

TEAM EVENT 5 - *HADES' WRATH*

Total Time: 12 Minutes

Scoring: Total Time

RX MM <i>FOR TIME</i> 3 ROUNDS 20 Synchro Toes to Bar 10 Double DB Devil's Press (50) -INTO- 1 ROUND 30 Synchro Toes to Bar 20 Double DB Devil's Press (50)	INTERMEDIATE MM <i>FOR TIME</i> 3 ROUNDS 15 Synchro Toes to Bar 10 Double DB Devil's Press (35) -INTO- 1 ROUND 25 Synchro Toes to Bar 20 Double DB Devil's Press (35)	SCALED MM <i>FOR TIME</i> 3 ROUNDS 20 Synchro Hanging Knee Raises 10 Single DB Devil's Press (35) -INTO- 1 ROUND 30 Synchro Hanging Knee Raises 20 Single DB Devil's Press (35)
RX FF <i>FOR TIME</i> 3 ROUNDS 20 Synchro Toes to Bar 10 Double DB Devil's Press (35) -INTO- 1 ROUND 30 Synchro Toes to Bar 20 Double DB Devil's Press (35)	INTERMEDIATE FF <i>FOR TIME</i> 3 ROUNDS 15 Synchro Toes to Bar 10 Double DB Devil's Press (25) -INTO- 1 ROUND 25 Synchro Toes to Bar 20 Double DB Devil's Press (25)	SCALED FF <i>FOR TIME</i> 3 ROUNDS 20 Synchro Hanging Knee Raises 10 Single DB Devil's Press (25) -INTO- 1 ROUND 30 Synchro Hanging Knee Raises 20 Single DB Devil's Press (25)

Flow

Teams start on their start mat. On the call of 3, 2, 1 GO both athletes will advance to the rig and begin completing their designated number of Synchro Toes to Bar or Synchro Hanging Knee Raises, depending on division. At the completion of the last rep of their Toes to Bar or Hanging Knee Raise, athletes will advance to their dumbbells and begin completing 10 Devil's Press.

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

Teams 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, teams will advance their dumbbells BEFORE returning to the rig to complete one round of an increased number of Synchro Toes to Bar or Synchro Hanging Knee Raises, depending on division, and 20 Devil's Press.

Once the team 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 last athlete's feet clearly crosses the finish line..

There is no minimum work requirement for either athlete during the Devil's Press for this event, so long as all work is completed. Athletes may split work as they choose and may switch at any time, but the resting athlete must remain in their lane BEHIND the working athlete. Partners must stay together and can only advance to the next movement/working area when all work/dumbbell advancement is complete.

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

Synchro Toes to Bar

- The rep begins with:
 - both athletes 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:
 - all athletes' 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

Synchro Hanging Knee Raises

- The rep begins with:
 - both athletes 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:
 - all athletes' 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

- There is no designated resting area for the non-working athlete, however the non-working athlete MUST remain BEHIND the working athlete within their lane at all times and not impeded other athletes or the judge
 - either athlete cannot advance to the next movement/working area until all work/dumbbell advancement is complete

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 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
- There is no designated resting area for the non-working athlete, however the non-working athlete MUST remain BEHIND the working athlete within their lane at all times and not impeded other athletes or the judge
 - either athlete cannot advance to the next movement/working area until all work/dumbbell advancement is complete