

2019
**MIDSUMMER
 MELEE**
 HTOWN TEXAS

Event 1

TRIPLE Scored Event

Score 1 (50pt scale): Burpee Box Jump Over completion time

Score 2 (50pt scale): Total Calories Rowed

Score 3 (50pt scale): AMRAP Score

Intermediate	Scaled
From 0:00 to 7:00 For time: 100 Burpee Box Jump Over	From 0:00 to 7:00 For time: 100 Burpee Box Jump/step Over
From 7:00 to 9:00 Rest/Transition	From 7:00 to 9:00 Rest/Transition
From 9:00 to 19:00 <i>While one partner accumulates rowing calories, the other completes:</i> AMRAP (partners rotating in any fashion) 2-4-6-8-10-12-etc. Toes-to-bar Alternating Dumbbell Snatch, 50/35	From 9:00 to 19:00 <i>While one partner accumulates rowing calories, the other completes:</i> AMRAP (partners rotating in any fashion) 2-4-6-8-10-12-etc. Hanging Knee Raises Alternating Dumbbell Snatch, 35/20

On the call of 3, 2, 1, GO, the 3 athletes will begin their burpee box jump overs. Any rotation must occur at their starting station. Once 100 repetitions are complete or when the clock reaches 7 minutes, all athletes will proceed to their designated rower and starting mat. When the clock reaches 9 minutes, one athlete may begin rowing while the other works on the couplet. The athletes may rotate in any fashion, as long as one athlete is on the rower. The workout is completed once the clock reaches 19 minutes.

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Event 1 Movement standards:

Burpee Box Jump on and over (facing)

The burpee must be performed perpendicular to and facing the box. The burpee box jump-over starts with the athlete's body along the box touching their chest and thighs to the ground, and finishes with the athlete jumping on and over the box. There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required (**unless in scaled division**), and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, and the athlete may use their hands. No other parts of the body may touch the box except hands and feet. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

Dumbbell Snatch:

Both heads of the dumbbell must touch the ground at the beginning and end of each repetition, 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 OR can be brought to the other hand after a full lockout is achieved.

The dumbbell must be moved from the ground to full lockout overhead in one continuous motion without stopping at the shoulders. Pressing out at the top is permitted, as long as the dumbbell never descends within the repetition. The other hand may not be used to assist the lift.

The top position is fully locked out overhead with the working arm, plus full extension of the hips and knees with the weight clearly under control. The feet must be brought back together if the lifter "wanders" or uses a split style.

A press out is acceptable. Also acceptable are split, power, squat or muscle snatches, as long as the requirements for the finish position, mentioned above, are met.

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. Dropped repetitions do not count. Losing control of the dumbbell at any point invalidates the repetition.

Toes-to-bar

In the toes-to-bar, the Athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.



Event 2

Single Scored Event

Score 1 (100pt scale): Total weight lifted

Intermediate	Scaled
<p>For time (split any way): 50/35 Calorie Assault bike 9 Squat clean, 155/105 7 Squat clean, 185/125 5 Squat clean, 205/135 3 Squat clean, 225/145 1 Squat clean, 255/165</p> <p>5 Minute time cap</p>	<p>For time (split any way): 50/35 Calorie Assault bike 9 Squat clean, 95/65 7 Squat clean, 115/75 5 Squat clean, 135/85 3 Squat clean, 155/105 1 Squat clean, 165/115</p> <p>5 Minute time cap</p>

On the call of 3, 2, 1, GO, athlete 1 will mount the Assault bike and begin working for their calories. Once the calories are completed (can be split any way), the athletes can proceed to the first barbell and begin their squat cleans. There will be only one barbell-- therefore, once a weight is completed, the athletes must roll the bar forward and load their barbell with clips. This pattern continues until the athletes complete the last squat clean or the clock reaches 5 minutes. All of the work can be split any way, and there is NO minimum work requirement for any individual athlete.



Event 2 Movement Standards

Squat Clean

The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

The athlete must pass through a full squat with hips below the knees. Receiving the barbell in the bottom of the squat is not required; a power clean or split clean followed by a front squat will be permitted, but a deadlift followed by a hang clean is not allowed. The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.



Event 3

Single Scored Event (Total time)

Intermediate	Scaled
<p>4 Rounds for time (split any way): 20 Thruster, 115/75 80 Double-unders 15 Power Snatch</p> <p>12 Minute time cap</p>	<p>4 Rounds for time (split any way): 20 Thruster, 75/55 80 Single-unders 15 Power Snatch</p> <p>12 Minute time cap</p>

On the call of 3, 2, 1, GO, athlete 1 will run to their respective barbell and begin their thrusters. The barbell will be progressively rolled forward at the completion of each round. Any rotation in the entire workout must be made at the designated transition station-- athletes will not be allowed to stand in the same working area. The workout is completed when the 15th power snatch in the 4th round is done, or when the clock reaches 12 minutes.



Event 3 Movement Standards

Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body

Double-Under

Standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Snatch

The barbell begins on the ground and must be lifted overhead in one motion. Power, squat and split snatches are all permitted, but in each instance the athlete's feet must be brought back in line. This is not a ground-to-overhead any way. A clean and jerk is a no rep. Touch and go is permitted but deliberately bouncing the barbell is not. The bar can be dropped from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition.

The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.