

**MAYHEM
ATHLETE**

EVERYDAY HERO GAMES

2023

EVENT 4

AMRAP 20 MINUTES

3-6-9....
Shuttle Runs (50')
3-6-9....
Bench Presses
1-2-3....
Rope Climbs (15')

**Athletes will complete as many reps as possible in the 20 minute time cap.*

DIVISION VARIATIONS

CHIEF:

3-6-9....
Shuttle Runs (50')
3-6-9....
Bench Presses (135/95lb) (61/43kg)
1-2-3....
Rope Climbs (15')

OFFICER:

3-6-9....
Shuttle Runs (50')
3-6-9....
Bench Presses (105/75lb) (48/34kg)
1-2-3....
Rope Climbs (12')

RECRUIT:

3-6-9....
Shuttle Runs (50')
3-6-9....
Push-Ups
1-2-3....
Stand-Lay-Stand Rope Climbs

EVENT 4 - SCORECARD

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

ROUND 1	3 SHUTTLE RUNS	3
	3 BENCH PRESS	6
	1 ROPE CLIMB	7
ROUND 2	6 SHUTTLE RUNS	13
	6 BENCH PRESS	19
	2 ROPE CLIMBS	21
ROUND 3	9 SHUTTLE RUNS	30
	9 BENCH PRESS	39
	3 ROPE CLIMBS	42
ROUND 4	12 SHUTTLE RUNS	54
	12 BENCH PRESS	66
	4 ROPE CLIMBS	70
ROUND 5	15 SHUTTLE RUNS	85
	15 BENCH PRESS	100
	5 ROPE CLIMBS	105
ROUND 6	18 SHUTTLE RUN	123
	18 BENCH PRESS	141
	6 ROPE CLIMBS	147
ROUND 7	21 SHUTTLE RUNS	168
	21 BENCH PRESS	189
	7 ROPE CLIMBS	196
ROUND 8	24 SHUTTLE RUNS	220
	24 BENCH PRESS	244
	8 ROPE CLIMBS	252

REPS COMPLETED:

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____

JUDGE NAME: _____





EVENT 4 - 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: Athletes will need a loaded barbell, rack/bench, climbing rope, and 25 ft. shuttle run space. Bench press setup and rope may be located anywhere inside or outside of the shuttle run area but the bench press setup and the climbing rope **MUST** be at least 10 ft. apart. A 25 ft. shuttle run section should be marked with tape lines with the 25 ft. distance measured from outside edge to outside edge of each tape 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 performing ascending reps of shuttle runs, bench press (or division-specific variation), and rope climbs (or division-specific variation). This event is scored by REPS completed at the end of 20 minutes.

SHUTTLE RUNS: Athletes will begin standing behind a tape line. The athlete will run 25 ft. down and 25 ft. back (total of 50 ft.). The athlete must make clear contact with the ground and both feet + one hand beyond the tape line at all turn-arounds. Any contact in front of or on the line will result in a no rep and the athlete must return and complete the touch to standard. The athlete is not required to make contact with hand and floor when starting the first rep of a set or when finishing the final rep of a set. There are no half reps for shuttle runs. If a full 50 ft. is not completed by the end of the workout, it will be counted as a no-rep.

BENCH PRESS: Athletes will begin lying on a flat bench under a barbell. The barbell will begin fully extended overhead. The athlete will lower the barbell, making contact with any portion of the torso, and then return to full extension. Both feet must stay in contact with the floor at all times. Shoulders and glutes must stay in contact with the bench for the entirety of the rep. Floor pressing is not allowed. Use of an incline or decline bench is not allowed. The athlete is allowed a 40 in. working area on the barbell, which should be clearly marked with tape on the bar. If any portion of the fingers or hands make contact with the barbell tapeline (or outside of this area), the athlete will receive a no-rep. Athletes are allowed to place feet on plates if needed. Athletes are permitted any type of overhand grip style and thumbs around the bar are encouraged. The athlete must have clips on their bar before lifting and the use of a spotter is also highly encouraged. Any assistance from the spotter between the movement portion of the athlete lowering the bar or reaching full extension will result in a no-rep. Clear lockout between reps and on the final rep must be demonstrated. Locking the bar out "into the rig" on the final rep will result in a no-rep.



PUSH-UPS: Athletes will begin in a plank position on the hands and feet. The athlete will lower their body to the ground, making contact on the ground with the chest and quads. The athlete will then press from the floor to full extension in the same plank position that they lowered down in. Knee push-ups and “worming” off of the floor are not allowed. Making contact with the upper abdomen and floor is not a valid rep. Clear contact with the chest and floor (contact seen in a hand-release pushup) is valid.

ROPE CLIMBS: Athletes will start standing under a climbing rope with both feet on the floor. The rope should be clearly marked with tape at 15 ft. for Chief Division and 12 ft. for Officer Division. The athlete will climb the rope, making clear contact ABOVE the target height. Athletes are allowed to make contact with an object (anchor or beam) above the target height. Both feet must make contact with the floor between reps. There is no applied standard for the rope descent, but athletes are requested to descend in the safest manner possible.

STAND-LAY-STAND ROPE CLIMBS: Athletes will start standing in front of a climbing rope with both feet on the floor. The athlete will lower their body, hand-over-hand, to the floor until they are lying flat with full extension of the hips and knees. The athlete will return to a standing position by pulling their body up, hand-over-hand, until standing tall with full extension of the knees and hips.

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 4 - FLOOR LAYOUT

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

