

**MAYHEM
ATHLETE**
**EVERYDAY
HERO**
GAMES
2024

EVENT 2

AMRAP 10 MINUTES

2 Clean and Jerks ascending in weight
(185/125)*
10 Box Jump Overs (24/20)

**Athletes will increase the barbell weight by
10lbs (total) every round*

DIVISION VARIATIONS

CHIEF:

AMRAP 10 Minutes

2 Clean and Jerks ascending in weight
(185/125)*
10 Box **Jump** Overs (24/20)

- Scored by Reps

- Barbell weight begins at 185/125. Each time the athlete returns to the bar, 10lbs (total is added to the bar). Athletes may receive assistance with loading their bar.
 - Power Cleans or Squat Cleans are allowed.
- Athletes may choose to get the barbell overhead in any fashion, but must finish with feet in line and knees, hips and arms fully locked out with the barbell directly over the body.
- Athletes do not have to show full extension on top of the box. Athletes can jump on top of the box and down to the other side or clear the box. If jumping on top, both feet must make contact with the top of the box.
 - Step-ups/Step overs are not allowed. Athletes are allowed to step-down from the box.

OFFICER:

AMRAP 10 Minutes

2 Clean and Jerks ascending in weight
(135/85)*
10 Box **Step** Overs (24/20)

- Barbell weight begins at 135/85. Each time the athlete returns to the bar, 10lbs (total is added to the bar). Athletes may receive assistance with loading their bar.
- Athletes do not have to show full extension on top of the box. Athletes must step up and make contact with both feet.

EVENT 2 - SCORECARD

SCORE SUBMISSIONS DUE MONDAY, MAY 6, 11:59PM (CST).

ROUND 1	2 CLEAN & JERKS	2
	10 BOX JUMP OVERS	12
ROUND 2	2 CLEAN & JERKS	14
	10 BOX JUMP OVERS	24
ROUND 3	2 CLEAN & JERKS	26
	10 BOX JUMP OVERS	36
ROUND 4	2 CLEAN & JERKS	38
	10 BOX JUMP OVERS	48
ROUND 5	2 CLEAN & JERKS	50
	10 BOX JUMP OVERS	60
ROUND 6	2 CLEAN & JERKS	62
	10 BOX JUMP OVERS	72
ROUND 7	2 CLEAN & JERKS	74
	10 BOX JUMP OVERS	84
ROUND 8	2 CLEAN & JERKS	86
	10 BOX JUMP OVERS	96
ROUND 9	2 CLEAN & JERKS	98
	10 BOX JUMP OVERS	108
ROUND 10	2 CLEAN & JERKS	110
	10 BOX JUMP OVERS	120
ROUND 11	2 CLEAN & JERKS	122
	10 BOX JUMP OVERS	132
ROUND 12	2 CLEAN & JERKS	134
	10 BOX JUMP OVERS	144
ROUND 13	2 CLEAN & JERKS	146
	10 BOX JUMP OVERS	156
ROUND 14	2 CLEAN & JERKS	158
	10 BOX JUMP OVERS	168
ROUND 15	2 CLEAN & JERKS	170
	10 BOX JUMP OVERS	180

REPS COMPLETED: _____

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____

JUDGE NAME: _____



EVENT 2 - DESCRIPTION

SCORE SUBMISSIONS DUE MONDAY, MAY 6, 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). 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.

MOVEMENT STANDARDS

CLEAN & JERKS: Athletes start the movement with the barbell on the ground. Athletes will then clean the barbell to their shoulders in any fashion. Once the barbell has reached the shoulders, they will press the barbell overhead. A strict press, push press, or push jerk may be used to get the barbell overhead. The movement ends when hips, knees and arms fully locked out, the feet in line, and the barbell over the middle of the body.

BOX JUMP OVERS (CHIEF): Athletes start the movement with both feet on the ground. Athletes will then jump with both feet to the top of the box. They can choose to step down or jump down on the other side. Athletes must make contact with both feet on the top of the box. Athletes do not have to show full extension at the top of the box. Only the athlete's feet may make contact with the box. Athletes can choose to clear the box and not make contact at all.

BOX STEP OVERS (OFFICER): Athletes start the movement with both feet on the ground.. Athletes will then step up onto the box making contact with both feet at the top of the box. They do not have to show full extension at the top. They will then step down on the other side and finish with both feet back on the ground on the other side of the box. Athletes may not jump down from the top of the box.

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.