



# 2022 Events

## Event 2 - Weights & Mates

For as many reps as possible complete the following:

### Part A:

From 0:00-6:00 mins - pairs complete as many reps as possible of:

- Tandem Deadlifts // 5-10-15-20-25...
- After each set, partners will alternate completing 10 Lateral Box Jump-overs

\*Barbell and Plyo Box are separated by 10 metres

\*\*Target Score: 100-140 Reps

### Part B:

From 6:00-10:00 mins, pair establishes a collective 20 Repetition Maximum (RM) Strict Press.

\*Partners must each establish a 10RM, score is combined weight.

**Advanced** - MM: 160-kg / 24-in | MF: 135-kg / 24-in | FF: 105-kg / 20-in

**Intermediate** - MM: 105-kg / 24-in | MF: 85-kg / 20-in | FF: 65-kg / 20-in

Time Cap: 10:00

Tiebreaker: Team with the highest score from Part A

### Movement Standards

#### Tandem Deadlifts

Starting with the bar on the ground in front of them, the athletes must bring the bar to their hips. The rep is counted when the athletes stand with the bar to full extension of their hips, knees and ankles with their shoulders behind the plane of the bar when viewed from the side. The arms must be straight throughout.

**Note:** Touch-and-go is permitted but 'bouncing' the plates off the ground will be considered a 'No Rep' - we do not want to cause damage to the grass and/or create ankle hazards for subsequent events.

Any hand grip style is permitted but this is a 'conventional' deadlift, meaning hands must be positioned outside of the knees. Sumo Deadlifts, or any other variation where the hands are inside the legs, are not permitted. Collars must be used to secure the weights on the barbell.

#### Lateral Box Jump-overs

The athlete must jump laterally (sideways) with both feet at the same time onto/over the box. Athletes are not required to stand to full extension before jumping over the box. The rep is counted when the athlete lands with both feet together on the opposite side of the box.

#### Strict Press

Each rep must start with the bar touching both shoulders in the "rack" position and the elbows in front of the barbell. Each rep will end once the bar is overhead with the athlete showing full extension of the arms, hips, knees and ankles. Torso and legs must remain static throughout the movement. Any assistance from the legs will result in a "no rep"

**Note:** Athletes may NOT use any of the following variations: Push Press, Push Jerk, Power Jerk or Split Jerk.

Scoring: Part A (total reps of Tandem DL + lateral box jump overs) + Part B (combined weight, as reps) = Final Score

Tiebreaker: Team with the highest score from Part A