, the Flask is to be attached to the FBBC Contest or Omni Loading Pin by inserting the pin to the "D" hole (1<sup>st</sup> hold down on the Contest Pin or 2<sup>nd</sup> hole down on the Omni Pin). The contest crossguard will be attached to the pin in the next hole down (the "C" hole). The pin is to be inserted into the lowest hole of the Flask (e.g. if the Flask is standing upright on the floor, the hole closest to the floor is the one to be used). For clarification on the correct Flask set up, please watch this video:

<https://www.youtube.com/watch?v=19idpqe8uSs>



The hand must be centered, such that the center line of the device is between the widest portion of the outside edges of the index finger and pinky finger. For visual aid, a line can be drawn down the center of the device with a marker if desired.



The lifter does not have to be erect upon completion of the attempt.

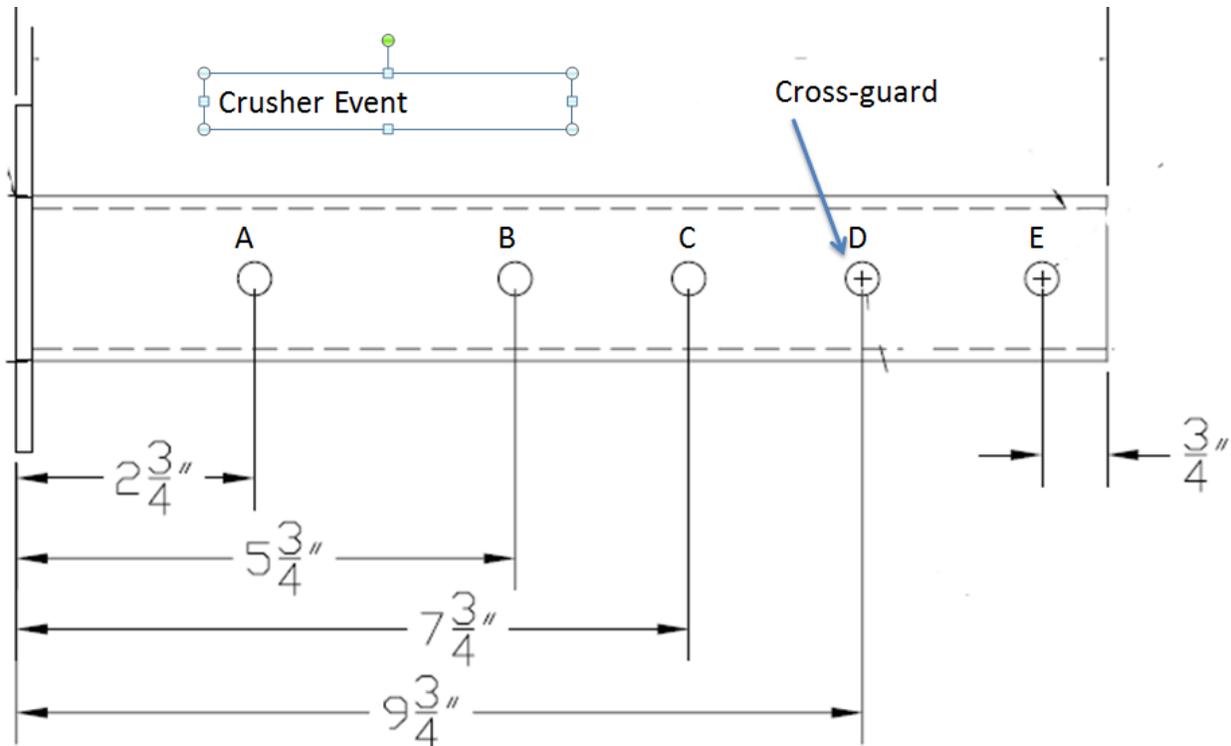
Because this is a quick lift based on friction, there is no referee's down signal. The referee, however, must be ready to judge that the device makes proper contact with the crossbar during each attempt.

The lifter must lower the weight under control. Pinch gripping the device using an unorthodox underhand grip will not be allowed. Touching the straight edges of the device at any point during the lift will invalidate the attempt. Use of any grip aids besides magnesium carbonate chalk is not permitted. Any alteration of the gripping surface of the device is not permitted.

The off-hand may not be placed in contact with device during any part of the attempt. During the lift it can be posted on the hip or leg or left out to the side.

### **FBBC 2.5" Crusher:**

The FBBC crossguard will be attached to the FBBC Contest or Omni Loading Pin using the "D" hole (1st hold down on the Contest Pin or 2nd hole down on the Omni Pin). This will set the lifting height to a 6" lift.



Only the handle is to be grasped with the fingers on one side, and the thumb opposing on the other side. A thumbless grip is not permitted.

The lifter grabs the Crusher in the center of the handle. In contests, promoters may mark the center of handle with a permanent marker. The lifter will grab the handle so that the line is between his middle and ring finger with the handle remaining parallel to the ground.

The lifter will lift the Crusher until the crossguard comes in contact with the 16.5" crossbar. If the lifter misses contact with the crossbar, the lifter will still need to have the top of the crossguard cross the plane of the 16.5" crossbar, referee's discretion will be used to judge whether the correct height was attained.

There is no referee's signal. You do not have to be erect upon completion. You must lower the weight under control (hand grasping it all the way down). If the top accidentally touches the bar before the weight itself, referee's discretion will be used to judge whether the correct height was attained.

The off-hand may not be placed in contact with device during any part of the attempt. During the lift it can be posted on the hip or leg or left out to the side.

## MoonTop:

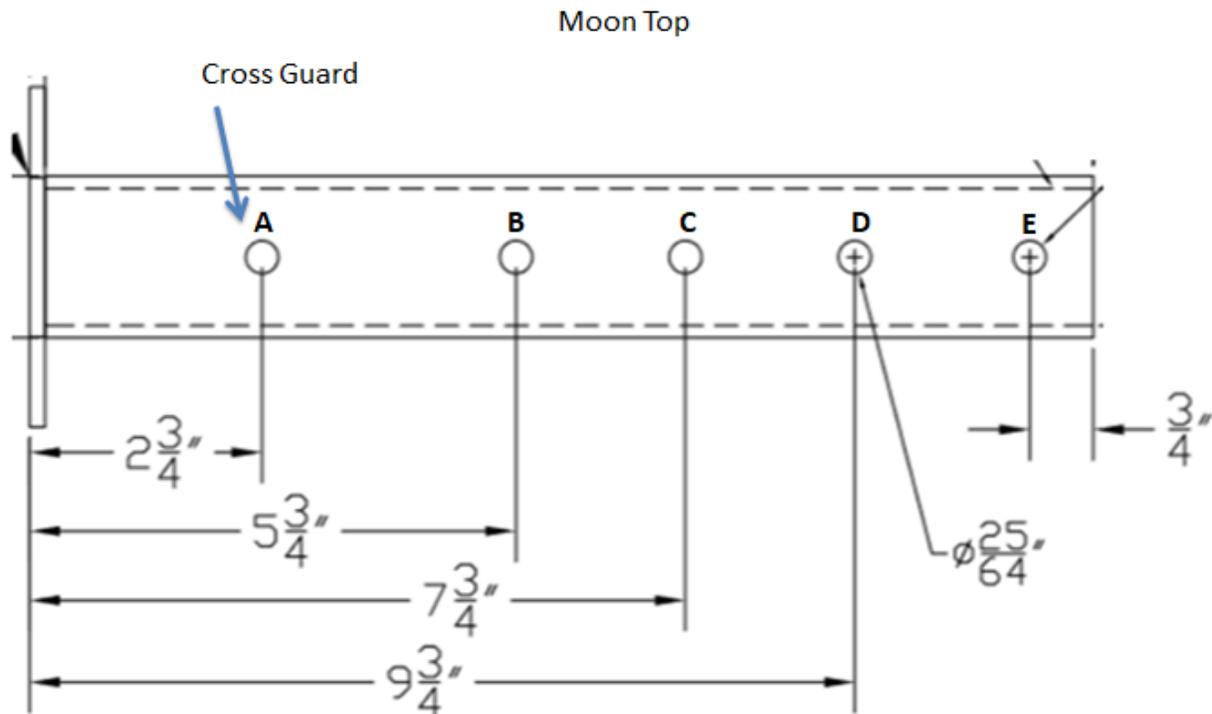
The current version of the MoonTop MUST be used. If you are unsure, of the differences between the versions, please watch this video:

<https://www.youtube.com/watch?v=3h1WWq6CIKU>

Only the 'Moon' is to be grasped. The apparatus is lifted until the crossguard ("A" hole set at 3.5" from the floor) touches the 16.5" crossbar, measured from the underside of the bar to the floor. This allows a 13" lift.

As there is no hole in the World of Grip loading pin to attach the crossguard, spacers should be used.

Alternatively, if the MoonTop fits in the FBBC Omni loading pin, the Omni can be used and the FBBC crossguard can be attached using the hole closest to the floor hole A. Remember weight plates can and will need to be loaded on top of a FBBC cross guard this is by design.



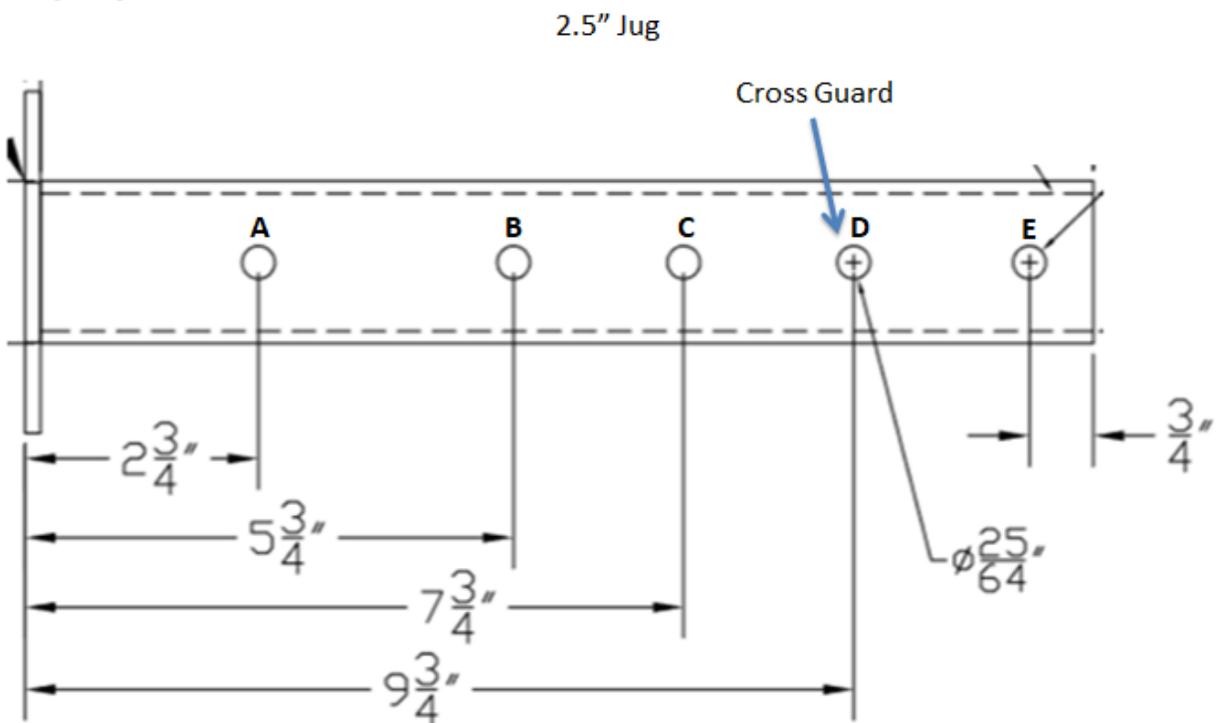
There is no referee's signal. You do not have to erect upon completion. You must lower the weight under control (hand grasping it all the way down). If the top accidentally touches the bar before the weight itself, referee's discretion will be used to judge whether the correct height was attained.

The off-hand may not be placed in contact with device during any part of the attempt. During the lift it can be posted on the hip or leg or left out to the side.

You must not intentionally tilt the apparatus to gain leverage.

### FBBC 2.5" Jug:

The FBBC crossguard will be attached to the FBBC Contest or Omni Loading Pin using the "D" hole (1st hold down on the Contest Pin or 2nd hole down on the Omni Pin). This will set the lifting height to a 6" lift.



The lifter grips the Jug with one hand (no part of the hand can grasp below the rim). The lifter will lift the Jug until the crossguard comes in contact with the 16.5" crossbar. If the lifter misses contact with the crossbar, the lifter will still need to have the top of the crossguard cross the plane of the 16.5" crossbar, referee's discretion will be used to judge whether the correct height was attained.

There is no referee's signal. You do not have to be erect upon completion. You must lower the weight under control (hand grasping it all the way down).

The off-hand may not be placed in contact with device during any part of the attempt. During the lift it can be posted on the hip or leg or left out to the side.

### **Grip Sport Crossbar: Reference information**

Grip sport crossbars come in many shapes and sizes as the majority are home made. The only criteria that is required is that the crossbar be placed at 16.5" off the ground. Barrel Strength is the only company we know of that sells a competition crossbar.