Winter Hybrid Movement Standards

The Ascent

- Synchro Hang Clean to Overhead:
  - Athletes use one dumbbell.
  - The DB must start above the knee and below the waist.
  - There must be a pause when the DB is on the shoulder.
  - The DB must then be pressed overhead with the working arm fully extended out and hips and knees in full extension. The DB should be controlled overhead.
  - The free arm cannot assist the working arm at any point and should be perpendicular to the body.
  - These reps need to be synchronized between the M/F pair, in which they both are at full extension with the DB overhead at the same time.
  - DB weight= 10kg (women)/ 17.5kg (men)
- Synchro Burpees:
  - Chest and hips must touch the floor at the same time for both members of the M/F pair.
  - A jump must be performed when you stand up.
- Wall Ball Pass (partner wall ball):
  - M/F pair must stand next to each other below the target.
  - The partner holding the ball must perform a full depth squat, with a 90-degree bend of the knees, before throwing it at the target.
  - The ball must hit the target.
  - The other partner must catch it with control before beginning their squat.
  - Wall ball weight= 6kg.
- Wall Ball Sit Up:
  - Athlete A starts with the ball, both athletes must lie back on the mat and their shoulders must touch the floor, before sitting up.
  - The wall ball must be passed from athlete A to athlete B at the top of the sit up, before they both lie back on the mat.
  - Wall ball weight= 6kg.

Erg Roulette

- Ski Erg:
  - The damper can be adjusted to the desired level.
  - The feet must not leave the ground (jump) during the pulldown.
  - Feet must be on the ski stand.
  - The athlete must come off the erg as soon as the minute ends.
- Assault Bike:
  - The athlete must come off the bike as soon as the minute ends.
- Row Erg:
  - The damper can be set to desired level.
  - The athlete must come off the erg as soon as the minute ends.

Strength- The Gauntlet

Format

3 rounds (a new round begins every 5 minutes)

- Deadlift (DL) – 5 reps
- Standing Overhead Press (OH) – 5 reps
- Sandbag to Shoulder (SBTS) – 5, 10, then 15 reps. Men: 40 kg sandbag Women: 20 kg sandbag

Every 5 minutes, athletes must work through the gauntlet. Male athletes must use the same weight as each other during each round, and female athletes must also use the same weight as each other during each round.

Athletes will choose their starting weights and may set up their bars before the event begins. In each round, the weight on both the deadlift and overhead press bars must increase. The number of sandbag reps will also increase each round.

Points will only be awarded for the successful completion of a round. The score for a completed round will be the combined weight lifted for the deadlift and overhead press:

Team Score = Men's DL + Men's OH + Women's DL + Women's OH

Points are only awarded if all athletes successfully complete the round.

Example

Round 1

Men: DL 100 kg, OH 60 kg, 5 SBTS

Women: DL 80 kg, OH 40 kg, 5 SBTS

This team would score:

100 + 60 + 80 + 40 = 280 points

However, if any athlete fails to complete the gauntlet, the team will score 0 points for that round.

If a team fails a round, they must attempt the same weights again in the following round and may not increase the load until the round is successfully completed.

Round Structure

Round 1 (0:00 - 5:00)

- 5 Deadlifts
- 5 Standing Overhead Presses
- 5 Sandbag to Shoulders

Round 2 (5:00 - 10:00)

- Increase deadlift weight
- Increase overhead press weight
- 10 Sandbag to Shoulders

Round 3 (10:00 - 15:00)

- Increase deadlift weight
- Increase overhead press weight
- 15 Sandbag to Shoulders

Movement Standards

Deadlift

- The barbell must be locked out at the top of each lift for the rep to count.
- Athletes must remain in control of the bar at all times.
- If the bar is dropped, the rep will not be counted.
- Athletes must wait for the judge's down signal before returning the bar to the floor.
- Touch-and-go reps and bouncing the bar are not permitted and will not count.
- Lifting straps are not permitted
- Lifting belts are permitted.

Standing Overhead Press

- The barbell must be fully locked out overhead for the rep to count.
- Athletes must maintain control of the bar throughout the lift.
- Strict Press and Push Press are permitted.
- Split Jerks and Squat Jerks are not permitted.
- Lifting belts and wrist wraps are permitted.

Sandbag to Shoulder

- For a rep to count, the athlete must have the sandbag securely on one shoulder while extending the opposite arm straight out, parallel to the floor.
- Athletes must wait for the judge's down signal before dropping the sandbag.
- The athlete must demonstrate control of the sandbag before receiving the down signal.

Notes

All judging decisions are final.

Unsafe lifting practices may result in a no-rep or event disqualification at the judge's discretion.

<u>Full Send</u>

- Shuttle Runs:
  - The athlete’s foot must have passed or touched the line to complete the full length.
- Watt Bike:
  - Resistance can be set to the desired level.
  - The athlete must stop pedaling as soon as the 15 minutes are up.

Go The Distance

- Sled Push:
  - The sled must stay within the lane.
  - You must push sled over the line to complete the full length.
  - Sled weight= 100kg
- Sled Pull:
  - The sled must stay within the lane.
  - The sled must be pulled over the line to complete the full length.
  - The working athlete cannot step over the line to get closer to the sled when pulling.
  - The non-working athlete cannot touch the rope at any time.
  - Sled weight= 70kg
- Sandbag Lunges:
  - The back knee must touch the floor.
  - Sandbag must be held on your back.
  - Sandbag weight= 10kg (women)/20kg (men).
- Plate Overhead Carry:
  - Both hands must be holding the plate.
  - Arms must be in full extension directly above the head.
  - The athletes foot must cross/touch the line to complete the full length.
  - Plate weight= 10kg (women)/15kg (men).
- Ski Erg:
  - The damper can be adjusted to the desired level.
  - The feet must not leave the ground (jump) during the pulldown.
  - Feet must be on the ski stand.
- Row Erg:
  - The damper can be set to the desired level.