



## THE GLASGOW CLASSIC

# TEAM EVENT 5

## SKILL TEST

**For time:**

**3 athletes complete:**

**6x 40m Sprints**

**60x TTB**

**60x BB STOHL 80/50kg**

**This releases the remaining team of 3 to complete:**

**2x 40m HSW**

**30x BMU**

**30x BB thrusters @80/50kg**

### Equipment

- 2x Barbells 20/15kg
- Plates to load to 80/50kg
- 1x Female Height Pull Up Bar
- 1x Pull Up Bar

### General Notes

The workout begins with all 6 athletes on the finish mats behind the rig. Each team will have 3 lanes assigned to them. The centre lane will be used for the sprints and handstand walks. The barbell segments of the workout will progress across the lanes; and the barbells will be positioned parallel to the 1st lane; advanced to the 2nd lane upon completion of 20 reps; and advanced to the 3rd lane after a further 20 reps in order to demonstrate the team's progression.

At the sound of the starter clock and not before, the first subteam of 3 advances onto the field of play in order to begin their six 40m sprints. This must be performed in an alternating manner with each athlete performing two 40m sprints.

Upon completion of the sprints, the subteam may then advance to the rig to begin their TTB. Only one athlete may work at a time, whilst the other two remain in front of the rig, ready to tag in.

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Completion of the TTB advances the subteam to the STOHL. Only one athlete may work at a time. Resting athletes are not permitted to hold the other bar in anticipation.

Both male and female bars must be advanced across the lanes together (at right angles to the direction of the sprints and HSW) as the subteam completes each twenty rep increment. The working athlete may advance the barbell in the front rack or overhead position, or choose to ground the bar and roll it forwards along with the second barbell.

The second subteam is released onto the field of play as soon as the first subteam, having completed their reps, reaches the mat at the opposite end of the floor. This subteam executes two 40m handstand walks in 2m increments across the floor with no minimum work requirement by an individual.

Upon completion of the handstand walk they will find themselves positioned at the rig where they will work one athlete at a time to accumulate thirty bar muscle ups before advancing to the barbells. The barbells must be advanced back across the lanes, in the opposite direction to the first subteam, every 10 repetitions to demonstrate the team's progression.

The event is concluded when all athletes reach the mat at the far end of the floor, opposite the rig.

There is no minimum work requirement for any part of the workout.

### Team Composition

2x Subteams:

Any Composition of 3

For Instance: MMF FFM/ MMM FFF

### Time Cap

The whole team will have 20 minutes to progress both subteams to the finish mat (green).

### Scoring

The team score is given by the number of repetitions completed at the end of the workout (from a total of 190 reps; including 1 rep per sub team for reaching the finish mat within the time cap). Teams completing all repetitions will be separated by their total time to completion.



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#### **Penalties**

Athletes drifting outside of the marked parameters of their lane will be stopped and brought back to the last successfully completed increment of the lane before being allowed to progress further.

Movements that do not meet the stated standards will be considered invalid and must be repeated in order for the athlete to progress.

#### **Movement Guidance**

##### **Toes to Bar**

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition begins in this position and ends with both feet touching the pull-up bar.

Both feet must be in contact with the bar at the same time, inside the hands. 'Hooking' the feet is not permitted. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before the next rep.

##### **Shoulder to Overhead**

The shoulder to overhead may be executed as a shoulder press, push press, push jerk, or split jerk, as long as the elbow, shoulder, hips, and knees are fully extended, and the barbell finishes directly over the body with the feet in line.

Athletes must advance the bar to the next lane increment every 20/10 repetitions by carrying in the front rack, overhead or by rolling the bar. If the front rack or overhead positions are used there is no need to drop the bar. The bar may not be thrown to the next increment.

##### **Handstand Walk**

When kicking up, the athlete's hands (entire hand, including palm and fingers) must start BEHIND the line of any lane increment. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If any part of the hand makes contact with the marked line when kicking up into the handstand, this will also constitute a no rep.

If at any time the athlete comes down from the hands or faults on the walk, he or she must restart from the end of the last successfully completed increment. Both hands, including palms and fingers, must fully cross the lane marking for the repetition to be valid.

##### **Thruster**

This is a standard barbell thruster which begins with the athlete standing at full extension with knees and hips fully locked out\* and the barbell in the front rack position. The athlete descends until their hips are clearly below the level of the knees and then stands back to full extension driving the bar overhead and locking the arms out in order to complete the rep. Reps are given when the knees, hips and elbows are locked out. The barbell does not stop at the shoulder before being driven overhead.

\*The first rep of a given set may be completed as a cluster.

##### **Bar Muscle Up**

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition is complete when the elbows are fully locked out while the athlete supports themselves above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout.

No part of the foot may rise above the horizontal plane of the bar at any point. Roll to support or use of an uprise is not permitted. Only hands and no other part of the arm, may touch the pull-up bar to assist the athlete completing the rep. Athletes hands must stay in contact with the pull-up bar at all times during the completing of the rep.

Athletes may not rest after the completion of the rep by using their body to hang from the bar.