2019 Honor Games

RIG 1 – 10 minute time cap

The score is the time you finish. Any unfinished rep will add one second. Example: If you finish 10 muscle ups at the 10 minute mark, then your time would be 10:08 to account for the 8 unfinished reps. The tiebreak time will be the time the last snatch was completed.

Rx (male/male, female/female, co-ed)

50 Wall balls 30@10’/20@9’

21 Power snatch 135/95

42 Pull ups

15 Squat snatch 135/95

30 Chest to bar pull ups

9 Hang snatch 135/95

18 Muscle ups

Masters (male/male, female/female)

50 Wall balls 20@10’/14@9’

21 Power snatch 115/75

42 Pull ups

15 Squat snatch 115/75

30 Chest to bar pull ups

9 Hang snatch 115/75

18 Muscle ups

Scaled (male/male, female/female, co-ed)

50 Wall balls 20@10’/14@9’

21 Snatch 95/65

42 Pull ups

15 Snatch 95/65

30 Pull ups

9 Snatch 95/65

18 Pull ups

Beginner (male/male, female/female)

50 Wall balls 14@10’/10@9’

21 Snatch 45/35

42 Jumping pull ups

15 Snatch 45/35

30 Jumping pull ups

9 Snatch 45/35

18 Jumping Pull ups

LIFT – 5 minute clock

Each team will start on a 5 minute clock. Athlete 1 will have 90 seconds to complete as many reps as possible of their designated movement. There will be a 2 minute transition time between athletes. Athlete 2 will then have 90 seconds to perform as many reps as possible of their designated movement. Each athlete will choose their own weight. The weight cannot be changed during the athlete’s 90 second window. Score will be calculated as total weight moved (weight x reps). Tiebreaker will go to the team with more weight loaded onto the bar.

Rx/Masters/Scaled

Clean and jerk

Overhead squat

Beginner

Clean

Back squat

FIELD - 12 minute time cap

Score is the time you finish. There will be a tie break time for the last kettle bell swing completed prior to the handstand walk/bear crawl. Every rep not completed at 12 minutes will add one second to your time. Every five yards of lunges/bear crawl/handstand walk will be counted as one rep and will add one second to your time per five yards. Co-ed teams will have two kettle bells of appropriate weight: one for the male and one for the female.

Both athletes must run the full 200 yards. The kettle bell can be carried by one or both athletes in any manner desired. Athletes can split the burpees and kettle bell swings in any manner desired. Walking lunges, bear crawls/handstand walks cannot be split in increments less than five yards.

Run 100 yds with American flag, swap flag for kettle bell

Run 100 yds back to starting position with kettle bell

10 yds walking lunges with kettle bell (10 yd line)

10 burpees

10 yds walking lunges with kettle bell (20 yd line)

20 kettle bell swings

10 yds walking lunges with kettle bell (30 yd line)

10 burpees

10 yds walking lunges with kettle bell (40 yd line)

20 kettle bell swings

10 yds walking lunges with kettle bell (50 yd line)

10 burpees

10 yds walking lunges with kettle bell (60 yd line)

20 kettle bell swings

10 yds walking lunges with kettle bell (70 yd line)

10 burpees

10 yds walking lunges with kettle bell (80 yd line)

20 kettle bell swings

10 yds walking lunges with kettle bell (90 yd line)

10 burpees

10 yds walking lunges with kettle bell (100 yd line)

20 kettle bell swings

Swap kettle bell for American flag (non-working athlete will carry the flag)

100 yds handstand walk/bear crawl

12 minute timecap

Rx (male/male, female/female, co-ed)

Kettle bell 70/53

Overhead walking lunges

Handstand walk

Masters (male/male, female/female)

Kettle bell 53/35

Overhead walking lunges

Handstand walk

Scaled (male/male, female/female, co-ed)

Kettle bell 53/35

Racked walking lunges

Bear crawl

Beginner (male/male, female/female)

Kettle bell 35/26

Walking lunges with KB held in any manner desired

Bear crawl

RIG 2 – 12 minute time cap

30 Deadlifts

5 Box jumps

15 Toe to bar

25 Deadlifts

10 Box jumps

15 Toe to bar

20 Deadlifts

15 Box jumps

15 Toe to bar

15 Deadlifts

20 Box jumps

15 Toe to bar

10 Deadlifts

25 Box jumps

15 Toe to bar

5 Deadlifts

30 Box jumps

15 Toe to bar

Rx

Deadlift 225/155

Box Jump 30/24

Masters

Deadlift 205/135

Box Jump 24/20

Scaled

Deadlift 185/125

Step ups 24/20

Hanging knee raises

Beginner

Deadlift 135/95

Step ups 24/20

Hanging knee raises

Floater Pulling a vehicle LENCO, Dually, Firetruck, patrol car, etc