



For fastest time, 11 minute time cap

\*\* Each athlete must perform at least 1 repetition of each movement\*\*

At the count of 3, 2, 1, Go, the athletes will move forward to the Rope Climb, working one at a time to reach the top for a total of 12 time. Each athlete must climb the rope at least once. With the completion of the Rope Climbs, the athletes will advance to the Synchronized Hang Cleans. This will be completed in Male + Female pairs. Both athletes must have the Barbell in the front rack position and the hang position at the same time for the repetition to count as synchronized. Again, each athlete must perform at least 1 repetition for the event to be completed. The final movement is the pistol station. In any pair, they will complete a total of 80 synchronized alternating pistols. Synchronized means that both athletes are at the bottom of the squat, and then are standing at the same time. The time to rise from the squat or descend does not matter. As the pistols are alternating, this means both athletes must complete a repetition on the right leg before moving to the left leg, ect. Again, any pair may work at a time, and each athlete on the team must complete at least one pistol.

Once all the movements are finished, the team will run to the finish line, once the last person crosses the line, the judge will stop the clock and mark the final time.

Standards-

## Rope Climb

Every repetition begins with the athlete on the floor at the rope. The athlete may ascend the rope any way they so choose. The athlete must make obvious contact with the frame/rig supporting the rope. **Touching the clip, connecting the rope to the frame does not count as a rep.** The athlete may only jump off the rope after their hands pass under the safety marker. **Leaving the rope before Both hands are below the safety marker will result in a no rep.**

## Hang cleans

The barbell will start on the floor. The athlete must first deadlift the bar to the hang position, then begin the clean. The movement is complete when the hips and knees are locked, the barbell is on the shoulders, and the elbows are in front of the bar. A Power or Squat clean is allowed. It is the responsibility of the athlete to insure the barbell remains in their designated lane.

## Pistols

The Athlete must alternate legs for each repetition. The athlete must complete a good rep on that first leg before moving on to the second leg. The repetition begins with the athlete standing, hip and knee fully extended on the squatting leg. The hip must pass below parallel at the bottom of the repetition, and the opposite foot (the non-supporting leg) cannot touch the ground until the repetition is completed. The non-supporting leg must be in front of the supporting foot during the entire repetition. The athlete may hold the non-supporting leg with their hand while performing the pistol squat.