



GRAND SLAM

2020

Event 3.20 [C-19 - Edition]

For total time, complete using a 'follow the leader' format:

- 60 Double-unders*
- 20 Backpack Squat Cleans
- 60 Double-unders
- 20 Alternating Hand-release Push-up + Knee Touch**
- 60 Double-unders
- 20 Backpack Squat Cleans
- 60 Double-unders
- 20 Alternating Hand-release Push-up + Knee Touch
- 60 Double-unders

Advanced Male: 20-kg / 45-lbs | Female: 15-kg / 35-lbs
Intermediate Male: 15-kg / 35-lbs | Female: 10-kg / 22-lbs

'Follow the Leader' format: Partner A completes 60 double-unders, then Partner B completes 60 double-unders. Partner A completes 20 Backpack Cleans, then Partner B completes 20 Backpack Cleans. Continue until the entire workout is complete.

The backpack weight must be shown on a set of scales prior to starting the workout - bathroom scales are fine.

* Intermediate: 100 High-knee Single-unders

**Intermediate: Hand release from knees // alternating shoulder tap (one shoulder).

Movement Standards

Double-Unders: A Double-Under requires the jump rope to pass under the feet twice for each jump. The rope must spin forward for each rep to count. Only successful jumps are counted, not attempts. This workout begins with the Athlete holding their jump rope.

Alternating, High Knee Single-Unders: A Single-Under requires the jump rope to pass under a foot once for each jump. The athletes must alternate legs each rep. Only one foot may be in contact with the floor at any given time once the movement begins. This workout begins with the Athlete holding their jump rope.

Backpack Squat Cleans: The backpack must travel from the floor to the shoulders; being caught in the squat position. At the bottom of the squat movement, the hip crease must go below the top of the knees.

Each repetition finishes with the backpack racked on the chest at shoulder height and the elbows clearly in front of the backpack with the hips and knees fully extended.

Note: The backpack must be held by the top and the bottom in the horizontal plane i.e. athletes may not hold the back backpack vertically.

Alternating Hand-release Push-up + Knee Touch: The athletes will perform a standard push-up with their hands inside the square and feet below/outside the marked line (see below descriptions). At the bottom of the rep, with the chest touching the floor, lift both hands completely off the floor and touch the floor outside of the marked square before returning the hands inside the square and pressing back up to the starting position.

The Athletes must then touch an opposing knee with a hand e.g. left hand//right knee and return to the push-up position. This shall count as one rep. They will continue this process, alternating each time, until they achieve the required number of reps.

Note: Measuring The Alternating Hand-release Push-up + Knee Touch Areas

In an effort to ensure that our Judging team can adequately assess the accuracy of this movement, and to ensure the most fair and level playing field.

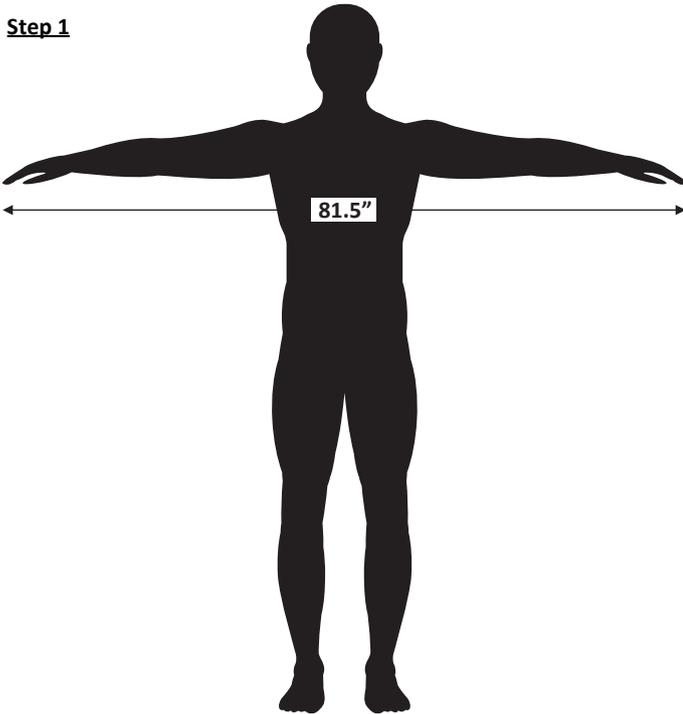
Each athlete should lie on the ground, face down with both arms fully extended sideways i.e. they will measure their total 'wing span width'. This is the total distance from 'tip to tip' of middle fingers. In this example we'll use = 81.5 inches

The push-up width allowance is a $\frac{1}{4}$ of this i.e. 81.5 inches divided by 4. This means 20.375 inches but we always round up to the nearest 0.25 inches. So in this case it results in 20.5 inches to the outer edges of the tape. Fingers may be on the tape during the workout but may NOT extend beyond the tape boundary.

To create the 'square' for the hands, follow the below steps:

The line for the feet boundary is $\frac{2}{3}$ from the lower edge of the hand square i.e. $\frac{2}{3}$ of 81.5 inches is 16.3 inches. Therefore, 16.3 inches x 3 = 48.9 inches which becomes 49 inches when we round it up to the nearest 0.25 inches.

Step 1



Instructions:

The workout begins with the athletes standing tall. After the WeTime App counts down to 0, the athletes will start the workout.

There is no tiebreak for this workout.

For each workout, be sure the athletes have adequate space to safely complete all the movements. Ensure that the area where the workout will be performed is clear of any additional equipment, people or other hazards.

Any athletes who in any way alter the movements described in this document will incur time penalties and may be disqualified from the competition.

Video Submission Standards

For pairs who are completing the workout from different locations due to social distancing, we recommend using Zoom on a desktop or laptop. The easiest way is to use WeTime on a smartphone and simply have it pointing at the desktop/laptop screen. That way, the timer and both athletes will be in full view the whole time.

All video submissions should be uncut and unedited in order to accurately display the performance.

Using the WeTime App (or similar), immediately prior to starting the workout, athletes must clearly show the weight of their backpacks on a set of scales (e.g. bathroom scales are fine) and measure any boundaries defined by tape markers as required.

Athletes must ensure that they shoot the video from an angle so all movements can be clearly seen meeting the movement standards.

Scoring

Teams total time for completing the prescribed work.

Athlete Resources

For more tips, tricks and techniques about recording your workouts and/or to find out more about the Judging/Penalty processes please visit the 'Athlete Resources' at the Grand Slam section of our website.

Link to site [HERE](#)

Step 2

