

# 2017 Gladiator Games

## Event #1

---

“As many rounds as possible in 6 minutes:”

6 Power Snatches  
6 Box Jumps  
6 Toes to Bar

<u>Age 18-29</u>	<u>Age 30-39</u>	<u>Age 40-49</u>	<u>Age 50+</u>
95lb/65lb	95lb/65lb	75lb/55lb	65lb/45lb
30in/24in	30in/24in	24in/20in	24in/20in (Step ups Allowed)

## Event #2

---

“For Time”

50 Wallball Shots  
40 Kettlebell Swings  
30 Calorie Row  
20 Deadlifts

<u>Age 18-29</u>	<u>Age 30-39</u>	<u>Age 40-49</u>	<u>Age 50+</u>
20lb-10ft/14lb-9ft	20lb-10ft/14lb-9ft	14lb-10ft/10lb-9ft	14lb-9ft/10lb-8ft
50lb/40lb	50lb/40lb	40lb/30lb	30lbs/20lb
185lb/155lb	185lb/155lb	165lb/135lb	135lb/105lb

## Event #3

---

“For Time”

9 – 6 – 3  
Thruster  
Burpee Over Bar  
(400 Meter Run)  
3 – 6 – 9  
Thruster  
Burpee Over Bar

<u>Age 18-29</u>	<u>Age 30-39</u>	<u>Age 40-49</u>	<u>Age 50+</u>
105lb/75lb	105lb/75lb	85lb/65lb	75lb/55lb

## **Event #1 Standards**

### *Power Snatch:*

Barbell begins on the ground and must be lifted overhead in one smooth motion. 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 athlete begins the next repetition. No part of the body other than the feet may touch the ground during the repetition. Athlete must do a full body extension at the top. Pausing at any moment in the movement and finishing with a press out (Clean and jerk) is not permitted.

### *Box Jump:*

Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. Step ups are only permitted in the 50+ division. You may jump or down as long as both feet start on the ground and both feet end on the box in control.

### *Toe to Bar:*

Athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep the arms must be fully extended and the feet must be brought back behind the bar and behind the body. Both feet must come into contact with the bar at the same time, inside the hands.

## **Event #2 Standards**

### *Wallball Shot:*

Medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

### *Kettlebell Swing:*

With two hands on the kettlebell, both forearms of the athlete make contact with their hips. The kettlebell is then swung overhead in one smooth motion, finishing with a full body extension and kettlebell directly over the body. Elbows can be slightly bent but the kettlebell cannot pause at any moment in the movement and be pressed out.

### *Calorie Row:*

Athlete cannot unstrap from the rower and get off until the monitor reads the prescribed amount of calories.

*Deadlift:* This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

## **Event #3 Standards**

### Thruster:

The bar starts on the ground. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

### Bar Facing Burpee:

Each burpee must be performed perpendicular to and facing the barbell. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom. The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. The next rep will begin on the opposite side facing the barbell.

### Run:

The 400m meters will be done on a 100m lap track, athlete must finish all 400 meters from where they are prescribed to start at.

***Every event is begun with the athlete beginning on a starting mat (plate) and Finished on a Finish mat (plate). Athletes are not allowed to come off the plate to start until after 3-2-1- go and the workout time is clocked when the athlete is on the finish plate with both feet and showing control.***