



EVENT 5 BAR-BEQUE

FOR TIME 8 MIN TIME CAP

2 Athlete Work at the time

50 Synchro Chest To bar

25 Synchro Bar Muscle Ups

Every Minute on the Minute Starting at 00:00:

5 Double Dumbbell Box Step Overs

RX

Dumbbell: 22.5 / 15 kgs

Box: 24 / 20 inches

SCALED

Dumbbell: 15 kgs / 10 kgs

Box 24/ 20 inches

50 Synchro Pull Ups

15 Synchro Chest To Bar

NOTES:

- Workout Starts with all 4 athletes standing behind the line
- After the countdown 2 athletes move to perform the 5 Double Dumbbell Box Step Overs each. No Synchronization Required
- Once completed, on the remaining of the minute they will have to perform as many synchronized reps of the first gymnastics movement.
- Once the clock hit the next minute they will go back to perform another set of Double Dumbbell Step Overs.
- Reps must be completed within the minute for the rep to count.
- Athletes can only switch at the top of the minute not during the minute.
- For instance if they finish the chest to bar and want to switch for the next pair to do the muscle ups they need to wait to the next minute.
- Teams can switch one or two athletes at the time
- Teams must always perform the 5 Double Dumbbell Step Overs every minute. Failing to do one set during the minute will terminate the workout for the team.
- All 4 athletes must perform at least 1 minute of workout
- **Teams will be provided with only 2 set of DBs of each weight**

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

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QUALIFYING EVENT



- In each Dumbbell Box Step Over 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.

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QUALIFYING EVENT



SCORE CARD

EVENT 5 BOX & BAR CHAOS

FOR TIME 8 MIN TIME CAP

2 Athlete Work at the time

50 Synchro Chest To bar

15 Synchro Bar Muscle Ups

Every Minute on the Minute Starting at 00:00:

5 Double Dumbbell Box Step Overs

	Reps	Time Cap
50 Chest To bar	50	
15 Synchro Bar Muscle Ups	65	
	TIME	

TEAM NAME: _____ CAT: _____ SCORE: _____

TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

EVENT 5:

TEAM NAME: _____ CAT: _____ SCORE : _____ TIME

TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____