



Event 1

TRIPLE Scored Event

Score 1 (50pt scale): 800m run time

Score 2 (50pt scale): 1K row time

Score 3 (100pt scale): AMRAP Score

RX	Scaled
<p>25 minute running clock 800m run, together with rope 1K Row, then in remaining time AMRAP (split any way) 50 Chest to bar 50 Deadlift, 225/155# 50 Burpee box jump over</p>	<p>25 minute running clock 800m run, together with rope 1K Row, then in remaining time AMRAP (split any way) 50 Kettlebell swing, 53/35# 50 Deadlift, 135/95# 50 Burpee box step/jump over</p>

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On the call of 3, 2, 1, GO, the 3 athletes will begin an 800m run while holding 2 ropes between the 3 of them. Once they complete their 800m, they can release the rope and move on to the 1K row, and their 800m time will be recorded. Once 1K row is completed, their time will be recorded and the athletes can begin the AMRAP, one athlete working at any time. At the 25 minute mark, the workout is complete, and the athlete's rep score will be recorded.



Event 1 Movement standards:

Chest-to-bar

This is a standard chest-to-bar pull-up. Any style of pull-up is permitted, as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the chest (any point below the clavicle) must clearly come into contact with the bar.

Deadlift

This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders and chin behind the bar. The arms must be straight throughout.

Burpee Box Jump on and over

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.

Kettlebell swing (Female Scaled)

The movement begins with the kettlebell between the legs and is completed once the bottom of the kettlebell is facing up, and the elbows are locked to full extension. There is no hip or knee lockout requirement.



Event 2

Double Scored Event (RX only)

Score 1 (50pt scale): Total weight lifted

Score 2 (50pt scale): Total Burpee Ring MU

**Scaled is one scored event (C&J) on 100pt scale*

Each partner will have THREE (3) attempts each to establish a 1 rep max Clean & Jerk.

Teams will be at stations with available weight. Prior to the event starting, athletes will be given 60 seconds to load on desired weight-- clips are required. Athletes will then lift one by one, in a "spotlight" on a 20 second clock per teammate, 10 second rotation between teams. The entire lift must be completed within the 20 second time frame.

There will be no tiebreakers and no partial reps awarded.

Once the first teammate on all teams has been rotated through, the second teammates will proceed in the same order, and then the third teammates. This will repeat once more until all athletes have taken 3 attempts at a 1-rep max clean & jerk.

Example rotation with 3 teams:

00:20 Team A , P1, Lift 1	00:20 Team A , P3, Lift 1
00:10 Transition	00:10 Transition
00:20 Team B , P1, Lift 1	00:20 Team B , P3, Lift 1
00:10 Transition	00:10 Transition
00:20 Team C , P1, Lift 1	00:20 Team C , P3, Lift 1
00:10 Transition	00:10 Transition
00:20 Team A , P2, Lift 1	00:20 Team A , P1, Lift 2
00:10 Transition	00:10 Transition
00:20 Team B , P2, Lift 1	00:20 Team B , P1, Lift 2
00:10 Transition	00:10 Transition
00:20 Team C , P2, Lift 1	00:20 Team C , P1, Lift 2
00:10 Transition	etc.



One minute following the completion of the last clean & jerk attempt, bars will be rolled from the floor, and then the athletes will immediately begin **4 minutes at completing as many reps of a burpee ring muscle-up**. There is no minimum work requirement, however, the following rules must be followed:

- Whatever order/rotation a team follows from the start must remain this way for the entirety of the 4 minutes.
- Whenever an athlete moves into working rotation, they must complete at least one rep of a burpee or burpee muscle-up
- If a regular burpee is to be performed, it must finish by jumping and touching the rings.
- Any amount of burpees may be completed in any rotation (i.e. an athlete can do 5 burpees in one set, and 5 in their next rotation), but two different athletes burpees cannot be added together. Partial reps will not count.

Event 2 Movement Standards

Clean & Jerk

The barbell begins on the ground and must make contact with the shoulders, such that the lift is in two distinct phases, the clean, and then the jerk. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the jerk is missed but brought back to the front rack, the Athlete may re-attempt the jerk from there without taking the barbell back to the floor.

Burpee Muscle-up

Each muscle-up begins with the athlete performing a standard burpee below the rings (no stepping down allowed). There is no requirement in how soon the athlete must be on the rings. In the muscle-up, the 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. The heels may not rise above the height of the rings during the kip. The elbows must be fully locked out while in the support position above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted.



Event 3

Single Scored Event (Total reps)

RX	Scaled
Choose one partner to complete each AMRAP	Choose one partner to complete each AMRAP
AMRAP7 14 Burpees facing bar 25 Double-unders 20 Hang Power snatch, 95/65	AMRAP7 14 Burpees facing bar 25 Double-unders 20 Hang Power snatch, 35#
<i>60 seconds weight change</i>	<i>60 seconds weight change</i>
AMRAP6 12 Burpees facing bar 30 Double-unders 15 Hang Power snatch, 115/80	AMRAP6 12 Burpees facing bar 30 Double-unders 15 Hang Power snatch, 45#
<i>60 seconds weight change</i>	<i>60 seconds weight change</i>
AMRAP5 10 Burpees facing bar 35 Double-unders 10 Hang Power snatch, 135/95	AMRAP5 10 Burpees facing bar 35 Double-unders 10 Hang Power snatch, 55#

On the call of 3, 2, 1, GO, athlete 1 will complete the 7 minute AMRAP. Once 7 minutes is reached, all 3 teammates are allowed to adjust the weight within the 60s transition phase. Once the 60 seconds is completed, weight change done or not, the 6 minute AMRAP begins. The workout is complete once all 3 teammates have done their respective section.



Event 3 Movement Standards

Burpee facing barbell

The burpee must be performed perpendicular to and facing the barbell. The athlete will jump the feet back so that he or she is lying on the ground. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom. The athlete must jump over the barbell from both feet and land on both feet. **Single-legged jumping or stepping over is not permitted (scaled divisions excluded)**. The barbell must be loaded with standard-height bumper plates for the athlete to jump over. The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell.

Unless the athlete is performing the workout scaled, he or she may NOT step backward or forward one foot at a time when lowering and raising to and from the ground. On the way down, the athlete must jump both feet back simultaneously. On the way up, the athlete must jump both feet forward simultaneously. **Stepping back and/or stepping up is permitted for athletes in the scaled divisions only**. Scaled athletes may also choose to step over the barbell instead of jumping.

Hang snatch

This movement begins with the athlete deadlifting the barbell and stopping at full extension prior to snatching. The athlete may not lower the bar past the knees after deadlifting the weight. The athlete can proceed to perform any version of the hang snatch (muscle, power, squat). At the top, the knees and hips must be completely open with the barbell locked out and directly over the 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.



Event 4

Single Scored Event (Time)

RX	Scaled
Choose 2 partners to complete the following 100 Wall balls, 20/14 to 10' 75 Toes to bar 60/45 Calorie bike 40 Thruster, 115/80	Choose 2 partners to complete the following 100 Wall balls, 20/14 to 10' 75 Sit-ups 60/45 Calorie bike 40 Thruster, 55#
The remaining partner will complete 40 Wall balls, 20/14 to 10' 35 Toes-to-bar 30/20 Calorie bike 25 Thruster, 135/95	The remaining partner will complete 40 Wall balls, 10# to 9' 35 Toes-to-bar 30/20 Calorie bike 25 Thruster, 65#

On the call of 3, 2, 1, GO, 2 athletes will move forward from their starting positions and work to complete the first chipper. Reps can be broken in any way and pull-up bars are first come first serve. Once the 40th thruster is complete, the 2 athletes must return to their starting positions to tag the last teammate to complete the remaining chipper. The clock stops once the 25th thruster is done or when the clock reaches 22:00.



Event 4 Movement Standards

Wall ball

In the wall ball, the ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to the specified target. The ball must make contact with any part of the front face of the target. If the ball hits the bottom or top edge of the target, or does not hit the target at all, that rep will not count. The rep is counted when the ball makes contact with the target. If the ball is dropped, it must come to a full stop on the ground before the athlete may pick it up for the next rep (no bouncing).

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.

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