



Pairs Event 1 "Round Up"

2:00- 20/10 cal. Row + 8 Pull-ups, 7 Chest to bar pull-ups, 6 Bar muscle-ups

2:00- 25/15 cal. Row + 8-7-6 Gymnastics complex

2:00- 30/20 cal. Row + 8-7-6 Gymnastics complex

2:00- 35/25 cal. Row + 8-7-6 Gymnastics complex

2:00- 40/30 cal. Row + 8-7-6 Gymnastics complex

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Pairs Event 1 consists of as many 2-minute rounds as possible of rowing and a gymnastics complex. Men row 20 calories in the first round and women row 10. The number of calories on the rower increases by 5 each round for both men and women. The gymnastics complex remains the same every round: 8 pull-ups, 7 chest to bar pull-ups, and 6 bar muscle-ups. Athletes must alternate who rows and who completes the gymnastics complex every round. As long as both athletes complete the prescribed work and return to the Start/Finish mat within each 2-minute round, they will advance to the next round.

Points Available: 100

Time Cap: N/A

Event Flow

Athletes begin EVERY ROUND on the Start/Finish mat. At the sound of the beep, athlete 1 will advance to the rower and row the designated number of calories for that round. Athlete 2 will advance to the pull-up rig and complete the gymnastics complex: 8 pull-ups, 7 chest-to-bar pull-ups, and 6 bar muscle-ups. BOTH athletes must return to the Start/Finish mat before the end of the 2:00 round in order to advance to the next round. For round 2, athletes will switch roles: the athlete that rowed in round 1 will complete the gymnastics complex in round 2. The athlete that completed the gymnastics complex in round 1 will row in round 2. As long as BOTH athletes complete the prescribed number of reps in each 2:00 round and return to the Start/Finish mat, they will continue advancing to the next round, switching roles every round. If one of the athlete fails to complete the prescribed number of reps in any round, they will receive credit for the work completed in their final partial round, but will not advance to the next round. Athletes may not share the work in any round and athletes may not continue working after they've completed the required number of reps (i.e. one cannot continue rowing once the prescribed number of calories for that round have been reached). If an athlete continues rowing after the prescribed number of calories have been reached in any given round, his or her team will be assessed a :05 penalty before beginning the next round. Once a pair is unable to continue to the next round, they must remain in the Start/Finish mat area until all teams are finished.

Division Details

Round	Clock Time	Men's Calories (total on monitor)	Women's Calories (total on monitor)	Gymnastics Complex
1	0:00 – 2:00	20 (20)	10 (10)	8 PU, 7 C2B, 6 BMU
2	2:00 – 4:00	25 (45)	15 (25)	8 PU, 7 C2B, 6 BMU
3	4:00 – 6:00	30 (75)	20 (45)	8 PU, 7 C2B, 6 BMU
4	6:00 – 8:00	35 (110)	25 (70)	8 PU, 7 C2B, 6 BMU
5	8:00 – 10:00	40 (150)	30 (100)	8 PU, 7 C2B, 6 BMU
6	10:00 – 12:00	45 (195)	35 (135)	8 PU, 7 C2B, 6 BMU
7	12:00 – 14:00	50 (245)	40 (175)	8 PU, 7 C2B, 6 BMU
8	14:00 – 16:00	55 (300)	45 (220)	8 PU, 7 C2B, 6 BMU
9	16:00 – 18:00	60 (360)	50 (270)	8 PU, 7 C2B, 6 BMU
10	18:00 – 20:00	65 (425)	55 (325)	8 PU, 7 C2B, 6 BMU
11	20:00 – 22:00	70 (495)	60 (385)	8 PU, 7 C2B, 6 BMU

Movement Standards

All movements have standard points of performance commonly used in competition.

At the beginning and end of each successful round, athletes must have both feet on the Start/Finish mat.

For the row, athletes may not touch the monitor at any time. Before beginning, they may adjust the damper to wherever they choose.

Chin-over-bar pull-ups begin from an arms-extended hang and finish with the chin reaching a height that is clearly above the horizontal plane of the pull-up bar.

Chest-to-bar pull-ups begin from an arms-extended hang and finish with any part of the chest below the collar bones contacting the bar on each rep.

Bar muscle-ups 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. Athletes may not "rest" on the bar at the finishing position of the bar muscle-up. If an athlete removes one or both hands from the bar at the top, or if they rest their bodyweight on the bar for more than a two-second count at any time, they must drop off the bar before their next repetition will count.

Scoring

Score for event 1 is the total number of rounds plus any additional reps completed. 100 points are available for Event 1.