



## Presented by Born Primitive Apparel

· Saturday & Sunday, AUG 26th & 27th 2023

· Shreveport Convention Center

· Shreveport, LA

### PEGASUCKS

For Time (7-minute time cap):

- Three-round couplet of:
  - 21/15/9 Thrusters
  - 3/2/1 Peg board climbs

### DIVISION VARIATIONS

- Elite (#115/85, to SPECIFIED peg holes)
- RX and Open Team (#95/65, to SPECIFIED peg holes)
- Intermediate/Intermediate Teams: (#75/55, to SPECIFIED peg holes)
- Masters: (#75/55, to SPECIFIED peg holes)
- Scaled (#65/45, chin-over-peg jumps 24/16/8 individual, 36/24/12 teams)

**DESCRIPTION:** Each athlete will begin behind the start/finish line. At the call of “3,2,1, go!” the athlete will move to their assigned bar and begin with 21 Thrusters. The athlete will then proceed to the peg board on the rig and perform 3 peg board ascents before returning to the bar to continue the three-round couplet. After the first and second rounds, the athlete must advance their respective lane marker to the next position on the floor to mark progress. After the third round, the athlete will then sprint to the finish line without having to move the lane marker again.

**DAY:** Saturday

**LOCATION:** Shreveport Convention Center

**TIMECAP:** 7 minutes (individuals and teams)

**SCORING:** Time to complete the couplet

**TIEBREAK:** Time to complete 21 Thrusters

### EQUIPMENT

- Barbell
- Peg board, extra pegs available
- Crash mats

### TEAMS

- Team members perform synchro thrusters, one with male bar and one with female bar.
- Teams will perform 6/4/2 peg board ascents, sharing reps in any order desired.

## MOVEMENT STANDARDS

- **Thrusters**

- This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lock out overhead. The bar starts on the ground. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to full lock out overhead with the hips, knees, and arms fully extended and the bar directly over the heels.
- Teams: synchronized thruster is counted at the top of the rep, meaning both athletes MUST be locked out overhead in full extension at the same time in order for the rep to count. All teams will use one male bar and one a female bar, both loaded to weigh same, and members may switch between them as desired while completing the specified number of reps.

- **Peg Board Climbs**

- Each Peg board rep will begin with both hands gripping pegs in the starting position and both feet off the ground. The athlete must move the pegs one at a time from the starting position to the target level position for their respective division, and then return to the starting position to complete the rep. Both pegs must be completely secured back in the starting position holes before the feet can touch the ground. "Touch and go" reps may be performed without the feet touching the ground between reps, as long as both pegs are clearly and completely returned to the starting holes before the next ascent.
- If one or both pegs are stranded in higher an unreachable hole(s) during a failed ascent, the athlete (either team member) must return to the start/finish line to retrieve new peg(s) before returning for another attempt. The stranded pegs will be removed by crew members.
- One or more crash mats will be provided.

- **Chin-over-peg jumps (scaled division only)**

- The athlete will be positioned with both feet on the floor, and the pegs in the lowest level that positions the elbows above the level of the shoulders when standing tall with both hands on the pegs. Once properly positioned, each jumping rep must begin with the athlete dropping his/her body into a position below the pegs with both arms fully extended and locked out at the bottom. From this position, the athlete will jump to the top of the rep with both feet off the ground and the chin breaking the horizontal plane of the pegs.

