

# Backyard Bastards Bash 2015

Date: Saturday – July 11th, 2014

## Location:

Andrew's Gym  
19820 Merriman Rd  
Romulus, MI 48174

## Grip Contest

All NAGS Rules will apply.

## Wight Classes

LW: 83kg and under

MW: 93kg and 105kg classes

HW: 120kg and up

Weigh In will begin at 7:30 AM

Rules at 9:00

Contest Start Time – 9:30 AM

Prizes: FBBC Gifts Cards \$50 1<sup>st</sup>, \$25 2<sup>nd</sup>, 10 3<sup>rd</sup>. Each weight class.

Grip Contest: Starts at 9:30 AM

## Events:

- 2" Vertical Bar. 1 handed 4 attempts rising bar.
- High Handle Trap-bar Deadlift: 18 Handles. Last man standing format. 20 pound jumps.
- 2" Crusher. 1 handed 4 attempts rising bar. 10" lift to crossbar.
- Bock weight toss: Block weight toss hand to hand for most reps in 5 minutes. Athlete picks the block they want 25 to 50 pounds and the most weight tossed in the time limit wins. Basically the Kettlebell Sport rules for blob tossing. I'll do a video demo.

Steel Bending Contest after Grip Contest, not before 2pm:

## Short Bending

Prizes: FBBC Gifts Cards \$50 1<sup>st</sup>, \$25 2<sup>nd</sup>, 10 3<sup>rd</sup>.

## Open Class

- 4 attempts.
- Single leather wraps will be provided. Personal wraps allowed as well (Leather, Suede, IM, BB, Towel, Clean Socks) as long as they are thinner or equal to the provided wraps, judge will inspect wraps and make call if they are ok to use. No double wraps no matter what the combination is.
- 2 minute time limits per bend.
- Ends must be crushed to less than 2". All un-braced styles allowed, Double Overhand, Double Underhand, and Reverse.
- All provided bars will be round cold rolled steel ranging from 3/16" thick to 7/16" thick. Bar length will be 7" to 5" in 0.5" increments.
- Scoring: Your best bar bent successfully will be your score. Thicker bar beats all thinner bars and a shorter bar will beat a longer bar of the same thickness. In the event of a tie your second bar will be scored, then 3<sup>rd</sup> then 4<sup>th</sup>.

# Backyard Bastards Bash 2015

Entry Fee's  
Grip Contest: \$20  
Steel Bending: \$20

Entry Fees is to be paid to Andrew Pantke by paypal or mail. There will be an additional liability and release form to be signed at the contest. I'll be grilling bratwursts and hotdogs after the main events. Along with having FBBC toys, Inch dumbbells, blobs and other toys available to play with.

Mail or E-mail entry form to  
Andrew Pantke  
19820 Merriman Rd  
Romulus MI 48174  
andrewp@fatbastardbarbellco.com

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against Fat Bastard Barbell Co LLC, Fat Bastard Barbell Co, FBBC, Andrew Pantke, Katherine Pantke, Northstar Tool, NAGS any and all sponsors or volunteers of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these events and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the Fat Bastard Barbell Co LLC CONTEST and its related events, I hereby grant Fat Bastard Barbell Co LLC., and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate Fat Bastard Barbell Co LLC., and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that Fat Bastard Barbell Co LLC. and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to Fat Bastard Barbell Co LLC. and/or any other approved video or entertainment organization hereunder.

Therefore I affix my signature below

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Gripboard/World of Grip Forum Name (opt): \_\_\_\_\_

Contest, Grip: \_\_\_\_\_ Contest, Bending: \_\_\_\_\_ Expected Weight Class: \_\_\_\_\_

Signature . \_\_\_\_\_

(Parent or Guardian Signature required if contestant is under 18 years of age)