



SiD Inferno Pairs (Cardiff) Sport Guide

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1. Introduction

Thank you for participating in the SiD Inferno Pairs (Cardiff) 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/SIDIPCARDIFF>

3. Programme and Workouts

Please see here for the SiD Inferno Pairs Event Timings: <https://strengthindepth.com/sid-inferno-pairs-cardiff/information/>

3.1 Workout 1

Exercise. In 4 minutes establish a 1 rep max clean and jerk

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. For time:

60 clean and jerks.

Male: RX. 60kg / Scaled. 50kg barbell.

Female: RX. 40kg / Scaled. 30kg 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 be faced opposite each other. Athletes may select one of two weights- RX or Scaled. The heavier barbell superseeds the lighter barbell. E.g. 1 rep @60kg beats 29 reps @50kg. Both athletes must use the same weight throughout the workout.

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). For ranking purposes. If a team opts to use the scaled weight, 50kg (male) or 30kg (female) they will automatically have 10 minutes added to their total time.

3.3 Workout 3

Exercise. Run!

Execution Regulations. To be released on Friday 9 August by 20:00.

3.4 Workout 4

Exercise. Complete as many reps as possible in 9 mins of:

Row 1000m

50 thrusters

AMRAP burpees over the bar

Male: 20kg barbell

Female: 15kg barbell

Time Cap. 9 minutes

Execution Regulations.

The workout begins with one athlete sitting on the rower but not touching the handle. 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.

Scoring.

The team's score will be the total number of repetitions completed within the 9-minute time cap. Every 10 metres completed on the row will be equal to 1 repetition.

3.5 Workout 5

Exercise. For time:

60 deadlift
60 box jump overs
45 deadlift
45 box jump overs
30 deadlift
30 box jump overs

Male: RX. 80kg / Scaled. 60kg barbell. Box height 24"

Female: RX. 50kg / Scaled. 40kg barbell. Box height 20"

Time Cap. 10 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 may select one of two weights- RX or Scaled. The heavier barbell superseads the lighter barebell. E.g. 1 rep @80kg beats 29 reps @60kg. Both athletes must use the same weight 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 (5:00 plus 00:01, 00:02, etc). For ranking purposes, if a team ops to use the scaled weight, 60kg (male) and 40kg (female) they will have 10 minutes automatially added to their total time.

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, single arm, dumbbell hang squat cleans
200m dumbbell run (each athlete)
20 synchro, single arm, dumbbell hang squat cleans
20 synchro down ups
200m run

Male: 22.5kg dumbbells
Female: 15kg dumbbells

Time Cap. 10 minutes.

Execution Regulations. On 'go!' both athletes will run 200m, returning to their platform to complete 20 synchro down ups before advancing to the synchro dumbbell hang squat cleans. Once the synchro dumbbell hang squat cleans have been completed, both athletes will run a second 200m run carrying a dumbbell each. Once the second 200m run has been completed, both athletes will return to their platform and complete 20 synchro dumbbell hang squat cleans, 20 down ups 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 Clean and jerk

The clean and jerk must be completed in two distinct movements. The clean can be a muscle clean, a power clean, a squat clean, or a split clean. Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position (elbows in front of the bar with hips and knees fully extended). The jerk (overhead portion of the movement) can be a shoulder press, push press, push jerk, or split jerk, as long as the elbow, shoulder, hips, and knees are fully extended, and the barbell finishes directly over the body with the feet in line.

4.2 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.

4.3 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’.

4.4 Burpee over bar

The starting position for the first bar burpee in each sequence is the upright position with the hips and knees fully extended (locked-out). No lockout is required between repetitions. At the bottom position the athlete must be parallel to the bar with their chest and hips in contact with the ground. The athlete must then jump over the bar with a two-footed take off and landing. Stepping over or a one footed take off is not permitted.

4.5 Deadlift

A standard deadlift with the hands outside the knees (sumo deadlifts are not allowed). The athlete may employ any grip. Starting on the floor the bar is lifted until the hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout the movement. Dropping the bar after completion of the repetition is permitted. Hitching is permitted as long as full extension of the hips and knees is eventually achieved. The barbell must be placed on the ground 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 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

4.8 Bike

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

4.9 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.

4.10 Synchro single arm, dumbbell hang squat cleans

After the dumbbell is lifted off the floor, the athlete must pause with the dumbbell at the hang position, either at his or her side or between the legs. From there, the athlete must pass through a full squat, with the hips below the knees. Receiving the dumbbell at the bottom of the squat is not required, a muscle clean, power clean or split clean followed by a front squat is acceptable. The rep is credited when the athletes hips and knees are fully extended and the dumbbell is resting on the shoulder. It is in the top positioning where synchronisation must occur.

4.11 Dumbbell Run

Athletes must exit/enter the running track from the end of their allocated lane. Athletes must not cut corners on the running track. Dumbbells can be carried as the athletes wish, however each athlete must carry one dumbbell each at all times.

5. Prizes

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

Male First Place free team entry into one future SiD IP event + £300 cash prize

Male Second Place free team entry into one future SiD IP event + £150 cash prize

Male Third Place free team entry into one future SiD IP event + £100 cash prize

Male 100+ First Place free team entry into one future SiD IP event + £125 cash prize

Male 100 + Second Place free team entry into one future SiD IP event

Male 100 + Third Place free team entry into one future SiD IP event

Male 90 – 99 First Place free team entry into one future SiD IP event + £125 cash prize

Male 90 – 99 Second Place free team entry into one future SiD IP event

Male 90 – 99 Third Place free team entry into one future SiD IP event

Male 80 – 89 First Place free team entry into one future SiD IP event + £125 cash prize

Male 80 – 89 Second Place free team entry into one future SiD IP event

Male 80 – 89 Third Place free team entry into one future SiD IP event

Male 70 – 79 First Place free team entry into one future SiD IP event + £125 cash prize

Male 70 – 79 Second Place free team entry into one future SiD IP event

Male 70 – 79 Third Place free team entry into one future SiD IP event

Female First Place free team entry into one future SiD IP event + £300 cash prize

Female Second Place free team entry into one future SiD IP event + £150 cash prize

Female Third Place free team entry into one future SiD IP event + £100 cash prize

Female 90 – 99 First Place free team entry into one future SiD IP event + £125 cash prize

Female 90 – 99 Second Place free team entry into one future SiD IP event

Female 90 – 99 Third Place free team entry into one future SiD IP event

Female 80 – 89 First Place free team entry into one future SiD IP event + £125 cash prize

Female 80 – 89 Second Place free team entry into one future SiD IP event

Female 80 – 89 Third Place free team entry into one future SiD IP event

Female 70 – 79 First Place free team entry into one future SiD IP event + £125 cash prize

Female 70 – 79 Second Place free team entry into one future SiD IP event

Female 70 – 79 Third Place free team entry into one future SiD IP event

6. Heats

There are 305 teams competing at the event (MM - 120, FF – 104, MMM – 54 and FFM - 27).

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 21 (max)

Workout 3 will be in heats of 30 (max)

All heats will be mixed sex, i.e 12 male teams and 9 female teams per heat of 21.

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-cardiff/information/>

Please note that a revised heat allocation will be released on Wednesday 7 August.

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 21 (max)– 12 males and 9 females.

Notification will be made on our website by 20:30 on Saturday 10 August 2019.