



## Team Event 1

For fastest time, 15 minute time cap

At the count of 3, 2, 1, Go, the first Female athlete will move from the starting line to start her 3 Rounds. After completing the entire 3 rounds of 12 Chest to Bar pull ups and 10 Shoulder to Overhead press, the athlete will run to the finish line. With the completion of each round, the barbell will remain in place, but the athlete will need to move a cone/marker forward to symbolize which round they are on. Once the athlete is finished and arrives at the finish line, the second (first man) will start their 3 rounds.

Once both complete their portion of the event with S2O, the second pair will start their portion with Overhead Squats in the same manor. Female 2 working first, then Male 2. 3 rounds of 12 Chest to Bar pull up and 10 Overhead Squats. Again, the barbell will not move from its location on the field, the athlete will have to move the cone/marker to the correct destination.

Once all 4 athletes have completed their assigned work, and crossed the finish line, the judge will mark the final time for the score.

Standards-

Chest to Bar-

The athlete must begin the movement from a full hang, arms locked. For the rep to count the athlete will make contact with the chest below the collarbone.

Shoulder to Overhead

The Athlete will start with the barbell on the floor. They may get the barbell to their shoulder anyway they so choose. The barbell must show obvious contact with the shoulder on the first rep before going overhead.

The movement ends with the full hip and knee extension, and with the arms locked out and in line with the body. Touch and go reps are allowed, but the athlete must show control and full lockout with the legs and arms before beginning the next rep. A Press, Push Press or Jerk are allowed.

The barbell may not be dropped from overhead or behind the athletes body, the first offense will be a no rep, the second will be a no rep for the whole set, and the third will result in the athlete being disqualified from the event; it may only be released below eye level. It is the responsibility of the athlete to insure the barbell remains in their designated lane.

## Overhead Squats-

The Athlete starts with the barbell on the floor. They may get the barbell overhead anyway they so choose. The first rep can be squat snatched.

The movement ends with full hip and knee extension, and with the arms locked out and in line with the body. The athlete must break parallel for the rep to count. The arms do not need to remain locked during the whole movement however the barbell may not be lower than the athletes head at any time.

The barbell may not be dropped from overhead or behind the athletes body, the first offense will be a no rep, the second will be a no rep for the whole set, and the third will result in the athlete being disqualified from the event; it may only be released below eye level. It is the responsibility of the athlete to insure the barbell remains in their designated lane.