

FIREBREATHER

EVENT 3: WOD 5

Time 24 minutes

WOD 5

40 Shoulder to overhead 60/40kg
40 Synchro pull-ups

160 Double unders
(Minimum requirement: Each athlete has to do at least 1 rep)

30 Shoulder to overhead 60/40kg
30 Synchro Chest-to bar pull-ups

160 m (32x5m) Synchro run
(each pair 80 m - 16x5m unbroken)

20 Shoulder to overhead 60/40kg
20 Bar muscle ups

160 Double unders
(Minimum requirement: Each athlete has to do at least 1 rep)

Amrap in the remaining time:

20 Deadlift 120/85kg
20 Burpee pull-over
30 Deadlift 120/85kg
30 m HS walk (segment of 2,5 m unbroken)
40 Deadlift 120/85kg
40 Alternating pistols

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HOW DO I ENTER MY SCORE?

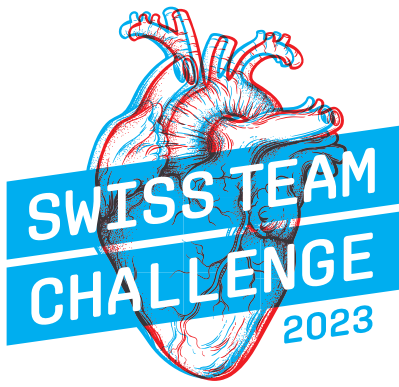
WOD 5 = Total of reps
You have to enter the amount of reps
that the athletes have done

Score to enter (reps)

755

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GEAR 9



REGULAR

EVENT 3: WOD 5

Time 24 minutes

WOD 5

40 Shoulder to overhead 40/25kg

40 Pull-ups

160 Double unders

30 Shoulder to overhead 40/25kg

30 Chest-to-bar pull-ups

160 m (32x5m) Synchro run

(each pair 80 m - 16x5m unbroken)

20 Shoulder to overhead 40/25kg

20 Jumping bar muscle ups (bar at eye level)

160 Double unders

Amrap in the remaining time:

20 Deadlift 80/55kg

20 Burpee toes to bar

30 Deadlift 80/55kg

30 m assisted HS walk (segment of 2,5 m unbroken)

40 Deadlift 80/55kg

40 Pistols

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HOW DO I ENTER MY SCORE?

WOD 5 = Total of reps

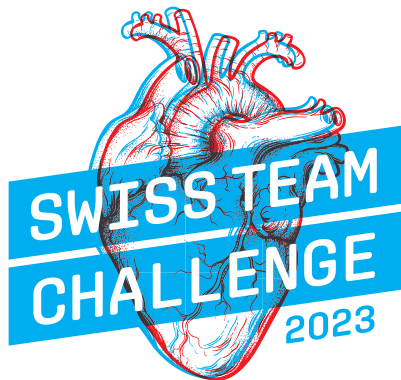
You have to enter the amount of reps that the athletes have done

Score to enter (reps)

755

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ROOKIE

EVENT 3: WOD 5

Time 24 minutes

WOD 5

40 Shoulder to overhead 20/15kg

40 Jumping pull-ups

160 Single unders

(Minimum requirement: Each athlete has to do at least 1 rep)

30 Shoulder to overhead 20/15kg

30 Jumping CTB pull-ups

80 m (16x5m) Synchro run (each pair 40m - 8x5m unbroken)

20 Shoulder to overhead 20/15kg

20 Jumping bar muscle ups (bar btw collarbone & nipple line)

160 Single unders

(Minimum requirement: Each athlete has to do at least 1 rep)

Amrap in the remaining time:

20 Deadlift 50/35kg

20 Under and over bench

30 Deadlift 50/35kg

6 Scaled Wall Walks (line at 130cm from the wall)

40 Deadlift 50/35kg

40 Pistols to bench

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HOW DO I ENTER MY SCORE?

WOD 5 = Total of reps

You have to enter the amount of reps that the athletes have done

Score to enter (reps)

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EVENT 3 - SCORECARD

WOD 5		TIME CAP 24 MINUTES				
	40 Shoulder to overhead				40	
	40 Synchro pull-ups				80	
	160 Double unders				240	
	30 Shoulder to overhead				270	
	30 Synchro Chest-to-bar pull-ups				300	
	160 m Synchro run (32 x 5m)	A+B	○○○○○○○○○○ ○○○○○○○○○○	C+D	○○○○○○○○○○ ○○○○○○○○○○	332
	20 Shoulder to overhead				352	
	20 Bar muscle ups				372	
	160 Double unders				532	
INTO THE AMRAP		ROUND 1	ROUND 2	ROUND 3		
	20 Deadlift	552	708	864		
	20 Burpee pull-over	572	728	884		
	30 Deadlift	602	758	914		
	30m Handstand walk (6 x 5m)	○○○○○○○○ 608	○○○○○○○○ 764	○○○○○○○○	920	
	40 Deadlift	648	804	960		
	40 Alternating pistols	688	844	1000		
NUMBER OF REPS						

CATEGORY: FIREBREATHER

WOD 5 : Total Reps

TEAM name :

TEAM signature :

JUDGE name :

EVENT 3 - SCORECARD

WOD 5		TIME CAP 24 MINUTES				
	40 Shoulder to overhead				40	
	40 Pull-ups				80	
	160 Double unders				240	
	30 Shoulder to overhead				270	
	30 Chest-to-bar pull-ups				300	
	160 m Synchro run (32 x 5m)	A+B	○○○○○○○○○○ ○○○○○○○○○○	C+D	○○○○○○○○○○ ○○○○○○○○○○	332
	20 Shoulder to overhead				352	
	20 Jumping bar muscle ups				372	
	160 Double unders				532	
INTO THE AMRAP		ROUND 1	ROUND 2	ROUND 3		
	20 Deadlift	552	708		864	
	20 Burpee toes to bar	572	728		884	
	30 Deadlift	602	758		914	
	30m Assisted HS walk (6 x 5m)	○○○○○○○○ 608	○○○○○○○○ 764	○○○○○○○○	920	
	40 Deadlift	648	804		960	
	40 Pistols	688	844		1000	
NUMBER OF REPS						

CATEGORY: REGULAR

WOD 5 : Total Reps

EVENT 3 - SCORECARD

WOD 5		TIME CAP 24 MINUTES		
	40 Shoulder to overhead			40
	40 Jumping pull-ups			80
	160 Single unders			240
	30 Shoulder to overhead			270
	30 Jumping Chest-to-bar pull-ups			300
	80 m Synchro run (16 x 5m)	A+B ○○○○○○○○○○	C+D ○○○○○○○○○○	316
	20 Shoulder to overhead			336
	20 Jumping bar muscle ups (Rookie)			356
	160 Single unders			516
INTO THE AMRAP		ROUND 1	ROUND 2	ROUND 3
	20 Deadlift	536	692	848
	20 Under and over bench	556	712	868
	30 Deadlift	586	742	898
	6 Scaled Wall Walks (Rookie)	592	748	904
	40 Deadlift	632	788	944
	40 Pistols to bench	672	828	984
NUMBER OF REPS				

CATEGORY: ROOKIE

WOD 5 : Total Reps

TEAM name :

TEAM signature :

JUDGE name :

EVENT 3 - STANDARDS

Shoulder to overhead:

Starting with the barbell on the floor, the athlete brings the bar to the shoulders in any style but without any other assistance. Each repetition starts with the barbell in the front rack position.

The rep is given when the barbell is fully locked out overhead, with the hips, knees and arms fully extended, with the bar directly over or slightly behind the body. The feet must be in line under the body, and the bar must be over the center of the athlete's body when viewed from profile. A press, push press, push jerk, or split jerk are all permitted as long as the athlete reaches the required finish position.

Pull ups:

These are standard Pull ups. Any style of pull-up or grip is permitted as long as the requirements are met.

At the start of each rep, the arms must be fully extended and the feet must be off the ground. At the top, the chin must pass the horizontal plane of the bar.

Synchronized pull Ups:

At the start of each rep, the arms must be fully extended and the feet must be off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is given when both athletes clearly pass the horizontal plane at the same time. If one athlete reaches the horizontal bar plane ahead of the other, he/she may wait at the top position for the teammate.

Chest to bar pull ups:

These are standard Chest to Bar Pull ups. At the start of each rep, the arms must be fully extended and the feet must be off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. At the top, the chest must touch the bar underneath the collar bone.

Synchronized Chest to bar pull ups:

At the start of each rep, the arms must be fully extended and the feet must be off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is given when the athletes clearly touch the bar with their body at or below the collarbone. Athletes must touch the bar at the same time. If one athlete reaches the bar ahead of the other, he/she may wait at the top position for the teammate.

Jumping (Chest to bar) pull ups:

For jumping (Chest to Bar) Pull ups, the bar should be set up so it is at least 15cm above the top of the athlete's head when standing tall. At the bottom of each repetition, the arms must be fully extended.

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EVENT 3 - STANDARDS

Double unders:

These are standard double-unders, with the rope passing twice around the body in a forward motion with each jump. Swinging the rope backward is not permitted. For the rep to count, the rope must clear the feet twice. Attempts where the rope catches before clearing twice do not count.

NOTE for Firebreathers: Each athlete has to do minimum 1 rep!

Single unders:

These are standard single unders, with the rope passing once around the body in a forward motion with each jump. Swinging the rope backwards is not permitted. Attempts where the rope catches before clearing once do not count.

NOTE: Each athlete has to do minimum 1 rep!

Run:

Each rep starts with both athletes feet clearly behind the start line. At each Turn Around, both feet and one hand must touch the ground behind the line before the athletes may return. Only stepping on or touching the line will not count.

For Firebreather + Regulars:

160m in total (32x5m), each pair has to run 80m (16x5m) unbroken

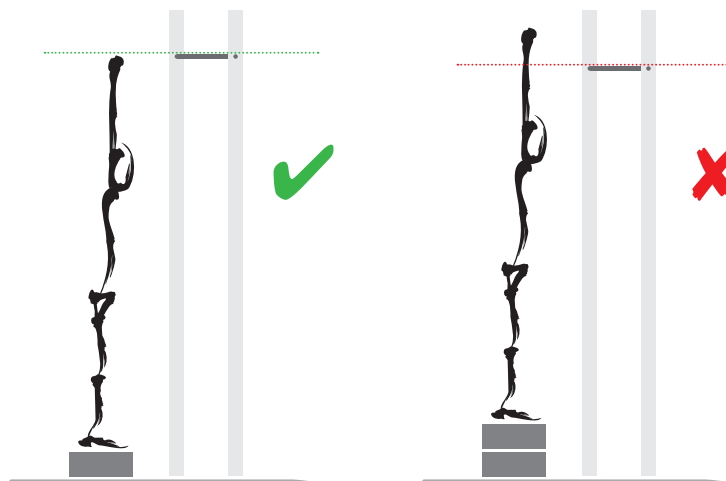
For Rookies:

80m (16x5m) in total, each pair has to run 40m (8x5m) unbroken

Bar muscle up:

In the Bar Muscle Up the athlete must pass from a hang below the bar to support above it. At the bottom, the arms must come to a full lock out with the feet off the ground. At the top, the elbows must fully lock out. A kipping muscle-up is allowed, but the heels may not raise above the height of the bar. Swings or rolls to support are not permitted (if the athlete is kipping, a change of direction under the bar is required).

Athletes may use height assistance, but hands cannot be higher than the bar, when standing up with arms fully extended above the head.



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EVENT 3 - STANDARDS

Jumping Bar muscle up:

(Note: Regulars + Rookies: Athletes may use support (f.ex. a box) to jump in the top position:)

Maximum box height for Regulars: Pull Up Bar on athletes' eye-Level.

Maximum box height for Rookies: Pull Up Bar between collarbone and nipple-line.

The rep is given when starting with straight arms under the bar and finishing in a solid support position/ with locked out elbows above the bar.

Deadlift:

This is a standard deadlift. Sumo deadlift is not allowed. Collars must be placed outside the plates.

Every repetition starts with the barbell on the ground. The hands are outside the knees. The arms must be straight throughout. In the bottom position "Touch'n'go" is permitted but no bouncing to the extent of bent arms.

The repetition is given when the hips and knees reach full extension and the head and shoulders are behind the bar. Dropping the bar is allowed. You cannot use grips or straps.

Burpee pull-over:

The athlete begins by standing with the feet together underneath a pull-up bar. While standing with the hips and knees straight, extend the arms overhead.

The arms must be in line with the torso when viewed from profile, touching the thumbs each hand together and extending the fingers.

The athlete's fingers can not touch the pull-up bar in the measuring position. The pull-up bar must be above the athlete's fingertips.

An exercise mat or similar equipment may be used to decrease the distance between the ground and the pull-up bar.

Chest and thighs have to touch the ground at the bottom of each burpee. Athletes may choose to step or jump into this position.

At the top of each burpee, complete a pull-over:

A pull up followed by a backward roll over the bar.

Jumping and kipping is allowed.

The pull-over must be complete before the next rep. If the pull-over is missing the burpee does not have to be repeated.

Burpees toes to bar:

Set Up & Standard like for the Burpee pull-over:

For 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.

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EVENT 3 - STANDARDS

Under & over bench:

The athlete may use hands to jump over the bench, then crawl back under the bench.

Max. height of the bench: 50cm

Handstand walk:

The handstand walk area must be divided into two 2.5m segments visibly marked on the floor. Ideally, the lane will have two consecutive segments, allowing a 5m walk in one direction and a 5m walk back. Walking more than 5m 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 segment crossed. Both hands, including palms and fingers, must cross the line. Only complete 5m section will be counted as 1 rep.

Assisted Handstand walk:

Same standards as for the unassisted HSW but one athlete can help the HSWalker, standing and walking behind the walker.

Wall walks scaled (For Rookies):

Mark a tape line that measures 130cm from the wall to the edge of the tape that is CLOSEST to the wall.

The line must be 5 cm wide.

Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.

At the start and finish of each rep, both hands must be in front of the tape line.

No part of the hand may be touching the line.

Both hands must remain in front of the tape until both feet are on the wall.

The athlete will walk up the wall until both hands are on the other side of the 5cm tape line.

The fingers may NOT be touching the tape line.

On the descent, the feet must remain on the wall until both hands are in front of the tape line.

No part of the hand may be touching the line.

The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground.

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EVENT 3 - STANDARDS

(Alternating) Pistols:

The athlete stands tall before starting the rep.

Start squatting with one leg, the athlete's hip crease must clearly pass below the top of the knees in the bottom position.

At the top, the rep is given when the athlete's hips and knees are fully extended and the non-supporting leg doesn't touch the ground until the repetition is complete.

Note: Firebreathers must alternate legs after each repetition and may not alternate until a successful rep is achieved.

Note: Regulars have the same standards but no need for alternating legs.

Pistols (on bench) for Rookies:

Same standards but athletes may use a bench (max.height 50 cm) as support. While sitting down / touching the bench and standing up to full extension with the same leg, rep can be given.

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