

Old-Timey Exhibition

(Optional if the host desires)

Nail bending

Tiers (easiest to hardest):

- Der Fiegel - Ace Hardware 20D 4" Galvanized Box Nails (~29 lbs.)
- El Jefe - Grip Rite 60D 6" Timber Ties (~53 lbs.)
- The Centurion - Hillman Fas-n-Tite Common Nails, 6" Galvanized (63 lbs.)

Nail bending rules

- Allowed: bare hand or wraps (leather synthetic, etc.).
 - Note: Bare hands are at the lifters discretion and willingness to risk tearing into the palms.
 - Wraps are to be 12"x12" max and are folded and wrapped around each end.
 - Wraps should follow approximate specs of the IronMind pads (link below).
 - Wraps may be secured by rubber bands if desired.
- A pair of wraps will be provided (canvas, leather, whatever is convenient).
- Each lifter will declare a style of nail and use only that type for the lift.
- The lifter will be presented a table with a large quantity of the desired nails.
- The lifter may queue up a single nail with wraps prior to the command to "bend."
- When the "bend" command is given, the lifter will bend as many nails as they can in 60 seconds/1 minute.
- All nails must be bent so that the nail head and point are within 2" inches (to be verified after the lift is completed).
 - 2" is judged from the inside edges, including the inside of the nail head.
 - Point and head will more than likely not touch after a good bend.
- Nails are bent with two hands: one gripping the point and one the head.
 - No restrictions on position (pronated, supinated, mixed), nor where hands are held (near the neck, lower body, etc.)
 - The hands are allowed to make contact with the body (e.g., touching the neck, chin, upper chest), but the rest of the body cannot be used for bending purposes (e.g., placing the hands between the thighs for extra support).
- Nails may be otherwise bent in any hand or body position, including locking the fingers to press to final distance.
- Once bent, the lifter is to unwrap and drop the nail (table, floor, etc.) before commencing the next bend.
 - Once a bend is "complete," the athlete will not continue to modify a previous nail.
 - I.e., Make the final press count.
- Since most competitors are likely to be new to activity, we will provide supplies on a practice table prior to the lift.

Scoring

- Bends must meet specifications. Otherwise, they are not counted.

- If the stress beaks a nail entirely it counts as a bend.
- Scoring is based on difficulty first, then by number of nails.
 - E.g., A single 60D timber tie will best any number of 20D box nails.
 - Within a category the number of successful bends is determined by the count.
- Nail distance measurement may be done by caliper, ruler, or other similar instrument.

Links

<https://www.acehardware.com/departments/hardware/nails-and-staples/nails/78843>
<https://www.homedepot.com/p/Grip-Rite-6-in-x-3-Gauge-60-penny-Exterior-Galvanized-Spiral-Shank-Timber-Tie-Nails-30-lb-Box-6HGTT30BK/100164469>
<https://www.lowes.com/pd/Fas-n-Tite-60D-x-6-in-Hot-Dipped-Galvanized-Common-Nail/5001292557>
<https://cannonpowerworks.com/products/impads>

Calibration

If promoters need to substitute an alternate nail or wish to save money by using metal rods, here is the calibration that has been done for the Siegel, Jefe, and Centurion. Nails were loaded until significant failure was achieved. All nails fall within an angle of 17-23°, which we will consider the tolerance for this contest.

The methodology is simple and repeatable. Results were achieved by c-clamping the nail to bench and repeatedly adding weights to a loading pin until significant failure was observed. Any suitable replacement should adhere to these specifications. In our testing there was an initial, very small kink at a first load point, after which additional weight would be required to settle into the ~20° mark for all nails tested.

We expect that different materials, production methods, and finishes (e.g., galvanization) may slightly impact overall loading.

Note to Promoters

If anyone needs, I can set up a zoom call or something with some of the basics. :)