



## EVENT 1 – HELENA

ADVANCED	INTERMEDIATE	ELEVATE
<b>FOR TIME (14 MIN TIME CAP)</b>  <b>WORKING IN M/F PAIRS</b> <b>3 ROUNDS EACH PAIR</b>  400m Run 21 synchro alternating Dumbbell Hang Snatch 22.5/15 12 Bar Muscle Ups  <i>*Each athlete must complete a minimum of 3 BMU's each round</i>	<b>FOR TIME (14 MIN TIME CAP)</b>  <b>WORKING IN M/F PAIRS</b> <b>3 ROUNDS EACH PAIR</b>  400m Run 21 synchro alternating Dumbbell Hang Snatch 22.5/15 24 Pull-ups  <i>*Each athlete must complete a minimum of 10 pull-ups each round</i>	<b>FOR TIME (14 MIN TIME CAP)</b>  <b>WORKING IN M/F PAIRS</b> <b>3 ROUNDS EACH PAIR</b>  400m Run 21 synchro alternating Dumbbell Hang Snatch 15/10 24 Wall Balls to 10ft target (9kg/6kg)  <i>*Each athlete must complete a minimum of 10 wall balls each round</i>

At the call of 3,2,1...go, working in pairs MF1 will commence the 400m run while MF2 commence the alternating Dumbbell Hang Snatch and Bar Muscle Ups/Pull-Ups/Wall Balls (dependent on division). When MF1 return from the run and MF2 have completed their reps the pairing switch to complete 1 round. The teams will follow this sequence to complete 3 rounds. MF1 rounds will be run/snatch/rig work and MF2 rounds will be snatch/rig work/run.

MF1 cannot commence the Dumbbell snatch until MF2 have finished their Dumbbell Hang Snatch and Bar Muscle Ups/Pull-Ups/Wall Balls and MF2 cannot commence the run until MF1 have finished the run.

Each athlete must complete a minimum of 3 BMU's/10 pull-ups/10 wall balls (dependent on division) each round. These do not have to be concurrent and can be broken up in the round as required.

On completion of the run and/or snatch/rig section of third round, the team will run back to the start mat at which time their time will be recorded.



## **MOVEMENT STANDARDS**

**Synchronised Alternating Dumbbell Hang Snatch** - Athletes will start with the dumbbells on the ground. The Athletes will then stand to full extension with dumbbell in hand. The athletes will snatch or swing the dumbbell from the hang position and finish with the dumbbell locked out overhead with hips, knees, shoulders, and arms at full extension at the same time; this shall indicate a completed repetition. The Athletes will then alternating hands, switching either in the hang or overhead to commence the next rep. The Athletes may NOT pause at the shoulders and press the dumbbell. The hang position will be designated as any position in which the dumbbells are below the hip but not touching the floor. The DB hang snatch will be synchronised at the top of the movement- meaning that both athletes need to reach lock out at the same time.

**Bar Muscle-Ups** - In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

**Pull-Ups** - This is a standard chin-over-bar pull up. Dead hand, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.

At the bottom, the arms

**Wall Balls** - In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the middle of the target. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.