



SiD Inferno Pairs (London) Sport Guide

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1. Introduction

Thank you for participating in the SiD Inferno Pairs (London) event. We have worked hard to develop a high quality 'athlete-centred, sports-focused' competition to test your fitness and provide you with an enjoyable experience.

Please read this document carefully. It contains important information regarding the workouts, movement standards, prizes, and heats.

2. Athlete Waiver

Athletes are required to read and sign to say they accept the terms and conditions of the *Athlete Waiver* and *Athlete Medical Questionnaire* before they will be permitted to fully register onsite at the event and awarded their teamboard. The *Athlete Waiver* and *Athlete Medical Questionnaire* takes a maximum of 5 minutes to complete and needs to be completed online using Survey Monkey.

The athlete waiver can be found at this link: <https://www.surveymonkey.co.uk/r/SiDIPLondon>

3. Programme and Workouts

Please see here for the SiD Inferno Pairs Event Timings: <https://strengthindepth.com/wp-content/uploads/2019/04/20190405-SiD-IP-Event-Timings-00a.pdf>

3.1 Workout 1

Exercise. In 4 minutes establish a 1 rep max hang clean

Time Cap. 4 minutes

Execution Regulations. It is the responsibility of the team to load their own bar. The smallest weight increment increase is 2.5kg. Athletes must confirm the weight on the bar with the judge before each lift. Athletes can make as many attempts as they want to set a 1RM during the 4 minutes allocated. The weight on the bar can be increased or decreased as the athlete sees fit.

Post-Workout Action. Load barbell to prescribed weight ready to start workout 2.

Scoring. The combined 1RM of both athletes, measured in kilograms.

3.2 Workout 2

Exercise. 6 rounds for time, alternating exercises:

5 thrusters, 7 hang power cleans, 9 sumo deadlift high pulls

Male: 50kg barbell.

Female: 35kg barbell.

Time Cap. 5 minutes

Execution Regulations. The barbell must begin on the floor and must be placed back on the ground between every transition. Athletes can face opposite each other. Athletes must alternate exercises throughout the workout and the original sequence cannot be changed.

Scoring. Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 1 second for every repetition not completed (5:00 plus 00:01, 00:02, etc).

3.3 Workout 3

Exercise. Run!

Execution Regulations. Full details for workout 3 will be announced by 20:00 on Friday 17 May

3.4 Workout 4

Exercise. For time:

50/30 cal row, 40 dumbbell push press, 50 box jump overs, 40 dumbbell lunges, 50/30 cal row.

Male: 22.5kg dumbbells, 24" box, 50 cal row.

Female: 15kg dumbbells, 20" box, 30 cal row.

Time Cap. 10 minutes

Execution Regulations.

Athletes will start touching the barrier. Athletes must tag each other between work efforts. The athletes may not move to any subsequent exercise station until he/she is tagged by their partner. Athletes can share the workload as they deem fit. Time will stop when both athletes are in contact with the barrier.

Scoring. Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 1 second for every repetition not completed (10:00 plus 00:01, 00:02, etc).

3.5 Workout 5

Exercise. Complete as many reps as possible in 10 minutes:

Snatch

75-50-25-AMRAP in the remaining time.

Males: 35kg, 50kg, 60kg, 70kg

Females: 25kg, 35kg, 40kg, 45kg

Time Cap. 10 minutes

Execution Regulations. The barbell must begin on the floor. Athletes may perform a power snatch, split snatch or squat snatch. Athletes must tag each other between work efforts. The first athlete may not move to any subsequent exercise station until he/she is tagged by their partner. Athletes can share the workload as they deem fit. Teams will have one barbell for the entire workout. Athletes will be responsible for adding the correct weight to their bar throughout the workout.

Post-Workout Action. Exit the FoP.

Scoring. Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 1 second for every repetition not completed (10:00 plus 00:01, 00:02, etc).

3.6 Workout 6

Exercise. For time:

Male: 2km Ski

Female: 4km Bike

Time Cap. 10 minutes.

Execution Regulations. The first athlete sits/stands on the equipment but does not touch the performance monitor. The performance monitor is pre-set and will be activated by a judge/volunteer. Athletes can distribute the work as they wish.

Post-Workout Action. Exit the FoP.

Scoring. Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised one second for every meter not completed (10:00 plus 00:01, 00:02, etc).

3.7 Workout 7

Exercise. For time:

200m run / 20 synchro down ups / 20 synchro dumbbell goblet squats / 200 run / 20 synchro dumbbell goblet squats / 20 synchro down ups / 200m run

Male: 30kg dumbbells

Female: 22.5kg dumbbells

Time Cap. 10 minutes.

Execution Regulations. On 'go!' both athletes will then run 200m, returning to their platform to complete 20 synchro down ups before advancing to the synchro squats. Once the synchro squats have been completed, both athletes will run a second 200m run together, before returning to their platform and completing 20 synchro squat, 20 down up and a final 200m run together. Time will stop when both athletes make contact with the finishing mat.

Post-Workout Action. Exit the FoP.

Scoring. The score is the time taken for the team to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 1 second for every repetition not completed and 30 seconds for every uncompleted 200m sprint (10:00 plus 00:01 or 00:20, etc).

4. Movement Standards

Athlete performance will be judged against the following movement standards.

4.1 Hang Clean

The hang clean may be executed as a hang muscle clean, a hang power clean, a hang squat clean, or a hang split clean, provided that the standards are all met. Each repetition begins with the bar above the knees in the hang position and finishes with the bar on the shoulders in the front rack position with the elbows in front of the bar and hips and knees fully extended.

At the beginning of every lift, the athlete must deadlift the barbell to extension before completing the first hang clean (to eliminate attempts at a standard power clean).

4.2 Thruster

These are standard barbell thrusters in which the barbell moves from the bottom of a front squat to full lockout overhead. The hip crease must clearly pass below the top of the knees in the squat portion of the movement. The repetition is complete when the barbell is driven from the shoulder to the overhead position with the hips, knees, and elbows locked out and under control. The barbell must not stop at the shoulder before being driven overhead – the first rep may be completed as a ‘cluster’.

4.3 Sumo Deadlift High Pull

The barbell begins on the ground with the athlete gripping with their hands inside their knees. At the top, the barbell is brought in line with or above the clavicle, with the hips and knees fully extended. Both plates must be in contact with the ground, simultaneously at the bottom of every rep. If one plate hits the ground before the other, the athlete must ensure both plates are in contact with the ground before starting the next rep.

4.4 Row

The athlete may not touch the monitor and may only adjust the damper setting and foot straps (no software changes are permitted). Athletes are not required to strap in to the foot stretchers on the rower but may find it useful.

4.5 Dumbbell Push Press

The movement begins with one head of each dumbbell on the athletes shoulders. A press, push press, push jerk or split jerk is permitted, provided that the dumbbells are driven from the shoulder to the overhead position and the hips, knees, and elbows are locked out and under control. Athletes must tag one another between transitions.

4.6 Box Jump Over

Each rep begins with a two-footed jump. One-footed jumps and step-ups are not permitted. The athlete may jump over the box without touching it, or may land on top before jumping off to the other side. The athlete may not use their hands, and the feet must go over the box, not around it.

Each rep ends on the opposite side of the box from where it began. The next rep will begin from there and return to the first side. Stepping down from the box and single-foot landings are permitted. Athletes must tag one another between transitions.

4.7 Double Dumbbell Suitcase Lunge

The movement begins with athlete stood at extension, feet together, with both dumbbells held in each hand and not supported by any other part of the body.

Throughout the lunge, the dumbbell must remain at the side of the athlete's body. The trailing knee must make contact with the ground at the bottom of each lunge.

The rep ends with the athlete standing tall with the hips and knees fully extended. The athlete must alternate which foot leads for each rep.

If the athlete fails to meet any standard during a lunge, including not touching the trailing knee to the ground or not reaching full extension at the top of the rep, the athlete must restart the lunge on that leg. Athletes may not rest the dumbbell on any part of their body throughout the lunge.

4.8 Snatch

The movement begins with the barbell on the ground and must be lifted overhead in one continuous motion. No part of the body other than the feet may touch the ground during the repetition. A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met. In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension. The athlete and barbell must stay on the platform for the rep to count. If the athlete steps off the platform with the bar or the barbell lands off the platform the rep will not count. Athletes will be required to load their barbells for each subsequent increase in load.

4.9 Ski

One athlete working at a time, the work can be distributed however the team sees fit. Athletes may only adjust the slider and are not permitted to touch the monitor

4.10 Bike

Athletes must not touch the performance monitor. Athletes may adjust seat height and orientation.

4.11 Synchro Down Ups

The starting position is the upright position with the hips and knees fully extended (locked-out). At the bottom position the athlete must have their chest and hips in contact with the ground.

Synchronisation is achieved when athletes start and finish the up and down movements at the same time.

4.12 Synchro Dumbbell Goblet Squat

The dumbbell must be held in front of the athletes body and supported with the hands only. In the squat position the hip crease must be below the top of the knee cap. In the top position, the hips and knees must be fully extended. Synchronisation is achieved when athletes at the top of the squat, start and finish the movement, with the hips and knees fully extended.

5. Prizes

The winning team will receive £500, the second placed team £300, and third placed team £150.

All teams reaching the podium receive free entry into a future SiD IP event.

All prizes are awarded at the discretion of Strength in Depth.

6. Heats

There are 285 teams competing at the event (MM - 165, FF - 120).

Workouts 1, 2, 3 and 4 take place on Day 1 of competition. Workouts 5, 6 and 7 take place on Day 2 of the competition.

Workouts 1,2,4,5,6 and 7 will be in heats of 20 (max)

Workout 3 will be in heats of 30 (max)

All heats will be mixed sex, i.e 11 male teams and 9 female teams per heat of 20.

As a result of the different heat breakdown for event 3, please note that you WILL NOT remain in the same heat number throughout day 1. Please reference section below for your heat information for day 1.

6.1 Heat Composition - Day 1

Please see here for the SiD Inferno Pairs heat allocations for day 1: <https://strengthindepth.com/sid-inferno-pairs-london/information/>

Please note that a revised heat allocation will be released on Wednesday 15 May.

6.2 Heat Composition - Day 2

Teams will be seeded on Day 2 depending on their performance on Day 1. Therefore heat composition will change. The top performing teams will be in the last heats.

Please note that Male and Female heats will be mixed on day 2. Workouts 5,6 and 7 will be in heats of 20 – 11 males and 9 females (max).

Notification will be made on our website by 20:30 on Sat 18 May 2019.

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