



Detailed Events PDF

Dirty South 2010 Individual Events

Affiliate Team Event

Friday PM

“Platoon” Event #1

10min 1RM Ground to Overhead (4 Bars available)

1min Rest

2min Affiliate Team Max reps Muscle-ups (2 Ring sets available)

1min Rest

2min Affiliate Team Max reps Chest to Bar Pull-ups (2 Pull-up stations available)

Scored Team Total pounds derived from best lift for each Athlete plus 2 bonus pounds for each Muscle-up and 1 bonus pound for each Chest to Bar Pull-up.

Standards: Within 10min unlimited 1RM Ground to Overhead attempt on any of the 4 bars, but only one Affiliate Athlete attempting a lift at a time. The athlete may snatch, power snatch the weight overhead or squat clean, power clean the weight to the chest then Push Press, Push Jerk or Split Jerk the bar to the overhead standard. **No other uncommon variations are allowed.** The Push Press or Push Jerk will be completed to full overhead locked out position with extension of shoulder and elbow; visible ear in front of arm is required. The Event Judge will signal verbally “Good Lift” and with a visible arm movement direct that the bar be returned to the ground in a controlled manner. Again from the ground to locked out controlled and fully extended overhead, best lift for each Affiliate Athlete will add to team total score.

Muscle ups will be set with an average ring height for each team. Athlete from standing may reach to the rings and perform a single muscle up; from the standing position at a set ring height full extension is a given. To clarify further, if you do not have full turnout, you will have to exit the rings and comeback up from the ground for each rep. Athlete must demonstrate full extension at bottom and top for each rep. **Athlete must always end the top of the muscle up with full extension of elbows and rings tight to Athletes sides.** No pressing out and extending as Athlete falls away from rings, each rep must end showing control atop the rings. For multiple or unbroken muscle ups, the Athlete must show full extension at the bottom of each rep by turning out the wrists and rings with full elbow extension.

Chest to Bar pull-ups will be the standard physical touch of any portion of the chest (clavicles to sternum) to the bar with full extension of shoulder and elbow at bottom of movement. Gymnastic or Butterfly kip is allowed as long as the Event Judge can easily see the physical touch of the Athletes chest to the bar.

Scoring: Best successful ground to overhead lift for each Affiliate Athlete in pounds plus two pounds (2lbs) for each successful Team Muscle-up and one pound (1lb) per each successful Team Chest To Bar Pull-up.

**Affiliate Team Event
Saturday Mid-Day**

“Taps” Event #2

For Time

Affiliate Team begins standing on top of 2 identical stacked tires
50 Meter tire flip (2 tires)
200 Team jump thru Burpees (100 reps in each tire)
50 Meter tire flip return (2 tires)
Event ends with Affiliate Team standing on top of stacked tires
(12min Time Limit)

Scored total time

Standards: Safely unstack and flip both tires within your marked lane past the 50 Meter mark.

Then perform 200 Team jump thru Burpees (100 each tire). The movement is a polymeric jump, two feet jump into the middle of either tire, two feet jump out of tire then drop your chest to ground to complete one jump thru Burpee. Athletes cannot step on or walk thru tire to perform the jump thru Burpee, it must be a jump in jump out movement.

Safely flip both tires back to your starting point, **restack tires exactly as was for the start all sides aligned.** Time ends when all 4 Affiliate Team Athletes are standing on top of tire stack.

Scoring: Total time

Notes: Each team will have a marked wide lane to flip within, you must stay in your lane and be cautious of each other, do not flip one of these tires onto the back of a teammate! 12min time limit is a tight time line for this event.

Affiliate Team Events Sunday

Linked Events: These events are linked in a very short set time domain interval together. When Athlete completes Event #3; the row event, the Affiliate Team will have less than 30min until the start of Event #4. **Linked Events (Set rest interval with 70min total time to finish both events)**

“Team Row” Events #3

For Time

5K Team Row

Standards: Row beings with monitor set to 5000-meter countdown, Athlete may choose any damper setting. Every 500 Meters the Affiliate Team Athletes must change rowers, roll over meters during transition is expected but the Athlete will immediately begin movement off the rower at his or her 500 Meter mark. Every Affiliate Team Athlete must row at a least 500 Meters. **Only the Affiliate Athlete seated on the slide may pull on the bar resulting in the countdown of meters, teammates may hold the bar during a transition but may not pull.** Teamwork is encouraged the standard is simple.

Scoring: Total time to tenths as displayed on monitor.

Notes: 3,2,1 go 4500m Quick Change 4000m Quick Change 3500m Quick Change ect.....10 intervals.

“The Team Qualifier” Event #4

120 Affiliate Team Front Squats (2 Bars 60 reps per each 145lbs and 85lbs)
200 Meters Farmers Walk (2-53lb Kettlebells 2-35lbs Kettlebells)
200 Meter Run
120 Affiliate Team Push Press or Push Jerks (2 Bars 60 reps per each 145lbs and 85lbs)
200 Meters Farmers Walk (2-53lb Kettlebells 2-35lbs Kettlebells)
200 Meter Run
120 Affiliate Team Deadlifts (2 Bars 60 reps per each 215lbs 155lbs)
200 Meters Farmers Walk (2-53lb Kettlebells 2-35lbs Kettlebells)
200 Meter Run
(22min Time Limit)

Standards: From the front rack position the Affiliate Team Athletes will perform 120 Team Front Squats the weight must be moved thru a full depth squat, hip crease below knee. The athlete will show control and have full extension of knees and hip at the top of the lift, as the Event Judge will count aloud the successful rep number. **Each team will have 1 bar at 145lbs and 1 bar at 85lbs each bar must move for 60 reps.**

The Farmers Walk will be 200 meters of a hanging carry, Kettlebell below waist, with 2-53lb Kettlebells and 2-35lb Kettlebells 4 total per team, the team can divide the work load up as they see fit with no one Affiliate Team Athlete having to carry a Kettlebell.

The team must start and end each 200 meter loop together, no movement of the bars will be allowed unless the entire team is together.

The Push Press or Push Jerk will all be completed only from the front rack position to full overhead locked out position with full extension of shoulder and elbow; visible ear in front of arm is required, again the Event Judge will count aloud the successful reps. **Each team will have 1 bar at 145lbs and 1 bar at 85lbs each bar must move for 60 reps.**

200 meter Farmers Walk and 200 Meter run are unchanged from above.

The Deadlift will be from the ground to fully extended knees and hip with shoulder slightly behind the bar. On the return to the ground the bar cannot be dropped it must be lowered to the ground and 8 fingers (show eight) visible off the bar before the next rep can begin, Athletes will not be allowed to drop, drive or bounce the Deadlift bar. **Each team will have 1 bar at 215lbs and 1 bar at 155lbs each bar must move for 60 reps.**

Again, the 200 meter Farmers Walk and 200 Meter run are unchanged from above.

Scoring: First scored for Time then Most Work Completed, no DNF's on this workout. Affiliate Teams will be ranked first by fastest time then by most work completed. (The 200m Farmers Walk will be scored as either completed or not completed by entire team no partial distance also the 200m run will be scored either completed or not completed by entire team no partial distance)

It is noted to all Affiliate Team Athletes and Coaches that a Team may finish or Qualify above your team and not have finished this Event for Time but by Most Work Completed scored enough points on this event added to their total points to earn a higher overall placement than your Team; even though your Team finished this Event under the 22min time limit and all others within time.

A simplified scoring adjustment will be used as each rep remaining after the 22min time limit will be added to the 22min as 1sec per. (As stated above the 200m Farmers Walk and 200m Run will each count as 1 rep and either completed or not completed by the entire Team)

Example:

Team A completes all movements but 10 Deadlifts their Time adjusted score would be 22:12 (10 Deadlifts + 1 Farmers Walk + 1 Run =12sec)

Team B completes all movements but no Deadlifts their Time score would be 24:02 (120 Deadlifts + 1 Farmers Walk + 1 Run =122sec)

Notes: As listed above this event is linked to the Row. Example: Sunday Heats are 25min long if you start the row event at Heat #7 at 10:00 AM Row the 5K recover fast because at Heat #9 10:50 you will begin the final Event "The Qualifier". Sunday Heat assignment will be linked together Evens with Evens and Odds with Odds i.e. you will be assigned two Heats 1 and 3, 2 and 4, 3 and 5, 4 and 6 each will go together. Confused.....no worries show up and all will be clear, 2 workouts on Sunday Row hard rest for maybe 30min then the last Event! Each is scored as an individual Event.

FYI:

Check-in 1 Heat prior to your Event start.

Equipment will be available in a main warm up area and at the Event check-in.

Pre-Event the Head Judge will brief any last min details and answer any final questions.

An Event Judge will take you and your scorecard to your event space for your Event set.

Post-Event sign and confirm that your scorecard is correct.

For any discrepancies in scoring follow the Appeal Process.

Scoring will be the 09' Dirty South most points wins 500 scale

Disqualification or a DNF (not finishing the Event within the allotted time, except for Event #4) will result in zero points awarded for that Event.

Scaling options are available to Affiliate Team Athletes and will result in a scoring adjustment below all Teams that complete the Event as RXed.

Belts and gloves are allowed, no grip assistance or weight support may be derive from any device worn.

Uncommon Movement Clause: any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted range of motion and line of action of any Event requirement can and will be disallowed by the Event Director and Staff. Athlete will receive one warning followed by a penalty as directed by Event Director or Staff up to Disqualification.