

FIREBREATHER

EVENT 2: WOD 3+4

Time 26 minutes

Athletes A+B

WOD 3a (For time, 8 min timecap)

00:00>08:00

20-16-12-8-4 reps of:

Hang squat snatch

Male (40/50/60/70/80kg) - Female (25/32.5/40/47.5/55kg)

Synchro lateral burpee over line

WOD 4a (For load, 4 min window)

08:00>12:00 1RM Hang Squat Snatch

2 minute Break

Athletes C+D

WOD 3b (For time, 8 min timecap)

00:00>08:00

20-16-12-8-4 reps of:

Hang squat clean

Male (50/60/70/80/90kg) - Female (35/42.5/50/57.5/65kg)

Synchro lateral burpee over line

WOD 4b (For load, 4 min window)

08:00>12:00 1RM Hang Squat Clean

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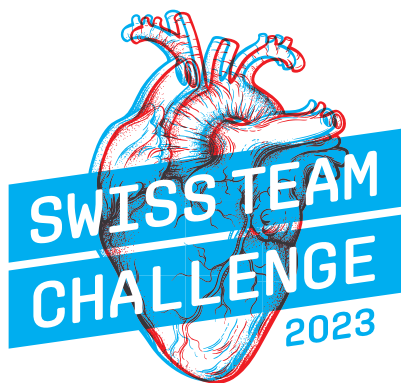


HOW DO I ENTER MY SCORE?

Check page 4

cross equip
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GEAR 9



REGULAR

EVENT 2: WOD 3+4

Time 26 minutes

Athletes A+B

WOD 3a (For time, 8 min timecap)

00:00>08:00

20-16-12-8-4 reps of:

Power snatch

Male (30/35/40/45/50kg) - Female (20/22.5/25/27.5/30kg)

Synchro lateral burpee over line

WOD 4a (For load, 4 min window)

08:00>12:00 1RM Power Snatch

2 minute Break

Athletes C+D

WOD 3b (For time, 8 min timecap)

00:00>08:00

20-16-12-8-4 reps of:

Hang squat clean

Male (30/37.5/45/52.5/60kg) - Female (20/25/30/35/40kg)

Synchro lateral burpee over line

WOD 4b (For load, 4 min window)

08:00>12:00 1RM Hang Squat clean

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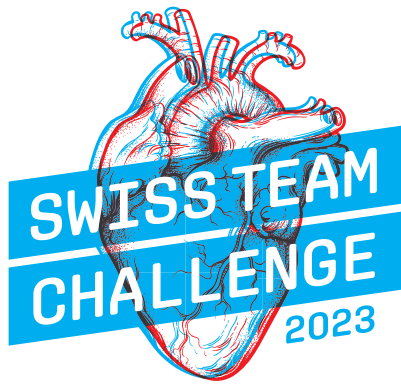


HOW DO I ENTER MY SCORE?

Check page 4

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ROOKIE

EVENT 2: WOD 3+4

Time 26 minutes

Athletes A+B

WOD 3a (For time, 8 min timecap)

00:00>08:00

15-12-9-6-3 reps of:

Hang power snatch Male (20kg) - Female (15kg)

Synchro lateral burpee over line

WOD 4a (For load, 4 min window)

08:00>12:00 1RM Powerclean

2 minute Break

Athletes C+D

WOD 3b (For time, 8 min timecap)

00:00>08:00

15-12-9-6-3 reps of:

Powerclean Male (20kg) - Female (15kg)

Synchro lateral burpee over line

WOD 4b (For load, 4 min window)

08:00>12:00 1RM Powerclean

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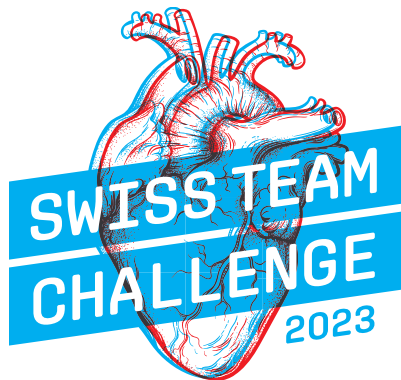


HOW DO I ENTER MY SCORE?

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FIREBREATHER - REGULAR - ROOKIE

EVENT 2: WOD 3+4

HOW DO I ENTER MY SCORE?

WOD 3 = Time

You have to enter the time for both 3a + 3b

Example:

3a - Athletes A+B finish the wod in **7:40**

3b - Athletes C+D don't finish the wod in the 8 min cap and did only 105 reps

Every rep missing = + 1 sec

Total of reps = **120 (max)* - 105 = 15**

You have to add **15 sec** the **8:00 = 8:15**

The score is 3a **7:40** + 3b **8:15 = 15:55**

Score to enter (time 3a +3b)

15:55

*Total of reps max for Rookie is 90

WOD 4 = Total of weight of 4a and 4b (female x1,4)

Example:	load in kg	with female coefficient
Athlete A (male)	150 kg	150 kg
Athlete B (male)	80 kg	80 kg
Athlete C (female)	60 kg	(60 x 1.4) 84 kg
Athlete D (male)	130 kg	130 kg

Score to enter (kg)

444

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EVENT 2 - SCORECARD

WOD 3A		20	16	12	8	4
A+B	Hang squat snatch (weight increase each round)	20	56	84	104	116
	Synchro lateral burpee over line	40	72	96	112	120
EVERY missing rep = 1 sec added to the 8:00 time cap					SCORE 3A	
WOD 3B		20	16	12	8	4
C+D	Hang squat clean (weight increase each round)	20	56	84	104	116
	Synchro lateral burpee over line	40	72	96	112	120
EVERY missing rep = 1 sec added to the 8:00 time cap					SCORE 3B	
					TOTAL TIME 3A + 3B:	

WOD 4A		BEST HANG SQUAT SNATCH IN KG	WOD 4B		BEST HANG SQUAT CLEAN IN KG
ATHLETE A	<input type="checkbox"/> FEMALE		ATHLETE C	<input type="checkbox"/> FEMALE	
ATHLETE B	<input type="checkbox"/> FEMALE		ATHLETE D	<input type="checkbox"/> FEMALE	
			ATHLETE A	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE B	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE C	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE D	<input type="checkbox"/> IF FEMALE X 1.4	_____
			FINAL SCORE WOD 4 : _____		

CATEGORY: FIREBREATHER

WOD 3 : Total Time

WOD 4 : Total kg

TEAM name :

TEAM signature :

JUDGE name :

EVENT 2 - SCORECARD

WOD 3A		20	16	12	8	4
A+B	Power snatch (weight increase each round)	20	56	84	104	116
	Synchro lateral burpee over line	40	72	96	112	120
EVERY missing rep = 1 sec added to the 8:00 time cap				SCORE 3A		
WOD 3B		20	16	12	8	4
C+D	Hang squat clean (weight increase each round)	20	56	84	104	116
	Synchro lateral burpee over line	40	72	96	112	120
EVERY missing rep = 1 sec added to the 8:00 time cap				SCORE 3B		
					TOTAL TIME 3A + 3B:	

WOD 4A		BEST POWER SNATCH IN KG	WOD 4B		BEST HANG SQUAT CLEAN IN KG
ATHLETE A	<input type="checkbox"/> FEMALE		ATHLETE C	<input type="checkbox"/> FEMALE	
ATHLETE B	<input type="checkbox"/> FEMALE		ATHLETE D	<input type="checkbox"/> FEMALE	
			ATHLETE A	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE B	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE C	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE D	<input type="checkbox"/> IF FEMALE X 1.4	_____
			FINAL SCORE WOD 4 :		_____

CATEGORY: REGULAR

WOD 3 : Total Time

WOD 4 : Total kg

TEAM name :

TEAM signature :

JUDGE name :

EVENT 2 - SCORECARD

WOD 3A		15	12	9	6	3
A+B	Hang power snatch	15	42	63	78	87
	Synchro lateral burpee over line	30	54	72	84	90
EVERY missing rep = 1 sec added to the 8:00 time cap				SCORE 3A		
WOD 3B		15	12	9	6	3
C+D	Power clean	15	42	63	78	87
	Synchro lateral burpee over line	30	54	72	84	90
EVERY missing rep = 1 sec added to the 8:00 time cap				SCORE 3B		
TOTAL TIME 3A + 3B:						

WOD 4A		BEST POWER CLEAN IN KG	WOD 4B		BEST POWER CLEAN IN KG
ATHLETE A	<input type="checkbox"/> FEMALE		ATHLETE C	<input type="checkbox"/> FEMALE	
ATHLETE B	<input type="checkbox"/> FEMALE		ATHLETE D	<input type="checkbox"/> FEMALE	
			ATHLETE A	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE B	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE C	<input type="checkbox"/> IF FEMALE X 1.4	_____
			ATHLETE D	<input type="checkbox"/> IF FEMALE X 1.4	_____
			FINAL SCORE WOD 4 :		_____

CATEGORY: ROOKIE

WOD 3 : Total Time

WOD 4 : Total kg

TEAM name :

TEAM signature :

JUDGE name :

EVENT 2 - STANDARDS

Hang squat snatch:

After the barbell is lifted off the floor (first deadlift (lockout) then go to hang (must remain above the knees). From the hang position the barbell must be lifted overhead / caught in an overhead squat (hips clearly below parallel) in one motion.

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.

NOTE:

For Firebreather: A hang power snatch followed by an overhead squat will not be allowed.

Power snatch:

The barbell begins on the ground and must be lifted overhead in one motion.

(This is not ground-to-overhead in any way.)

The bar must be caught with the hip crease ABOVE the knee caps.

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.

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.

Hang power snatch:

After the barbell is lifted off the floor, the athlete must pause with the bar at the hang position (somewhere above the knees). From the hang position the barbell must be lifted overhead in one motion.

The bar must be caught with the hip crease ABOVE the knee caps.

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.

Hang squat clean:

After the barbell is lifted off the floor, the athlete must pause with the bar at the hang position (somewhere above the knees). From the hang position the barbell goes to the shoulders in one motion, caught in a front squat position (hips clearly below parallel!).

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

NOTE:

For Firebreather: A hang power clean followed by a front squat will not be allowed.

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EVENT 2 - STANDARDS

Power clean:

The barbell begins on the ground/mid shin position and must be lifted on the shoulders /in a front rack position in one motion.

The bar must be caught with the hip crease ABOVE the knee caps.

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.

Synchronized lateral burpees over line:

The burpees must be performed laterally next to the tape line.

The athletes may jump or step back to reach the bottom position.

Stepping and/or jumping back to the starting position are both permitted.

The athlete MUST clearly jump over the line.

Both feet must be off the ground as the athletes pass the line.

The athlete does not need to use a two-foot takeoff.

Rookies may step over the line.

The synchro is on the floor when both athletes have their chest and thighs touching the ground at the same time.

If one athlete/the athletes receive(s) a “no rep” for any reason (touching the line f.ex.), the entire rep must be repeated.

The pairs of athletes A+B and C+D don't have to be the same for Event 1 and Event 2

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