



FIREBREATHERS

EVENT 2

Time cap: 26 minutes

WOD 2A - Athlete A+B

Pair 1 - In a 12 min timeframe (8 min time cap part 1)

21-15-9 reps of

Deadlift 120/85

Wall Facing Strict Handstand Push-up

WOD 3

5RM DEADLIFT

-- 2MIN BREAK --

WOD 2B - Athlete C+D

Pair 2 - In a 12 min timeframe (8 min time cap part 1)

27-21-15 reps of

Deadlift 100/70

Handstand Push-up

WOD 3

5RM DEADLIFT

HOW DO I ENTER MY SCORE?

WOD 2A = Pair 1 - Total of reps or time (if finished)

WOD 2B = Pair 2 - Total of reps or time (if finished)

WOD 3 = Total of the 4 athletes best lifts
For female the weight will be multiply with a 1.4 ratio

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WARNING: You have 3 scores to enter for that Event 2!



REGULARS

EVENT 2

Time cap: 26 minutes

WOD 2A - Athlete A+B

Pair 1 - In a 12 min timeframe (8 min time cap part 1)

21-15-9 reps of

Deadlift 85/60

15-12-9 reps of

Handstand Push-up with 1 Abmat

WOD 3

5RM DEADLIFT

-- 2MIN BREAK --

WOD 2B - Athlete C+D

Pair 2 - In a 12 min timeframe (8 min time cap part 1)

27-21-15 reps of

Deadlift 70/50

21-15-9 reps of

Handstand Push-up with 6cm Plate (15kg)* + 1 Abmat

WOD 3

5RM DEADLIFT

*it's maximum 6 cm plate. If you have a thicker 15 kilo plates than usual choose another one that is not thicker than 6 cm

HOW DO I ENTER MY SCORE?

WOD 2A = Pair 1 - Total of reps or time (if finished)

WOD 2B = Pair 2 - Total of reps or time (if finished)

WOD 3 = Total of the 4 athletes best lifts
For female the weight will be multiply with a 1.4 ratio

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ROOKIES

EVENT 2

Time cap: 26 minutes

WOD 2A - Athlete A+B

Pair 1 - In a 12 min timeframe (8 min time cap part 1)

21-15-9 reps of

Deadlift 60/40

12-9-6 reps of

Hand release Push-ups

WOD 3

5RM DEADLIFT

-- 2MIN BREAK --

WOD 2B - Athlete C+D

Pair 2 - In a 12 min timeframe (8 min time cap part 1)

27-21-15 reps of

Deadlift 40/25

21-15-9 reps of

Hand release Push-ups on knees

WOD 3

5RM DEADLIFT

HOW DO I ENTER MY SCORE?

WOD 2A = Pair 1 - Total of reps or time (if finished)

WOD 2B = Pair 2 - Total of reps or time (if finished)

WOD 3 = Total of the 4 athletes best lifts

For female the weight will be multiply with a 1.4 ratio

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WARNING: You have 3 scores to enter for that Event 2!



FIREBREATHERS

EVENT 2 - SCORECARD

WOD 2A	PAIR 1	
21 Deadlift 120/85		21
21 Wall Facing Strict Handstand Push Up		42
15 Deadlift 120/85		57
15 Wall Facing Strict Handstand Push Up		72
9 Deadlift 120/85		81
9 Wall Facing Strict Handstand Push Up		90
TOTAL OF REPS OR TIME (IF FINISHED)		

WOD 2B	PAIR 2	
27 Deadlift 100/70		27
27 Handstand Push Up		54
21 Deadlift 100/70		75
21 Handstand Push Up		96
15 Deadlift 100/70		111
15 Handstand Push Up		126
TOTAL OF REPS OR TIME (IF FINISHED)		

WOD 3	BEST 5RM DEADLIFT IN KG		TOTAL
ATHLETE A		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE B		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE C		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE D		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
		TOTAL KG :	

CATEGORY: ☐ FIREBREATHERS

WOD 2A :

WOD 2B :

WOD 3 :

TEAM name :

TEAM signature :

JUDGE name :



REGULARS

EVENT 2 - SCORECARD

WOD 2A	PAIR 1	
21 Deadlift 85/60		21
15 Handstand Push Up with 1 Abmat		36
15 Deadlift 85/60		51
12 Handstand Push Up with 1 Abmat		63
9 Deadlift 85/60		72
9 Handstand Push Up with 1 Abmat		81
TOTAL OF REPS OR TIME (IF FINISHED)		

WOD 2B	PAIR 2	
27 Deadlift 70/50		27
21 Handstand Push Up with 6cm Plate + 1 Abmat		48
21 Deadlift 70/50		69
15 Handstand Push Up with 6cm Plate + 1 Abmat		84
15 Deadlift 70/50		99
9 Handstand Push Up with 6cm Plate + 1 Abmat		108
TOTAL OF REPS OR TIME (IF FINISHED)		

WOD 3	BEST 5RM DEADLIFT IN KG		TOTAL
ATHLETE A		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE B		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE C		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE D		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
		TOTAL KG :	

CATEGORY: ☐ REGULARS

WOD 2A :

WOD 2B :

WOD 3 :

TEAM name :

TEAM signature :

JUDGE name :



ROOKIES

EVENT 2 - SCORECARD

WOD 2A	PAIR 1	
21 Deadlift 60/40		21
12 Hand release Push-ups		33
15 Deadlift 60/40		48
9 Hand release Push-ups		57
9 Deadlift 60/40		66
6 Hand release Push-ups		72
TOTAL OF REPS OR TIME (IF FINISHED)		

WOD 2B	PAIR 2	
27 Deadlift 40/25		27
21 Hand release Push-ups on knees		48
21 Deadlift 40/25		69
15 Hand release Push-ups on knees		84
15 Deadlift 40/25		99
9 Hand release Push-ups on knees		108
TOTAL OF REPS OR TIME (IF FINISHED)		

WOD 3	BEST 5RM DEADLIFT IN KG		TOTAL
ATHLETE A		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE B		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE C		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
ATHLETE D		<input type="checkbox"/> IF FEMALE MULTIPLY BY 1.4	
		TOTAL KG :	

CATEGORY: ☐ ROOKIESWOD 2A : WOD 2B : WOD 3 :

TEAM name :

TEAM signature :

JUDGE name :



EVENT 2 - STANDARDS

Deadlift **FIR** **REG** **ROO**

This is a standard deadlift for 5 RM. 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 required but no bouncing to the extent of bent arms. The lifts are given when the hips and knees reach full extension and the head and shoulders are behind the bar. Dropping the bar after the fifth rep is allowed.

Grips or straps are not allowed.

Wall Facing Strict Handstand Push-up **FIR**

The athlete must perform their handstand push-ups with both hands touching the tape line 10 inches (25 centimeters) from the wall.

This tape line must be no wider than 30 inches (76 centimeters).

Any portion of both of the athlete's hands may be touching the line (fingers OK).

The athlete must start with the chest and thighs touching the floor before moving to the lockout position/doing a wall walk.

The athlete must move into the lockout position with their hands on the line before descending for the first rep.

If the athlete comes down from the wall at any time, they start again from the floor before beginning the next rep.

The arms must be fully extended and in line with the body before the athlete can descend. The legs must remain straight throughout the repetition. Athletes may not attempt to "climb" the wall with their feet or legs. The feet may not be wider than the hands at any time during the movement. Each rep begins and ends with the athlete in the lockout position with the toes against the wall, arms fully extended, and shoulders in line with the body. Both hands must remain on the designated tape line. If one or both hands is not touching the tape line at any time, the repetition will not count.

At the bottom, the head must make contact with the ground.

If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).

The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.

Each rep is credited when the athlete returns to the lockout position with the toes on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

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EVENT 2 - STANDARDS

Handstand Push Up **FIR** **REG**

Each rep begins and ends with the athlete in the lockout position with the heels against the wall, butt off the wall, arms fully extended, and shoulders in line with the body.

The arms must be fully extended and in line with the body before the athlete may descend.

The athlete must perform the handstand push-ups with both hands touching the tape line 25cm from the wall.

This tape line must be 76cm long and no wider than 5cm. Any portion of the athlete's hands may be touching the line (fingers OK).

Both hands must remain on the designated tapeline.

If one or both hands are not touching the tapeline at any time, the repetition will not count. The athlete will need to start again from the lockout position.

At the bottom, the head must make contact with the ground.*

The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.

Kipping is allowed. The feet may be no wider than the width of the hands at any point.

The rep is given when athletes are in the lockout position with the heels on the wall, butt off the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

***For Firebreathers:** If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).

For Regulars: in the first part the athlete may use one abmat, in the second part they may use one abmat plus a 15kg-Plate (6cm) to shorten the way up. It's maximum 6 cm plate. If you have a thicker 15 kilo plates than usual choose another one that is not thicker than 6 cm

HandRelease Push Up **ROO**

The athlete starts in a straight "Plank-Position". A straight body position must be maintained throughout. No snaking, sagging or pushing up from the knees.

At the top position the elbows and shoulders must be locked. Feet are no wider than shoulder width.

At the bottom, before pressing up, the chest (nipple-line or above) must touch the floor and the hands must be taken off the ground.

Feet do not leave the ground.

Hand Release Push Up on Knees **ROO**

Same like the HR Push up but with support of the knees: A straight body position must be maintained throughout (knees to shoulders).

The elbows and shoulders must be locked out at the top.

At the bottom, before pressing up, the chest (nipple-line or above) and the hip must touch the floor and the hands must be taken off the ground.

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