

# Sunday 15th October – Southern Grip & IAWA Southern Strongest

## Open to IAWA Members only

Promoters: Paul Barette & Glenn Branch Tel: 01323 726833 or 07795443630 Email: [iawa@metamorfit.co.uk](mailto:iawa@metamorfit.co.uk) or [club3b@hotmail.com](mailto:club3b@hotmail.com)

Entry fee £20 (covers both events) to Glenn using these details:

Account Name: Bionic Branch Barbell Club – Club3b

Sort Code: 60-02-30 Account Number 65701585

**You can enter either or both events** – for fun we will also have a ‘Super Total Top 3’

Venue: Bionic Branch Barbell Club, Unit 11 Oaklands Farm Estate, Stock, Ingatestone, Essex, CM4 9RH

Please note: In keeping with IAWA Rules – Belts & Wrist Wraps to correct dimensions are permitted, and chalk only applied to the hands. No lifting straps or knee/elbow sleeves. Refer to the IAWA Rule Book for full details.

### **The Lifts for the Southern Grip Event (Weigh In 9am to 10am - Start Time 11am)**

3 Attempts at each lift (a fourth permitted for record purposes which won't count towards total)

#### **2" Bar Clean & Push Press F23**

F23 CLEAN AND PUSH PRESS – 2 INCH BAR

The rules of performance for the clean and push press apply (referenced below), except that the lift is performed using a 2 inch diameter bar. The bar does not have to be the same length as a standard barbell, either between the inside collars or the overall length.

#### **Causes for Failure:**

1 Causes for failure are the same as for the clean and push press, except that a 2 inch bar is used.

B31 CLEAN AND PUSH PRESS

The rules of performance for the clean apply to the clean part of the lift. Having cleaned the bar, on the referees signal the lifter will start the push. Bending the knees as for the start of the jerk, the lifter will thrust the weight upwards from the chest using leg power only. On straightening the legs, they must not bend again. After the initial push, the bar will be pressed out to arms length, where the lifter will wait in the finished position for the referees signal to replace the bar. During the push part of the lift, the lifter may raise up onto the toes, but not break contact

with the lifting surface. When the heels / soles of the feet return fully to the floor, the knees must not bend again.

#### **Causes for Failure:**

- 1 The causes for failure for the clean apply to the clean part of the lift.
- 2 Any secondary knee bend during the push / press.
- 3 Any lateral movement or complete break in contact, between the feet and the lifting surface, after the push signal.
- 4 Starting the push before the referees signal.
- 5 Uneven or incomplete extension of the arms.
- 6 Failure to assume the correct, upright, erect and motionless posture to finish the lift.
- 7 Lowering / replacing the bar prior to the referees signal.

Note: The Clean must be performed in one movement, not continental / strongman style. You can split or squat if you wish.

#### **1" Vertical Bar Lift F2**

The lifter will grip a vertical bar with one hand and lift the bar and weight stack clear of the lifting surface, holding it motionless and under control for two seconds. On completion the legs should be erect and straight with the free hand clear of any contact with the body. The bar will be of 1 inch diameter and can be up to 30 inches long. A collar or base plate should be tightened or welded on the bottom to hold the vertical weight stack. The bar should not be knurled. The lifter can use an optional grip, and the lifting hand should not be in contact with or in close proximity to the weight stack, so as to avoid any tipping or gripping of the bar with the weight stack at an angle. The lifter should also be careful to ensure that the bar does not touch the forearm or leg, and the lifting hand is not locked against the thigh.

#### **Causes for Failure:**

- 1 Any contact of the bar with the forearm or legs, or locking of the lifting hand or bar against the thigh.
- 2 Any contact between the lifting hand and the weight stack, or any attempt to tip or grip the bar at an angle.
- 3 Failure to achieve and maintain the finished position (weight held clear of the lifting surface, motionless and under control for two seconds, with the legs erect and straight and the free hand clear of any contact with the body).
- 4 Replacing / lowering the bar before the referees signal.

## **Shanks Lift F31**

The Shanks lift must be attempted on loading pins with rings attached. The pins must be made to the correct dimensions and loaded as follows:

The large pin must be a maximum of 20.5 inches from the bottom of the pin to the top of the ring (with a tolerance of 1") and may be loaded to any weight that the lifter desires. The ring should be made of metal and approximately  $\frac{3}{4}$  inches in diameter. The internal diameter of the ring should be a maximum of approximately 5.5 inches.

The smaller pin must be a maximum of 18 inches from the bottom of the pin to the top of the ring (with a tolerance of 1 inch) and must always be loaded to 75% of the weight on the large pin. The ring should be made of metal and approximately  $\frac{3}{4}$  inches in diameter. The internal diameter of the ring should be a maximum of approximately 5.5 inches.

*(For those training to attempt the actual Dinnie Stones Lift, you might like to know that the official dimensions for the smaller ring are '9/16 inches in diameter and the internal diameter of the ring should be approximately 4.5 inches' but for the purposes of this IAWA 'all round lift version' and for ease of creating the lift equipment, we have allowed the rings to be the same dimensions – anyone wishing to lift on actual correct replica rings, if they have them, will of course be permitted to do so also)*

The lifter may adopt any stance; and place the loaded pins in any position, then taking one ring in each hand will lift the weights simultaneously to a shoulders upright and legs fully locked out position. Once this position is achieved the head referee will give the down signal. The lift may pause on the way up, but there must not be any downward movement of the weights during the lift.

As per IAWA rules: the only lifting aids allowed are a belt and wrist wraps, and only chalk may be applied to the hands.

### **Causes for failure:**

- 1 Any downward movement of the weights during ascent.
- 2 Not achieving a fully upright and legs locked out position.
- 3 Setting the weights back to the lifting surface before receiving the down signal.

**Events for Southern Strongest (Weigh In Times - Up to 1pm - Start Time 2pm or when 1<sup>st</sup> Event has finished)**

This event will be scored with usual IAWA Scoring, using the maximum totals achieved in volume on the first two events and highest total achieved on the third. Calculated by Lynch (bodyweight) and Age %.

**Deadlift for Reps** – 1 minute to complete as many ‘clean’ repetitions as possible at your chosen weight aiming to achieve the highest total volume you can in that time.

There will be 1 permitted attempt at this event although you will be allowed some warm-up / practice reps on the platform in needed. Lifting straps are not permitted.

For a rep to count the ‘down’ signal must have been called before replacing the bar.

Rules of IAWA Deadlift apply:

**A1 DEADLIFT**

The bar will be placed at the feet and directly in front of the lifter. The lifter will grasp the bar with both hands and raise the weight, the only command will be given at the completion of the lift. The lifter may use a grip in which palms are opposed if do desired. The bar may be uneven during ascent, but it must finish evenly. The bar may touch the legs during ascent, but should not be rested, bounced or hitched on the legs, or lowered at any point. No substance of any kind may be applied to the legs. Heels and toes may be raised during the lift, but the placing should not be changed. The lift is completed when the legs and arms are straight, with the bar motionless across the lifters thighs, and the shoulders braced. On completion of the lift, after the officials signal, the bar should be controlled back to its position on the lifting surface.

**Causes for failure:**

- 1 Any downward movement of the bar during the lift. The bar may stop but not lower.
- 2 Failure to stand erect with shoulders braced in the erect position
- 3 Failure to lock the knees at the completion of the lift
- 4 Supporting the bar on the thighs during the lift i.e. any secondary knee flexion (as the bar is lifted from the platform the knees must extend without any additional flexion of the knees)
- 5 Any lateral movement of the feet, or stepping backwards or forward
- 6 Lowering the bar before the chief referee’s signal
- 7 Allowing the bar to return to the platform without maintaining control

### **Single Arm Monster Dumbbell for Reps**

1 minute to complete as many 'clean' repetitions as possible at your chosen weight aiming to achieve the highest total volume you can in that time. The dumbbell minimum weight will be 12kg.

There will be 1 permitted attempt at this event although you will be allowed some warm-up / practice reps on the platform if needed.

The dumbbell can be cleaned or hoisted to the shoulder with one or two hands. Once stable on the shoulder the dumbbell can be either pressed, 'push pressed' or jerked into position. Elbows must be fully expended. A split of squat may be used. The referee will give a 'down' signal at the completion of the lift when the lifter is upright, feet back in line and the weight motionless overhead. The dumbbell is then returned under control to the lifting surface with one or two hands but not dropped. The next repetition starts as soon as the lifter wishes.

For a rep to count the 'down' signal must have been called before replacing the dumbbell.

#### **Causes for failure:**

- 1 Lowering the dumbbell before the down signal is given.
- 2 Once on the shoulder the free arm must not make contact with the dumbbell until the down signal.
- 3 Dropping the weight uncontrolled to the platform.

### **Farmers Walk**

You will have 3 attempts at this discipline to carry the farmers walk handles a distance of 10 meters with a weight of your choice. As with the usual IAWA rules a rising weight will be used (the chosen weight cannot be reduced for 2<sup>nd</sup> or 3<sup>rd</sup> attempts, only increased). The aim is to successfully complete the distance with maximum weight. No lifting straps permitted. A lift will only be counted as successful if the farmers walk handles are carried the full distance and not put down at any point.

The Handles will be set behind the start line. The signal to start will be given by the referee and the lifter will lift an evenly loaded handle in each hand and cross the start line. For the lift to count the full distance must be covered and the handle only set down once across the finish line.

#### **Causes for failure:**

- 1 Not fully crossing the finish line.
- 2 Dragging or 'throwing' the handles across the finish line.
- 3 Letting the handles touch the ground at any point between the start and finish line.