



GBI

ONLINE RANKING

SCORING GUIDE

VERSION 1.0

INTRO

If passion and adrenaline are the flames that fuel the our souls and our hands, then, a challenge capable of comparing gripsport enthusiasts from all over the world, is a river of gasoline that flows into this fire!

If in the last two years many of us have suffered from the lack of a comparison and sharing of our passion (not to mention everything else), it must be said that even before it was always difficult to organize an event capable of bringing together all the fans, mainly because gripsport is, and unfortunately (but also a little fortunately) will remain a rather niche discipline.

Since the beginning of 2022 our staff has worked hard to organize the GBI Online Ranking, from the study of the rules and the events involved, to the graphic design and advertising through the most common social channels.

At the end of May 2022, after only two months from the start of the competition, we recorded over 200 tests and saw an exponential improvement in results, so much so that we have issued dozens of certifications.

Due to these fantastic results, we decided to create a global ranking method, in order to give an idea indicative of the strength and tenacity of all the athletes who have decided to participate.

In order to make these criteria as transparent and clear as possible, we have drawn up this document, which reports a detail of all the threshold levels based on weight lifted and a permutation of this level in case of weight hold and / or repetitions. This document will be kept up to date in case of new events proposal or rules change.

GBI Staff

STRENGTH TRESHOLDS

Based on the range of results obtained over the years and comparing them with the data collected relating to different performances around the world, we were able to define for each GBI event the thresholds and levels at which it is possible to focus the athlete for that particular lift.

In general, 5 thresholds identified by different colors have been defined for each performance:

THRESHOLD	DESCRIPTION
BEGINNER	Weight manageable from athletes without any experience, even for many reps.
INTERMEDIATE	Weight manageable from athletes with a little experience or involved in manual labours.
ADVANCED	Weight manageable from athletes with a good experience or with naturally strong hands.
ELITE	Weight manageable from athletes with in-depth experience, internationally competitive.
WORLD CLASS	Weight manageable from athletes with complete experience, world records threshold.

Parameters that define these thresholds are obviously the weight lifted, repetitions or holding time. By placing the lift performed within one of these thresholds, it allows the athlete to have a relative indication of the level of strength and mastery of that particular discipline.

LEVELS (1)

For all the tests, some numerical coefficients were then defined, which identify the difficulty of the lift.

The minimum level (1) represents a valid advanced level lift, therefore all lifts below this difficulty will by definition have a level of 0 (no cert).

All subsequent levels (from 2 to 5 or 6) are placed in the last two thresholds.

A matrix is used to effectively represent threshold and level for the various lifts (both for PRs, reps or holds). Below is an example of the classification parameters used for the Solid Rolling Handle (the matrices for each specialty are shown at the end of the document):

WEIGHT (KG)	<5	<10	<15	<25	<35	>=35
120	6	6	6	6	6	6
110	5	6	6	6	6	6
100	4	5	5	6	6	6
90	3	4	4	5	5	5
80	2	2	3	3	4	4
70	1	1	2	2	3	3
60	ND	ND	1	1	1	2

REPS / TIME (SECONDS)

LEVELS (2)

Using this table it is quite simple to identify the level obtained for each lift performed with the SRH, for example:

- 3 reps 62kg = Level 0 (NA)
- 1 RM 71kg = Level 1 (Advanced)
- 42 secs hold, 68kg = Level 2 (Elite)
- 18 reps 82kg = Level 3 (Elite)
- 24 reps 84kg = Level 4 (Elite)
- 8 reps 105kg = Level 5 (World Class)
- 1 RM 120kg = Level 6 (World Class)

120	6	6	6	6	6	6
110	5	6	6	6	6	6
100	4	5	5	6	6	6
90	3	4	4	5	5	5
80	2	2	3	3	4	4
70	1	1	2	2	3	3
60	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Those who have already obtained certifications (at least level 1 required) will already find some familiarity with these values, as they are reported in the certificate.

SCORE (1)

The possibility of introducing a global ranking criteria for each of the three categories of lifts (PRs, reps and holds) was discussed a lot.

The classic method (assigning a score based on the position of each specialty) was immediately discarded, as it more takes into account the number of lifts rather than their intensity.

This system is fine in live competitions, in which each athlete performs all the competition events, but in a ranking of this type, where the events are many and maybe not everyone has the opportunity to try everything, it was interesting to find a way capable of giving greater importance to specialization in various lifts.

The system is quite simple: for each lift, a score equal to the level reached is assigned, recursively added to all the previous levels score, so:

$$\text{LV1} = 1\text{pt}$$

$$\text{LV2} = 3\text{pts} \quad (2 + 1)$$

$$\text{LV3} = 6\text{pts} \quad (3 + 2 + 1)$$

$$\text{LV4} = 10\text{pts} \quad (4 + 3 + 2 + 1)$$

$$\text{LV5} = 15\text{pts} \quad (5 + 4 + 3 + 2 + 1)$$

$$\text{LV6} = 21\text{pts} \quad (6 + 5 + 4 + 3 + 2 + 1)$$

This method allows for example to give a greater score to a lift of level 3 (6pts) rather than to 3 lifts of level 1 (3pts), while taking into account the diversification of their progress.

SCORE (2)

Having now a numerical score available for each lift performed by each athlete, it becomes possible to create a global ranking by adding up the scores in the various events. They will come anyway carried out separate rankings by gender (male, female and youth) and by type of effort (PRs, reps and holds). The weight category will affect only in case of equal performance for the two athletes.

Specifically, the global ranking is calculated according to the following protocol:

- ◇ The points obtained in the various lifts for the effort type in question are added up for each athlete, obviously whoever has received more points will have a higher place in the ranking;
- ◇ In the case of people with the same score, whoever has the priority in the ranking obtained the highest level certification among those taken (for example if A and B both have 25 points, the highest certification of A is a level 3 Elite, while for B it is a World Class level 4, B will have priority);
- ◇ If the highest certification is also the same level for the two people, then the person in the lower weight category will have priority;
- ◇ If the weight category is also the same, there will be a draw.

In order to obtain a good score, it is advisable to try different lifts, to have the widest range of possibilities, and to specialize in those where you are most talented.

APPENDIX (1)

SRH Male

120	6	6	6	6	6	6
110	5	6	6	6	6	6
100	4	5	5	6	6	6
90	3	4	4	5	5	5
80	2	2	3	3	4	4
70	1	1	2	2	3	3
60	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

SRH Female

95	6	6	6	6	6	6
85	5	6	6	6	6	6
75	4	5	5	6	6	6
65	3	4	4	5	5	5
55	2	2	3	3	4	4
45	1	1	2	2	3	3
35	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Mega HUB Male

45	5	5	5	5	5	5
42	4	5	5	5	5	5
37	3	4	4	5	5	5
32	2	2	3	3	4	4
27	1	1	2	2	3	3
22	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Mega HUB Female

30	5	5	5	5	5	5
28	4	5	5	5	5	5
25	3	4	4	5	5	5
20	2	2	3	3	4	4
15	1	1	2	2	3	3
12	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

APPENDIX (2)

Monolithic THP Male

130	6	6	6	6	6	6
120	5	6	6	6	6	6
110	4	5	5	6	6	6
100	3	4	4	5	5	5
90	2	2	3	3	4	4
80	1	1	2	2	3	3
70	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Monolithic THP Female

100	6	6	6	6	6	6
90	5	6	6	6	6	6
80	4	5	5	6	6	6
70	3	4	4	5	5	5
60	2	2	3	3	4	4
50	1	1	2	2	3	3
40	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Mega HUB DKP Male

70	5	5	5	5	5	5
63	4	5	5	5	5	5
54	3	4	4	5	5	5
45	2	2	3	3	4	4
40	1	1	2	2	3	3
35	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Mega HUB DKP Female

45	5	5	5	5	5	5
38	4	5	5	5	5	5
32	3	4	4	5	5	5
25	2	2	3	3	4	4
20	1	1	2	2	3	3
15	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

APPENDIX (3)

Vertical Bar Male

160	6	6	6	6	6	6
135	5	6	6	6	6	6
125	4	5	5	6	6	6
115	3	4	4	5	5	5
105	2	2	3	3	4	4
90	1	1	2	2	3	3
80	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Vertical Bar Female

110	6	6	6	6	6	6
95	5	6	6	6	6	6
85	4	5	5	6	6	6
75	3	4	4	5	5	5
65	2	2	3	3	4	4
55	1	1	2	2	3	3
45	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Break Finger Male

50	5	5	5	5	5	5
45	4	5	5	5	5	5
40	3	4	4	5	5	5
35	2	2	3	3	4	4
30	1	1	2	2	3	3
25	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Break Finger Female

35	5	5	5	5	5	5
30	4	5	5	5	5	5
26	3	4	4	5	5	5
21	2	2	3	3	4	4
16	1	1	2	2	3	3
12	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

APPENDIX (4)

Monolithic OHP Male

60	6	6	6	6	6	6
55	5	6	6	6	6	6
50	4	5	5	6	6	6
45	3	4	4	5	5	5
40	2	2	3	3	4	4
35	1	1	2	2	3	3
30	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Monolithic OHP Female

45	6	6	6	6	6	6
40	5	6	6	6	6	6
35	4	5	5	6	6	6
30	3	4	4	5	5	5
25	2	2	3	3	4	4
20	1	1	2	2	3	3
15	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Monolithic Hand 2 Hand Male

58	6	6	6	6	6	6
53	5	6	6	6	6	6
48	4	5	5	6	6	6
43	3	4	4	5	5	5
38	2	2	3	3	4	4
33	1	1	2	2	3	3
28	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Monolithic Hand 2 Hand Female

43	6	6	6	6	6	6
38	5	6	6	6	6	6
33	4	5	5	6	6	6
28	3	4	4	5	5	5
23	2	2	3	3	4	4
18	1	1	2	2	3	3
13	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

APPENDIX (5)

Ok Lift (KP) Male

38	5	5	5	5	5	5
32	4	5	5	5	5	5
28	3	4	4	5	5	5
24	2	2	3	3	4	4
20	1	1	2	2	3	3
16	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Ok Lift (KP) Female

30	5	5	5	5	5	5
28	4	5	5	5	5	5
25	3	4	4	5	5	5
20	2	2	3	3	4	4
15	1	1	2	2	3	3
10	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Ok Lift (Tips) Male

28	5	5	5	5	5	5
26	4	5	5	5	5	5
22	3	4	4	5	5	5
18	2	2	3	3	4	4
14	1	1	2	2	3	3
12	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Ok Lift (Tips) Female

18	5	5	5	5	5	5
16	4	5	5	5	5	5
14	3	4	4	5	5	5
12	2	2	3	3	4	4
10	1	1	2	2	3	3
8	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

APPENDIX (6)

Skull Crusher (KP) Male

45	5	5	5	5	5	5
42	4	5	5	5	5	5
37	3	4	4	5	5	5
32	2	2	3	3	4	4
27	1	1	2	2	3	3
22	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Skull Crusher (KP) Female

30	5	5	5	5	5	5
28	4	5	5	5	5	5
25	3	4	4	5	5	5
20	2	2	3	3	4	4
15	1	1	2	2	3	3
12	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Skull Crusher (Freestyle) Male

70	5	5	5	5	5	5
62	4	5	5	5	5	5
56	3	4	4	5	5	5
50	2	2	3	3	4	4
45	1	1	2	2	3	3
40	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35

Skull Crusher (Freestyle) Female

50	5	5	5	5	5	5
45	4	5	5	5	5	5
38	3	4	4	5	5	5
32	2	2	3	3	4	4
25	1	1	2	2	3	3
20	ND	ND	1	1	1	2
	<5	<10	<15	<25	<35	>=35