

**MAYHEM
ATHLETE**

EVERYDAY HERO GAMES

2023

EVENT 3 - SCORECARD

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

EVENT 3

FOR TIME:

120-100-80-60-40
Double Unders
60-50-40-30-20
Wall Balls

**No time cap.*

DIVISION VARIATIONS

CHIEF:

120-100-80-60-40
Double Unders
60-50-40-30-20
Wall Balls

*Wall Ball Weight / Height
(20/14lb)(9/6kg) / (10'/9')*

OFFICER:

120-100-80-60-40
Single Unders
60-50-40-30-20
Wall Balls

*Wall Ball Weight / Height
(14/10lb)(6/5kg) / (10'/9')*

RECRUIT:

120-100-80-60-40
Single Unders
60-50-40-30-20
Air Squats

ROUND 1	120 DOUBLE UNDERS	120
	60 WALL BALLS	180
ROUND 2	100 DOUBLE UNDERS	280
	50 WALL BALLS	330
ROUND 3	80 DOUBLE UNDERS	410
	40 WALL BALLS	450
ROUND 4	60 DOUBLE UNDERS	510
	30 WALL BALLS	540
ROUND 5	40 DOUBLE UNDERS	580
	20 WALL BALLS	600

TIME COMPLETED:

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____

JUDGE NAME: _____





EVENT 3 - 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: The athlete will need a jump rope, wallball, and wall target or rig mounted target. It is highly suggested that rig mounted targets be set up with the BOTTOM of the target at the required height. No floor marking required. 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 descending reps of double-unders (or division-specific variation) and wallballs (or division-specific variation). This event is scored by TOTAL TIME after the final rep is completed.

DOUBLE UNDERS: Athletes will begin standing with their jump rope on the floor. The rope can be picked up once time has started. The athlete will perform a jump and pass the jump rope under their body twice. A valid rep is credited when the rope has successfully passed under their feet twice while spinning forward. If the rope fails to pass under twice on one jump, a no-rep is given and the rep must be re-done.

SINGLE UNDERS: Athletes will begin standing with their jump rope on the floor. The rope can be picked up once time has started. The athlete will perform a jump and pass the jump rope under their body once. A valid rep is credited when the rope has successfully passed under once while spinning forward. If the rope fails to pass under once on one jump, a no-rep is given and the rep must be re-done.

WALLBALLS: Male athletes will be working at a 10ft target and female athletes will be working at a 9ft target. The athlete will pick the ball up and pass through a full squat before standing and throwing the ball to the target. A valid rep is credited when the center of the ball has made clear contact above the target line. If using a rig-mounted target, it is HIGHLY advised to adjust the target so that the BOTTOM of the target is at the required height (10ft/9ft) or place a tape mark on the target to reflect the exact measurement for the athlete. The athlete must pass through the squat each time while holding the ball. Catching the ball on a bounce from the floor while squatting is not permitted. If the ball does not make contact above the target line on way up, but does so on the way down, the rep is valid. If the ball makes contact with the wall below the target line and then rises above the target without making contact, the rep is NOT valid.

AIR SQUATS: Athletes will begin standing tall at full extension. The athlete will squat, passing the hip crease below parallel, and then return to full extension of the hips and knees. Failure to reach full extension will result in a no-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 3 - FLOOR LAYOUT

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