

**MAYHEM
ATHLETE**

EVERYDAY HERO GAMES

2023

EVENT 2

AMRAP 10 MINUTES

6 Burpee Box Jump Overs (BBJO)
8 Dumbbell Snatches
10 Toes-to-Bar (TTB)

**Athletes will complete as many reps as possible in the 10 minute time cap.*

DIVISION VARIATIONS

CHIEF:

6 Burpee Box **Jump Overs** (24/20")
8 Alt. Dumbbell Snatches (70/50lb)
(32.5/22.5kg)
10 Toes-to-Bar

OFFICER:

6 Burpee Box **Step Overs** (24/20")
8 Alt. Dumbbell Snatches (50/35lb)
(22.5/15kg)
10 V-Ups

RECRUIT:

6 Burpee Box **Step Ups** (20/12")
8 Alt. Dumbbell Snatches (35/20lb)
(15/10kg)
10 Sit-Ups

EVENT 2 - SCORECARD

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

ROUND 1	6 BBJO	6
	8 DB SNATCHES	14
	10 TOES-TO-BAR	24
ROUND 2	6 BBJO	30
	8 DB SNATCHES	38
	10 TOES-TO-BAR	48
ROUND 3	6 BBJO	54
	8 DB SNATCHES	62
	10 TOES-TO-BAR	72
ROUND 4	6 BBJO	78
	8 DB SNATCHES	86
	10 TOES-TO-BAR	96
ROUND 5	6 BBJO	102
	8 DB SNATCHES	110
	10 TOES-TO-BAR	120
ROUND 6	6 BBJO	126
	8 DB SNATCHES	134
	10 TOES-TO-BAR	144
ROUND 7	6 BBJO	150
	8 DB SNATCHES	158
	10 TOES-TO-BAR	168
ROUND 8	6 BBJO	174
	8 DB SNATCHES	182
	10 TOES-TO-BAR	192
ROUND 9	6 BBJO	198
	8 DB SNATCHES	206
	10 TOES-TO-BAR	216
ROUND 10	6 BBJO	222
	8 DB SNATCHES	230
	10 TOES-TO-BAR	240

REPS COMPLETED:

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____

JUDGE NAME: _____





EVENT 2 - DESCRIPTION

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

FILMING: If athletes are performing this workout for consideration of winning an official prize, the workout must be filmed. Filming should be set up with a clear, unobstructed view of all movements (3/4 view advised - please refer to floor layouts for suggested placement). A clock should be in frame at all times. Athletes must remain in frame once workout begins. Athletes should perform movements so that the movement standards can be clearly seen throughout the duration of the workout. All weights (both sides of the barbell if applicable) and all measurements must be clearly shown before the workout attempt. All equipment should stay in frame after measurements have been shown and final camera setup should keep all movements and the athlete in full frame at all times.

FLOOR LAYOUT: Athlete will need a pull-up bar, single dumbbell, and box. Tape line #1 should be placed under the pull-up bar. Tape line #2 should be placed 5 ft from tape line #1 (inside edge to inside edge). Tape line #3 should be placed 5ft from tape line #2 (inside edge to inside edge). Dumbbell snatches must be performed between tape line #2 and tape line #3. Tape line #3 serves as the middle line for the burpee box movements and should have the box centered on this line. Please ensure that you are completing your workouts within the same division across the entire competition (Chief, Officer, or Recruit). Athletes are not allowed to mix different division versions (i.e. Athlete X should only attempt Officer-level events if they are in the officer division). Athletes will be completing a 10 min AMRAP of their Burpee Box Jump Over (or division-specific variation), alternating dumbbell snatches, and toes to bar (or division-specific variation). At the call of 3..2..1..go, athletes will begin behind the line that is underneath the pullup bar and move to the box to start their BBJO. This event is scored by TOTAL REPS completed at the 10 minute mark.

BURPEE BOX JUMP OVERS: Athletes will place a tape line on the ground under the center of the box that is long enough to cover the athlete's entire body when in the burpee position on each side of the box. In the bottom position of the burpee, the athlete must make clear contact with the chest and the ground and face the box. The athlete is required to perform the burpee with hands and feet on each side of the box tape center-line. If an athlete performs a burpee and feet and/or hands are in contact with the line in any fashion, that will be counted as a no rep. For the jump over, the athlete can jump on top of the box or clear the box entirely (no contact). If jumping on top of the box, both feet must make contact with the top of the box before passing to the other side. The athlete does not have to reach full extension while on top of the box. If an athlete chooses to just clear the box, they must pass over the top of the box and not break the outside planes. The athlete must be off the ground with both feet at some point to qualify as a jump, but there is no two-foot take-off or two-foot landing requirement. No other body part besides the feet are allowed to make contact with the box. In the event that an athlete misses the box jump or falls on the box, the jump must be redone (the burpee does NOT have to be redone) on the same side the burpee was completed on.

BURPEE BOX STEP OVERS: Athletes will place a tape line on the ground under the center of the box that is long enough to cover the athlete's entire body when in the burpee position on each side of the box. In the bottom position of the burpee, the athlete must make clear contact with the chest and the ground and face the box. The athlete is required to perform the burpee with hands and feet on each side of the box tape center-line. If an athlete performs a burpee and feet and/or hands are in contact with the line in any fashion, that will be counted as a no rep. For the step over, the athlete must step on top of the box with both feet making contact with the top of the box before passing to the other side. The athlete does not have



to reach full extension while on top of the box. No other body part besides the feet are allowed to make contact with the box. In the event that an athlete misses the box step over or falls on the box, the step over must be redone (the burpee does NOT have to be redone) on the same side the burpee was completed on.

BURPEE BOX STEP UP: Athletes will place a tape line on the ground under the center of the box that is long enough to cover the athlete's entire body when in the burpee position on one side of the box. In the bottom position of the burpee, the athlete must make clear contact with the chest and the ground and face the box. The athlete is required to perform the burpee with hands and feet on each side of the box tape center-line. If an athlete performs a burpee and feet and/or hands are in contact with the line in any fashion, that will be counted as a no rep. For the step up, the athlete must step on top of the box with both feet making contact with the top of the box and must reach full extension of the hips and knees with the shoulders directly over the hips. No other body part besides the feet are allowed to make contact with the box. In the event that an athlete misses the box step up or falls on the box, the step up must be redone (the burpee does NOT have to be redone). If a 12' box isn't available, plates can be securely stacked to use as a replacement.

DUMBBELL SNATCHES: Athletes will perform alternating dumbbell snatches. In the event that an athlete performs a rep on the same side as the previous rep, a no rep will be given until an alternating rep has been completed on the opposite side. A rep is credited when the athlete has reached full extension overhead with lockout of the elbow, shoulder, hips, and knees with the DB directly over the athlete's head. The athlete may choose to do a split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count. When performing the snatch, the non-working hand can NOT be in contact with the body or with the dumbbell. The dumbbell is NOT allowed to make contact with the shoulder while snatching (i.e. no clean and jerking allowed). The athlete is allowed to use two hands to lower the dumbbell to the floor if needed. The athlete is also allowed to rack the dumbbell on the shoulder when LOWERING the dumbbell. Transitioning the dumbbell can be performed after the completion of a successful rep in the air or on the floor. There is no requirement for where the air transition must be completed, but athletes should keep safety in mind when deciding where to switch hands.

TOES-TO-BAR: Athletes will begin their toes to bar rep hanging from a pull-up bar. Double overhand, double underhand, or mixed grip is permitted. The bar height must allow the athlete to pass through a full kip swing without making contact with the ground. The athlete's heels must pass behind the vertical plane of the bar on each rep. The rep is credited when the athlete's feet make contact with the bar AT THE SAME TIME. Any portion of the feet may make contact with the bar and contact must occur within the hands (no contact outside of the hands). In the event that an athlete makes contact with one foot and then the other (not the same time), the athlete must redo the entire rep. Athletes are permitted to tape the bar or use gymnastic grips, but cannot use both.

V-UPS: Athletes will begin by lying on the floor. Before starting the movement, legs should be together and extended straight. Arms should be extended overhead and in contact with the ground. Athletes will lift the legs and torso off the floor, with both areas of the body clearly off the ground when contact is made between the hands and feet. The hands and feet must make contact above the level of the head. At contact the legs should be extended and together. A small knee bend and small separation of the legs (~ 6 inches apart) is acceptable, but any effort to modify the movement to decrease difficulty will result in a no-rep. Athletes must return to the extended position with legs and arms in contact with the floor before performing the next rep. Movement should be filmed from the side for ROM viewing.

ABMAT SITUPS: Athletes will begin lying on the floor with an Abmat under their low back. Legs can be placed in any orientation and hands must be in contact with the ground above the head. A valid rep is completed when the athlete is sitting up and shoulders have CLEARLY passed the crease of the hips and hands in contact with the feet. Athletes must return to the extended position with arms in contact with the ground overhead before performing the next rep.

DISCLAIMER: Any effort that is made on the athlete's part to attempt to manipulate standards to make a movement easier, gain an unfair advantage, or deviate from the commonly accepted standards (unless otherwise clearly stated in the movement standards listed above) will result in penalty or disqualification of the submitted score. Keep it fair and keep it clean.



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EVENT 2 - FLOOR LAYOUT

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

