



Pairs Event 5 "BACHELOR"

For Time:

40 Burpee box jump-overs + Sandbag bear hug hold
40 Deadlifts + Sandbag bear hug hold
40 Toes to bar + Partner hang
40 Partner wall balls
20 Rope climbs*
40 Partner wall balls
40 Toes to bar + Partner hang
40 Deadlifts, + Sandbag bear hug hold
40 Burpee box jump-overs + Sandbag bear hug hold

*10 rope climbs for RX division athletes

Points Available: 100

Time Cap: 21:00

Division Details

Movement/Hold	Male Elite	Female Elite	Male RX	Female RX
Burpee box jump-overs	24"	20"	24"	20"
Sandbag hold	150 lb.	100 lb.	100 lb.	70 lb.
Deadlift	275 lb.	185 lb.	225 lb.	155 lb.
Wall ball	30 lb. to 10 ft.	20 lb. to 9 ft.	20 lb. to 10 ft.	14 lb. to 9 ft.
Rope climb	20 reps	20 reps	10 reps	10 reps

Event Flow

Event 5 is a chipper. Athletes will work together to complete the required work. They may partition the reps however they choose. In order for burpee box jump-overs and deadlifts to count, one athlete must maintain a Sandbag bear hug static hold. For toes to bar, one athlete must maintain a bar hang in order for reps to count. The partner wall balls will be alternated between athletes. The rope climbs may be split up in any fashion; one works, one rests.

Movement Standards

CrossFit Games Open Standards

Burpee box jump-overs must be performed perpendicular to and facing the box. The chest and thighs must touch the ground at the bottom of each rep. A two-foot takeoff is required and one or both of the athlete's feet must make contact with the top of the box. A full stand-up is not required and reps are counted when an athlete lands on the opposite side of the box from where the burpee portion of the rep was performed. In the event of a no-rep, the entire burpee must be performed. There is no requirement for which side of the box a repeated rep must be performed on.

The Sandbag bear hug hold is a static hold in which the athlete will hold the Sandbag in front of the body above the knee and below the shoulder. Athletes can use any grip they choose. Squatting or lunging to rest the Sandbag on the legs will not be permitted.

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.

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. Both feet must come into contact with the bar at the same time, inside the hands. In order to switch who is hanging and who is performing toes to bar, both athletes MUST drop off the bar first.

For the bar hang static hold, the athlete must hang from the bar facing the Start/Finish mat. Any grip is permitted.

For alternating the wall-ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the target, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep. Athletes will alternate reps. If one athlete receives a "no rep," he or she must successfully complete a rep before moving on.

On the rope climbs, one of the athlete's hands must start below the specified line on the rope. At the top, the athlete must clearly touch the cross-beam. The non-working athlete must stage in their lane outside the pull-up rig while his or her partner climbs the rope.

Scoring

Score for event 5 is the total time of completion. The time cap is 21:00. Any reps not completed within the 21:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work except for the final 1 burpee box jump-over, their score will be recorded as 21:02 on the leaderboard (one second for each rep not completed plus one rep for not getting to the finish mat). 100 points are available for Event 5.