



FIREBREATHERS

EVENT 2

Time cap: 16 minutes

WOD 2

32 Deadlift 70/45

32 Hang power clean 70/45

32 Shoulder to overhead 70/45

- 12 Burpee high five - (4 synchro)

28 Deadlift 80/55

28 Hang power clean 80/55

28 Shoulder to overhead 80/55

- 12 Burpee high five - (4 synchro)

24 Deadlift 90/60

24 Hang power clean 90/60

24 Shoulder to overhead 90/60

- 12 Burpee high five - (4 synchro)

[tie break]

into AMRAP

Clean and jerk at 100/70 in the remaining time

Share all the barbell work as needed.

Only 2 bars (1x 20kg + 1x 15kg)

Only one bar off the floor at the time

HOW DO I ENTER MY SCORE?

WOD 2 = Total of reps done at 16:00

PRESENTED BY

cross equip

GEAR 9



REGULARS

EVENT 2

Time cap: 16 minutes

WOD 2

32 Deadlift 50/30

32 Hang power clean 50/30

32 Shoulder to overhead 50/30

- 12 Burpee high five - (4 synchro)

28 Deadlift 55/35

28 Hang power clean 55/35

28 Shoulder to overhead 55/35

- 12 Burpee high five - (4 synchro)

24 Deadlift 60/40

24 Hang power clean 60/40

24 Shoulder to overhead 60/40

- 12 Burpee high five - (4 synchro)

[tie break]

into AMRAP

Clean and jerk at 70/50 in the remaining time

Share all the barbell work as needed.

Only 2 bars (1x 20kg + 1x 15kg)

Only one bar off the floor at the time

HOW DO I ENTER MY SCORE?

WOD 2 = Total of reps done at 16:00

PRESENTED BY

crossequip

GEAR 9



ROOKIES

EVENT 2

Time cap: 16 minutes

WOD 2

32 Deadlift 30/15

32 Hang power clean 30/15

32 Shoulder to overhead 30/15

- 12 Burpee high five - (4 synchro)

28 Deadlift 35/20

28 Hang power clean 35/20

28 Shoulder to overhead 35/20

- 12 Burpee high five - (4 synchro)

24 Deadlift 40/25

24 Hang power clean 40/25

24 Shoulder to overhead 40/25

- 12 Burpee high five - (4 synchro)

[tie break]

into AMRAP

Clean and jerk at 45/30 in the remaining time

Share all the barbell work as needed.

Only 2 bars (1x 20kg + 1x 15kg)

Only one bar off the floor at the time

HOW DO I ENTER MY SCORE?

WOD 2 = Total of reps done at 16:00

PRESENTED BY

crossequip

GEAR 9



FIREBREATHERS

EVENT 2 - SCORECARD

WOD 2

32 DEADLIFT	70/45	32
32 HANG POWER CLEAN	70/45	64
32 SHOULDER TO OVERHEAD	70/45	96
12 BURPEE HIGH FIVE - (4 SYNCHRO)		108
28 DEADLIFT	80/55	136
28 HANG POWER CLEAN	80/55	164
28 SHOULDER TO OVERHEAD	80/55	192
12 BURPEE HIGH FIVE - (4 SYNCHRO)		204
24 DEADLIFT	90/60	228
24 HANG POWER CLEAN	90/60	252
24 SHOULDER TO OVERHEAD	90/60	276
12 BURPEE HIGH FIVE - (4 SYNCHRO)		288
(TIE BREAK) - TIME		
INTO AMRAP		
CLEAN AND JERK	100/70	
TOTAL REPS		

CATEGORY: FIREBREATHERS

WOD 2 :

TOTAL REPS

TEAM name :

TEAM signature :

JUDGE name :



REGULARS

EVENT 2 - SCORECARD

WOD 2

32 DEADLIFT	50/30	32
32 HANG POWER CLEAN	50/30	64
32 SHOULDER TO OVERHEAD	50/30	96
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12 BURPEE HIGH FIVE - (4 SYNCHRO)		288
(TIE BREAK) - TIME		
INTO AMRAP		
CLEAN AND JERK	70/50	
TOTAL REPS		

CATEGORY: REGULARS

WOD 2 :

TOTAL REPS

TEAM name :

TEAM signature :

JUDGE name :



ROOKIES

EVENT 2 - SCORECARD

WOD 2

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12 BURPEE HIGH FIVE - (4 SYNCHRO)		288
(TIE BREAK) - TIME		
INTO AMRAP		
CLEAN AND JERK	45/30	
TOTAL REPS		

CATEGORY: ROOKIES

WOD 2 :

TOTAL REPS

TEAM name :

TEAM signature :

JUDGE name :

EVENT 2 - STANDARDS

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 ok 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. Grips or straps are not allowed.

Hang Power Clean **FIR** **REG** **ROO**

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

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.

Shoulder to Overhead **FIR** **REG** **ROO**

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.

Clean & Jerk **FIR** **REG** **ROO**

Starting with the barbell on the floor, the athlete performs a clean (any style), finishing standing tall with the weight on the shoulders and elbows in front of the bar. From there, the jerk (shoulder-to-overhead) can be a strict press, push press, or any style of jerk.

The rep is credited when the athlete is standing tall with feet in a parallel stance, showing a full lockout and a controlled position.

Synchronized Burpees High Five **FIR** **REG** **ROO**

In the start position the athletes are facing each other and they may jump or step back to reach the bottom position. Thighs and chest have to touch the ground at the same time (synchro on the floor).

Stepping and/or jumping back to the starting position are both permitted but at the end of each rep they have to do a jump and a partner-high five. High five doesn’t need to be synchro. But athletes cannot get back on the floor before the high five is done.

If one athlete/the athletes receive(s) a “no rep” for any reason the entire rep must be repeated for the 4 athletes.

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