



FIREBREATHERS

EVENT 2

Time cap: 18 minutes

WOD 2

3 RM Front squat

Athletes A+B - Time cap: 8 minutes

10 synchro Burpee over the bar

Attempt 1 - A+B

15 synchro Burpee over the bar

Attempt 2 A+B

20 synchro Burpee over the bar

Attempt 3 - A+B

25 synchro Burpee over the bar

Attempt 4 - A+B

Etc... increase by 5 burpees for every new attempt

***** 2 minutes rest *****

3 RM Overhead Squat

Athletes C+D - Time cap: 8 minutes

10 synchro Burpee over the bar

Attempt 1 - C+D

15 synchro Burpee over the bar

Attempt 2 C+D

20 synchro Burpee over the bar

Attempt 3 - C+D

25 synchro Burpee over the bar

Attempt 4 - C+D

Etc... increase by 5 burpees for every new attempt

- The athletes have one only attempt (weightlifting style) per round. **If they miss, they have to do more burpees to try again. Weight CANNOT go down, be smart**
- You can use one bar or two
- All the athletes can help for loading the bars
- Even if only one athlete wants to have an extra attempt, both athletes must do the synchro burpees

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CHEATER GRIPS

GEAR 9



HOW DO I ENTER MY SCORE?

WOD 2 = Total of the 4 athletes best lifts

For female the weight will be multiply with a 1.4 coefficient



REGULARS

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Etc... increase by 5 burpees for every new attempt

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ROOKIES

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Etc... increase by 5 burpees for every new attempt

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EVENT 2 - SCORECARD

WOD 2 - A+B	ATTEMPT	ATHLETE A* - 3 RM FRONT SQUAT	ATHLETE B* - 3 RM FRONT SQUAT
10 SYNCHRO BURPEES OVER THE BAR	1	KG	KG
15 SYNCHRO BURPEES OVER THE BAR	2	KG	KG
20 SYNCHRO BURPEES OVER THE BAR	3	KG	KG
25 SYNCHRO BURPEES OVER THE BAR	4	KG	KG
30 SYNCHRO BURPEES OVER THE BAR	5	KG	KG
SCORE (SEE BELOW FOR FEMALE*)		BEST LIFT A* : KG	BEST LIFT B* : KG

WOD 2 - C+D	ATTEMPT	ATHLETE C* - 3 RM OVERHEAD SQUAT	ATHLETE D* - 3 RM OVERHEAD SQUAT
10 SYNCHRO BURPEES OVER THE BAR	1	KG	KG
15 SYNCHRO BURPEES OVER THE BAR	2	KG	KG
20 SYNCHRO BURPEES OVER THE BAR	3	KG	KG
25 SYNCHRO BURPEES OVER THE BAR	4	KG	KG
30 SYNCHRO BURPEES OVER THE BAR	5	KG	KG
SCORE (SEE BELOW FOR FEMALE*)		BEST LIFT C* : KG	BEST LIFT D* : KG

IMPORTANT

* FOR THE FEMALE, YOU HAVE TO MULTIPLY THE BEST REGISTERED LIFT BY A COEFFICIENT OF 1.4

For example, if a female did her best lift at 80 kg, her final score will be: $80 \times 1.4 = 112$ kg

CATEGORY: ☐ FIREBREATHERS

WOD 2 : A B C D = TOTAL

TEAM name :

TEAM signature :

JUDGE name :



REGULARS

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SCORE (SEE BELOW FOR FEMALE*)		BEST LIFT A* : KG	BEST LIFT B* : KG

WOD 2 - C+D	ATTEMPT	ATHLETE C* - 3 RM OVERHEAD SQUAT	ATHLETE D* - 3 RM OVERHEAD SQUAT
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ROOKIES

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SCORE (SEE BELOW FOR FEMALE*)		BEST LIFT C* : KG	BEST LIFT D* : KG

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WOD 2 : A B C D = TOTAL

TEAM name :

TEAM signature :

JUDGE name :



EVENT 2 - STANDARDS

Synchro Burpee over the bar **FIR** **REG** **ROO**

The burpees must be performed facing the bar. The athlete **MUST** clearly jump over the bar. Both feet must be off the ground as the athletes are over the bar.

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 bar f.ex.), the entire rep must be repeated.

Rookies may step over the bar.

Front squat **FIR** **REG** **ROO**

The bar starts on the ground and has to be lifted by the athlete into the front rack position anyhow. Assistance, racks or jerk boxes are not allowed. 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 and the elbows in front of the bar.

Separate barbells may be used. Collars must be placed outside the plates. All the athletes can help for loading the bars

One set of 3 reps must be completed unbroken. You can start with a squat clean, it will count as your first rep (as long as the standards are met).

Overhead squat **FIR** **REG**

The bar starts on the ground and has to be lifted by the athlete into the overhead position anyhow. Assistance, racks or jerk boxes are not allowed. Once the bar is in the overhead position, the athlete's hip crease must pass below the tops of their knees at the bottom. The barbell must remain overhead until the lockout position is achieved. The rep is given when the athlete's hips, knees, and arms are fully extended and the bar is directly over or slightly behind the middle of the body. If any part of the athlete's body other than their hands makes contact with the bar, the rep will not count.

Separate barbells may be used. Collars must be placed outside the plates. All the athletes can help for loading the bars

One set of 3 reps must be completed unbroken. You can start with a squat snatch, it will count as your first rep (as long as the standards are met).

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