



Masters Event 2

“Challenger”

2A: Max thruster

2B: Max rope climbs (+ double-under tie-breaker)

Points Available: 200

Time Cap: N/A

Event Flow

Event 2 takes place on an 8:00 running clock:

0:00 – 5:00: Establish 1RM thruster

5:00 – 6:00: Transition

6:00 – 8:00: Max rope climbs

8:00 – 9:00: Max double-unders (tie-breaker)

Division Details

Both genders and all age groups will be doing the same version of event 2.

Movement Standards

For the thruster, the barbell will start on the floor. Athletes will have as much weight available as they'd like. For each successful rep, the crease of the hip must pass clearly below the top of the knee with the barbell in the front rack position at the bottom. At the top, the barbell must be locked out over the center of the body with knees, hips, shoulders, and elbows extended. After fully ascending out of the squat (knees and hips extended), any re-bending of the knees or hips will result in a no-rep. A squat clean is permitted as long as the bottom of the squat movement standards are met. If the athlete's feet step off the mat at any point, that rep will not count. Prior to each attempt, the athlete must put collars on their bar and declare the weight they plan to attempt. Weights can be loaded onto the barbell in any fashion.

For the rope climbs, athletes must establish three key points of performance prior to progressing up the rope:

-both hands must be below the designated start line

-both feet must be clearly off the ground

-with both hands below the designated start line AND both feet off the ground, athletes must show a “dead hang” before moving up the rope. A “dead hang” is defined by the upper-hand arm being fully extended, just like the bottom of any hanging movement from the pull-up bar.

At the top, the athlete must clearly touch the cross-bar. On the descent, one of the athlete's hands must make controlled contact with the rope below the start line prior to his or her feet touching the ground. “Controlled contact” means the athlete must clearly grip the rope with one hand below the line; a full slide-down or fleeting reach and touch will result in a no-rep.

After the conclusion of this morning's briefing, athletes will have a 5:00 practice session to try out the ropes/standards, because they will not be available in the warm-up area.

Double-unders are counted when the rope passes under the athlete's feet twice for each jump. The rope must spin forward for each rep to count.

Scoring

Event 2 consists of two 100-point events. For 2A, athletes will be scored according their heaviest successful thruster. For 2B, athletes will be scored by the number of successful rope climbs completed. In the event of a tie on event 2B, the number of double-unders completed will serve as a tie-breaker.