

## **2024 Hybricon Games HQT Operating Procedures HQT24 - SOP**

### **Purpose:**

The Hybricon Games Qualification Test is a 90-minute fitness test conducted to qualify athletes for the 2024 Hybricon Games.

### **Qualifications:**

We will invite 24 men and 24 women to the 2024 Hybricon Games based on the HQT's overall scores.

### **Qualifier Test Explanation:**

Affiliate gyms will have a 90-minute running clock through each HQT wave.

#### **- Minutes 0-15**

will contain the 10-minute max meter row test, where athletes test how far (meters) they can row in ten minutes. There will be a 5-minute buffer to move rowers, reset, etc.

#### **- Minutes 15-30**

This time will be reserved for rest and for group B (if needed) to conduct the 10-minute max meter row test.

#### **- Minutes 30-45**

will contain Part A - 7 minutes to find 1RM deadlift

And

Part B - 3 minutes to find max squat reps. 225lb for men, and 165lb for women.

A 5-minute buffer is included for resetting, scoring, reset, etc.

#### **- Minutes 45-60**

This will be reserved for Group B (if needed) to conduct the 7-minute 1RM deadlift and 3-minute max squat test.

- **Minutes 60-75**

Will contain Part A - 1 Mile Run

Directly into:

Dumbbell DT (5 Rounds) 50lb for men, 35lb for women.

12 Deadlift

9 Cleans

6 Shoulder to Overhead

\*fastest time possible\*

- **Minutes 75-90**

Will be reserved for Group B (if needed) to conduct 1 Mile run and Dumbbell DT

**Competition Standards and Allowed Gear:**

**Chalk, knee sleeves, wrist wraps, and elbow sleeves ARE allowed. Lifting straps, or any gear that wraps around the bar is NOT allowed.**

**10 Minute Max Meter Row:**

- Athletes are allowed to rest on or off the rower if needed. This includes hydration and fueling.

**Deadlift and Squat:**

- Judges will not touch the weight or the barbell at any time.
- Loading and unloading can be done by a friend or spectator if needed.
- Athletes must lock out fully at the top of the squat and deadlift until the judge calls a full rep.
- Athletes may use hook grip or reverse grip for deadlifts.
- Athletes may rack the weight to rest during the squat if needed.
- Athletes must break 90 degrees at the bottom of the squat for the rep to count.

**1 Mile Run and Dumbbell DT:**

- Athletes will complete a 1-mile run (in a loop or 1-mile course). Then, go directly to the Dumbbell DT portion.
- Dumbbells will start on the floor, with athletes standing above. When the time starts, athletes bend down and pick up the dumbbell.
- Only one dumbbell head must touch the ground for the deadlift rep to count, and athletes must stand up and lock out for the rep to count.

- Dumbbells must start by the athlete's side, with arms locked out, and use a "hang clean" method to get dumbbells above the shoulder (demonstrated in the video)
- Dumbbells must start above the shoulder during the shoulder-to-overhead movement and be locked out at the top of the athlete's rep (demonstrated in the video)

### **Scoring:**

**There are three events but five scoring metrics. Here is a breakdown of the scoring metrics which is reflected on your scorecards:**

Metric 1 - Total Meters in 10 Minutes

Metric 2 - Total 1RM Deadlift Weight

Metric 3 - Total Squats in 3 Minutes

Metric 4 - 1 Mile Run Time

Metric 5 - Dumbbell DT Finishing Time

### **Endex:**

We are looking forward to seeing your athlete's scores! For any support questions, please email [support@thebattlebunker](mailto:support@thebattlebunker) and we will respond ASAP. Gym affiliates are our priority over this qualifier. Please direct athlete questions to your local HQT gym host and use [support@thebattlebunker.com](mailto:support@thebattlebunker.com) as a secondary response method.

