



## THE GLASGOW CLASSIC

# TEAM EVENT 4

## BURDEN & PULL UPS

### For time:

**9x Burden Carries**

**9x Synchro Down Ups**

**50x Pull Ups**

**9x Burden Carries**

**9x Synchro Down Ups**

**30x C2B Pull Ups**

**9x Burden Carries**

**9x Synchro Down Ups**

**50x Pull Ups**

### Equipment

- 1x Burden 340kg
- 1x Female Height Pull Up Bar
- 1x Male Height Pull Up Bar

### General Notes

The burden subteam and the female pull up athlete begin on the red finish mat while the male pull up athlete begins on the green start mat. At the sound of the starter clock, and not before, the burden subteam enter the field of play and begin to carry the burden from end to end of the floor. The pull up athletes remain on their respective mats until the end of the round of carries.

Once the carries have been completed, the burden subteam drops their equipment and rests. The two pull up athletes run from their mats to their respective pull up bars. Both athletes stop to complete the synchro down ups before one athlete works to complete pull up repetitions whilst the other hangs. At the end of the pull ups for that round the pull up athletes return to their mats before the burden subteam progresses.

Upon completion of the final round of pull ups, the female athlete from the pull up subteam has a clear lane to the red finish mat and should sprint to the end of the lane to conclude the workout.

Subteam roles are fixed and athletes may not swap positions during the workout.

**FINALS 2019**

**Saturday 21st September**

### Team Composition

2x Subteams:

MMFF (Burden)

MF (Pull Ups)

### Time Cap

The whole team will have 12 minutes to progress the female pull up athlete to the finish mat.

### Scoring

The team score is given by the number of repetitions completed at the end of the workout (from a total of 185 reps; including 1 rep for the female athlete from the pull up subteam 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 lane discipline on the burden carry, they will be required to drop the equipment and rearrange themselves within the lane before progressing once more.

Other violations of movement standards will result in the requirement to repeat the repetition correctly.



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### Movement Guidance

#### Burden Carry

The burden subteam must be measured for the equipment before the event - this can be accomplished by attending the Clydebuilt Fitness stand opposite the Rig Floor and having the staff assist them with the correct setting. This setting should be communicated to the equipment team on the event floor prior to the start of the event.

The burden is carried from one end of the lane to the other - specific guidance will be given on this standard on the day of the event. The subteam and burden must remain within their lane for the duration of the event. Departure from the lane will result in the team being stopped while the position in the lane is remedied.

#### Synchro Down Ups

The two athletes from the pull up subteam perform the synchro down ups in front of their respective pull up bars. The athletes drop to touch their chest and thighs to the floor and synchronisation is achieved when both athletes are in this position. The athletes then stand and open their hips fully before returning to the ground for another rep. There is no requirement to jump but hips must be clearly and fully opened for the repetition to count.

#### Pull Ups

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all of the requirements are met. The arms must be fully extended at the bottom and the chin must pass clearly above the level of the bar at the top. Any grip style (overhand, underhand or mixed) may be used provided that the other standards are met.

The reps are performed by one athlete at a time to reach a combined total. One athlete works while the other hangs. If the hanging athlete drops from the bar, no further reps are valid until such a time as both athletes are back on the bar.

FINALS 2019

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#### Chest to Bar Pull Ups

This is a standard chest to bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all of the requirements are met. The arms must be fully extended at the bottom and the chest must clearly come into contact with the bar at the top. Any grip style (overhand, underhand or mixed) may be used provided that the other standards are met.

The reps are performed by one athlete at a time to reach a combined total. One athlete works while the other hangs. If the hanging athlete drops from the bar, no further reps are valid until such a time as both athletes are back on the bar.