

ONLINE SEMIFINALS - INDIVIDUALS

WEEK 3: 12:00 P.M. (NOON) PT FRIDAY, JUNE 11, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 12
WEEK 4: 12:00 P.M. (NOON) PT FRIDAY, JUNE 18, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 19

Presented by



EVENT 3

For time:

30 muscle-ups
30-m dumbbell front-rack lunge
300 double-unders
20 muscle-ups
20-m dumbbell front-rack lunge
200 double-unders
10 muscle-ups
10-m dumbbell front-rack lunge
100 double-unders

♀ 35-lb. dumbbells

♂ 50-lb. dumbbells

Time cap: 25 min.

EQUIPMENT

- Rings
- Two dumbbells, 50/35 lb.*
- Jump rope
- Tape to mark the floor

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb.) and 22.5 kg (50 lb.).

Note: Athletes may use a single knee sleeve on each leg. Athletes wearing additional or modified equipment will face a penalty.

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

NOTES

Prior to starting the workout, set up the workout area as shown in the floor plan. The dumbbells must always be returned behind the line furthest from the rings.

This workout begins with the athlete standing on the far side of the 5-meter zone furthest from the rings. At "3, 2, 1 ... go," the athlete will move to the rings to complete 30 muscle-ups, then to the dumbbells to complete 30 meters of dumbbell front-rack lunges, changing direction after each 5-meter segment. Then they will complete 300 double-unders. They will continue in this fashion for 20 muscle-ups, 20 meters of dumbbell front-rack lunges, 200 double-unders, and then 10 muscle-ups, 10 meters of dumbbell front-rack lunges, and 100 double-unders. Time stops after the completion of the final double-under.

The athlete's score will be the total time it takes to complete the workout or the total number of repetitions completed at the time cap. There is no tiebreak for this event.

After the workout is complete, the athlete will walk to the camera and state the password BEFORE moving or turning off the camera.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

ONLINE SEMIFINALS - INDIVIDUALS

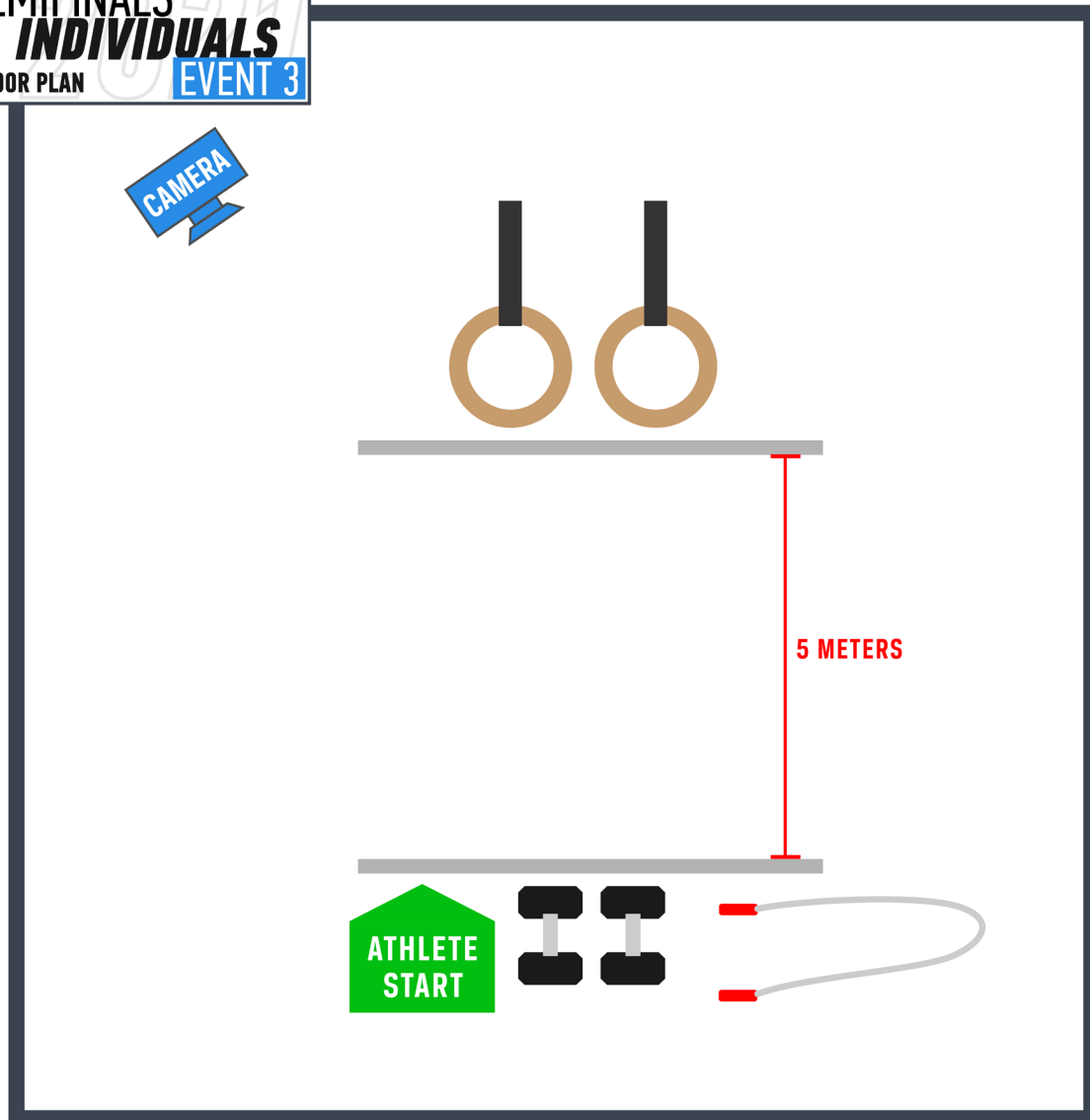
WEEK 3: 12:00 P.M. (NOON) PT FRIDAY, JUNE 11, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 12

WEEK 4: 12:00 P.M. (NOON) PT FRIDAY, JUNE 18, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 19

Presented by



SEMIFINALS
INDIVIDUALS
FLOOR PLAN
EVENT 3





MOVEMENT STANDARDS

MUSCLE-UP



- Athletes must begin each rep hanging from the rings, with arms fully extended and feet off the ground.
- Kipping is allowed, but uprises and swings/rolls to support are not permitted.
- During consecutive kipping muscle-ups, a change of direction below the rings is required.
- No part of the foot may rise above the bottom of the rings during the kip.



- The athlete must pass through some portion of a dip before reaching lockout.
- The rep is credited when the elbows are fully locked out in the support position.
- Reaching lockout while pushing or falling away from the rings will not count.

DUMBBELL FRONT-RACK LUNGE



- The athlete must start each 5-meter length with both feet clearly behind the line.
- Each lunge begins with the dumbbells at the shoulders, feet together, and hips and legs extended.
- The dumbbells must remain at the shoulders.
- A full grip around the handle of the dumbbell must be maintained for the duration of the lunge.
- Resting the dumbbells on the shoulders is allowed. Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is not allowed.



- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.
- Stopping with both feet together at the top of each rep is **not** required, but both legs must be fully extended if the athlete chooses to step through at the top.
- Shuffle steps that advance the athlete forward between reps are not allowed.

ONLINE SEMIFINALS - INDIVIDUALS

WEEK 3: 12:00 P.M. (NOON) PT FRIDAY, JUNE 11, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 12

WEEK 4: 12:00 P.M. (NOON) PT FRIDAY, JUNE 18, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 19

Presented by



MOVEMENT STANDARDS

DUMBBELL FRONT-RACK LUNGE (CONTINUED)



- Each 5-meter length will be considered 1 rep.
- The rep is credited when:
 - both heels are past the line (touching the line will not count),
 - the feet are together,
 - and the hips and legs are fully extended.
- The athlete must reach the finish position before lowering the dumbbells from the shoulders.
- Lunging more than 5 meters in one direction without turning around is not allowed.
- If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep, or not keeping the dumbbells at the shoulders for the duration of the rep, the athlete must repeat the entire 5-meter length.

DOUBLE-UNDER



- The athlete must remain behind the tape line.
- If the athlete's feet touch or cross the line at any time, the rep will not count.
- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.
- Athletes may **NOT** have assistance resetting their equipment during the workout.

ONLINE SEMIFINALS - INDIVIDUALS

WEEK 3: 12:00 P.M. (NOON) PT FRIDAY, JUNE 11, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 12
WEEK 4: 12:00 P.M. (NOON) PT FRIDAY, JUNE 18, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 19

Presented by



EVENT 3

For time:

30 muscle-ups
30-m dumbbell front-rack lunge
300 double-unders
20 muscle-ups
20-m dumbbell front-rack lunge
200 double-unders
10 muscle-ups
10-m dumbbell front-rack lunge
100 double-unders

♀ 35-lb. dumbbells

♂ 50-lb. dumbbells

Time cap: 25 min.

30 MUSCLE-UPS	30
30-M DUMBBELL FRONT-RACK LUNGE	___5M ___10M ___15M ___20M ___25M ___30M 36
300 DOUBLE-UNDERS	336
20 MUSCLE-UPS	356
20-M DUMBBELL FRONT-RACK LUNGE	___5M ___10M ___15M ___20M 360
200 DOUBLE-UNDERS	560
10 MUSCLE-UPS	570
10-M DUMBBELL FRONT-RACK LUNGE	___5M ___10M 572
100 DOUBLE-UNDERS	672

Athlete Name _____
Print

Time OR Reps at 25 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

ONLINE SEMIFINALS - INDIVIDUALS - EVENT 3

Athlete Name _____
Print

Time OR Reps at 25 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date