

Day of a Contest

The day of a Grip Contest begins with setting up location for the competition. You'll need to decide where the events will be run - on a platform, on a stage, etc. You'll also need to decide whether all the events will be run in the same spot or not. For instance, maybe it will be easier for the judge or the audience to see certain events if they are in a different spot. It's also possible that once one event is done, some things can be taken away. As an example, with gripper events, a table is usually used for the grippers. Once that event is done, that table can be taken away and not used again.

In lifts where weight is loaded to a loading pin, there will be some set-up involved to get the competition area ready for that event. For max-weight events, one of two loading methods are general used: Rising Bar and Last Man Standing.

With Rising Bar, the competitor who is going to attempt the lightest weight goes first. Any competitors who want to try to lift that same weight will go, and then whoever wants to attempt the next weight up will take their turn. It's advisable to decide a minimum increase in weight for each event. This isn't necessary, but it can keep the contest moving. Competitors will then choose between the minimal increase or more, depending on their strategy.

With Last Man Standing format, the increases are uniform, generally 1kg/2.5lbs, 2.5k/5lbs, or 5kg/10lbs, depending on the total amount that is expected to be lifted in the event. For instance, something like the Stub, where only 30-40 pounds might be lifted by the best lifter, a minimum increase of 1kg/2.5lbs or even smaller might be allowed, whereas with the Double Overhand Axle Lift, a larger number like 5kg/10lbs is usually used.

Each competitor takes his or her attempts to lift as much weight as possible. Usually there are 4 attempts per event. The weight on the implement gradually increases, and the stronger lifters naturally take their attempts after the weaker ones. In some cases, a competitor will follow him or herself, where there is a substantial difference between himself and the next competitor, or if there is only one competitor left in the event.

Attempts are tracked on a scoring sheet. Often the number the lifter is attempting is written on the sheet, and if they are successful, it is circled. If they miss, then a line is drawn through the number, to more easily discern if each attempt was a success or failure. The lifter's best successful attempt is recorded in a "best lift" column, which makes it easy to transfer everything to the main score sheet, for tallying the results.

After each event is done, you can tally the running scores. If using Grip Sport scoring system, first place in the event gets 100 points. The other competitor's scores are determined by dividing their score by the leader's score and then multiplying by 100. So, in the case of grippers, let's assume first place closed a 170 and second place closed a 160. First place's score is figured like this: $170/170 = 1$. $1 \times 100 = 100$ points.

If using Strongman Scoring, low numbers are good, like golf, and whatever placing you come in, that's how many points you get. So first place gets 1 point, second gets 2, etc.

Strongman Scoring is much faster and easier, but really doesn't do justice to awarding competitors for what they lifted, like Grip Sport scoring does. With Grip Sport scoring, if the winner of an event beats the others by a large margin, they get a much bigger score compared to the other lifters, whereas in Strongman scoring, if the winner beats the others by a large margin, he only beats the 2nd place lifter by 1 point.

Once all events are finished and scored, then the total score is summed from all the events. Competitor A gets a total score based on what he/she got in each event, and a total is produced for all the competitors.

With Grip Sport scoring, high total scores are good. With Strongman, low total scores are good. You won't always end up with the same order in the final standings. So choose the system you want to use based on ease of scoring, rewarding lifters for high performances, and other factors.