



## THE GLASGOW CLASSIC

# TEAM EVENT 3

## WORM & CLIMB

### For Time:

**27x Worm Shoulder to Shoulder**

**10m Worm Lunge**

**4x Rope Climbs 15'**

**21x Worm Shoulder to Shoulder**

**10m Worm Lunge**

**4x Rope Climbs 15'**

**15x Worm Shoulder to Shoulder**

**10m Worm Lunge**

**4x Rope Climbs 15'**

**9x Worm Shoulder to Shoulder**

**10m Worm Lunge**

**4x Rope Climbs 15'**

### Equipment

- 1x Rogue 6 man worm (200kg)
- 1x Climbing Rope 15'

### General Notes

At the sound of the starter clock, and not before, the athletes run from the green start mat to the worm and perform twenty-seven worm shoulder to shoulders.

Once completed the athletes will lunge until the lead athlete's whole foot has crossed the 10m line marked by a broken line of red tape on the centre of the field of play.

At this point the worm can be released and the female subteam advances to the rig to complete four rope climbs.

Upon completion of the climbs the females return to the worm and the next round commences with a lower number of shoulder to shoulder, lunges toward the rig and then a further four rope climbs completed by the male subteam.

At this point athletes will pick up the worm facing back toward the start mat. They will complete the final two rounds as per the first two but reducing the number of shoulder to shoulders to fifteen then nine repetitions each round respectively.

**FINALS 2019**

**Saturday 21st September**

Time is taken once the males finish the rope climbs and reach the starting mat for a sprint finish..

### Team Composition

Whole Team + 2x Subteams:

MMM

FFF

### Time Cap

The whole team will have 15 minutes to progress to the finish mats.

### Scoring

The team score is given by the number of repetitions completed at the end of the workout (from a total of 110 reps; including 2 reps for both female and male subteams reaching the finish mat within the time cap). Teams completing all repetitions will be separated by their total time to completion.

### Penalties

If athletes are observed to be violating the movement standards on the worm or rope climbs, especially standards tied to safety considerations, repetitions will be invalidated and athletes will be made to repeat the rep before being permitted to progress.



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### Movement Guidance

#### Worm Shoulder to Shoulder

The shoulder to shoulders are effectively a press to overhead but no lockout of the elbow is required. The worm is driven from one shoulder to the other as a team with all athletes supporting and driving from the same side.

Any attempt to 'duck' or 'jerk' under the sandbag will count as a no-rep and the whole team will be asked to do an additional rep. Athletes must keep hips and knees locked following the drive from the shoulder.

When the worm is released by the team the athletes must ensure that everyone has their head on the same side of the worm.

#### Worm Lunge

Athletes should support the worm on the same shoulder and advance forward by lunging down to touch the knee of the trailing leg to the floor. Athletes must fully extend their hips at the top of the lunge but are not required to stop in that position.

Athletes will advance the worm 10m each round. Each 10m worm increment is marked by a broken red line which both of the lead athlete's heels should cross before the worm is released.

Lunges where any athlete's knee does not touch the floor will be invalid and the team will be required to step back to the last successfully covered 2m lane segment.

If the worm is dropped before the broken red line the team must lift it again and bring it back behind the line for the last successfully completed 2m lane segment.

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#### Rope Climb

Athletes ascend the rope to touch above the marked line at the top of the rope, not the steel shackle, and must remain in control on the descent. Jumping up to begin each ascent is permitted.

Athletes must demonstrate control on the descent and may not drop from the rope until their hands are both clearly below the 9' marker.

There is no minimum work requirement on the climbs and legless climbs are permitted.