

Detailed Events PDF

Dirty South 2010 Individual Events

Individual Events

Saturday AM

“Old Glory” Event #1

One Squat Clean every 50 seconds

13 Bars lined up in ascending weight

Men 215lbs to 335lbs by 10lbs increments

Women 120lbs to 180lbs by 5lbs increments



Standards: Only one attempt per bar, an attempt will be judged as once the bar has left the ground. The athlete must squat clean or power clean then front squat the weight, the bar must travel thru the full range of a squat, hip crease below knee. Once the athlete demonstrates control in the full upright extended body position the Event Judge will signal verbally “Good Lift” and with a visible arm movement direct that the bar **may be returned to the ground**, in a controlled manner. Athletes will be allowed one and only one missed lift throughout the event, when the athlete has the first missed lift he or she is still required to move (50sec rotation) to the next bar, again only one attempt per bar. On the athlete’s second missed lift the event is concluded and the best successful lift is scored.

Bonus option: Not a required movement but an opportunity for the athlete to add to his or her final total and separate themselves from a potential tie. Any bar that an athlete successfully lifts as outlined by the standard above may continue the movement and take the bar overhead. Chest to overhead, push press, push jerk or split jerk will be the bar to overhead standard. The Push Press or Push Jerk will all be completed to full overhead locked out position with extension of shoulder and elbow; visible ear in front of arm is required. Again, 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. One pound (1lb) added to best overall lift for every bar taken successfully overhead (13lbs available).

Scoring: Best successful full clean in pounds plus one pound (1lb) per successful lift taken overhead.

Notes: Squat Clean as many bars as you can, every 50sec rotate to a heavier bar, and if you want Jerk any or all of them overhead for an added pound per to your best lift of the day, you get one mulligan! 3 non-event warm up bars will be available and staged immediately adjacent to where the athletes enter the event venue. For the Men we will have 155lbs, 175lbs and 195lbs and for the Women 95lbs, 105lbs and 115lbs.

Saturday Mid-Day

“Normandy D-Day” Event #2

12min AMRAP

HSPU Buy-in (Men 20 Women 10)

Then for the remainder of the 12 min:

20 Double Unders

10 Box Jumps (Men and Women 24 inch box)

10 Sandbag Lunges (10 total steps) (Men 60lbs Women 40lbs)

Standards: HSPU set up will be back to a wall with hands covering the inserts of two bumper plates separated by one AbMat, legs must stay inside width of hands as set by bumper plates. Feet must stay in contact with wall throughout the full ROM of movement (no falling from wall while pushing out a rep). Head must touch AbMat and arms and shoulders must come to full extension for every rep. Kipping is allowed.

Double Unders are one jump with two rope passes under foot, Athlete may use their own ropes, Event Judges will count aloud by 5s.

Box Jumps will be counted when the athlete jumps with both feet together to standing atop of the 24-inch plyo box at full extension of hips and knees. Athlete must stand with control atop of plyo box for the rep to count, no jumping off to full extension will be allowed. The majority of the foot must be on the plyo box, again standing atop at full extension showing control. Athletes may then jump down or step down to begin next rep.

Sandbag Lunges begin with sandbag supported on Athletes back and shoulders with both hands on bag (similar to the bar position of a back squat). Each trailing leg must have the knee touch the ground then the **Athlete will stand with both feet together at full knee, hip and back extension.** Lunge step standing to full upright with feet together next lunge step always with knee touching the ground.

Scoring: Total reps of Double Unders, Box Jumps and Lunges

Notes: Clock starts the 12min countdown when you start your HSPU, no points are scored until you begin the 20, 10 and 10.

Saturday PM

“3rd US Infantry” Event #3

For Time

4 Rounds of

4 Muscle-ups Men 2 Muscle-ups Women

16 Kettlebell Snatches (8 each arm) (Men 53lbs Women 35lbs)

(10min Time Limit)

Standards: Muscle ups will be set with a ring height equal to Athletes full fingertip reach overhead of both arms. 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 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.

Kettlebell Snatches can be either swing snatch or pull snatch all resulting in the overhead locked arm position with a momentary pause when arm is fully extended, as always Event Judges will count aloud successful reps. **Athletes are required to do 8 Kettlebell snatches with each arm.**

Scoring: Total time

Notes: This could be a very tight time line

Individual Events Sunday

Linked Events: These events are linked in a very short set time domain interval together. When Athlete completes Event #4; the row event, the Athlete will have less than 40min until the start of Event #5. **Linked Events (Set rest interval with 70min total time to finish both events)**

“Owed from 2009” Event #4

For Time

500 Meter Row
25 Burpees
500 Meter Row
25 Burpees
(20min Time Limit)

Standards: Row beings with monitor set to 500 meter countdown, Athletes hands are off the pull bar. Athlete may choose any damper setting, but cannot change setting during the event. Athlete must stay on rower until the monitor reads 0.

After the first 500 meter row, Athlete completes 25 Chest to Ground Burpees with a lateral jump over an AbMat. **The AbMat jump must be with two feet together landing on two feet chest and torso must come to the full upright position** (we are not requiring an overhead clap but the Athlete must fully extend to the upright body position).

Complete the second 500 meter row and the last 25 Chest to the Ground Burpees with the AbMat jump.

Scoring: Total time

Notes: None

“The Qualifier” Event #5

8 Rounds of
2 Squat Snatch (Men 145lbs Women 85lbs)
4 Push Press or Push Jerks (Men 145lbs Women 85lbs)
6 Chest to Bar Pull-ups
200 Meter Run
(22min Time Limit)

Standards: Squat Snatch will take the bar from the ground to overhead in one movement. The Athlete will squat snatch or power snatch then overhead squat the bar; nonetheless the weight must be moved thru a full depth squat, hip crease below knee. The athlete will show control and full extension of knees and hip at the top of the lift, as the Event Judge will count aloud the successful rep number.

Between the Squat Snatch and the Push Press or Push Jerk movements **the bar must be returned to the ground and then cleaned** into the ready front rack position for the overhead presses. The Athlete is not allowed to set the bar in the back or front rack position and re-grip before starting the overhead presses, again the bar must be returned to the ground. 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.

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: First scored for Time then Most Work Completed, a DNF's will be awarded if an Individual Athlete is unable to complete 1 Round of Event. Individual Athletes will be ranked first by fastest time then by most work completed. (The 200m run will be scored either completed or not completed no partial distance)

It is noted to all Individual Athletes that an Athlete may finish or Qualify above you and not have finished this Event for Time but by Most Work Completed thus scoring enough points on this event added to their total points to earn a higher overall placement than you; even though you 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 22mins as 1sec per rep. (As stated above the Individual Athlete must complete one Round of this Event. (the 200m Run will be scored complete or not completed)

Example:

Athlete A completes 7 Rounds and 4 Push Presses their Time adjusted score would be 22:07 (6 C2B Pull-ups + 1 Run = 7sec)

Athlete B completes only 6 rounds their Time score would be 22:26 (2 Rounds equals 4 Snatch + 8 Push Press + 12 C2B Pull-ups + 2 Run = 26sec)

Notes: As listed above this event is linked to Event #4. Example: Sunday Heats are 25min long if you start the row event at Heat #7 at 10:00 AM 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 then rest for maybe 46min then the final Event! Each Event 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 (see video)

Disqualification or a DNF (not finishing the Event within the allotted time, except for Event #5) will result in zero points awarded for that Event.

No scaling options available to Individual Athletes.

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.