



Presented by Shane's Seafood & BarBQ

• Saturday & Sunday, APR 30th & May 1st 2022

• Shreveport Convention Center

• Shreveport, LA

"Hang Up"

AMRAP in 4 min (6 min teams) of gymnastics complex as shown:

DIVISION VARIATIONS

- Elite: 3TTR/3RMU=1 rep of complex
- RX and Masters 40-49M: 2TTB/2BMU=1 rep of complex
- Intermediate and Masters 40-49F and Masters 50+: 2TTB/2C2B=1 rep of complex
- Scaled: 5 Knee raises/5 ring rows=1 rep of complex
- Teams (Only one team member working at a time)
 - Open-same as RX individuals
 - Intermediate-same as Intermediate individuals
 - Scaled Teams-same as Scaled individuals

DESCRIPTION: Each athlete will begin behind the start/finish line. At the call of "3,2,1, go!" the athlete runs to the rig and completes as many reps as possible in allotted time. Only reps completed without dropping from the rings/bar will be counted. Partial reps at buzzer will not count.

DAY: Sunday

LOCATION: Main Floor

TIMECAP: 4 minutes individuals, 6 minutes teams

SCORING: Number of reps completed

TIEBREAK: Reps at 2 min

EQUIPMENT

- Rig, Rings, Bar

TEAMS

- Team members must complete an entire rep of complex without stopping before alternating but may alternate in any other way.

MOVEMENT STANDARDS

- **TTR:** The athlete must go from a full hang to having the toes touch the rings or hands. At the start of each rep, the arms must be fully extended with the feet off the ground. Both feet must contact or pass through rings.
- **TTB:** The athlete must go from a full hang to having the toes touch the pull up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the vertical plane of the bar. An overhand, underhand, or split grip is permitted. Both feet must contact the bar simultaneously.
- **RMU:** The athlete must begin with, or pass through, a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The feet may not rise above the height of the rings during the kip. The elbows must be fully locked out while in the support position above the rings. Kipping the muscle up is acceptable, but swings or rolls to support are not permitted.
- **BMU:** The athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Feet may not rise above the height of the bar during a kip. Roll/Glide kips are not permitted. Elbows must be fully locked out at top, and shoulders over or in front of the bar. Only the hands and no other part of the arm (i.e., forearm or armpit), may touch the pull-up bar to complete the rep.
- **Knee Raises:** The athlete must go from a full hang to having the knees rise above the hip crease. At the start of each rep, the arms must be fully extended with the feet off the ground and the feet must be brought back behind the vertical plane of the bar. An overhand, underhand, or split grip is permitted. Both knees must rise together by flexing hips until they are above the hip crease.
- **Ring Row:** The athlete must begin each rep with, or pass through, a hang below the rings, with the arms fully extended (with or without a false grip) and the feet in front of and not touching the taped boundary line on the floor. The knees must remain in full extension throughout the movement. The elbows must be fully locked out while in the down position, and the rings must contact some portion of the torso in the top position.