Inferno Pairs Series (Cardiff) Sport Guide
This document has been prepared for the Inferno Pairs Series (Cardiff) event at the National Indoor Athletics Centre on 12 & 13 August 2017. It has been written for participating athletes but it is also relevant to technical officials (judges) and workforce (salaried, paid, and volunteers).

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</tbody>
</table>
# Table of Contents

Table of Contents ........................................................................................................... 3

1. Introduction .................................................................................................................. 4

2. Workouts ...................................................................................................................... 5
   2.1 Workout 1A ............................................................................................................. 5
   2.2 Workout 1B ............................................................................................................ 6
   2.3 Workout 2 ............................................................................................................. 6
   2.4 Workout 3 ............................................................................................................. 7
   2.5 Workout 4 ............................................................................................................. 7
   2.6 Workout 5 ............................................................................................................. 7
   2.7 Workout 6 ............................................................................................................. 8
   2.8 Workout 7 ............................................................................................................. 8
   2.9 Final ....................................................................................................................... 9

3. Movement Standards .................................................................................................... 10
   3.1 Thruster ................................................................................................................ 10
   3.2 Bar Burpee .......................................................................................................... 10
   3.3 Row ...................................................................................................................... 10
   3.4 Sandbag Lunge ..................................................................................................... 10
   3.6 Ski Erg ................................................................................................................ 11
   3.7 Assault Bike ......................................................................................................... 11
   3.9 Box Jump Overs ................................................................................................... 11
   3.11 Clean and Jerk .................................................................................................. 11
   3.12 Sandbag Run ..................................................................................................... 12

4. Prizes ........................................................................................................................... 13

5. Heats ............................................................................................................................ 14
   5.1 Heat Composition - Day 1 ................................................................................... 14
   5.2 Heat Composition - Day 2 ................................................................................... 14
1. Introduction

Thank you for participating in the Inferno Pairs Series (Cardiff) event. We have worked hard to develop a high quality ‘athlete-centred, sports-focused’ competition to test your fitness and provide you with an enjoyable experience.

Please read this document carefully. It contains important information regarding the workouts, movement standards, prizes, and heats.
2. **Workouts**

Workouts 1A/1B, 2, 3 and 4 take place on Day 1 of competition. Workouts 5, 6, 7, and the Finals take place on Day 2 of the competition.

The males pairs will complete the workouts in this progression: 1A/B, 2, 3, 4, 5, 6, and 7.

The female pairs will complete the workouts in this progression: 2, 1A/B, 4, 5, 6, 3, and 7.

2.1 **Workout 1A**

**Exercise.** 1RM thruster.

**Time Cap.** 4 minutes.

**Pre-Workout Set-Up.** Enter the FoP and move to allocated lane. In their lane teams will find a platform, a 15kg/20kg bar, and a stack of weights.

**Scheme of Work.** Teams have 4 minutes to complete a 1RM thruster.

**Execution Regulations.** It is the responsibility of the team to load their own bar. The smallest weight increment increase is 2.5kg. Only one athlete is allowed on the platform at once. Athletes must confirm the weight on the bar with the judge before each lift. Athletes can make as many attempts as they want to set a 1RM during the 4 minutes allocated. The weight on the bar can be increased or decreased as the athlete sees fit.

**Post-Workout Action.** Prepare for Workout 1B by setting up the bar with the correct weight for the thrusters (athletes will have one minute to complete this action). Remain on the FoP for Workout 1B.

**Scoring.** The total 1RM of both athletes, measured in kilograms, constitutes the team score. Penalties are N/A.
2.2  **Workout 1B**

**Exercise.** 80 thrusters (40kg/30kg) / 80 bar burpees.

**Time Cap.** 6 minutes.

**Pre-Workout Set-Up.** In their lane teams will find a platform, a 15kg/20kg bar, and a stack of weights. The bar should be loaded with the correct weight at the end of Workout 1A.

**Scheme of Work.** Workout 1B immediately follows Workout 1A. Athletes can share the workload as they deem fit, although the sequence cannot be changed - 80 thrusters must be completed prior to moving to the 80 bar burpees.

**Execution Regulations.** The bar must begin on the floor. Athletes must tag one another whenever the working athlete changes. The bar must return to the floor between the thruster transitions. Time will stop when both athletes are touching their finishing box.

**Post-Workout Action.** It is the responsibility of the athletes to return the platform to its pre-workout set-up condition (Workout 1A). Exit the FoP.

**Scoring.** Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 3 seconds for every repetition not completed (06:00 plus 00:03, 00:06, etc).

2.3  **Workout 2**

**Exercise.** 2,000m row.

**Time Cap.** 9 minutes.

**Pre-Workout Set-Up.** Enter the FoP. Move to allocated lane, the first athlete sits on the equipment but does not touch the performance monitor. The performance monitor is pre-set with a 2,000m race. This will be activated by a judge/volunteer.

**Scheme of Work.** The team completes 2,000m on the indoor rower as quickly as possible.

**Execution Regulations.** The first athlete will start seated on the rower with the handle racked. Athletes do not have to insert their feet inside the footplate straps of the rower if they do not want to. The athlete can be assisted getting in and out of the footplate straps by their team mate. Athletes can distribute the work as they wish but each athlete must complete at least 500m. The final working athlete must remain seated on the rower until the monitor has no meters left to row and the race time is given.

**Post-Workout Action.** Exit the FoP.

**Scoring.** Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised one second for every meter not completed.
2.4  **Workout 3**

**Exercise.**  8 rounds (alternating) 10m sandbag lunge (20kg/10kg) / 10 dumbbell snatch (20kg/12.5kg) / 10/7 ski erg calories.

**Time Cap.**  12 minutes.

**Pre-Workout Set-Up.**  Enter the FoP and move to allocated lane. Exercise equipment is set-up ready for the workout.

**Scheme of Work.**  Athletes to work alone in an alternating sequence.

**Execution Regulations.**  The sandbag begins on the floor. Athletes must tag each other between work efforts. The first athlete may not move to any subsequent exercise station until he/she is tagged by their partner. Time will stop when both athletes are touching the top of their finishing box.

**Post-Workout Action.**  Exit the FoP.

**Scoring.**  Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 3 seconds for every repetition not completed (12:00 plus 00:03, 00:06, etc).

2.5  **Workout 4**

We are working with a partner to deliver something spectacular but we are not ready to make the announcement yet. Details of this workout will be published on Facebook in due course.

**Exercise.**  TBC.

**Time Cap.**  TBC.

**Pre-Workout Set-Up.**  TBC.

**Scheme of Work.**  TBC.

**Execution Regulations.**  TBC.

**Post-Workout Action.**  TBC.

**Scoring.**  TBC.

2.6  **Workout 5**

**Exercise.**  2 rounds 50/35 assault bike calories / 40 dumbbell cleans (20kg/12.5kg) / 30 box jump overs (24"/20").

**Time Cap.**  12 minutes.
Pre-Workout Set-Up. Athletes will start on the start line. Once the total reps of each station have been completed, athletes will advance to the next platform.

Scheme of Work. Athletes can share the workload as they deem fit, although the sequence cannot be changed, i.e. 50/35 assault bike calories must be completed before advancing to the cleans, etc.

Execution Regulations. Athletes must tag each other between work efforts. The first athlete may not move to any subsequent exercise station until he/she is tagged by their partner. Time will stop when both athletes are touching the top of their finishing box.

Post-Workout Action. Exit the FoP.

Scoring. The score is the time taken for the team to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 3 seconds for every repetition not completed (12:00 plus 00:03, 00:06, etc).

2.7 Workout 6

Exercise. 4 rounds (alternating) 400m sprint (1,600m in total).

Time Cap. 12 minutes.

Pre-Workout Set-Up. Enter the FoP and move to allocated lane.

Scheme of Work. On the count of '3-2-1 go!' the first athlete completes a 400m sprint before tagging the second athlete. The second athlete completes a 400m sprint before tagging the first athlete. This sequence continues for 4 rounds in total.

Execution Regulations. Athletes start and finish in their own lane marked by a soft plyo cube. Transitions are made when both athletes have their hands on the soft plyo cube.

Post-Workout Action. Exit the FoP.

Scoring. Time taken to complete the workout measured in minutes and seconds. Time is stopped when both athletes have their hands on the soft plyo cube that marks the end of the lane. If teams do not complete the workout within the time cap they will be penalised 90 seconds for every uncompleted 400m sprint (12:00 plus 01:30 etc). Teams can be penalised if an athlete is judged to have deliberately impeded another athlete from a different team.

2.8 Workout 7

Exercise. Clean and jerk ladder – 35 / 25 / 15 / 5 repetitions at 40 / 60 / 80 / 100kg for males and 30 / 45 / 55 / 65kg females.

Time Cap. 10 minutes.

Pre-Workout Set-Up. Athletes will start with the bar loaded with the first starting weight. Once the total reps of each station have been completed, athletes will advance the bar to the next platform and add their own weights to the increased load.
**Scheme of Work.** On the count of '3-2-1 go!' the athletes move to the first lifting station and complete 35 repetitions (work can be shared) and then 25 repetitions before moving to the second lifting station and completing 15 and 5 repetitions.

**Execution Regulations.** Athletes must tag each other between transitions. Teams are not permitted to move to the next lifting station before they have completed the requisite repetitions on the weight they are on. Time will stop when all repetitions on all four stations have been completed.

**Post-Workout Action.** Assist with returning the lifting platforms to the pre-workout condition. Exit the FoP.

**Scoring.** The score is the time taken for the team to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 3 seconds for every repetition not completed (10:00 plus 00:03, 00:06, etc).

### 2.9 Final

The workout for the Final will be notified via the IR Facebook page after Workout 7 on 13 August 2017.
3. Movement Standards

Athlete performance will be judged against the following movement standards.

3.1 Thruster

A standard barbell thruster where the barbell moves from the bottom of a full squat with the bar in a front rack position, to full lockout overhead in a single movement. In the squat position the hip crease must be below the top of the knee cap. A squat clean into the thruster is allowed if the bar is on the ground. In the final position the bar must be over the centre of the body with the hips, knees, and elbows fully extended.

3.2 Bar Burpee

The starting position for the first bar burpee in each sequence is the upright position with the hips and knees fully extended (locked-out). No lockout is required between repetitions. At the bottom position the athlete must be parallel to the bar with their chest and hips in contact with the ground. The athlete must then jump over the bar with a two-footed take off and landing. Stepping over or a one footed take off is not permitted.

3.3 Row

The athlete must not touch the performance monitor. The athlete may adjust the footplate and straps. Athletes do not have to insert their feet into the straps. The working athlete must remain seated on the rower until the meters have been completed. Athletes can set their own slider setting.

3.4 Sandbag Lunge

The sandbag must be positioned across the shoulders in the back rack position. The sandbag must be behind the neck and in contact with both shoulders. At the bottom position the knee must touch the floor. At the top position the knees and hips must be completely open with the feet in-line. Athletes must alternate legs.

3.5 Dumbbell Snatch

The dumbbell must be moved from the ground to full lockout overhead in one continuous motion, without stopping at the shoulders. The top position requires the knees and hips to be fully open, with the dumbbell locked out overhead and over the center of the body. Once the top position is successfully established, the dumbbell must be brought back to the ground under control while maintaining a full grip with at least one hand. The athlete may use either or both hands to lower the weight under control. The dumbbell may not be dropped from any height. The athlete may switch hands while lowering the dumbbell as long as control is maintained at all times.

Athletes must alternate arms after each repetition. If at any point they cannot complete a repetition with one arm, they cannot proceed to the next repetition until they have completed a repetition with that arm. Both heads of the dumbbell must touch the ground at the beginning and end of each repetition on the white number, and be under control the entire time. One complete repetition starts on the ground, is snatched to full lockout overhead, then brought back to the ground under control. On
the final rep at any location, the athlete much touch the dumbbell to the ground under control at the current number before moving on.

3.6 Ski Erg

The athlete must not touch the performance monitor. Athletes may set their own slider setting. The working athlete's hands must remain on the handles until they have completed their mandated meters.

3.7 Assault Bike

Athletes must not touch the performance monitor. Athletes may adjust seat height and orientation.

3.8 Dumbbell Clean

For the clean, the dumbbells begin on the ground, outside the athlete's feet. Touch-and-go is permitted, and only one head of each dumbbell is required to touch the floor between repetitions. No bouncing.

A muscle clean, power clean, squat clean or split clean may be used, as long as the dumbbells come up to the shoulders in one motion, the hips and knees are fully extended, the feet are in line, and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body.

3.9 Box Jump Overs

All repetitions must begin from the same side of the box and completed in multiples of two. Each repetition begins in the standing position. The athlete must take-off with two feet and land on the top of the box with two feet (step-ups and one-footed jumping/step overs are not permitted). Athletes may step down off the top of the box. Only the feet may come into contact with the box. The repetition finishes when both the athlete’s feet are back on the ground.

3.10 Run

Athletes must exit/enter the running track from the end of their allocated lane. Athletes must not cut corners on the running track or impede other athletes.

3.11 Clean and Jerk

The clean and jerk must be completed in two distinct movements. The clean can be a muscle clean, a power clean, a squat clean, or a split clean. Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position (elbows in front of the bar with hips and knees fully extended). The jerk (overhead portion of the movement) can be a shoulder press, push press, push jerk, or split jerk, as long as the elbow, shoulder, hips, and knees are fully extended, and the barbell finishes directly over the body with the feet in line.
3.12 **Sandbag Run**

Athletes must exit/enter the running track from the end of their allocated lane. Athletes must not cut corners on the running track. Sandbags can be carried as the athletes wish.

3.13 **Sandbag Back Squat**

The sandbag must be positioned across the shoulders in the back-rack position. The sandbag must be behind the neck and in contact with both shoulders. At the bottom position the crease of the hips must pass below the top of the knee cap. At the top position the knees and hips must be completely open.

3.14 **Synchro Burpees**

The starting position is the upright position with the hips and knees fully extended (locked-out). No lockout is required between repetitions. At the bottom position the athlete must have their chest and hips in contact with the ground. Synchronisation is achieved when athletes start and finish the up and down movements at the same time.

3.15 **Power Snatch**

In the snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended. The bar must be directly over the heels and the feet must be together. A clean and jerk is not permitted.
4. **Prizes**

The winning team will receive £500, the second placed team £300, and third placed team £150 along with a personalised podium banner with their team name and athlete names (these will be provided after the event as they have to be designed and made).

All teams reaching the podium receive free entry into a future IPS event.

All prizes are awarded at the discretion of IR.
5. Heats

There are 240 teams competing at the event (MM - 149, FF - 91). Workouts 1A/1B, 2, and 4 are completed in heats of 20 teams and the Workouts 3, 5, 6, and 7 in heats of 15 teams.

Please note that your heat number may therefore change depending on the workout.

5.1 Heat Composition - Day 1

The heat composition on Day has been published on our website on the 'Event Resources' page. There are two documents, one for the male pairs competition and one for the female pairs competition.

5.2 Heat Composition - Day 2

Teams will be seeded on Day 2 depending on their performance on Day 1. Therefore heat composition will change. The top performing teams will be in the first heat.

Notification will be made on our website by 20:30 on Sat 12 Aug 17.