

INDIVIDUAL EVENT 5 - *HADES' WRATH*

Total Time: 10 Minutes

Scoring: Total Time

ELITE MALE <i>FOR TIME</i> 3 ROUNDS 20 Toes to Bar 5 Double DB Devil's Press (50) -INTO- 1 ROUND 30 Toes to Bar 10 Double DB Devil's Press (70)	RX MALE <i>FOR TIME</i> 3 ROUNDS 20 Toes to Bar 5 Double DB Devil's Press (50) -INTO- 1 ROUND 30 Toes to Bar 10 Double DB Devil's Press (50)	INTERMEDIATE MALE <i>FOR TIME</i> 3 ROUNDS 15 Toes to Bar 5 Double DB Devil's Press (35) -INTO- 1 ROUND 25 Toes to Bar 10 Double DB Devil's Press (35)
ELITE FEMALE <i>FOR TIME</i> 3 ROUNDS 20 Toes to Bar 5 Double DB Devil's Press (35) -INTO- 1 ROUND 30 Toes to Bar 10 Double DB Devil's Press (50)	RX FEMALE <i>FOR TIME</i> 3 ROUNDS 20 Toes to Bar 5 Double DB Devil's Press (35) -INTO- 1 ROUND 30 Toes to Bar 10 Double DB Devil's Press (35)	INTERMEDIATE FEMALE <i>FOR TIME</i> 3 ROUNDS 15 Toes to Bar 5 Double DB Devil's Press (25) -INTO- 1 ROUND 25 Toes to Bar 10 Double DB Devil's Press (25)
SCALED MALE <i>FOR TIME</i> 3 ROUNDS 20 Hanging Knee Raises 5 Single DB Devil's Press (35) -INTO- 1 ROUND 30 Hanging Knee Raises 10 Single DB Devil's Press (35)	MASTERS 40 - 49 MALE <i>FOR TIME</i> 3 ROUNDS 15 Toes to Bar 5 Double DB Devil's Press (35) -INTO- 1 ROUND 25 Toes to Bar 10 Double DB Devil's Press (35)	MASTERS 50+ MALE <i>FOR TIME</i> 3 ROUNDS 15 Toes to Bar 5 Double DB Devil's Press (35) -INTO- 1 ROUND 20 Toes to Bar 10 Double DB Devil's Press (35)

SCALED FEMALE	MASTERS 40 - 49 FEMALE	MASTERS 50+ FEMALE
<i>FOR TIME</i>	<i>FOR TIME</i>	<i>FOR TIME</i>
3 ROUNDS	3 ROUNDS	3 ROUNDS
20 Hanging Knee Raises 5 Single DB Devil's Press (25)	15 Toes to Bar 5 Double DB Devil's Press (25)	15 Toes to Bar 5 Double DB Devil's Press (25)
-INTO-	-INTO-	-INTO-
1 ROUND	1 ROUND	1 ROUND
30 Hanging Knee Raises 10 Single DB Devil's Press (25)	25 Toes to Bar 10 Double DB Devil's Press (25)	20 Toes to Bar 10 Double DB Devil's Press (25)

Flow

Athletes start on their start mat. On the call of 3, 2, 1 GO athletes will advance to the rig and begin completing their designated number of Toes to Bar or Hanging Knee Raises, depending on division. At the completion of the last rep of Toes to Bar or Hanging Knee Raise, athletes will advance to their dumbbells and begin completing 5 Devil's Press.

At the completion of the last Devil's Press rep, athletes will advance their dumbbells to the next designated area BEFORE returning to the rig to begin their next round.

Athletes will continue in this same fashion for 3 rounds, advancing their dumbbells at the end of each round.

At the completion of the 3rd round, athletes will advance their dumbbells BEFORE returning to the rig to complete one round of an increased number of Toes to Bar or Hanging Knee Raises, depending on division, and 10 Devil's Press.

Once the athlete completes their final Devil's Press, the athlete will set down their dumbbells and will run down their lane to the finish mat where time will be called when the athlete's feet clearly crosses the finish line.

ELITE DIVISION ONLY: Athletes will only advance the dumbbells after round 1 and 2 due to the weight change after round 3.

NOTE: Athletes **MUST** face the finish line when completing any rep.

Scoring

- This event has one score
 - The *Total Time* to complete the event
 - If capped, an athletes score will be *CAP + Reps* completed

- The tiebreak for this event is the time it takes to complete the first 3 rounds

Movement Standards

Toes to Bar

- The rep begins with:
 - the athlete hanging from the pull-up bar with arms extended, feet off the ground, and heels behind the pull-up bar
- The rep ends and is credited when:
 - both feet clearly contact the bar between the hands at the same time
- During the movement:
 - any style of grip (overhand, underhand, or mixed) is permitted
 - any part of the feet may make contact with the bar
 - the heels must be brought back behind the pull-up bar before beginning the next rep
 - wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
 - taping the bar is not allowed
 - athletes MUST perform all reps facing the finish line
- One 6" riser will be available
 - athletes will have time prior to the workout to adjust/position
 - athletes can adjust/position riser during the workout but the athlete and riser must remain in their lane

Hanging Knee Raises

- The rep begins with:
 - the athlete hanging from the pull-up bar with arms extended, feet off the ground, and heels behind the pull-up bar
- The rep ends and is credited when:
 - both the athlete's knees clearly pass above their hip crease at the same time
- During the movement:
 - any style of grip (overhand, underhand, or mixed) is permitted
 - the heels must be brought back behind the pull-up bar before beginning the next rep
 - wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
 - taping the bar is not allowed
 - athletes MUST perform all reps facing the finish line
- One 6" riser will be available
 - athletes will have time prior to the workout to adjust/position
 - athletes can adjust/position riser during the workout but the athlete and riser must remain in their lane

Double Dumbbell Devils Press

- The rep begins with:

- the athletes' chest (nipple line) making full contact with the ground, between the dumbbells, with hands gripping the handle on both dumbbells
- The rep ends with and is credited when:
 - the dumbbells are locked out overhead simultaneously, with the hips, knees, and arms fully extended, both dumbbells directly over or slightly behind the middle of the body
- During the movement:
 - both of the athletes' hands must grip the handles of the dumbbells throughout the entire movement, including the burpee
 - dumbbells must be brought from the ground to the overhead position in one fluid motion
 - a clean & jerk or any pause is not allowed.
- Athletes must control the dumbbells at all times
 - both hands must remain in contact with the dumbbells until it is lowered past the athlete's shoulders
 - dropping the dumbbells behind the athlete will result in a no rep
 - if the dumbbells leaves the athlete's lane or impedes another athlete, a major penalty will be assessed to the athlete's final score by the Director of Competition/Head Judge
- Athletes MUST perform all reps facing the finish line
- Athletes may NOT use gymnastics grips or straps during this movement

Single Dumbbell Devils Press

- The rep begins with:
 - the athletes' chest (nipple line) making full contact with the ground, between the dumbbells, with one hand gripping the handle on the dumbbell
- The rep ends with and is credited when:
 - the dumbbell is locked out overhead, with the hips, knees, and arms fully extended, the dumbbell directly over or slightly behind the middle of the body
- During the movement:
 - the athletes' hand must must grip the handle of the dumbbell throughout the entire movement, including the burpee
 - the dumbbell must be brought from the ground to the overhead position in one fluid motion
 - a clean & jerk or any pause is not allowed
 - the non-lifting hand may not assist in bringing the dumbbell overhead and cannot make advantageous contact with the body
 - athletes may switch hands at any point between reps
 - AFTER the completion of the rep, athletes may use their non-lifting hand to assist in lowering the dumbbell
- Athletes must control the dumbbell at all times
 - a hand must remain in contact with the dumbbell until it is lowered past the athlete's shoulders
 - dropping the dumbbell behind the athlete will result in a no rep

- if the dumbbell leaves the athlete's lane or impedes another athlete, a major penalty will be assessed to the athlete's final score by the Director of Competition/Head Judge
- Athletes MUST perform all reps facing the finish line
- Athletes may NOT use gymnastics grips or straps during this movement