

Why Sanction your Contest with GSI?

A sanctioned event with GSI allows promoters to effectively compare and rank athlete performances by assuring the same rule sets are followed, comparable equipment is used, etc, as in other GSI events around the globe. Contest results are included in the Global Rankings on the GSI page and competitors are able to have their lifts compared against peers in the sport. To ensure compliance with GSI rules, we have a simple sign-up and approval process to receive Sanctioned Status for a Grip Sport event.

How to Sanction your Contest

Part 1: Notify GSI

The promoter (or representative) must contact Jedd Johnson by email (jedd.diesel@gmail.com).

The promoter must provide GSI the following information about the contest:

Name of Contest:

Date:

Promoter's Name:

Location:

Entry Form and Info Link:

Events:

Part 2: Event Detail Requirements for Sanctioning

The next part in the sanctioning process involves the events that will be held at the contest. Our intention is to have strict adherence to the rule sets we have developed.

There are two categories for sanctioning: (1) Full Sanctioning and (2) Partial Sanctioning

Full Sanctioning: Results from the contest will count towards qualification for the annual World's Strongest Grip competition, and the results will be added to our contest results database.

Partial Sanctioning: Results from the contest will count towards qualification for the annual World's Strongest Grip competition, only.

There are a few important areas we look for when sanctioning contest events:

(1) **The rule set being used** - For instance, we require Rising Bar format, Last Man Standing, or the Rounds System to be used, but the contestants are not permitted to reduce the weight they attempt on events where weight is lifted, such as Double Overhand Axle Deadlift, Two Hands Pinch, Rolling Thunder, etc. Drops, or reductions in the weights attempted, are only permitted in Grippers for Max and Silver Bullet.

(2) **The equipment being used** - For instance, an IronMind Axle must be used for the Double Overhand Axle Event; A Euro Pinch, Napalm Pinch, or otherwise approved device for the Two Hands Pinch;

Details regarding the equipment used will be discussed between the promoter and Jedd Johnson during the sanctioning process.

(3) **The weights being used** - For full sanctioning, the weights being used must be certified lifting plates or weighed on a certified scale. The equipment (Axle, Rolling Thunder, Pinch Apparatus) used for the event as well as the collars, spacers, etc., must all be weighed for full sanctioning.

This process will be followed with each individual event to be held in the contest. Once this process is complete, each event in the contest will be given a designation of either F (Full Sanctioning), P (Partial Sanctioning), or N (Non-sanctioned). These designations will be put in parentheses behind the name of each event on the GSI Calendar. An example contest is listed below:

Pennsylvania Grip Championship

Date: 7/12/2020

Promoter's Name: Jedd Johnson

Location: Syracuse, New York

Entry Form and Info Link: <http://www.DieselCrew.com>

Events: Max Grippers (F), Two Hands Pinch (F), Axle (P), Medley (F), Short Bending (N)