

MI = Male Intermediate **MS** = Male Scaled
FI = Female Intermediate **FS** = Female Scaled

WOD 1

15-Minute Time Cap

PART 1

50*-40*-30*-20*-10*

- Wall Balls
- Double Unders*
- Sit-ups

While 1 partner holds a pre-loaded barbell in the front-rack position.

PART 2

In the Remaining Time

- **Maximum Front Squats**

The team begins Part 1 with one of the athletes moving the appropriate, division-specific barbell from the floor into a front rack position (Standard, "I Dream of Jeanie" or "Frankenstein" all valid) to hold. Once the barbell is in the front rack position the first working athlete begins wall balls. No reps of the triplet can be completed, at any time, unless an athlete is holding the barbell at the front rack height.

The triplet begins with 50 wall balls, then 50 double unders (or 75 single unders), then 50 sit-ups. Once 50 of each movement are complete the team moves on to 40, then 30 and so on.

Athletes may swap in any time. No hand tag is necessary. Split the work up anyway you want. The working athlete must be provided an area at least 8-feet wide by 8-feet deep and that area must be marked on the floor. The barbell holder and resting athlete must stay out of the working athlete's space. The working

athlete must leave the work space for another athlete to swap in. The barbell must be lowered to the floor when transferring to a teammate whether it's the front-rack hold or the front squats.

The simplest way to think about this is one athlete will always be holding the barbell in a front rack, one athlete will be resting and one athlete will be inside the work space performing reps of the triplet.

If the team completes Part 1 before the time cap they will begin Part 2 – maximum team front squats. Front squats may begin right after the last sit-up is complete and by the teammate holding the front rack if they choose. Athletes may swap in anytime they want. The bar must be lowered to the floor to swap in the next athlete. No hand tag is necessary.

WOD 1 Standards

Wall Balls - For the first rep, or anytime the ball is on the ground, the Athlete picks the ball up to a standing, full hip extension position with the ball in the front-rack position. The Athlete then squats until the hip crease is below the top of the knee. The Athlete stands up and throws the ball to hit the specified target. After the first rep, the Athlete catches the ball, squats to hip crease below the top of the knee, then stands and thrusts the ball to the height of the specified target. **The ball must always start on the ground when transitioning between athletes.**

Double Unders - This is the standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

Single Unders - This is the 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. As long as the rope continuously moves forward any hop over the rope is fine with each turn. Feet do not have to be together.

Sit-Ups - Sit-ups begin with the athlete lying on the back, feet on the floor any distance below the buttocks but not anchored and the hands touching the floor above the head. The athlete then curls up until the hands touch the TOES. The feet cannot leave the floor at any time during any part of the sit-up. An AbMat is allowed but not required. If used the AbMat must be positioned at the lumbar spine.

Front-Rack Hold - Any grip is permitted (standard, Frankenstein or "I Dream of Jeannie") as long as the bar is in the front-rack position.

Front Squats - The first rep starts by cleaning the same preloaded bar used for front-rack holds from the floor into the front-rack position. A rep is completed by maintaining the bar in the front-rack position, lowering the hip crease below the knee and then standing up until the hips and knees are fully extended. Any grip is permitted (standard, Frankenstein or "I Dream of Jeannie") as long as the bar is in the front-rack position.

Wall Ball Variations:

MI – 20#/10' FI – 14#/9' MS – 14#/10' FS – 10#/9'

***Rope Jump Variations:**

All Divisions - 50-40-30-20-10 DU -OR- 75-60-45-30-15 SU DU –
Double Unders

SU – Single Unders

Team choice for DU or SU. Whatever the team chooses ALL athletes of the team must do the same movement.

Front-Rack Hold / Front-Squat Variations:

MI – 95# FI – 55# MS – 65# FS – 35#

Score 1: Time to Complete

If incomplete at the time cap the score will be Total Points--not reps--for Completed Work.

Score 2: Combined Team Front-Squat Reps

WOD 2 - Benches Be Crazy

Each athlete, working one at a time, will have 2 minutes and 30 seconds to complete:

- **Buy-in Row 20/15 Calories***
- **Bench press for maximum reps**

One athlete completes the WOD at a time. One of the other athletes is the spotter. The clock starts and the working athlete rows the gender-specific number of calories for the buy-in. In the remaining time they perform maximum bench press reps with their division-specific load. The clock is reset, the rower is reset and the next athlete goes. Each athlete must take their turn.

WOD 2 Standards

Row - The athlete's feet do not have to be strapped in. The damper can be whatever the athlete chooses. Before the WOD starts the monitor should be reset to either **1).** count down from 20 calories (male) or 15 calories (female) OR **2).** set to zero where it counts up to 20 calories (male) or 15 calories (female). The athlete cannot touch the handle until the judge or MC says go. The athlete cannot release the handle until either the monitor says zero or the calories required are met. *No releasing early hoping for calorie rollover.*

Bench Press - The bench press can only begin after the required calories are rowed. Athletes must lie flat on the bench with feet either touching the floor or on ONE 45-lb bumper plate. After

unracking the bar the Athlete must begin with full control of the bar,

elbows extended. The bar will then be lowered until it touches the lower part of the chest. The rep is complete when the bar is pressed upward and the elbows are fully extended. No "short stroking."

A teammate, not the judge, should act as the spotter. The spotter may assist in unracking the bar, saving the lifter from harm or re-racking the bar but **no repetition counts if the spotter touches the bar before a complete lockout**. If the spotter gives assistance, at any time during a rep, the bar must be racked for safety reasons and that rep will not count. If the judge feels it is safe to do so, the Athlete may, again, unrack the bar and continue reps. Reps do NOT have to be unbroken. The bar may be re-racked as many times as the Athlete wants.

Bench Press Variations:

MI – 115# FI – 75# MS – 85# FS – 45#

Row Variations:

All Males – 20 calories All Females – 15 calories

Score 3: Combined Team Bench Press Reps WOD 3

With a 15-Minute Running Clock Containing Three 5-Minute Rounds

Each 5-minute round will be:

- Buy-in 50 Synchro Russian Dumbbell Swings (2 athletes)

Remainder of 5-Minute Round

One Athlete AMRAPs

- 4 Chin-Over-Bar Pull-ups* -OR- 8 Ring Rows - 8 burpee box overs

For each 5-minute round two athletes will buy-in with 50 synchro DB swings. The two athletes who start the 50 swings must remain the same for all 50 reps. You cannot have two athletes do 25 reps, for example, then swap in an athlete, and do another 25 reps. Once the swings are completed the AMRAP athlete will work for the remaining time.

Round 1: 00:00-05:00

- 50 Synchro Russian DB Swings then Athlete A AMRAPs

Round 2: 05:00-10:00

- 50 Synchro Russian DB Swings then Athlete B AMRAPs

Round 3: 10:00-15:00

- 50 Synchro Russian DB Swings then Athlete C AMRAPs

Athletes B and C start their AMRAP with pull-ups or ring rows regardless of where the previous athlete finished their AMRAP. Each teammate must take their turn being the amrapper.

WOD 3 STANDARDS

Synchro Russian DB Swings - At the start of the 5-minute round the DBs must be on the ground. Both athletes must then grip the DB and stand upright with the hips extended. Athletes then begin the lowering arc of the movement. The DB must pass behind the heels at the bottom. The athlete then begins the rising arc and the movement finishes when the arms are straight, the hands are above the shoulders and the hips are extended.

Synchro - For the rep to count both athletes must achieve the arms-straight, hands-above-shoulders, hip-extended position at the same time.

Chin-Over-Bar Pull-Ups - Strict, kipping or butterfly pull-ups are allowed. Pull-ups begin with the Athlete in a dead hang, full arm extension and feet not touching anything. If a jump is required to get to the bar the Athlete must first dead hang with arms fully ex-

tended before beginning reps. The bottom of the chin must go above the plane of the bar before descending to full arm extension. At least one palm must be facing AWAY from you. A mixed grip is fine but both palms facing you (chin up) is not allowed.

Ring Rows - Rings will have been pre-adjusted so the bottom of the ring is 40 inches from the floor. A piece of tape will be on the floor directly below the rings. The Athlete will begin with the back of their heels on the far side of the tape (furthest away from the hands) and gripping the rings. The Athlete will bend their knees and lean back without the heels ever moving to the near side of the tape (the side closest to the hands). The Athlete is in a proper position when the toes are up, heels are the only part of the foot touching the ground OR the feet are flat with the back of the heels on the far side of the tape, AND the body is in a straight line from ankle to neck with arms fully extended. Without kipping or losing the rigid body position the Athlete will pull their chest toward the rings. A rep is complete when the hands break the plane of the chest.

Burpee Box Over - The burpee box over starts with the athlete facing the box (for every rep), completing a burpee, then stepping or jumping on top of the box and either stepping or jumping down to the opposite side of the start. The burpee box over rep is complete when both of the athlete's feet are on the ground after stepping or jumping down.

The Burpee - From a standing-upright position the athlete must get their chest and thighs flat to the floor. When getting flat to the floor or back up, athletes may jump both feet or step one foot at a time.

The Box Over - Athletes may jump up or step up to get both feet on top of the box.

Both feet must be on top of the box at the same time before jumping or stepping down on the opposite side. Athletes canNOT

just jump OVER the box. Athletes do not need to stand up completely while on top of the box. They may face any direction while mounting and dismounting (but must do their burpee facing the box). No part of the Athlete's body, other than the bottom of the feet, may touch the box to assist any part of the movement or catch balance. The dismount must be on the opposite side of the box.

DB Variations:

MI – 50# FI – 35# MS – 35# FS – 25#

***Pull-Up Variations:**

All Divisions – Chin over Bar or 8 Ring Rows

Each athlete may choose which variation they will do. Whatever the athlete chooses they must stick with through the entire workout. **For scoring purposes every pull-up is worth 2 reps so as to equalize the scoring depending on whether the team chooses pull-ups or ring rows.**

Box Variations:

MI – 24”

All others – 20”

Score 4: Combined Team Reps of AMRAP

Pull-up reps will be doubled for scoring to equalize the ring row variation. 4 pull-ups = 8 reps. Every complete round, whether the pull-up or ring row variation, will be worth 16 reps.

WOD 4

10 Minute Cap

- 2 minutes to warm up and pick the ONE male and/or female barbell load(s) the team will use for the remaining...

- 8 minutes to Accumulate Maximum Tonnage of Ground to Overhead (G2OH)

The team chooses the load(s) within the maximum(s) provided and sticks with that/ those load(s) for all reps during the 8-minute AMTAP (as many tons as possible). There is ONE male and/or female bar per team, not one bar per athlete on the team.

Athletes may swap in any time by lowering the barbell to the ground. No hand tag is necessary. Every athlete must do at least one rep.

WOD 4 Standards

Ground-To-Overhead - Every rep of the ground-to-overhead begins with the barbell on

the ground. Any variation of a snatch, clean and press, or clean and jerk is acceptable. Touch and go is permitted, but deliberately bouncing the barbell is not. Dropping from overhead is up to the owner of the bar you are dropping. If it's allowed the bar must settle on the ground before the next rep.

If using an empty barbell, or a barbell with smaller-than-standard bumper plates, each rep must begin with the barbell clearly below the knees.

The rep is credited when the barbell is at full lockout overhead, with the hips, knees, and arms fully extended; and the barbell is directly over or slightly behind the middle of the body. If a split-style lift is used, both feet must be brought back in line to finish the rep.

Variations

MI/MS – Not to exceed 245lbs {45lb bar, (2)45s, (2)25s, (2)15s, (2)10s, (2)5s} FI/FS – Not to exceed 235lbs {35lb bar, (2)45s, (2)25s, (2)15s, (2)10s, (2)5s}

70% of the male total will be counted to account for the mixed gender teams. **Score 5:** Team Combined Load X Reps

TIE BREAKER

Ties are automatically calculated so they don't take up extra time with an extra tie- breaker WOD at the event.

If two teams are tied after 5 scores the scoring system/ leaderboard will look to see which team had the best points place of any score of the 5. If Team A's best placing for any score was 2nd and Team B's best placing for any score was 4th then Team A wins the tie breaker. If both Teams had best placings that were, for example, 2nd, then the system finds the next best placing score. It continues in this manner until it finds the overall better Team.

NO REPS

Any rep or movement sequence not performed according to our WOD standards will not count or be added to the score. Rock the WOD is a competition. Therefore, it's important that any rep and WOD sequence scores be according to uniform standards when COMPETING for a podium spot.