



Masters Event 5

“Mustang”

For Time:

5-4-3-2-1 rep rounds of:

D-Ball cleans

Bar muscle-ups*

Points Available: 100

Time Cap: 8:00

Event Flow

At the sound of the horn, athletes will immediately advance to their D-ball where they will complete 5 reps of D-ball cleans (aka D-ball over shoulder). After 5 cleans, athletes will sprint to the pull-up rig and complete 5 bar-muscle-ups. Once the round of 5 is complete, athletes will return to their D-ball, advance it forward in their lane to the next mat, and complete 4 D-ball cleans. After completing 4 D-ball cleans, athletes will again sprint to the pull-up bar and complete 4 bar muscle-ups. Once those are done, athletes will return to their D-ball, advance it forward to the next mat, and complete their round of 3. Rounds of 2 and 1 will be completed in the same fashion. Time stops when both of the athlete’s feet reach the finish mat. Event 5 has an 8:00 cap.

*Event 5 Modifier Option

Athletes will be given the option to substitute toes to bar in place of bar muscle-ups. Instead of 5-4-3-2-1, the toe to bar rep scheme will be 15-12-9-6-3. On the leaderboard, any athlete that substitutes toes to bar in place of bar muscle-ups will be scored lower than any athlete who completes muscle-ups. For example, if an athlete finishes 5 D-ball cleans and 1 bar muscle-up within the time cap, he or she will be placed higher than an athlete who completes the entire workout with toes to bar, regardless of his or her time.

Division Details

| Age | Men’s D-Ball | Women’s D-Ball |
|-------|--------------|----------------|
| 35-39 | 150 lbs. | 100 lbs. |
| 40-44 | 150 lbs. | 100 lbs. |
| 45-49 | 100 lbs. | 70 lbs. |
| 50+ | 100 lbs. | 70 lbs. |

Movement Standards

For the D-Ball cleans, the athlete must lift the D-ball and pass it over either shoulder. The ball must pass over the shoulder and not around. A pause at full hip and knee extension is not required, however the athlete must move the ball over their shoulder, not duck under the ball. Any effort to shorten the range of motion by an athlete moving their body under the ball instead of the ball over their shoulder while standing tall will be considered a “no rep.”

For the bar muscle-ups, athletes must begin or pass through a hang below the bar with arms extended and feet off the ground. Traditional kipping is acceptable, but rolls to support, pull-overs, and glide kips are not. During the kip, the athlete’s heels may not pass above the horizontal plane of the bar. At the top of each rep, athletes must be supported in control above the bar with elbows extended.

Scoring

Score for event 5 is the time on the clock when the athlete reaches the finish mat. Any reps not completed at the 8:00 time cap will be added as additional seconds to their cap time (including 1 “rep” for reaching the finish mat). For example, if an athlete completes the rounds of 5-4-3-2 within the 8:00 cap, his or her score will be recorded as 8:03. 100 points are available for Event 5.