



Firebreathers

EVENT 2 - WOD 3-4-5

20 min Running Clock

WOD 3 - 5 min AMRAP

Barbell Complex 60/40kg

Switch as often as you want:

5 Shoulder to Overhead

5 Front Squat

5 Power Clean

directly into

WOD 4 - 10 min for load

1 RM Clean & Jerk cumulated [ONLY 1 bar - either male or female]

IMPORTANT: All female lifts x 1.4

directly into

WOD 5 - 5 min AMRAP

Switch as often as you want

12 Alternating Pistols

6 m Handstand Walk

3 Ring Muscle Up

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HOW DO I ENTER MY SCORE ?

WOD 3 = Total of reps during the 5 min AMRAP

WOD 4 = Total load in kg

Example:

Athlete A [male]	150 kg		150 kg
Athlete B [male]	80 kg		80 kg
Athlete C [female]	60 kg	[x 1.4]	84 kg
Athlete D [male]	130 kg		130 kg
Score to enter			444 kg

WOD 5 = Total of reps during the 5 min AMRAP



Regulars

EVENT 2 - WOD 3-4-5

20 min Running Clock

WOD 3 - 5 min AMRAP

Barbell Complex 40/25kg

Switch as often as you want:

5 Shoulder to Overhead

5 Front Squat

5 Power Clean

directly into

WOD 4 - 10 min for load

1 RM Clean & Jerk cumulated [ONLY 1 bar - either male or female]

IMPORTANT: All female lifts x 1.4

directly into

WOD 5 - 5 min AMRAP

Switch as often as you want

12 Pistols [don't need to be alternating]

12m Bear Crawl

3 Ring Pull-Up

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HOW DO I ENTER MY SCORE ?

WOD 3 = Total of reps during the 5 min AMRAP

WOD 4 = Total load in kg

Example:

Athlete A [male]	150 kg		150 kg
Athlete B [male]	80 kg		80 kg
Athlete C [female]	60 kg	[x 1.4]	84 kg
Athlete D [male]	130 kg		130 kg
Score to enter			444 kg

WOD 5 = Total of reps during the 5 min AMRAP



Rookies

EVENT 2 - WOD 3-4-5

20 min Running Clock

WOD 3 - 5 min AMRAP

Barbell Complex 25/15kg

Switch as often as you want:

5 Shoulder to Overhead

5 Front Squat

5 Power Clean

directly into

WOD 4 - 10 min for load

1 RM Clean & Jerk cumulated [ONLY 1 bar - either male or female]

IMPORTANT: All female lifts x 1.4

directly into

WOD 5 - 5 min AMRAP

Switch as often as you want

12 Step Ups 61cm/51cm

12m Bear Crawl

3 Jumping Ring Pull-Up

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HOW DO I ENTER MY SCORE ?

WOD 3 = Total of reps during the 5 min AMRAP

WOD 4 = Total load in kg

Example:

Athlete A [male]	150 kg		150 kg
Athlete B [male]	80 kg		80 kg
Athlete C [female]	60 kg	[x 1.4]	84 kg
Athlete D [male]	130 kg		130 kg
Score to enter			444 kg

WOD 5 = Total of reps during the 5 min AMRAP



EVENT 2 - SCORECARD

20 MIN RUNNING CLOCK

WOD 3	1	2	3	4	5	6	7	8	9	10	11	12
5 SHOULDER TO OVERHEAD	5	20	35	50	65	80	95	110	125	140	155	170
5 FRONT SQUAT	10	25	40	55	70	85	100	115	130	145	160	175
5 POWER CLEAN	15	30	45	60	75	90	105	120	135	150	165	180
5 MIN AMRAP - 60 KG / 40 KG						SCORE WOD 3:						

WOD 4		BEST LIFT IN KG		BEST LIFT IN KG	
ATHLETE 1	<input type="checkbox"/> FEMALE X 1.4		ATHLETE 3	<input type="checkbox"/> FEMALE X 1.4	
ATHLETE 2	<input type="checkbox"/> FEMALE X 1.4		ATHLETE 4	<input type="checkbox"/> FEMALE X 1.4	
10 MIN - CUMULATED KG 1 RM CLEAN & JERK			SCORE WOD 4:		

WOD 5	1	2	3	4	5	6	7	8	9	10
12 ALTERNATING PISTOL	12	33	54	75	96	117	138	159	180	201
6 M HANDSTAND WALK	18	39	60	81	102	123	144	165	186	207
3 RING MUSCLE-UP	21	42	63	84	105	126	147	168	189	210
5 MIN AMRAP					SCORE WOD 5:					

SCORE RECAP

Firebreathers

WOD 3: Reps

WOD 4: Total in kg

WOD 5: Reps

TEAM name:

TEAM signature:

JUDGE name:



Regulars

EVENT 2 - SCORECARD

20 MIN RUNNING CLOCK

WOD 3	1	2	3	4	5	6	7	8	9	10	11	12
5 SHOULDER TO OVERHEAD	5	20	35	50	65	80	95	110	125	140	155	170
5 FRONT SQUAT	10	25	40	55	70	85	100	115	130	145	160	175
5 POWER CLEAN	15	30	45	60	75	90	105	120	135	150	165	180
5 MIN AMRAP - 40 KG / 25 KG						SCORE WOD 3:						

WOD 4		BEST LIFT IN KG		BEST LIFT IN KG	
ATHLETE 1	<input type="checkbox"/> FEMALE X 1.4		ATHLETE 3	<input type="checkbox"/> FEMALE X 1.4	
ATHLETE 2	<input type="checkbox"/> FEMALE X 1.4		ATHLETE 4	<input type="checkbox"/> FEMALE X 1.4	
10 MIN - CUMULATED KG 1 RM CLEAN & JERK			SCORE WOD 4:		

WOD 5	1	2	3	4	5	6	7	8	9	10
12 PISTOL	12	39	66	93	120	147	174	201	228	255
12 M BEAR CRAWL	24	51	78	105	132	159	186	213	240	267
3 RING PULL-UP	27	54	81	108	135	162	189	216	243	270
5 MIN AMRAP					SCORE WOD 5:					

SCORE RECAP

Regulars

WOD 3: Reps

WOD 4: Total in kg

WOD 5: Reps



Rookies

EVENT 2 - SCORECARD

20 MIN RUNNING CLOCK

WOD 3	1	2	3	4	5	6	7	8	9	10	11	12
5 SHOULDER TO OVERHEAD	5	20	35	50	65	80	95	110	125	140	155	170
5 FRONT SQUAT	10	25	40	55	70	85	100	115	130	145	160	175
5 POWER CLEAN	15	30	45	60	75	90	105	120	135	150	165	180
5 MIN AMRAP - 25 KG / 15 KG						SCORE WOD 3:						

WOD 4		BEST LIFT IN KG		BEST LIFT IN KG	
ATHLETE 1	<input type="checkbox"/> FEMALE X 1.4		ATHLETE 3	<input type="checkbox"/> FEMALE X 1.4	
ATHLETE 2	<input type="checkbox"/> FEMALE X 1.4		ATHLETE 4	<input type="checkbox"/> FEMALE X 1.4	
10 MIN - CUMULATED KG 1 RM CLEAN & JERK			SCORE WOD 4:		

WOD 5	1	2	3	4	5	6	7	8	9	10
12 STEP UPS 61CM/51CM	12	39	66	93	120	147	174	201	228	255
12 M BEAR CRAWL	24	51	78	105	132	159	186	213	240	267
3 JUMPING RING PULL-UP	27	54	81	108	135	162	189	216	243	270
5 MIN AMRAP					SCORE WOD 5:					

SCORE RECAP

Rookies

WOD 3: Reps

WOD 4: Total in kg

WOD 5: Reps



Standards

EVENT 2 - WOD 3-4-5

Shoulder to overhead:

Barbell must be taken from the ground, no rack allowed. Each repetition begins with the barbell on the shoulders in a front rack position and finishes with the weight fully locked out overhead. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees fully extend, and the bar finishes directly over the heels with the feet together. If a split jerk is used, the feet must be brought back together with the hips, knees and elbows fully extended before the repetition is completed.



Front squat:

In the front squat, the barbell must be held in the front rack position, with any grip allowed. At the bottom, the hip crease must be below the top of the knee. At the top, the knees and hips must be completely open with the barbell in control.



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Standards

EVENT 2 - WOD 3-4-5

Power Clean :

In the Power Clean the barbell goes from the ground to the shoulders in one motion. A deadlift and hang power clean is not allowed. A Squat clean is not allowed. The bar must be caught with the hip crease ABOVE knee caps.

At the top the hips and the knees are fully extended, the bar rests on the shoulders with the elbows clearly in front of the bar.

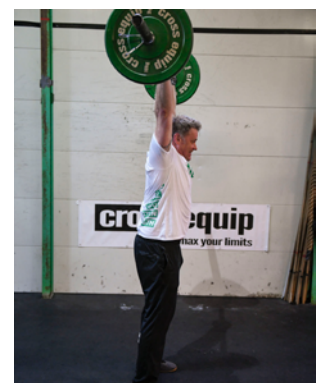


Clean & Jerk

This is a ground-to-overhead any way. The barbell begins on the ground.

A muscle clean, power clean, squat clean or split clean may be used to get the bar to the shoulders, and a shoulder press, push press, push jerk or split jerk may be used to get the weight overhead.

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. If a split jerk is used, the feet must be brought back together.



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Standards

EVENT 2 - WOD 3-4-5

Alternating Pistols [Firebreathers]:

You may hold the foot of the opposite [non-supporting] leg with your hand while performing the one-legged squat. The one-legged squat begins and ends with the athlete standing and the hip fully open and knee fully locked out on the squatting leg. The hip must pass below parallel at the bottom of the repetition. The non-supporting foot must be in front of the supporting foot during the entire repetition. Legs must be alternated.

Pistols [Regulars]:

You may hold the foot of the opposite [non-supporting] leg with your hand while performing the one-legged squat. The one-legged squat begins and ends with the athlete standing and the hip fully open and knee fully locked out on the squatting leg. The hip must pass below parallel at the bottom of the repetition. The non-supporting foot must be in front of the supporting foot during the entire repetition. Legs do not have to be alternated.



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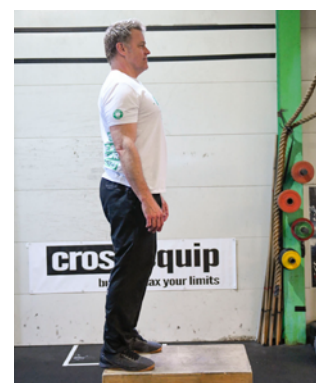
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Step up [Rookies]:

The athlete must step 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.





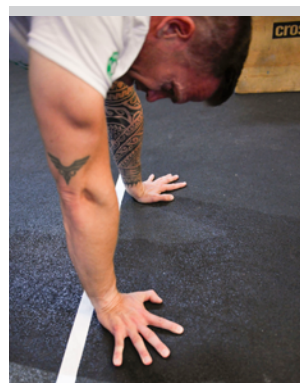
Standards

EVENT 2 - WOD 3-4-5

Handstand Walk [Firebreathers]:

The handstand walk area must be divided into 1 segments visibly marked on the floor. [Ideally, the lane will have six consecutive segments, allowing a 6 walk in one direction and a 6 walk back. Walking more than 6 in one direction without turning around is not allowed.] The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands [entire hand, including palm and fingers] must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep.

If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 1 increment to earn credit for that distance. Each 1 section will count as 1 rep.



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Bear Crawl [Regulars-Rookies]:

The bear crawl area must be divided into 1 segments visibly marked on the floor. [Ideally, the lane will have six consecutive segments, allowing a 6 crawl in one direction and a 6 crawl back. Crawling more than 6 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 1 increment to earn credit for that distance. Each 1 section will count as 1 rep.



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Standards

EVENT 2 - WOD 3-4-5

Ring muscle up [Firebreathers]:

In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended [with or without a 'false grip'] and the feet off the ground. The elbows must be fully locked out while supporting yourself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.



Ring pull ups [Regulars]:

Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met. At the bottom, the arms must be fully extended. At the top, the chin must pass the horizontal plane of the bottom part of the rings.



Jumping ring pull Ups [Rookies]:

These are standard jumping pull-ups. Full extension of the arms must be reached at the bottom. At the top, the chin must pass the horizontal plane of the bottom part of the rings. When standing with body and arms fully extended, your forearm must touch the bottom part of the rings somewhere between wrist and middle of your forearm.



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