

EVENT 2: GORUCK ME SOFTLY

FOR TIME (TIME CAP 13 MINUTES)

21 Synchro Double Weighted Dumbbell Front Squat (2 athletes)

21 Synchro Weighted Double Dumbbell Burpee Box Step Ups.
(2 athletes)

21 Synchro Weighted Gymnastic Movement 1 (2 athletes)

15 Synchro Double Weighted Dumbbell Front Squat (2 athletes)

15 Synchro Weighted Double Dumbbell Burpee Box Step Ups. (2
athletes)

15 Synchro Weighted Gymnastic Movement 2 (2 athletes)

9 Synchro Double Dumbbell Front Squat (2 athletes)

9 Synchro Weighted Double Dumbbell Burpee Box Step Ups. (2
athletes)

9 Synchro Weighted Gymnastic Movement 3 (2 athletes)

ELITE

Dumbbells: 22.5 kg – 15 kg

C2B – BMU - Roll Overs

Vest Weight: 14 lbs

Box Height: 24 / 20 Inches

MASTERS

Dumbbells: 22.5 kg – 15 kg

Pull Ups – C2B- BMU

Vest Weight: 14 lbs

Box Height: 24/ 20 Inches

SCALED

Dumbbells: 17.5 kg – 12.5 kg

Pull Ups – C2B- BMU

Vest Weight: 14 lbs

Box Height: 24/ 20 inches

NOTES & FAQ:

- All movements must be performed with a weighted Vest. The vest must be on during the each rep by the member of the team performing the movement.
- EACH TEAM WILL BE PROVIDED WITH TWO VESTS OF EQUAL WEIGHTS and two different sizes
- Teams cannot alter the weights at any time.
- The Vest must be fully strapped for safety while performing all of the movements.
- Each Round is performed in pairs , teams can decide whether is MM FF or FM.
- Each team will be provided with 1 pair of DBs per weight. Athletes can choose to use accordingly. For instance on a FF pair one female will need to use the heavier set of DBs. Between the pair they can exchange the pair of DBs during the round.
- Equally on a FM pair teams can decide which member use which weight
- For the Boxes, male must use 24 inches, female 20 inches.
- Only the pair working can modify the height of the box.
- The 2 members non working at the time must stay behind the starting line and cannot enter the area or help with the DBs, Boxes or any other item
- Pairs must complete the full round before they can switch. For instance they must complete the 21 reps of the DB movement and gymnastic before switching to another pair. If they cannot complete the next pair must start the round from the beginning.

Pull Ups



- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- Synchronization is on the finished position with chin above the pull up bar.



- The rep is credited when both athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk will be provided

Chest To Bar



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.



- The rep is credited when both athlete's chest clearly comes into contact with the bar at or below the collarbone at the same time. Athletes performing butterfly reps must clearly comply with this requirement.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk is provided

Bar Muscle Ups



- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.



- The athlete must pass through some portion of a dip before locking out over the bar.



- The rep is credited when:
 - both athlete's arms are fully locked out in the support position above the bar at the same time
 - both athlete's shoulders are over or slightly in front of the bar at the same time.
- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands in the support position is not allowed.
- At lockout, only the arms may support the athlete's weight.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk is provided



- Each Rep starts with the athlete standing with both dumbbells in hands
- Athlete must perform first a burpee descending till both sides of both dumbbells and the chest of the athlete touch the floor at the same time.
- In each Dumbbell Box Step Up both feet must clearly touch the top surface of the Box for the repetition to count. If the Athlete should receive a “no rep” in a Dumbbell Box Step Over the Athlete can simply continue and the next correctly executed repetition will count, regardless of which direction the repetition is performed from.
- Athlete may not let the Dumbbells touch the Box at any point during a repetition, or that will be deemed as a “no rep”.
- If the Athlete chooses to take a break the Dumbbells must rest on the floor. Athlete may not drop Dumbbells at any point but must place them safely on the floor, if failing to do so the athlete will be called back to pick Dumbbells up again and walk them past the last finished line and then over the same again.
- Synchronization of the movement is **on top of the box**
- Full extension of knees and hips of top of the box is required
- Athletes CANNOT jump down the box.
- Dumbbells must be placed on the floor in the last rep. Throwing the dumbbells to the floor will be deemed as a No Rep.

SCORE CARD: ELITE – MASTERS - SCALED

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	Font squats	Step Overs	Gymnastics	TIE BREAK
ROUND 1	21	42	63	
ROUND 2	78	93	108	
ROUND 3	117	126	35	
TIME IF COMPLETED:				
NUMBER OF REPS IF TIME CAP:				

TEAM NAME: _____ CAT: _____ TIME : _____

NUMBER OF REPS (IF TIME CAP): _____

TIE BREAK _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 2

TEAM NAME: _____ CAT: _____ TIME: _____
REPS IF TIME CAP: _____ / TIE BREAK: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____