

Events and Standards:

EVENT 1) "Hang Tough": 3RM Hang Clean:

3 attempts to achieve 3 RM Hang Clean.

1 attempt every 3 min.

Only one partner can be lifting at a time (partners alternate attempts, partner A starts at 0:00, B at 1:00, 1min to change weights, then second attempt starting at 3:00&4:00, etc...).

Either partner can help changing weights, judges cannot.

Collars **MUST** be on the bar for each attempt.

Minimum increase in weight is 1KG - **Yes, this will be done in KG only.**

You may go up or down in weight.

Standard: start position is ABOVE the knee (you cannot take it straight from the floor), with arms fully extending, you must clean it up to the rack position, to finish each lift hips and knees must be fully extended and feet return to the power position. All 3 lifts must be achieved without putting the bar down.

Event 2) "I'm sorry for what I said during Burpees" : 100 Burpees for Time:

This will immediately follow the last hang clean attempt

Start time will be at 10:00

Only one partner can be doing a burpee at a time, and must completely finish their burpee with feet on the ground and hands above head BEFORE other partner begins their next burpee.

Alternate however you like.

Standard: from a standing position, you must bring your chest to the floor and finish with a jump and clap above the head.

Time cap: 8min

Event 3) "Hang tight" : 3 min AMRAP Deadlift with HS/Plank hold

One partner must begin with holding HS/Plank hold, while other partner completes as many DL as possible during the hold.

Judge needs to clearly see the hold during the DL reps.

DL reps are only counted while partner is IN hold.

Each partner must complete at least 1 DL.

Alternate however you like.

Standard:

HS Hold: heels must be touching the wall in an inverted position before partner begins DL.

Plank Hold: feet must be together, straight arms and hands under the shoulders with body parallel to the floor.

Deadlifts: With bar starting on the floor, lift the bar up until the ankle, knees, and hips are fully extended and the shoulders are behind the bar at the top. No bouncing. Plates must touch the floor in the bottom of each rep.

RX: 225/155, HS Hold

SC: 185/130, High Plank Hold

Master: 155/105, High Plank Hold

*** 1min REST between Event 3 & 4 ***

Event 4) "Hang On": 3min AMRAP Hang from the bar and AMRAP hands release pushups.

One partner must begin with hanging from the bar, while other partner completes as many hands release pushups during the hold.

Judge needs to clearly see the hang from the bar during the pushup reps.

Pushup reps are only counted while partner is IN hang.

Each partner must complete at least 1 pushup.
Alternate however you like.

Standard:

Hang from bar: Any grip is fine, feet must be off the floor in a hang position.

HR pushups: Pushup starts in the top of a high plank position, chest must come down to make contact with the floor at which point the hands need to be released off the floor (enough so that your judge clearly sees a gap between your hands and the floor), then push up with elbows fully extended in the top position. Your toes must remain in contact with the ground during each rep.

RX: Toe Hands Release Pushups

SC: Hand Release Pushups may be done from the knees.

Event 5) "Double Jackie" : For Time, 2000m Row, 100 Thrusters, 60 Pull ups

Only one partner working at a time.

You must complete the work in the order listed.

Both partners must complete at least 1 rep / 500m of each exercise.

Alternate however you like.

Standard:

Row: You may alternate between partners as many times as you like during the row. Each partner must complete a minimum of 500m on the row.

Thrusters: The thrusters begin when the row is complete and both partners are at the thruster station. Thruster begins in the bottom of the squat (hip crease below knee crease with elbows in front, above the knees) and finishes with the bar overhead in a controlled lock-out position (elbows extended, bar above the shoulders).

Pull ups: The pull ups begin when the thrusters are complete and both partners are at the pull up station. Pull up begins in a hang position with feet off the ground and arms fully extended. Chin must CLEARLY reach above the bar in the top position. Any grip is acceptable.

18min time cap.

RX: 45/35 thrusters.

SC: 45/35 thrusters. Masters: 35/25 thrusters. Jumping chin over the bar pull ups. With arms fully extended, the bar must make contact 2 inches below the wrist. Start position of the jumping pull up, the heels must be flat on the ground/box and arms fully extended.