

"DON'T FALL ON YOUR SWORD"

FOR TIME:

15-12-9-6

WALLBALLS

BOX JUMP OVER

4-3-2-1

ROPE CLIMB

TIME CAP - 10:00

WEIGHTS/MOVEMENTS PER DIVISION

RX: 20LBS/14LBS MEDICINE BALL TO 10FT./9FT TARGET | 24"/20" BOX HEIGHT | 15FT. ROPE CLIMB

SCALED: 14LBS/10LBS MEDICINE BALL TO 10FT./9FT TARGET | 24"/20" BOX HEIGHT | 11FT. ROPE CLIMB

RX MASTERS (50+): 14LBS/10LBS MEDICINE BALL TO 10FT./9FT TARGET | 24"/20" BOX HEIGHT | 11FT. ROPE CLIMB

SCALED MASTERS (50+) - 14LBS/10LBS MEDICINE BALL TO 10FT./9FT TARGET | 24"/20" BOX HEIGHT | 11FT. ROPE CLIMB

WORKOUT FLOW

- This workout begins with the athlete standing on the starting mat. At the call of 3,2,1, GO!... The athlete will move to the medicine ball and perform 15 Wallballs. Once complete, the athlete will then move to the Box and perform 15 Box Jump Overs, a step down on each rep is REQUIRED. Once the Box Jump Overs are complete, the athlete MUST move the box to the next Box Jump Over area ahead. Once the Box is in the correct area, the athlete will now move to the Rope and perform 4 Rope Climbs to the specific height in the division, 15ft. for RX and 11ft for Scaled and RX Masters. Once the Rope Climbs are complete the athlete will then move back to the medicine ball.
- The order of the movements will stay the same but the rep scheme will follow a descending rep count. The rest of the workout will go as follows, 12 Wallballs, 12 Box Jump Overs, MOVE BOX, 3 Rope Climbs, 9 Wallballs, 9 Box Jump Overs, MOVE BOX, 2 Rope Climbs, 6 Wallballs, 6 Box Jump Overs, 1 Rope Climbs. On the last set of 6 Box Jump Overs the athlete is NOT required to move the box forward. Once the final rope climb is complete, the athlete MUST run to the finish mat on the opposite side of the floor for the workout to be completed.
- Time will be called when the athlete is on the finishing mat.
- If an athlete does not complete the reps under the given time cap, every rep not completed will add :01 to the time cap to provide the athlete with a timed score.

GENERAL/EQUIPMENT STANDARDS

- For the Wallballs, if the medicine ball, for any reason, leaves the area where the Wallballs are being done, the athlete is required to retrieve and bring the ball back to the area. The judge will provide no assistance unless safety is a concern.
- For the Box Jump Overs, a STEP DOWN is required after each rep. This includes the LAST REP OF EACH SET. If a jump off/leap off on the last rep of any set occurs, it will be considered a no rep and you must complete the rep with a step down before heading to the rope or the finish line.
- After each set of Box Jump Overs, the athlete MUST move the box forward before moving to the rope or to the finish line. After the set of 6 Box Jump Overs, the athlete is NOT required to move the box forward.
- For the 15ft Rope Climb to count as a rep, one hand must come in contact with the 15ft. crossmember that the rope is secured to.
- For the 11ft. Rope Climb to count as a rep, one hand (entire hand, not fingertips) must clearly pass the marked tape line.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

WALLBALLS (ALL DIVISIONS)

At the start of each rep, the ball must be in the support position in front of the athlete's body. Squat until the hip crease is below the knees. A squat clean to start the set is allowed but not required as long as the ball starts on the ground. The rep is credited when the centre of the ball clearly hits the centre of the 10ft./9ft. target. If the ball hits the underside or sides of the target, the rep will not count. If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

BOX JUMP-OVERS (RX DIVISION)

The athlete starts with both feet on the ground on one side of the box. Do NOT angle the box and jump or step up on the corner. A lateral jump-over the box (starting with the feet parallel to the box) IS permitted. A two-foot takeoff is always required, and only the athlete's feet may touch the box. After landing on the box, the athlete MUST step off to the other side. There is no requirement to stand tall while on top of the box. Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it. A two-foot landing is required. Rebounding into the next jump is NOT permitted. The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep. When completing the last rep of each box jump-over set, a step down is also required, jumping off or leaping off of the box will not be permitted and will be considered a no rep. For a STEP DOWN rep to be credited, we must clearly see one foot on the box and one foot on the floor for it to be considered a step down.

BOX JUMP-OVERS (SCALED & MASTERS DIVISIONS)

All standards from above apply with the addition of the following...

You may step up. Both feet MUST touch the top of the box if stepping up and over. Athletes MUST step down from the box for the rep to count. Rebounding into the next jump is NOT permitted. The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep. When completing the last rep of each box jump over set, a step down is also required. Jumping off or leaping off of the box will not be permitted and will be considered a no rep.

ROPE CLIMBS (ALL DIVISIONS)

Each rep starts with both feet on the ground. The athlete may jump into the rope climb. Any style of climbing is permitted. For the RX Division, the rep is credited when one hand clearly touches the 15ft. crossmember where the rope is secured to. For the Scaled and Masters Divisions, the rep is credited when one hand (entire hand, not fingertips) clearly touches above the designated mark. There is no requirement during the descent of the climb.

"6FT. UNDER"

3 ROUNDS FOR TIME:
8 SNATCHES (DESCENDING WEIGHT EACH ROUND)
4 BAR MUSCLE UPS
THEN...
25FT. HANDSTAND WALK TO THE FINISH

TIME CAP - 6:00

WEIGHTS/MOVEMENTS PER DIVISION

RX

ROUND 1: 115LBS/75LBS

ROUND 2: 95LBS/65LBS

ROUND 3: 75LBS/55LBS

4 BAR MUSCLE UPS PER ROUND, 25FT. HANDSTAND WALK (5FT. UNBROKEN SEGMENTS)

SCALED

ROUND 1: 75LBS/55LBS

ROUND 2: 65LBS/45LBS

ROUND 3: 55LBS/35LBS

8 CHIN OVER-THE-BAR PULL UPS, 25FT. SINGLE DUMBBELL OVERHEAD WALKING LUNGES (5FT. UNBROKEN SECTIONS) @ 50LBS/35LBS

RX MASTERS

ROUND 1: 95LBS/65LBS

ROUND 2: 75LBS/55LBS

ROUND 3: 55LBS/45LBS

6 CHEST-TO-BAR PULL UPS, 25FT. SINGLE DUMBBELL OVERHEAD WALKING LUNGES (5FT. UNBROKEN SECTIONS) @ 50LBS/35LBS

SCALED MASTERS

ROUND 1: 75LBS/55LBS

ROUND 2: 65LBS/45LBS

ROUND 3: 55LBS/35LBS

6 CHIN OVER-THE-BAR PULL UPS, 25FT. SINGLE DUMBBELL OVERHEAD WALKING LUNGES (5FT. UNBROKEN SECTIONS) @ 35LBS/25LBS

WORKOUT FLOW

- This workout begins with the athlete standing on the starting mat. At the call of 3,2,1, GO!... The athlete will move to the barbell and complete 8 Snatches at the specific weight given for Round 1 in the respective division. Once the Snatches are complete, the athlete will move to the pull up bar and perform 4 Bar Muscle Ups. For the Scaled Division, you are required to perform 8 Chin Over the Bar Pull Ups. For RX Masters, you are required to perform 6 Chest-to-Bar Pull Ups. For Scaled Masters, you are required to perform 6 Chin Over-the-Bar Pull Ups. Once the "pulling" movement is complete, the athlete will move back to the barbell and change the weight for Round 2. Only after the "pulling" movement is when the athlete is able to change the weight. Once the weight is changed to the Round 2 weight, the athlete will perform another 8 Snatches. Once the Snatches are complete, the athlete will move back to the pull up bar and perform another set of the "pulling" movement at the same rep amount. Once the "pulling" movement is complete, the athlete will move back to the barbell and change the weight for Round 3. Once again, only after the "pulling" movement is when the athlete is able to change the weight. Once the weight is changed to the Round 3 weight, the athlete will perform another 8 Snatches. Once the Snatches are complete, the athlete will move back to the pull up bar and perform another set of the "pulling" movement at the same rep count.
- Once the last set of the "pulling" movement is complete, RX Athletes will complete a 25ft. Handstand Walk to the finish line. For Scaled and Masters, you are required to perform a 25ft. Single Dumbbell Overhead Walking Lunge to the finish.
- Time will be called when the athlete is on the finishing mat.
- If an athlete does not complete the reps under the given time cap, every rep not completed will add :01 to the time cap to provide the athlete with a timed score.

GENERAL/EQUIPMENT STANDARDS

- The athlete and the barbell must remain in their respective lane. If the barbell is out of the lane, it is the responsibility of the athlete to return the barbell to its correct area.
- The athlete is responsible for the weight change per round. There will be no assistance from the judges to change the weights. Judges will be able to remind the athlete of what weight is needed for each round.
- All "pulling" movements must be performed facing the finish mat.
- Since weight is being taken off for each round, the athlete is responsible for making sure all used weights are away from the lifting area in the respective lane and that the weights will not be in the way of any other athlete or lane.
- For the Handstand Walk and Single Dumbbell Overhead Walking Lunges, the floor will be marked out in 5ft. segments.
- For both movements, athletes are required to complete each 5ft segment unbroken.
- If the RX athlete comes down, walks into another lane, crosses the side lane lines or both hands do not clearly cross the 5ft. tape line at the end of each section, the rep is a no rep and the athlete must start from the previous 5ft. line.
- This also pertains to the Single Dumbbell Overhead Walking Lunges, if the athlete drops the dumbbell, shuffles the feet, lunges into another lane, crosses the side lane lines or both feet do not clearly cross the 5ft. tape line at the end of each section, the rep is a no rep and the athlete must start from the previous 5ft. line.
- For the Handstand Walk, both hands must clearly pass the end line and a sprint to the finish mat is required to stop the time.
- For the Single Dumbbell Overhead Walking Lunge, both feet must clearly pass the end line, dumbbells MUST be placed back to the floor and a sprint to the finish mat is required to stop the time.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

SNATCH (ALL DIVISIONS)

For the Snatch, the barbell begins on the ground and must be lifted overhead in one smooth motion. 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. No part of the body other than the feet may touch the ground during the repetition. For divisions that use plates smaller in diameter than standard bumper plates, each repetition must begin with the barbell clearly below the knees. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. This is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a "no rep." A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

BAR MUSCLE UPS (RX DIVISION)

The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted. No portion of the foot may rise above the lowest part of the bar during the kip. The athlete must pass through some portion of a dip before locking out over the bar. The rep is credited when the athlete's arms are fully locked out in the support position above the bar and the athlete's shoulders are over or slightly in front of the bar. Only the hands, and no other part of the arm, may touch the bar during the rep. Removing the hands in the support position is not allowed. At lockout, only the arms may support the athlete's weight. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not. For athletes requiring tape protection, the athlete is responsible for providing the tape and removing the tape after use.

CHEST-TO-BAR PULL UPS (RX MASTERS DIVISION)

The athlete must start each rep with their arms fully extended and their feet off the ground. Any style of pull-up or grip is permitted as long as the other requirements are met. The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not. For athletes requiring tape protection, the athlete is responsible for providing the tape and removing the tape after use.

CHIN OVER-THE-BAR PULL UPS (SCALED DIVISIONS)

The athlete must start each rep with their arms fully extended and their feet off the ground. Any style of pull-up or grip is permitted as long as the other requirements are met. The rep is credited when the chin breaks the horizontal plane of the bar. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not. For athletes requiring tape protection, the athlete is responsible for providing the tape and removing the tape after use.

MOVEMENT STANDARDS (CONTINUED...)

HANDSTAND WALK (RX DIVISION)

Kick up with both hands (entire hand, including palm and fingers) **BEHIND** the mark of the segment being attempted. Stepping over the line or landing with the hands on or over the line is a "no rep." Athletes **MUST** walk forward. Coming down from the hands at any time requires a restart from behind the last line successfully crossed. A rep is credited when both hands, including palms and fingers, cross the line before the feet touch the ground. Each 5-foot section will count as 1 rep. Must handstand walk across the line. Jumping both hands over the line to finish a section is not allowed. Athletes are not required to kick down after completing a segment.

SINGLE DUMBBELL OVERHEAD WALKING LUNGES (SCALED & MASTERS DIVISIONS)

Each lunge begins with a dumbbell overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment being attempted. At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the dumbbell must be above the height of the athlete's head. If, during the lunge, either head of the dumbbell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue. There is no requirement to switch arms; athletes may choose to do so of their own accord. However, athletes must complete a 5-foot section prior to switching arms. Lunging in place is not allowed. The rep is credited when the athlete gets both heels across the line, has the dumbbell in the overhead position and is standing tall with hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each step. Shuffle steps between steps are not allowed. Each 5-foot section will count as 1 rep. If the athlete fails to meet any standard during a step, the athlete must restart from behind the last 5-foot section successfully completed.

