



FIREBREATHERS

EVENT 3

Time cap: 24 minutes

WOD 3

8 minute AMRAP

6 Wall walks

9 synchro Toes-to-bar (2 athletes)

12 Snatches 60/40

*** directly into ***

8 minute AMRAP

6 Wall walks double tap

9 synchro Chest-to-bar (2 athletes)

12 Cleans 80/55

*** directly into ***

8 minute AMRAP

6 Wall walks with 1 strict wallfacing Handstand push-up

9 Bar muscle up

12 Deadlifts 120/85

WOD 4

5000m Row for time

(change athletes anytime you want)

Once the 5000m are done, the athlete can join the 3 others to work on the AMRAP

HOW DO I ENTER MY SCORE?

WOD 3 = Total reps of the 3 AMRAPs

WOD 4 = Time to finish 5000m

IMPORTANT

If you do not finish the 5000 in the time cap of 24 minutes.

Every 10 meters that are missing = 1 second.

For example:

A team that has rowed 4650 meters = 350 meters missing.

$350/10 = 35$ sec, you add 35 to the time cap.

So your score would be $24:00 + 00:35 = 24:35$

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CHEATER GRIPS

GEAR 9





REGULARS

EVENT 3

Time cap: 24 minutes

WOD 3

8 minute AMRAP

6 Wall walks scaled

6 synchro Toes-to-bar (2 athletes)

12 Snatches 40/25

*** directly into ***

8 minute AMRAP

6 Wall walks scaled double tap

6 synchro Pull-up (2 athletes)

12 Cleans 60/40

*** directly into ***

8 minute AMRAP

6 Wall walks

6 Chest-to-bar

12 Deadlifts 100/70

WOD 4

5000m Row for time

(change athletes anytime you want)

Once the 5000m are done, the athlete can join the 3 others to work on the AMRAP

HOW DO I ENTER MY SCORE?

WOD 3 = Total reps of the 3 AMRAPs

WOD 4 = Time to finish 5000m

IMPORTANT

If you do not finish the 5000 in the time cap of 24 minutes.

Every 10 meters that are missing = 1 second.

For example:

A team that has rowed 4650 meters = 350 meters missing.

$350/10 = 35$ sec, you add 35 to the time cap.

So your score would be $24:00 + 00:35 = 24:35$

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ROOKIES

EVENT 3

Time cap: 24 minutes

WOD 3

8 minute AMRAP

6 Inchworm walk out

9 synchro Hanging knee raise (2 athletes)

12 Snatches 20/15

*** directly into ***

8 minute AMRAP

6 Inchworm walk out double tap

9 Jumping Pull-up (bar head level)

12 Cleans 30/20

*** directly into ***

8 minute AMRAP

3 Wall walks scaled

6 Jumping Chest-to-bar (bar head level)

12 Deadlifts 50/35

WOD 4

4000m Row for time

(change athletes anytime you want)

Once the 4000m are done, the athlete can join the 3 others to work on the AMRAP

HOW DO I ENTER MY SCORE?

WOD 3 = Total reps of the 3 AMRAPs

WOD 4 = Time to finish 4000m

IMPORTANT

If you do not finish the 4000 in the time cap of 24 minutes.

Every 10 meters that are missing = 1 second.

For example:

A team that has rowed 3650 meters = 350 meters missing.

$350/10 = 35$ sec, you add 35 to the time cap.

So your score would be $24:00 + 00:35 = 24:35$

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FIREBREATHERS

EVENT 3 - SCORECARD

WOD 3 - 8 MIN AMRAP - 1	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
6 WALL WALKS	6	33	60	87	114	141	168	195
9 SYNCHRO TOES TO BAR	15	42	69	96	123	150	177	204
12 SNATCHES 60/40	27	54	81	108	135	162	189	216
TOTAL REPS								

WOD 3 - 8 MIN AMRAP - 2	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
6 WALL WALKS DOUBLE TAP	6	33	60	87	114	141	168	195
9 SYNCHRO CHEST-TO-BAR	15	42	69	96	123	150	177	204
12 CLEANS 80/55	27	54	81	108	135	162	189	216
TOTAL REPS								

WOD 3 - 8 MIN AMRAP - 3	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
6 WALL WALKS WITH 1 STRICT WALLFACING HANDSTAND PUSHUP	6	33	60	87	114	141	168	195
9 BAR MUSCLE UP	15	42	69	96	123	150	177	204
12 DEADLIFTS 120/85	27	54	81	108	135	162	189	216
TOTAL REPS								

WOD 4
TIME FOR 5000 METERS ROW (IF NOT FINISHED ADD 1 SEC FOR EVERY 10 METERS MISSING)

CATEGORY: ☐ FIREBREATHERS

WOD 3 : 1 + 2 + 3 = TOTAL REPS

WOD 4 : TIME* (check note in WoD description)

TEAM name :

TEAM signature :

JUDGE name :



REGULARS

EVENT 3 - SCORECARD

WOD 3 - 8 MIN AMRAP - 1	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
6 WALL WALKS SCALED	6	30	54	78	102	126	150	174
6 SYNCHRO TOES TO BAR	12	36	60	84	108	132	156	180
12 SNATCHES 40/25	24	48	72	96	120	144	168	192
TOTAL REPS								

WOD 3 - 8 MIN AMRAP - 2	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
6 WALL WALKS SCALED DOUBLE TAP	6	30	54	78	102	126	150	174
6 SYNCHRO PULL-UPS	12	36	60	84	108	132	156	180
12 CLEANS 60/40	24	48	72	96	120	144	168	192
TOTAL REPS								

WOD 3 - 8 MIN AMRAP - 3	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
6 WALL WALKS	6	30	54	78	102	126	150	174
6 CHEST-TO-BAR	12	36	60	84	108	132	156	180
12 DEADLIFTS 100/70	24	48	72	96	120	144	168	192
TOTAL REPS								

WOD 4
TIME FOR 5000 METERS ROW (IF NOT FINISHED ADD 1 SEC FOR EVERY 10 METERS MISSING)

CATEGORY: ☐ REGULARSWOD 3 : + + = TOTAL REPS WOD 4 : TIME* (check note in WoD description)

TEAM name :

TEAM signature :

JUDGE name :



ROOKIES

EVENT 3 - SCORECARD

WOD 3 - 8 MIN AMRAP - 1	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
6 INCHWORM WALK OUT	6	33	60	87	114	141	168	195
9 SYNCHRO HANGING KNEE RAISE	15	42	69	96	123	150	177	204
12 SNATCHES 20/15	27	54	81	108	135	162	189	216
TOTAL REPS								

WOD 3 - 8 MIN AMRAP - 2	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
6 INCHWORM WALK OUT DOUBLE TAP	6	33	60	87	114	141	168	195
9 JUMPING PULL-UP (BAR HEAD LEVEL)	15	42	69	96	123	150	177	204
12 CLEANS 30/20	27	54	81	108	135	162	189	216
TOTAL REPS								

WOD 3 - 8 MIN AMRAP - 3	R 1	R 2	R 3	R 4	R 5	R 6	R 7	R 8
3 WALL WALKS SCALED	3	24	45	66	87	108	129	150
6 JUMPING CHEST-TO-BAR	9	30	51	72	93	114	135	156
12 DEADLIFTS 50/35	21	42	63	84	105	126	147	168
TOTAL REPS								

WOD 4
TIME FOR 4000 METERS ROW (IF NOT FINISHED ADD 1 SEC FOR EVERY 10 METERS MISSING)

CATEGORY: ☐ ROOKIESWOD 3 : + + = TOTAL REPS WOD 4 : TIME* (check note in WoD description)

TEAM name :

TEAM signature :

JUDGE name :



EVENT 3 - STANDARDS

Wall walk **FIR REG**

mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. The distance from the wall to the tape is 140cm.

This first line will be the start and finish line for each repetition.

Tape a second line that leaves 25cm of space between the tape's far edge and the wall.

The tape line placed 25cm from the wall must be 76cm in length and NO WIDER than 5cm. It's the same set up for all genders/categories.

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 touch the first tape line (fingers touching is OK).

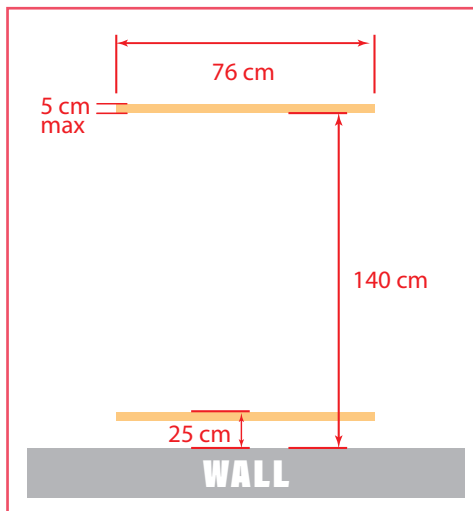
Both hands must remain on the tape until both feet are on the wall.

At the top of the movement, both hands must touch the tape line at the 25cm mark before the athlete may descend.

Any part of the hand may touch the tape line.

On the descent, the feet must remain on the wall until both hands are touching the first line.

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



Wall walk

+ wall-facing strict handstand push-up **FIR**

The strict HSPU begins at the Wall Walk-Lockout position:

Both hands touching the tape line (any portion of the hands may be touching the line (fingers OK)).

The toes are against the wall. Both arms are fully extended and shoulders are in line with the body before descending for the HSPU.

The legs must remain straight throughout the entire movement.

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

The head does NOT need to touch the tape line.

The rep is credited when the HSPU is finished at the lockout position (toes on the wall, arms, hips, and legs fully extended, shoulders in line with the body) and the athlete returns to the wall walk-starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground.

Wall walk + double shoulder tap **FIR**

The double shoulder tap begins in the wall walk-lockout position:

Both hands touching the tape line (any portion of the hands may be touching the line (fingers OK)).

The toes are against the wall. Both arms are fully extended and shoulders are in line with the body. The legs must remain straight throughout the entire movement.

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GEAR 9





EVENT 3 - STANDARDS

For the shoulder tap, the athlete has to touch one shoulder with the opposite hand and vice versa (right hand to left shoulder / left hand to right shoulder) and replace the hand on the tape.

The rep is credited when the shoulder taps are done at the lockout position (toes on the wall, arms, hips, and legs fully extended, shoulders in line with the body) and the athlete returns to the wall walk-starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground.

Scaled Wall walk **REG ROO**

mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. The distance from the wall to the tape is 140cm.

This first line will be the start and finish line for each repetition.

Tape a second line that leaves 25cm of space between the tape's far edge and the wall.

The tape line placed 25cm from the wall must be 76cm in length and NO WIDER than 5cm.

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.

For the wall walk the athlete will walk up the wall into a straight body line position and until both hands are on the other side of the 5cm tape line. The fingers may NOT be touching the tape line.

Scaled Wall walk + double tap **REG**

The double shoulder tap begins in the scaled wall walk-lockout position: Both hands must remain in front of the tape until both feet are on the wall.

For the wall walk the athlete will walk up the wall into a straight body line position and until both hands are on the other side of the 5cm tape line. The fingers may NOT be touching the tape line.

For the shoulder tap, the athlete has to touch one shoulder with the opposite hand and vice versa (right hand to left shoulder / left hand to right shoulder).

The rep is credited when the shoulder taps are done at the scaled wall walk-lockout position and 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

Inchworm Walk out **ROO**

(For measurements, see wall walk-standards above)

The movement starts, standing at the second tape line, closed to the wall (*see wall walk standard).

The athlete does an inchworm walk out until hands are touching the first line (*see wall walk standard) and will walk up the wall into a straight body line position, until both hands are on the other side of OR on the 5cm tape line.

The rep is credited when the athlete returns to the starting position, from the inchworm walk out into the stand.

Inchworm Walk out + double tap **ROO**

The double shoulder tap begins in the inchworm walk out-lockout position.

For the shoulder tap, the athlete has to touch one shoulder with the opposite hand and vice versa (right hand to left shoulder / left hand to right shoulder).

The rep is credited when the shoulder taps are done at the inchworm walk out-lockout position and the athlete returns to the starting position, from the inchworm walk out into the stand.

Row **FIR REG ROO**

The damper setting and foot positions may be adjusted by the athletes at any time before and during the row.

The monitor on the rower must be set to zero meter at the beginning of the workout. Meters MUST be counting up. The athletes who row first may sit on the rower and get ready but shouldn't touch the handles till the clock says „go“.

Athletes can switch whenever they want. Once the 5000 meter mark is reached (4000m for Rookies), the last athlete on the rower can join the other and help through the AMRAP.

Synchronized Toes-to-bar **FIR REG**

In the synchro toes-to-bar movement, both athletes must begin hanging from the bar with arms fully extended and feet behind the vertical plane of the bar. To complete a rep, they must simultaneously touch the bar with both feet at the same time.

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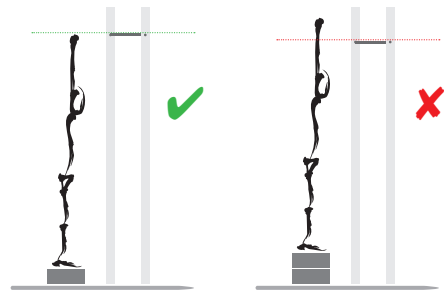


EVENT 3 - STANDARDS

Synchronized Chest-to-bar Pull-ups **FIR**

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 synchro rep is given when the athletes clearly touch the bar with their chest 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.

*For Bar Muscle-up



ATHLETES MAY USE HEIGHT ASSISTANCE, BUT **HANDS CANNOT BE HIGHER** THAN THE BAR, WHEN STANDING UP WITH ARMS FULLY EXTENDED ABOVE THE HEAD.

Bar Muscle-up* **FIR**

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 no portion of the foot can rise above the pull-up bar during the kip. 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.

Synchronized Pull-ups **REG**

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 synchro rep is given when both athletes clearly pass the horizontal plane of the bar with the chin. If one athlete reaches the horizontal plane of the bar ahead of the other, he/she may wait at the top position for the teammate.

Chest To Bar Pull-ups **REG**

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.

Synchro Hanging knee raises **ROO**

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.

At the top of the repetition the athlete must raise their knees above the height of their hips. The synchro rep is given when both athletes have their knees above the hips at the same time.

Jumping Pull-ups **ROO**

For jumping pull ups, the bar should be set up so it is not lower than the top of the athlete's head when standing tall. At the bottom of each repetition, the arms must be fully extended.

The rep is given when the athlete clearly passes the horizontal plane of the bar with the chin.

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EVENT 3 - STANDARDS

Jumping Chest-To-Bar Pull-ups **ROO**

For jumping chest to bar Pull ups, the bar should be set up so it is not lower than the top of the athlete's head when standing tall. At the bottom of each repetition, the arms must be fully extended. At the top, the chest must touch the bar underneath the collar bone.

Clean **FIR REG ROO**

Start each rep with the bar on the ground. The bar must be lifted to the shoulders. Any style of clean, except a hang clean, is permitted. The rep is credited when the bar is on the shoulders and the hips and knees are extended, the feet are in line and the elbows are in front of the bar when viewed from profile.

Snatch **FIR REG ROO**

The barbell begins on the ground and must be lifted overhead in one motion. 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. 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. For Rookies: if you are not using plates or using small plates, the bar must start below the knees.

Deadlift **FIR REG ROO**

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.

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