

THE RINGER INDY

Elite Individuals

For Time: *12 Minute Time Cap* 100 Points

75 Foot Handstand Walk [Symbol] 25 Foot Minimum

5 Rounds:

6/4 Ring Muscle Up

50 Double Under [Symbol] Advance Rope After Each Round

75ft Handstand Walk [Symbol] 25 Foot Minimum

Variations:

Masters 35-44:

75 Foot Handstand Walk [Symbol] 5 Foot Minimum

4 Rounds:

5/3 Ring Muscle Up

50 Double Under [Symbol] Advance Rope After Each Round

75ft Handstand Walk [Symbol] 5 Foot Minimum

Intermediate Individuals/Masters 45+:

50 Foot Single Arm Dumbbell Overhead Walking Lunge 50/35lb [Symbol] Switch Hands at 25'

5 Rounds:

12/9 Chest to Bar Pull Up

50 Double Under [Symbol] Advance Rope After Each Round

50 Foot Single Arm Dumbbell Overhead Walking Lunge 50/35lb [Symbol] Switch Hands at 25'

Scaled Individuals:

50 Foot Single Arm Dumbbell Front Rack Walking Lunge 50/35lb [Symbol] Switch Hands @ 25'

5 Rounds:

12/9 Pull Up

50 Single Under [Symbol] Advance Rope After Each Round

50 Foot Single Arm Dumbbell Front Rack Walking Lunge 50/35lb [Symbol] Switch Hands @ 25'

**Substitute for Pullups: 12 Alternating Single Arm Dumbbell Snatch 35/25 Pounds for both men and women.*

**if you substitute you will rank lower on the leaderboard than an athlete who completes 1 pullup. You must choose to do pull ups or dumbbell snatches prior to the commencement of the event. You cannot switch once the event begins. The athlete is responsible for notifying the briefer and judge before their heat begins.*

Event Description:

The athlete begins on the starting mat. On the call of 3,2, 1.. Go! The athlete will begin the handstand walk. Once complete they will begin 5 rounds of Ring Muscle Ups and Double Unders. Athletes will advance their rope after each successful round is complete, to the next quadrant of the mat. After the last set of handstand walk is complete, the athlete will cross the finish line which will conclude the event. Your score is time or cap + completed reps.

Movement Standards:

Ring Muscle Up

- Athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground.
- Heels may not rise above the height of the rings during the kip.
- Elbows must be fully locked out while in the support position above the rings.
- Strict or kipping muscle ups are allowed, but swings and/or rolls to support are not allowed.
- If consecutive kipping muscle ups are performed, a change of direction below the rings is required.

Double Under

- This is a standard double under where the rope passes completely under the feet twice for each jump.
- The rope must spin forward for the rep to count.

Handstand Walk

- Athlete must start behind the marker.
- Both hands must clearly begin behind the line.
- Athletes must travel a minimum of 25 feet for the rep to count. (f feet for masters)
- Both hands must clearly pass the designated marker. If the athlete does not clear the 5-foot line before coming down, it will be considered a no rep. Each 5-foot section = 1 rep.

Dumbbell Snatch

- This movement begins with the dumbbell on the ground and finishes with the dumbbell directly overhead.
 - At the bottom of the movement BOTH heads of the dumbbell must touch the ground.
 - The dumbbell must be lifted overhead in one motion. Touch and go is permitted. Bouncing the dumbbell is not allowed.
 - Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before they can switch hands for the next rep.
 - The non-lifting arm may not contact the body during the repetition.
 - If an athlete receives a "no rep" and has already switched hands, the athlete may proceed from where they are. The athlete does not need to return the dumbbell to the no-repped arm for the next repetition to count.
 - At the top the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body.
 - The athlete may choose to do a muscle snatch, power snatch, squat snatch, or split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

Pull Up

- Strict, kipping or butterfly variations are allowed if all other requirements are met.
- At the bottom, the arms must be fully extended with the feet off the ground.
- At the top, the chin must clearly meet the bar below the collarbone.

Chest to Bar Pullup

- Strict, kipping or butterfly variations are allowed if all other requirements are met.
- At the bottom, the arms must be fully extended with the feet off the ground.
- At the top, the chest must clearly meet the bar below the collarbone.

Single Under

- This is a standard single-under in which the rope passes completely under the feet once for each jump.
- The rope must spin forward for the rep to count.

Single Arm Dumbbell Overhead Walking Lunge

- Lunge begins with dumbbell in the overhead position, the feet together, and the athlete standing tall.
- The dumbbell must always remain above the athletes' head.
- The back knee must clearly contact the ground. Stepping through the lunge is allowed if the movement requirements are met. Full extension of the knee and hip is required at the top of each rep.
- An unbroken section of 5 feet must be completed before setting the dumbbells down.

Single Arm Dumbbell Front Rack Walking Lunge

- Lunge begins with dumbbell at shoulder, the feet together, and the athlete standing tall.
- The rear head of dumbbell must be clearly over or slightly behind the center of the athlete's body when viewed from profile. Dumbbell must remain at the shoulder, and the hands must remain around the dumbbell handle for the duration of the rep.
- Releasing the grip on the handle and letting the dumbbell rest solely is a no rep.
- The back knee must clearly contact the ground. Stepping through the lunge is allowed if the movement requirements are met. Full extension of the knee and hip is required at the top of each rep.
- An unbroken section of 5 feet must be completed before setting the dumbbell down.

THE RINGER TEAMS

For Time: *18 Minute Time Cap* 100 Points

*Round for Round

Elite Trio Teams

9 Rounds;

6/4 Ring Muscle Up

50 Double Under

25 Foot Handstand Walk – 25 Foot Minimum

**tag partner*

Intermediate Trio Teams

9 Rounds;

12/9 Chest to Bar Pull Up

50 Double Under

25 Foot Single Arm Dumbbell Overhead Walking Lunge 50/35lb

**tag partner*

Scaled Trio Teams

9 Rounds;

12/9 Pull Up

50 Single Under

25 Foot Single Arm Dumbbell Front Rack Walking Lunge 35/25lb

**tag partner*

**Substitute for Pullups: 12 Alternating Single Arm Dumbbell Snatch 35/25 Pounds*

**if you substitute you will rank lower on the leaderboard than an athlete who completes 1 pullup. You must choose to do pull ups or dumbbell snatches prior to the commencement of the workout. You cannot switch once the workout begins. The whole team will either do pull ups or dumbbell snatch. The athlete is responsible for notifying the briefer and judge before their heat begins.*

Workout Description

All team members begin at the starting position. On the call of 3,2,1.. Go! Athlete one will begin their first round of the triplet. Athlete two and three will stay at the starting position. Please ensure your ropes are kept in your lane. Once athlete one has finished the handstand walk, they will run to the starting position and tag athlete two. Athlete two will complete the next round of the triplet before tagging athlete three. This will continue, round for round until 9 rounds are complete. You are required to keep the same order of team members throughout the entire workout. Each team member must complete 3 full rounds. Your score is time to complete or caps + completed reps.

Movement Standards

Ring Muscle Up

- Athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground.
- Heels may not rise above the height of the rings during the kip.
- Elbows must be fully locked out while in the support position above the rings.
- Strict or kipping muscle ups are allowed, but swings and/or rolls to support are not allowed.
- If consecutive kipping muscle ups are performed, a change of direction below the rings is required.

Double Under

- This is a standard double under where the rope passes completely under the feet twice for each jump.
- The rope must spin forward for the rep to count.

Handstand Walk

- Athlete must start behind the marker.
- Both hands must clearly begin behind the line.
- Athletes must travel a minimum of 25 feet for the rep to count.

- Both hands must clearly pass the 25 foot marker. If the athlete does not clear the 5 foot line before coming down, it will be considered a no rep. Each 5 foot section = 1 rep.

Dumbbell Snatch

- This movement begins with the dumbbell on the ground and finishes with the dumbbell directly overhead.
- At the bottom of the movement BOTH heads of the dumbbell must touch the ground.
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- Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before they can switch hands for the next rep.
- The non-lifting arm may not contact the body during the repetition.
- If an athlete receives a "no rep" and has already switched hands, the athlete may proceed from where they are. The athlete does not need to return the dumbbell to the no-repped arm for the next repetition to count.
- At the top the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body.
- The athlete may choose to do a muscle snatch, power snatch, squat snatch, or split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

Pull Up

- Strict, kipping or butterfly variations are allowed if all other requirements are met.
- At the bottom, the arms must be fully extended with the feet off the ground.
- At the top, the chin must clearly meet the bar below the collarbone.

Chest to Bar Pullup

- Strict, kipping or butterfly variations are allowed if all other requirements are met.
- At the bottom, the arms must be fully extended with the feet off the ground.
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Single Under

- This is a standard single-under in which the rope passes completely under the feet once for each jump.
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Single Arm Dumbbell Overhead Walking Lunge

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- The dumbbell must always remain above the athletes' head.
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- An unbroken section of 5 feet must be completed before setting the dumbbells down.

Single Arm Dumbbell Front Rack Walking Lunge

- Lunge begins with dumbbell at shoulder, the feet together, and the athlete standing tall.
- The rear head of dumbbell must be clearly over or slightly behind the center of the athlete's body when viewed from profile. Dumbbell must remain at the shoulder, and the hands must remain around the dumbbell handle for the duration of the rep.
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