



Age Group Event 3

For Time

75 Weighted Double-unders*
60 ft. Stall mat drag
80 ft. D-ball carry (150/100)**
15 D-ball cleans
80 ft. D-ball carry
60 ft. Stall mat drag

*50+ athletes will perform 50 weighted double-unders.

**50+ and Teenage athletes will use a 100/70 lb. D-ball

Time Cap: 7:00

Event Flow

Athletes begin on the Start/Finish mat. At the sound of the beep, athletes will advance onto the double-under mat and perform 75 double-unders using the RPM Scout rope. They will then drag their stall mats approximately 60 feet across a designated line. After the stall mats have been placed in the designated drop zone, athletes will sprint back and carry their D-ball to the pull-up rig, where they will perform 15 D-ball cleans over a bar. The bar will be approximately 4'6" high. Once athletes have completed the D-ball cleans, they will return the D-ball to its starting position, then drag their mats back to where they started and advance to the finish mat. Time stops when both feet reach the Start/Finish mat.

Movement Standards

Athletes must stay in their lane for the entire event.

For the double-unders, the rope must move forward and pass under the athlete's feet two times per jump. There are three designated lengths of Scout ropes. Athletes will have the opportunity to test the ropes in advance and select the appropriate lengths ahead of time.

When moving implements from one end of the competition floor to the other, athletes may carry them any way they choose as long as both the athlete and the implement remain in their lane. For the stall mats, athletes may move their mats one at a time or all at once. Men will have 2 stall mats, women will have 1 stall mat.

For the D-Ball cleans, the athlete must lift the D-ball and pass it over the bar. It must pass over the bar inside the designated line (not on the very end). On the very first rep, the athlete does not need to touch the D-ball to the floor. They can throw it directly over the bar after finishing their carry from the other end of the competition floor.

Scoring

Score for Event 3 is the total time of completion. The time cap is 7:00. Any reps not completed within the 7:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work but are unable to reach the Start/Finish mat within the 7:00 cap, their score will be recorded as 7:01 on the leaderboard. Every 10 ft. on the stall mat drag counts as one "rep." 100 points are available for Event 3.