

"SIMON SAYS"

FOR TIME:

BUY-IN: 75 WALLBALLS (SHARED, ONE ATHLETE WORKING AT A TIME)

THEN...

5 ROUNDS OF:

5 SYNCHRONIZED BAR MUSCLE-UPS

7 SYNCHRONIZED CLEANS

THEN...

CASH-OUT: 75 WALLBALLS (SHARED, ONE ATHLETE WORKING AT A TIME)

TIME CAP - 15:00

WEIGHTS/MOVEMENTS PER DIVISION

RX: MEDICINE BALL 20LBS/14LBS TO 11FT/10FT TARGET | BARBELL - 115LBS/85LBS

RX MASTERS: MEDICINE BALL 20LBS/14LBS TO 11FT/10FT TARGET | BAR HEIGHT - BETWEEN COLLARBONE & CHIN | BARBELL - 95LBS/65LBS

INTERMEDIATE: MEDICINE BALL 20LBS/14LBS TO 11FT/10FT TARGET | BAR HEIGHT - BETWEEN COLLARBONE & CHIN | BARBELL - 95LBS/65LBS

INTERMEDIATE MASTERS: MEDICINE BALL 14LBS/10LBS TO 11FT/10FT TARGET | BAR HEIGHT - BETWEEN COLLARBONE & CHIN | BARBELL - 75LBS/55LBS

NOVICE: BARBELL - MEDICINE BALL 14LBS/10LBS TO 11FT/10FT TARGET | BAR HEIGHT - BETWEEN MID CHEST & COLLARBONE | BARBELL - 75LBS/55LBS

NOVICE MASTERS: BARBELL - MEDICINE BALL 14LBS/10LBS TO 11FT/10FT TARGET | BAR HEIGHT - BETWEEN MID CHEST & COLLARBONE | BARBELL - 75LBS/55LBS

FLOW

This workout begins with athletes standing on the starting mat. At the call of 3,2,1, GO!... Athletes will move to the wall and perform 75 Wallballs at the required weight to the 11 foot/10 foot target. These are shared reps, no minimum work requirement between the athletes. One athlete working at a time. Once the Wallballs are complete, athletes will move to the pull up bars and perform 5 Synchronized Bar Muscle Ups. Intermediate and Novice divisions will perform Synchronized Jumping Bar Muscle Ups. Once the Bar Muscle Ups are complete, athletes will move to the barbells and perform 7 Synchronized Cleans. The 5 Synchronized Bar Muscle Ups and 7 Synchronized Cleans will continue for a total of 5 rounds.

Once the 5 rounds are complete, athletes will move back to the wall and perform another 75 Wallballs at the required weight to the 11 foot/10 foot target. Once again, These are shared reps, no minimum work requirement between the athletes. One athlete working at a time.

Time will be called when the team is on the finishing mat. If a team does not complete the reps under the given time cap, every rep not completed will add :01 to the time cap to provide the team with a timed score.

GENERAL/EQUIPMENT STANDARDS

- Both Wallball sets are shared reps with only one athlete working at a time.
- Wallball target for men is 11 feet. Wallball target for women is 10 feet.
- The synchronized part of the Bar Muscle Ups is when both athletes have the arms locked out on top of the bar.
- The synchronized part of the Cleans is when both athletes are in a fully locked out standing position with the barbell on the shoulders with the elbows forward.
- Athletes **MUST** clearly show the synchronized part of the Bar Muscle Ups and Cleans for the rep to count. A slight pause is **HIGHLY** recommended. If it is clearly not shown, it will be a no rep until both athletes show it.
- **THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.**

MOVEMENT STANDARDS

WALLBALLS

At the start of each rep, the ball must be in the support position in front of the body. Squat until the hip crease is below the knee. A squat clean to start the set is allowed but not required as long as the ball starts on the ground. Men will throw to a 11 foot target. Women will throw to a 10 foot target. The rep is credited when the center of the ball hits the target at or above the specified height. If the ball hits low or does not hit the wall, the rep will not count. If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

SYNCHRONIZED BAR MUSCLE UPS

Athletes must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted. No portion of the foot may rise above the lowest part of the bar during the kip. Athletes must pass through some portion of a dip before locking out over the bar. The rep is credited when both athletes arms are fully locked out in the support position above the bar and their shoulders are over or slightly in front of the bar. Only the athletes hands, and no other part of the arms, may touch the bar during the rep. Removing your hands while in the support position is not allowed. At lockout, only the athletes arms may support the athletes weight. Athletes will face the bleachers.

SYNCHRONIZED JUMPING BAR MUSCLE UPS

Athletes must begin with or pass through a hang below the bar, with arms fully extended and feet on the ground. A kip through on the floor under the Rogue Bar is acceptable. After showing full arm extension under the Rogue Bar, athletes are not required to jump from the bottom position. Athletes may stand and then jump on top of the bar. Athletes must pass through some portion of a dip before locking out over the bar. The rep is credited when both athletes arms are fully locked out in the support position above the bar and their shoulders are over or slightly in front of the bar at the same time. Only the athlete's hands, and no other part of the arms, may touch the bar during the rep. Removing your hands while in the support position is not allowed. At lockout, only the athlete's arms may support the athlete's weight. For Intermediate divisions, the Rogue Bar will be set between the collarbone and chin. For Novice divisions, the Rogue Bar will be set between mid-chest and collarbone. Rogue Bars will be staggered and athletes will face each other.

SYNCHRONIZED CLEANS

The barbells begin on the ground. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athletes can begin the next repetition. Muscle cleans, power cleans, squat cleans, and split cleans are permitted. Hang cleans are not allowed. The rep is credited when the athlete's hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the hands at the same time. If the bar is lowered from the rack position before the hips and knees reach full extension, the rep will not count. Barbells will be staggered and athletes face each other.

GAMES