



2022 Events

Event 1 - Devils Rescue

For time complete the following:

- 100m Partner Paddle
- 20 Synchronized Dumbbell Single Arm Devils Press (Right Only)
- 100m Partner Paddle
- 20 Synchronized Dumbbell Single Arm Devils Press (Left Only)
- 100m Partner Paddle

Advanced - M: 22.5-kg | F: 15-kg

Intermediate - M: 15-kg | F: 10-kg

Target Time: 6:00-8:00

Time Cap: 10:00

*Tiebreaker: Completion of the second 100m Partner Paddle

Movement Standards

Partner Paddle

Both athletes will start the event in their allocated start/finish gate with their board on the ground in front of/next to them (but not touching it). When the start signal is given one of the athletes will pick up the board and both athletes will enter the water.

Both athletes are required to complete each of the 100m loops together on the board. Both athletes must be on top of the Surf Rescue Board throughout each of the 100m paddles. Legs and arms are permitted to be in the water but each athlete's torso must be on top of the board.

Forward propulsion can be provided by one or both athletes. To watch a demonstration click this [LINK](#) (watch from 3 minutes onwards).

Once each loop is complete, and when able to do so, one of the athletes must carry the board out of the water and back into their start/finish gate. The board must be handled with care and both carried off the ground to the start/finish gate and placed gently on the ground with the fin facing the sky i.e. upside down.

Only once both athletes and their board are back in their start/finish gate may the athletes progress to the next movement.

Note: Penalties will apply for rough or careless handling of the boards. These are loaned to us by Nowra Culburra SLSC and each participant must treat them with care at all times. We understand that the red mist of competition will be upon you but, this is not a worthy reason for damaging SLSC equipment.

Synchro Dumbbell Single Arm Devils Press

Each set of dumbbell devils press begins with each athlete's dumbbell on the ground. Once the start signal is given each athlete simultaneously picks up their dumbbell in the required hand and stands tall with their hips, knees, and arms fully extended*.

Both athletes then move to the ground and clearly demonstrate their chest is touching the ground* at the same time before completing a push up so that both arms of each athlete are fully extended*.

Both athletes then return to the standing position whilst raising their dumbbell and hip hinging, swinging their dumbbell between and behind their legs on the backswing before raising it to a front rack position* and performing a back squat with the dumbbell still held in the front rack position. For the squat to be counted the hip crease must clearly pass below the top of the knees in the bottom position*.

Both athletes must then complete the Devils Press by standing from the bottom of a front squat to full lockout overhead. The rep is credited when both athletes' dumbbells are locked out overhead, with the hips, knees, and arms fully extended; and each dumbbell is directly over or slightly behind the middle of the body. Athletes must continue pressing the weight up until lockout. Re-dipping during the press (i.e. performing a thruster jerk) will result in a no-rep.

Note: The '*' in the above standards indicates all of the positions that the Judges will be looking for synchronisation. It is the athletes responsibility to ensure clear synchronisation occurs - the Judge will simply call a 'No Rep' if athletes do not clearly demonstrate synchronisation at the required movements.