STCH 2018

Rookies

EVENT 3

WOD 3+4

22 min Running Clock

For time (Wod 3) + for calories (Wod 4):
4 Rounds for time (buy in - only one athlete per full round):
25 Backwards Single Unders
10 alternating Dumbbell Snatch 15/10kg
10 Hand release Burpees

Then in the remaining time for time + row for calories :
60 Box step ups 16"
20 Jumping Chest to Bar Pull Ups
60 KB Goblet Squat 12/8kg
60m Bear Crawl (1 rep per m - 12x5m)
60 Single Arm KB Push-Press 12/8kg
20 Jumping Chest to Bar Pull Ups
60 KB Goblet reverse Lunge 12/8kg
60m Bear Crawl (1 rep per m - 12x5m)

IMPORTANT:
an athlete can complete multiple full rounds of the buy-in

HOW DO I ENTER MY SCORE ?

WOD 3 = Time or total of reps at the cap time

If you finish the last 60 m bear crawl before the cap time, you enter the exact time.

Score to enter 20:43

But if you didn't finish before the 22 min cap, you enter the amount of reps you performed. For example, if you stopped at 50 KB Goblet Squats.

Score to enter 310 reps

WOD 4 = Total of calories at the cap time

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Standards

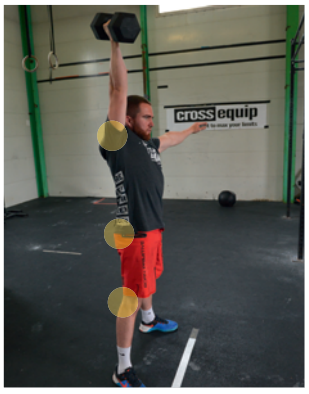
Backwards single unders:

These are backward single unders, with the rope passing once around the body in a backward motion with each jump. Swinging the rope forward is not permitted. Attempts where the rope catches before clearing once do not count. Athletes are permitted to use their own rope

Alternating Dumbbell Snatch:

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch- and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before he or she can switch hands for the next rep. The non-lifting hand and arm may not be in contact with the body during the repetition. If the athlete receives a no rep her or she must repeat the no repped arm before alternating.

At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.



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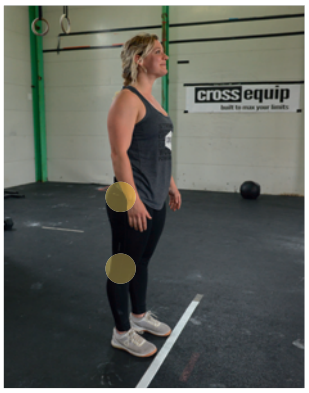
Hand release Burpee:

At the bottom the athlete's hip and chest (nipple-line or above) must touch the ground and the hands must be taken off the ground. The athlete must then jump or step up. The rep finishes with the hips and knees fully open while standing.



Box Step up:

The athlete steps up on the box. The rep finishes with the hips and knees fully open while in control on top of the box. You may jump or step down. Reaching full extension only in the air while jumping down is a no-rep.

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WOD 3+4

Jumping Chest to bar Pull Ups:

These are standard chest to bar jumping pull-ups. Full extension of the arms must be reached at the bottom. At the top, the chest must clearly come into contact with the bar below the collarbone. Any grip on the bar is allowed as long as these standards are met. When standing with body and arms fully extended, your forearm must touch the bar somewhere between wrist and middle of your forearm.

Kettlebell Goblet Squats:

In the Kettlebell Goblet Squat, the athlete has to hold the Kettlebell upside down in front of him or her, touching the chest above nipples. At the bottom of the Squat, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely extended with the Kettlbell in control.

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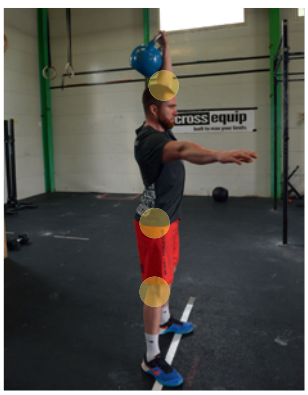
Bear Crawl:

The bear crawl area must be divided into 1m segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 5m crawl in one direction and a 5m crawl back. Crawling more than 5m in one direction without turning around is not allowed. The athlete must place both hands (entire hand, including palm and fingers) on the ground BEHIND the mark denoting the start of the segment being attempted. Reaching across the line and placing hands into the segment constitutes a no rep. During the bear crawl, the athlete must touch both palms to the floor and raise the hips above the height of the head so as to be supporting some body weight with the arms.
If at any time the athlete stands up, drops to the floor, or drops the hips below the height of the head, he or she must restart from the last increment crossed. Both hands and both feet must cross the line marking the 1m increment to earn credit for that distance. Each 1m section will count as 1 rep.

Single Arm Kettlebell Push-press:

Each rep of the push press begins with the Kettlebell at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the Kettlebell leaves the shoulder, the hips and knees must remain straight until the weight is locked out overhead. No jerks.
At the top, the arms, hips and knees are fully extended, and the Kettlebell finishes directly over the middle of the body with the feet in line under the body.



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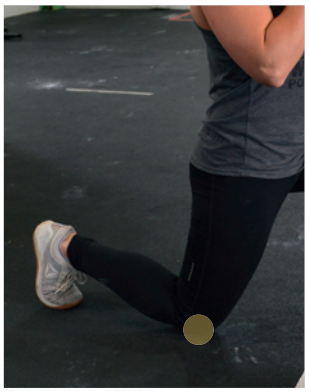
Kettlebell Goblet Reverse Lunge:

In the Kettlebell Goblet Reverse Lunge, the athlete has to hold the Kettlebell upside down in front of him or her, touching the chest above nipples. Each lunge begins with the Kettlebell at the chest, the feet together, and the athlete standing tall. The athlete will step back. The rear knee must make contact with the ground at the bottom of each lunge. The Kettlebell must remain at the chest. A lunge rep will count when the athlete stands back up standing tall with the hips and knees fully extended and the Kettlebell at the chest and all standards for the repetition have been met. The athlete must alternate feet.



Row:

The damper setting and foot positions may be adjusted by the athlete at any time before and during the row.

EVENT 3&4

FOR TIME / TIME CAP: 22MIN

MOVEMENTS - BUY IN	ROUND 1	ROUND 2	ROUND 3	ROUND 4
25 BACKWARDS SINGLE UNDERS				
10 ALT. DUMBBELL SNATCH MALE: 15KG FEMALE: 10KG				
10 HAND RELEASE BURPEES				
POSSIBLE REPS	45	90	135	180

IN REMAINING TIME - START ROWING AND MOVEMENTS BELOW AFTER BUY IN

MOVEMENTS	REPS COMPLETED	POSS
60 BOX STEP UPS - 16IN		240
20 JUMPING CHEST TO BAR PULL UPS		260
60 GOBLET SQUATS MALE: 12KG FEMALE: 8KG		320
60M BEAR CRAWL 1 REP = PER 1M = 60 TOTAL REPS		380
60 SINGLE ARM KB PUSH PRESS MALE: 12KG FEMALE: 8KG		440
20 JUMPING CHEST TO BAR PULL UPS		460
60 KB GOBLET REVERSE LUNGES MALE: 12KG FEMALE: 8KG		520
60M BEAR CRAWL 1 REP = PER 1 M = 60 TOTAL REPS		580

MOVEMENT - 1 ATHLETE - STARTS AFTER BUY IN	CALORIES COMPLETED
TOTAL CALORIES ROWED	

YOUR WOD 3 SCORE: FOR TIME THEN REPS	YOUR WOD 4 SCORE: FOR TOTAL CALS

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BY THE TEAM BEFORE THE TIME CAP

TEAM NAME	TEAM SIGNATURE	JUDGE INT.
X	X	

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