



Pairs Event 4

Time Cap: 20:00

ELITE PAIRS

For Time

50 Power cleans (135/95)
50 Toes to bar + hang
50 Deadlifts (245/165)
50 Pull-ups (chest to bar) + hang
75/50 Calorie Row + D-ball hold (150/100)
50 Pull-ups (chest to bar) + hang
50 Deadlifts (245/165)
50 Toes to bar + hang
50 Power cleans (135/95)

RX PAIRS

For Time

40 Power cleans (135/95)
40 Toes to bar + hang
40 Deadlifts (245/165)
40 Pull-ups (chest to bar)
60/40 Calorie Row + D-ball hold (150/100)
40 Pull-ups (chest to bar)
40 Deadlifts (245/165)
40 Toes to bar + hang
40 Power cleans (135/95)

Event Flow

Both athletes begin on the Start/Finish mat. At the sound of the beep, athletes will advance to their clean bar and begin working. They will then move through the prescribed reps of toes to bar, deadlifts, pull-ups, and rowing, before moving back through pull-ups, deadlifts, toes to bar, and power cleans, before advancing back to the Start/Finish mat to complete the event. Athletes may partition the reps of each movement any way they choose. One athlete works, one rests, except during the movements that include a static hold. In those movements, the static holds must be maintained by one athlete in order for reps to count by the other.

Movement Standards

The power clean is a standard ground-to-the-shoulders movement. The barbell begins on the ground and touch and go is permitted. No bouncing. The barbell must come up to the shoulders, with the hips and knees fully extended, the elbows in front of the bar, and the feet on the designated mat. In order for reps to count, the non-working athlete must remain in their lane behind the working athlete.

In the toes to bars, both athletes start in a full hang from the bar. One athlete will perform toes to bar while the other the athletes maintains a hang. In order to switch who is working and who is hanging, athletes must drop off the pull-up bar. At the start of each rep, the arms must be fully extended and the feet must be brought back behind the bar and behind the body. Both feet must come into contact with the bar at the same time, inside the hands. Partners may assist each other in reaching the bar but not in performing the movement. Athletes will face the Start/Finish mat on toes to bar and static hangs.

Each deadlift rep starts with the bar on the floor and finishes with the athlete standing tall. At the top, hips and knees must be extended with shoulders behind the bar. Arms must remain straight throughout the movement; excessive bouncing is not permitted. The non-working athlete must remain in their lane behind or to the side of the working athlete.

This is a standard chest-to-bar pull-up. Dead hang, 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 top, the chest must clearly come into contact with the bar below the collarbone. For the Elite pairs only, the non-working athlete must maintain a bar hang in order for reps to count. Any time athletes rotate between who is working and who is hanging, they must both drop from the bar. Athletes may assist one another in getting up to the pull-up bar. Athletes will face the Start/Finish mat on the pull-ups and static hangs.

For the row, athletes may not touch the monitor. They also may not touch the handle until their judge gives them clearance to do so after their partner has achieved the D-ball bear-hug static hold.

For the D-ball bear-hug hold, athletes must hold their D-ball above their knees and below their shoulders. Any grip on the ball is permitted. Hips must remain open during the hold. "Open" hips are defined as the shoulder being directly above or behind the hip (same standard as the top of a deadlift). Knees do not need to remain extended during the hold (bent knees are permitted) but feet must stay aligned (split stance is not permitted). In the event of a "no-rep" on the static hold for any reason, the D-ball must be returned to the floor and the athletes must switch roles (D-ball bear-hugger must go to the row, rower must become the D-ball bear-hugger).

Scoring

Score for Event 4 is the total time of completion. The time cap is 20:00. Any reps not completed within the 20:00 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 Finish mat within the 20:00 cap, their score will be recorded as 20:01 on the leaderboard. 100 points are available for Event 1.