

PORSCHE



2020 SPORT GUIDE

MASTERS & AFFILIATE CUP



INTRODUCTION

Thank you for participating in CrossFit® Strength in Depth 2020.

We have worked hard to develop a high quality competition to test your fitness and provide you with an unforgettable experience.

Please read this document carefully.

It contains valuable information regarding the workouts, movement standards, prizes, and heats.

SPORT GUIDE

TRAVEL

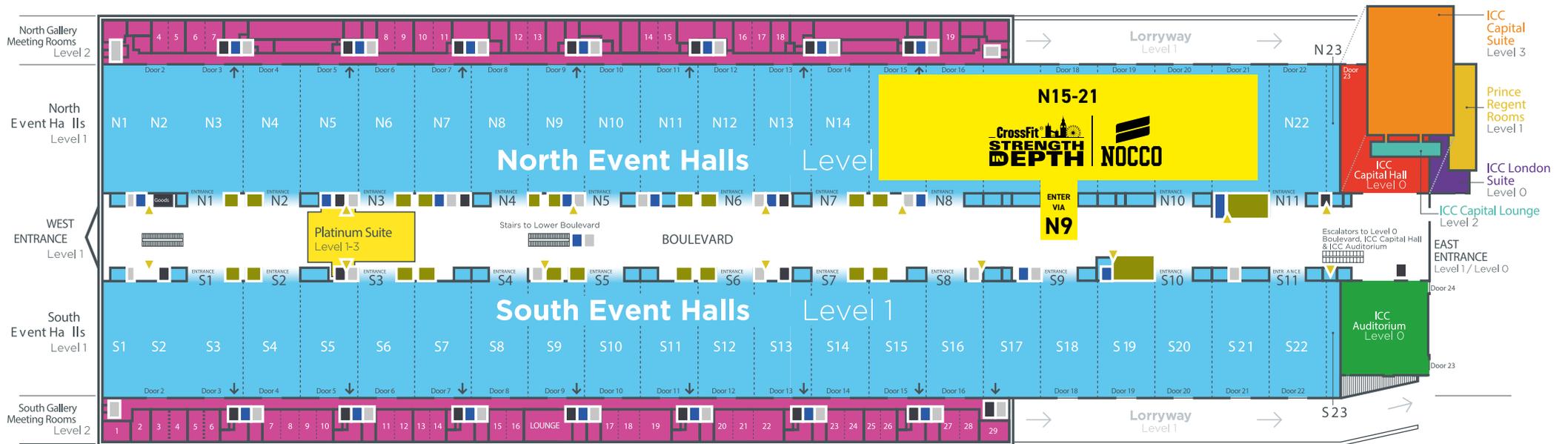
ExCeL London, Royal Victoria Dock, 1 Western Gateway, Royal Docks, London E16 1XL

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<https://www.excel.london/visitor/getting-here>

Getting to ExCeL London couldn't be easier!

Use Prince Regent DLR station exit for CrossFit® SiD 2020 and access the ExCeL via the East entrance.



REGISTRATION

MASTERS

Registration will take place on **Thursday 23rd January between 1600 – 1830hrs.**

Registration will take place at entrance N9 within the Boulevard. Hall N9 is best accessed via the East entrance to the ExCeL. There is a contingency registration window on Friday 24th January between 0800 – 0900hrs.

AFFILIATE CUP

Registration will take place on **Friday 24th January between 1400 – 1700hrs.**

Registration will take place at entrance N9 within the Boulevard. Hall N9 is best accessed via the East entrance to the ExCeL.

ATHLETE FACILITIES

Athletes will access the event through the boulevard via the N9 entrance (where registration takes place).

Athletes will have a designated area at the event. The athlete area will provide a space for all athletes to keep their belongings, the area will always be manned by a member of the CrossFit Strength in Depth volunteer team as well as contracted security staff. The area is purposefully located away from the competition with the hope that it will provide a calm environment for athletes to prepare for their next event.

Please note that coaches and spectators DO NOT have access to the athlete area.

ATHLETE WAIVER

Athletes are required to read and sign to say they accept the terms and conditions of the Athlete Waiver as well as the Athlete Questionnaire before they will be permitted to compete. The Waiver and Questionnaire should have now been completed by all athletes. Access to the waiver can be done so through the following link:

<https://www.surveymonkey.co.uk/r/CFSID>

COACHES PASSES

Included within your athlete registration is 1 coaches pass.

This pass will allow the coach access into the main arena and warm up area. It will however not provide access to the athlete area.

If you have not already done so please urgently send the following details to lydia@strengthindepth.com

Name of competing athlete (& division):

Coach name:

Coach email:

ATHLETE ATTIRE

There are no restrictions in terms of athlete attire across the weekend, all brands and sponsor apparel welcome.

PROGRAMME

For the latest copy of the event schedule please visit the Strength in Depth website, here:

<https://strengthindepth.com/crossfit-strength-in-depth/the-final-2/information/>

ATHLETE BRIEFINGS

Friday 24 January

1000 - 1045hrs Master Individuals – NOCCO Arena (Events 1-5)

Saturday 25 January

0730 – 0815hrs Affiliate Cup – foodspring Arena (Events 1-4)

Sunday 26 January

0730 – 0815hrs Affiliate Cup – NOCCO Arena (Events 5-7)

0820 - 0850hrs Master Individuals – NOCCO Arena (Events 6 & 7)

Athletes are required to attend the briefings applicable to them, i.e individual or team. The briefings will cover workout execution and the required movement standards for the workouts. These briefings are compulsory for all competing athletes to attend due to the logistics of the workouts.

PRE-WORKOUT PROCESS

It is the athlete's responsibility to report to Athlete Control fifteen minutes before the start of their heat. Athlete control will be located adjacent to the warm up area. At athlete control the athlete support team will log you onto that heat and escort you to the FoP.

Please note, athletes late arriving at Athlete Control will not be permitted to compete in that heat resulting in a nil score for that workout.

WORKOUTS MASTERS INDIVIDUAL

WORKOUT:

1

SPONSOR:

Virus & DBMAX

LOCATION:

East Car Park

SCHEME OF WORK:

3km Run

NUMBER OF HEATS:

2 (1 male/1 female)

TIME CAP:

30 minutes

SCORING:

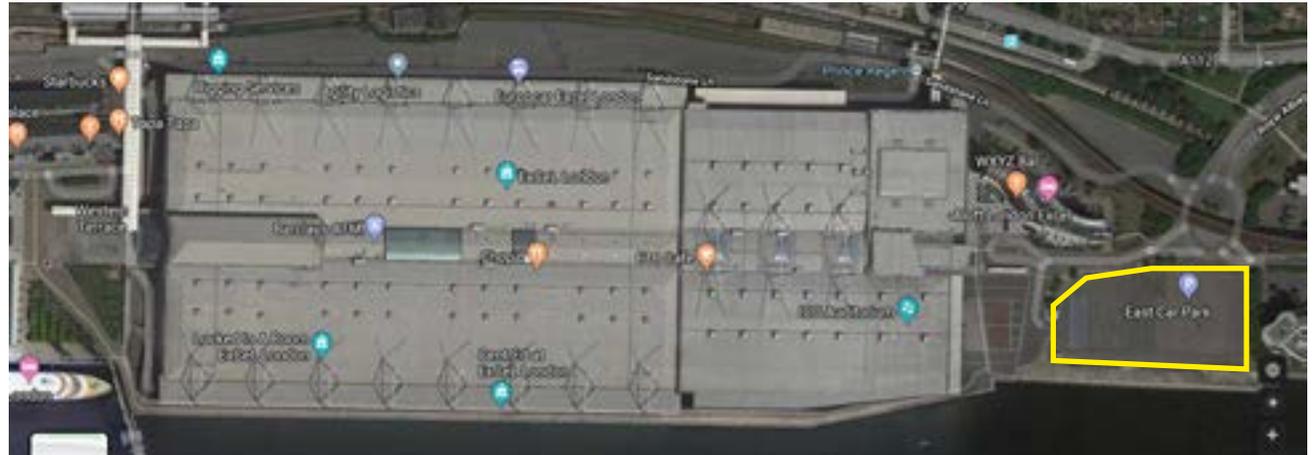
The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the time cap they will be penalised and awarded the total time cap and a score in seconds (30:00 secs).

EAST CAR PARK Run Event



WORKOUTS MASTERS INDIVIDUAL

WORKOUT:

2

SPONSOR:

Reyllen

LOCATION:

foodspring Arena

SCHEME OF WORK:

For Time:

21-15-9

double dumbbell thrusters 22.5/15kg x2 (55-59 & 60+ 15/9kg)

pull-ups *

Notes: Athletes will advance the dumbbells after completing each set of pull ups.

*Athletes may scale to jumping pull ups. If an athlete decides to scale, they will be awarded the time cap + their total time/score.

NUMBER OF HEATS:

10

TIME CAP:

8 minutes

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 8 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS MASTERS INDIVIDUAL

WORKOUT:

3

SPONSOR:

Assault Fitness

LOCATION:

NOCCO Arena

SCHEME OF WORK:

5 rounds for time:

20 wall ball (9/6kg)

15 toes to bar *

10 assault bike calories

Notes:

*Athletes may scale to knee raises and a 6/4kg medicine ball.

If an athlete decides to scale, they will be awarded the time cap + their total times/score.

NUMBER OF HEATS:

5

TIME CAP:

15 minutes

SCORING:

If athletes do not complete the workout within the time cap they will be penalised 1 second for every rep not completed (15:00 plus 00:01, 00:02, etc).

WORKOUTS MASTERS INDIVIDUAL

WORKOUT:

4

SPONSOR:

ELEIKO

LOCATION:

foodspring Arena

SCHEME OF WORK:

1RM hang snatch

NUMBER OF HEATS:

10

TIME CAP:

5 minutes

SCORING:

The score is the heaviest load the individual successfully lifts.

This will result in an overall (WEIGHT) score - leading to a position score (i.e. first for the heaviest combined weight).

PENALTIES:

N/A

WORKOUTS MASTERS INDIVIDUAL

WORKOUT:

5

SPONSOR:

GOWOD

LOCATION:

foodspring Arena

SCHEME OF WORK:

For Time:

42 kcal ski

30 down ups

18 double kettle bell front squats 2x24/16kg (55-59 & 60+ 1x KB goblet squat 24/16kg)

NUMBER OF HEATS:

10

TIME CAP:

10 minutes

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE INDIVIDUAL

WORKOUT:

6

SPONSOR:

Theragun

LOCATION:

NOCCO Arena

SCHEME OF WORK:

6 rounds for time:

3 rope climbs (55-59 & 60+ 1 rope climb)

10m handstand walk* (55-59 & 60+ bear crawl)

20m sand ball carry 70/50kg (55-59 & 60+ males 50kg/ females 20kg)

Notes: *Athletes may scale to bear crawls. If an athlete decides to scale, they will be awarded the time cap + their total time/score.

NUMBER OF HEATS:

5

TIME CAP:

15 minutes

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS ELITE INDIVIDUAL

WORKOUT:

7

SPONSOR:

WIT

LOCATION:

foodspring Arena

SCHEME OF WORK:

8 rounds for time:

5 clean and jerk 60/40kg (55-59 & 60+ 50/30kg)

20 double unders

NUMBER OF HEATS:

10

TIME CAP:

10 mins

SCORING:

The individual's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If athletes do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS AFFILIATE CUP

WORKOUT: 1

SPONSOR: ELEIKO

TEAM COMPOSITION: MM/FF

LOCATION: foodspring Arena

SCHEME OF WORK:

1RM hang snatch

2 min transition to workout 2

Notes:

Teams will have a male and female bar. The females will have 3 minutes to complete a 1rm hang snatch. Once the clock reaches 3 minutes, the females will stop and the male athletes have 3 minutes to attempt a 1rm hang snatch. Athletes may go up or down in weight. Only lifts fully completed before the 3 minutes have concluded will be counted.

It will be the team's responsibility to strip the female bar before the males attempt their first lift.

Teams may pre-load the male bar before the females 3 minutes has finished, but the female bar must be stripped and empty before doing so.

NUMBER OF HEATS:

6

TIME CAP:

6 mins

SCORING:

The score will be based on an aggregate of the male team and female team scores (The sum of all 2 male scores in kg + the sum of all 2 female scores in kg). This gives a single score (weight) - leading to a position score (i.e. first for the heaviest total weight).

WORKOUTS AFFILIATE CUP

WORKOUT: 2

SPONSOR: tfench

TEAM COMPOSITION: ALL

LOCATION: foodspring Arena

SCHEME OF WORK:

For time:

30 worm clean & jerks

Notes:

Team must advance the worm every 10 repetitions.

NUMBER OF HEATS:

6

TIME CAP:

6 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 6 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS AFFILIATE CUP

WORKOUT: 3

SPONSOR: Assault Fitness

TEAM COMPOSITION: MF/MF

LOCATION: NOCCO Arena

SCHEME OF WORK:

For time:

40 wall ball 9/6kg (one sub-team working, one athlete working at a time)

40 toes to bar

40 assault bike calories

40 dumbbell shoulder to overhead 2x 22.5/15kg

40 double unders (40 per athlete)

Notes: The first male/female pair will complete 40 wall ball and 40 toes to bar in total. Once both elements have been completed, the second sub-team can begin their wall balls. The second sub-team can only advance once the station ahead is clear. Time will stop when the second sub-team have completed the workout and are on the finish mat.

NUMBER OF HEATS:

3

TIME CAP:

15 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS AFFILIATE CUP

WORKOUT: 4

SPONSOR: Reyllen

TEAM COMPOSITION: MF/MF

LOCATION: foodspring Arena

SCHEME OF WORK:

For time:

SUB-TEAM 1

21 synchro overhead squats 42.5/30kg

21 chest-to-bar pull-ups - one athletes working at a time

15 synchro overhead squats 42.kg/30kg

15 chest-to-bar pull-ups - one athletes working at a time

9 synchro overhead squats 42.5kg/30kg

9 chest-to-bar pull ups - one athletes working at a time

then.....

SUB-TEAM 2

15 synchro overhead squats 60/42.5kg

15 bar muscle-ups - one athletes working at a time

12 synchro overhead squats 60/42.kg

12 bar muscle-ups - one athletes working at a time

9 synchro overhead squats 60/42.5kg

9 bar muscle-ups - one athletes working at a time

NUMBER OF HEATS:

6

TIME CAP:

10 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS AFFILIATE CUP

WORKOUT: 5

SPONSOR: GOWOD

TEAM COMPOSITION: ALL

LOCATION: NOCCO Arena

SCHEME OF WORK:

For time:

20 rope climbs

30 row/bike calories

40 synchro down ups

Notes:

All 4 athletes working together. Rope climb = 1 athlete working at one time. Concept 2 row/bike = 2 athletes working at one time. Synchro down ups = All athletes working at one time. Team must advance 2m after every 10 down ups.

NUMBER OF HEATS:

4

TIME CAP:

10 mins

SCORING:

The teams score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS AFFILIATE CUP

WORKOUT: 6

SPONSOR: Theragun

TEAM COMPOSITION: ALL

LOCATION: foodspring Arena

SCHEME OF WORK:

5 rounds for time:

20 worm thrusters

20m worm lunge

NUMBER OF HEATS:

6

TIME CAP:

10 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

WORKOUTS AFFILIATE CUP

WORKOUT: 7

SPONSOR: NOCCO

TEAM COMPOSITION: MF/MF

LOCATION: foodspring Arena

SCHEME OF WORK:

For time:

42 synchro deadlift 100/65kg

20m handstand walk

30 synchro deadlift 100/65kg

20m handstand walk

18 synchro deadlift 100/65kg

20m handstand walk

Notes:

No minimum requirement on the handstand walk. There will only be one male bar and one female bar per team. A male/female pair must always be completing the synchro deadlift, not male/male or female/female. Any athlete can complete the handstand walk. Only one athlete may be handstand walking at any one time.

NUMBER OF HEATS:

6

TIME CAP:

10 mins

SCORING:

The team's score is the total time taken to complete the workout.

This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).

PENALTIES:

If the team do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

MOVEMENT STANDARDS MASTERS INDIVIDUAL

EVENT 2

MOVEMENT: Dumbbell Thruster

MOVEMENT STANDARDS:

Each set of dumbbell thrusters begins with dumbbells on the ground. The athlete must hold the dumbbells in the front-rack position during the squat and hands must remain around the handle of the dumbbell. The dumbbells must be held roughly parallel to the floor whilst on the shoulder – they may not be stacked vertically with only a single head on the shoulder.

The dumbbells move from the bottom of a front squat to full lockout overhead. A full squat clean into the thruster (cluster) is allowed when the dumbbells are taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position. The rep is credited when: - the dumbbells are locked out overhead, with the hips, knees, and arms fully extended and both dumbbells are directly over or slightly behind the middle of the body. Re-dipping during the press (i.e., performing a jerk) will result in a “no rep.”

EVENT 2

MOVEMENT: Pull-up

MOVEMENT STANDARDS:

At the start of each rep, arms must be fully extended, with feet off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is credited when the chin breaks the horizontal plane of the bar.

EVENT 3

MOVEMENT: Wall Ball

MOVEMENT STANDARDS:

The medicine ball must be in the support position in front of the body at the start of each rep. Squat until the hip crease is below the knee. A squat clean is allowed as long as the ball starts on the ground. The rep is credited when the centre of the ball hits the target at or above the specified height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

EVENT 3

MOVEMENT: Toes to Bar

MOVEMENT STANDARDS:

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition begins in this position and ends with both feet touching the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. ‘Hooking’ the feet is not permitted. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before the next rep.

EVENT 3

MOVEMENT: Assault Bike

MOVEMENT STANDARDS:

The monitor on the bike will be set to zero, and the athlete must reach the prescribed calories before moving off the equipment. Athletes can adjust the seat at any time but cannot and must not touch the monitor.

EVENT 4

MOVEMENT: Hang Snatch

MOVEMENT STANDARDS:

In the hang snatch, the barbell must be deadlifted to the waist. The bar must then travel from above the knees directly to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a muscle hang snatch, a hang power snatch, a hang squat snatch or a hang split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet together.

EVENT 5

MOVEMENT: Ski Erg

MOVEMENT STANDARDS:

The monitor on the bike will be set to zero, and the athlete must reach the prescribed calories before moving off the equipment. Athletes may not pull on the handles unless they are positioned over the footplate.

EVENT 5

MOVEMENT: Down Up

MOVEMENT STANDARDS:

The down ups begin with the athlete standing tall at full extension. The chest and thighs must be in contact with the floor at the bottom. The athlete then stands, passing the hips through full extension but is not required to jump.

EVENT 5

MOVEMENT: Double Kettlebell Front Squat

MOVEMENT STANDARDS:

Each set of double kettlebell front squats begins with kettlebells on the ground. The athlete must hold the kettlebells in the front-rack position in front of, not on, the shoulders during the squat. The kettlebells move from the bottom of a front squat to full lockout with the hips and knees fully extended. The hip crease must clearly pass below the top of the knees in the bottom position.

EVENT 5

MOVEMENT: Goblet Squat

MOVEMENT STANDARDS:

Each goblet squat set begins with kettlebells on the ground. The athlete must hold the kettlebell at the chest and can only be supported by the hands. Hands may be on the handle or bell as preferred. The kettlebell moves from the bottom of a front squat to full lockout with the hips and knees fully extended. The hip crease must clearly pass below the top of the knees in the bottom position.

MOVEMENT STANDARDS MASTERS INDIVIDUAL

EVENT 6

MOVEMENT: Rope Climb

MOVEMENT STANDARDS:

In the rope climb, the athlete ascends the rope to touch the cross beam at the top and must bring both hands below the taped marker on the descent for the rep to count. Jumping up to begin each ascent is permitted.

EVENT 6

MOVEMENT: Handstand Walk

MOVEMENT STANDARDS:

The athlete must start with their feet BEHIND the mark denoting the start of the lane, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If any part of the hand makes contact with the marked line when kicking up into the handstand, this will also constitute a no rep.

If at any time the athlete comes down from the hands or faults on the walk, he or she must restart from the last successful 2 metre increment. Both hands, including palms and fingers, must fully cross the line marking each 2 metre increment for the rep to count.

EVENT 6

MOVEMENT: Bear Crawl

MOVEMENT STANDARDS:

The athlete must start with their feet behind the mark denoting the start of the lane, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Reaching onto or over the line constitutes a “no rep.” Hips must remain above head height. Standing up, dropping to the floor, or dropping the hips below the head at any time requires a restart from behind the last 2 metre increment successfully crossed.

EVENT 6

MOVEMENT: Sand Ball Carry

MOVEMENT STANDARDS:

Athletes can carry the sand ball however they wish. The sand ball must be carried and cannot be rolled. The sand ball must be placed completely over the marked line for the rep to count. Athlete and ball must both be over the line before the ball is dropped. Athletes may not throw the ball.

EVENT 7

MOVEMENT: Clean & Jerk

MOVEMENT STANDARDS:

The movement begins with the barbell on the ground and must be completed in two distinct movements: one to the shoulder and one overhead. No part of the body other than the feet may touch the ground during the repetition. The clean may be executed as a muscle clean, a power clean, a squat clean, or a split clean, so long as all requirements are met.

The overhead portion of the movement (jerk) can be executed as a shoulder press, push press, push jerk, or split jerk, provided that all requirements are met.

Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position: elbows do not need to be in front of the bar, and the hips and knees do not need to be fully extended.

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.

EVENT 7

MOVEMENT: Double Under

MOVEMENT STANDARDS:

This is a standard double-under in which 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.

MOVEMENT STANDARDS AFFILIATE CUP

EVENT 1

MOVEMENT: Hang Snatch

MOVEMENT STANDARDS:

In the hang snatch, the barbell must be deadlifted to the waist. The bar must then travel from above the knees to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a hang muscle snatch, a hang power snatch, a hang squat snatch or a hang split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet together.

EVENT 2

MOVEMENT: Worm Clean and Jerk

MOVEMENT STANDARDS:

The worm clean and jerks start with the worm on the ground and all four athletes standing on the same side. The Worm is then lifted to the athletes' shoulders. At the top, each athlete's hips and knees must be fully extended as the worm is lifted over the athletes' heads and moved to the opposite shoulders. The arms do not have reach full extension as the worm is moved overhead. Athletes may arrange themselves as they like under the worm but the section loads of the worm are 40kg/30kg/40kg/30kg.

EVENT 3

MOVEMENT: Wall ball

MOVEMENT STANDARDS:

The medicine ball must be in the support position in front of the body at the start of each rep. Squat until the hip crease is below the knee. A squat cleaning is allowed as long as the ball starts on the ground. The rep is credited when the centre of the ball hits the target at or above the specified height. If the ball hits low or does not hit the target, it is a "no rep." If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

EVENT 3

MOVEMENT: Toes to Bar

MOVEMENT STANDARDS:

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition begins in this position and ends with both feet touching the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. 'Hooking' the feet is not permitted. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before the next rep.

EVENT 3

MOVEMENT: Assault Bike

MOVEMENT STANDARDS:

The monitor on the bike will be set to zero, and the athlete must reach the prescribed calories before moving off the equipment. Athletes can adjust the seat at any time but cannot and must not touch the monitor.

EVENT 3

MOVEMENT: Dumbbell Shoulder to Overhead

MOVEMENT STANDARDS:

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.

EVENT 4

MOVEMENT: Synchro Overhead Squat

MOVEMENT STANDARDS:

The synchro overhead squat begins with both athletes holding the barbell overhead at full extension of the elbows hips and knees. Both athletes must be observed to pass through a full squat with crease of the hip clearly passing below the top of the knees. The repetition is complete when the athlete returns to a standing position with knees, hips and elbows clearly locked out and the repetition is synchronised when both return to this position. It is common for even experienced athletes to neglect the extension of the hip when standing and care must be taken to clearly display this.

EVENT 4

MOVEMENT: Chest-To-Bar Pull-Up

MOVEMENT STANDARDS:

This is a standard chest to bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all of the requirements are met. The arms must be fully extended at the bottom and the chest must clearly come into contact with the bar at the top. Any grip style (overhand, underhand or mixed) may be used provided that the other standards are met.

EVENT 4

MOVEMENT: Bar Muscle Up

MOVEMENT STANDARDS:

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition is complete when the elbows are fully locked out while the athlete supports themselves above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout. No part of the foot may rise above the horizontal plane of the bar at any point. Roll to support or use of an uprise is not permitted. Only hands and no other part of the arm, may touch the pull-up bar to assist the athlete completing the rep. Athletes hands must stay in contact with the pull-up bar at all times during the completing of the rep. Athletes may not rest after the completion of the rep by using their body to hang from the bar.

MOVEMENT STANDARDS AFFILIATE CUP

EVENT 5

MOVEMENT: Rope Climb

MOVEMENT STANDARDS:

In the rope climb, the athlete ascends the rope to touch the cross beam at the top, and must bring both hands below the taped marker on the descent for the rep to count. Jumping up to begin each ascent is permitted.

EVENT 5

MOVEMENT: Row

MOVEMENT STANDARDS:

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. Athletes may perform as many or as few repetitions as they see fit and may rotate in and out as required.

EVENT 5

MOVEMENT: Bike

MOVEMENT STANDARDS:

The bike screen should be active and set to count up in calories prior to the workout starting. Damper settings may be adjusted once on the field of play. The athletes may enter and exit the bike as often as required until their respective distances have been completed. Athletes may perform as many or as few repetitions as they see fit and may rotate in and out as required.

EVENT 5

MOVEMENT: Synchro Down Up

MOVEMENT STANDARDS:

The down ups begin with both athletes standing tall at full extension. The chest and thighs must be in contact with the floor at the bottom. The athletes then stand, passing their hips through full extension but are not required to jump. The movement is synchronised at the bottom (when all four athletes have their chest on the floor) AND at the top (when all four athletes are standing tall with the knees and hips extended.)

EVENT 6

MOVEMENT: Worm Thruster

MOVEMENT STANDARDS:

Each rep begins with the athletes on the same side of the worm, with the worm resting on their shoulders. In the squat portion, each athlete's hip crease must clearly and simultaneously pass below the tops of their knees. In the overhead portion, each athlete's hips and knees must be fully extended as the worm is driven over the athletes' heads and before being dropped to the opposite shoulders.

The arms do not require to reach full extension as the worm is moved overhead. Athletes may arrange themselves as they like under the worm but the section loads of the worm are 40kg/30kg/40kg/30kg.

EVENT 6

MOVEMENT: Worm Lunge

MOVEMENT STANDARDS:

Each step starts with the athletes on the same side of the worm, with the worm resting on the shoulders. In the lunge, every athlete's knee must make contact with the floor at the same time. As they all rise to standing, the athletes must all have their hips and knees fully extended at the same time before beginning the next step. Athletes may arrange themselves as they like under the worm but the section loads of the worm are 40kg/30kg/40kg/30kg.

EVENT 7

MOVEMENT: Synchro Deadlift

MOVEMENT STANDARDS:

The synchro deadlift is a conventional deadlift with the hands outside the knees. Sumo deadlifts are not permitted.

Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders clearly behind the bar. The arms must remain straight throughout. No bouncing of the bar is permitted.

Judges will be vigilant that the athlete finishes both with shoulders clearly behind the bar and the knees straight.

The movement is synchronised at extension.

EVENT 7

MOVEMENT: Handstand Walk

MOVEMENT STANDARDS:

The athlete must start with their feet BEHIND the mark denoting the start of the lane, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If any part of the hand makes contact with the marked line when kicking up into the handstand, this will also constitute a no rep.

If at any time the athlete comes down from the hands or faults on the walk, he or she must restart from the 2 metre increment. Both hands, including palms and fingers, must fully cross the line marking each 2 metre increment for the rep to count.

PRIZES

Alongside sponsor donated 'stash' athletes will receive the following prize pot for each division.

Masters First Place - £500

Affiliate Cup First place - £1,000 + Affiliate Cup Trophy

Affiliate Cup Second place - £750

Affiliate Cup Third place - £500

HEATS

The heat breakdown for each event may vary so please note:

YOU WILL NOT REMAIN IN THE SAME HEAT THROUGHOUT THE COMPETITION.

Athlete Control are on hand throughout the weekend to ensure individuals/teams are on time at the correct field of play. Any questions regarding your heats times throughout the weekend please direct to the Athlete Control team who will be located next to the CFSiD warm up area.

You can view your heat allocation within your competition corner account or by selecting your name/team name when the final leaderboard is live



PORSCHE

