

SOUTHERN
WARRIORS

EVENT 3

4TH SEPTEMBER

THREE
BAR

acp
ENVIRONMENT

SOLID STATE TECHNOLOGY

TEAM

EVENT 3

3 ROUND OF THIS SYNCHRO COMPLEX

**5 PULL UP
5 CHEST TO BAR
5 BAR MUSCLE UP**

50 CAL ROWER (25 + 25)

3 ROUND OF THIS SYNCHRO COMPLEX

**5 PULL UP
5 CHEST TO BAR
5 BAR MUSCLE UP**

50 CAL ROWER (25 + 25)

RUN TO THE FINISH LINE

TIME CAP: 14 MIN

SCORE IS TIME

LOCATION

FIELD A



WEIGHT & VARIATIONS

TEAM	COMPLEX	CALORIES
M/M	5 PULL UP 5 CHEST TO BAR 5 BAR MUSCLE UP } 3 ROUND	50 (25+25)
M/W	5 PULL UP 5 CHEST TO BAR 5 BAR MUSCLE UP } 3 ROUND	50 (25+25)
W/W	3 PULL UP 3 CHEST TO BAR 3 BAR MUSCLE UP } 2 ROUND	50 (25+25)



FLOW

ATHLETES WILL AT THE STARTING LINE.

AT THE CALL OF “3,2,1...GO” THEY WILL MOVE TO THE RIG AND COMPLETE 3 ROUNDS OF THE DESIGNATED COMPLEX.

THEN, A TEAMMATE WAITS AT THE RIG WHILE THE OTHER GOES TO THE ROWER TO PERFORM 25 CALORIES. ONCE HE/SHE HAS REACHED 25 CALORIES HE/SHE WILL RUN TO HIS/HER PARTNER, THEY WILL TAKE OVER AND TEAMMATE B WILL GO TO COMPLETE THE REMAINING 25 CALORIES.

ONCE THE TOTAL 50 CALORIES HAVE BEEN REACHED, THEY WILL GO BACK TO THE RIG TO PERFORM 3 MORE ROUNDS OF THE DESIGNATED COMPLEX.

AT THE END, THEY WILL SPRINT TO THE FINISH LINE WHERE TIME WILL BE TAKEN.



STANDARD

COMPLEX

THE ATHLETES HANG ON THE BAR AND PERFORM THE ASSIGNED REPETITIONS IN SYNCHRO.

INTERRUPTING THE COMPLEX FORCES THE TEAM TO REPEAT THE INTERRUPTED SET (E.G. 5 PULL UPS, 5 CHESTS, 5 BAR MUSCLE UPS: IF THE ATHLETE LOSES HIS GRIP AT THE 4 BAR MUSCLE UPS AND FALLS TO THE GROUND, THE TEAM RESTARTS FROM THE 5 PULL UPS).

WHEN A SINGLE SET HAS BEEN COMPLETED, THE ATHLETES CAN DROP OFF THE BAR AND THEN HANG UP AND START THE NEXT COMPLEX.



STANDARD

SYNCHRO

THE JUDGES WILL EVALUATE THE TOP POSITION:

- PULL UP: AT THE SAME TIME, BOTH ATHLETES MUST HAVE THEIR CHINS OVER THE BAR**
- CHEST TO BAR: AT THE SAME TIME, BOTH ATHLETES MUST CLEARLY TOUCH THE BAR WITH THEIR CHEST**
- BAR MUSCLE UP: AT THE SAME TIME, BOTH ATHLETES MUST REACH A SUPPORT POSITION WITH LOCKED ELBOWS AND SHOULDERS ABOVE OR BEYOND THE BAR.**



STANDARD

PULL UP

AT THE START OF EACH REP, THE ATHLETE'S ARM MUST BE FULLY EXTENDED WITH THE FEET OFF THE GROUND. THE REP IS CREDITED WHEN THE ATHLETE'S CHIN CLEARLY BREAKS THE HORIZONTAL PLANE OF THE BAR.



STANDARD

CHEST TO BAR

AT THE START OF EACH REP, THE ATHLETE'S ARM MUST BE FULLY EXTENDED WITH THE FEET OFF THE GROUND. THE REP IS CREDITED WHEN THE ATHLETE'S CHEST CLEARLY COMES IN CONTACT WITH THE BAR AT OR BELOW THE COLLAR BONE.



STANDARD

BAR MUSCLE UP

ATHLETES MUST BEGIN EACH REP HANGING FROM THE BAR, WITH ARM FULLY EXTENDED AND FEET OFF THE GROUND. NO PART OF THE FEET MAY RISE ABOVE THE BAR DURING THE KIP.

THE ATHLETES MUST PASS THROUGH A PORTION OF A DIP BEFORE REACHING LOCKOUT.

THE REP IS CREDITED WHEN THE ELBOWS ARE FULLY LOCKED OUT IN THE SUPPORT POSITION WITH THE ATHLETE'S SHOULDER OVER OR SLIGHTLY BEYOND VERTICAL PLAN OF THE BAR.

REGRIPPING, LETTING GO OF THE HANDS FROM THE BAR AND MOVING THEM, IS NOT PERMITTED.

