



**FIREBREATHERS**

## **EVENT 3**

Time cap: 20 minutes

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### **WOD 3**

2000m Row for time (min 250m each)

then in the remaining time

### **WOD 4**

160 Double unders\*  
40 Handstand pushup synchro  
40 Front squat 60/40\*  
40 Toes-to-bar\*

160 Double unders\*  
30 Strict Handstand pushup\*  
30 Front squat 80/55\*  
30 Toes-to-bar synchro

160 Double unders\*  
20 Strict wall facing Handstand pushup\*  
20 Front squat 90/60\*  
20 Pullovers\*

\*(shared as needed between the 4 athletes)

## **HOW DO I ENTER MY SCORE?**

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**WOD 3** = Time to finish 2000m row

**WOD 4** = Total of reps or time (if finished)

PRESENTED BY

**cross**equip

**GEAR 9**



REGULARS

## EVENT 3

Time cap: 20 minutes

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### WOD 3

2000m Row for time (min 250m each)

then in the remaining time

### WOD 4

120 Double unders\*

40 Synchro Handstand pushup 10kg plate + abmat

40 Front squat 40/30\*

40 Toes-to-hip synchro

120 Double unders\*

30 Handstand pushup abmat\*

30 Front squat 50/35\*

30 Toes-to-bar\*

120 Double unders\*

20 Handstand pushup\*

20 Front squat 60/40\*

20 Toes-to-bar synchro

\*(shared as needed between the 4 athletes)

## HOW DO I ENTER MY SCORE?

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**WOD 3** = Time to finish 2000m row

**WOD 4** = Total of reps or time (if finished)

PRESENTED BY

**cross**equip

**GEAR 9**

## EVENT 3

Time cap: 20 minutes

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### WOD 3

1600m Row for time (min 200m each)

then in the remaining time

### WOD 4

120 Single Unders forward\*

40 Partner Handrelease Push-up on knees

40 Front squat 30/20\*

40 Partner Abmat Sit-ups

80 Single Unders backward\*

30 Handrelease Push-up\*

30 Front squat 35/22.5\*

30 Hanging knee raise synchro

20 Double unders or 80 Single Unders \*/\*\*

20 Pike Walk\*

20 Front squat 40/25\*

20 Toes-to-hip synchro

\*(shared as needed between the 4 athletes)

\*\*You must decide ahead if your team will do DU or SU. You cannot change mid-set or if you decide to do so you have to restart the set from «0».

## HOW DO I ENTER MY SCORE?

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**WOD 3** = Time to finish 2000m row

**WOD 4** = Total of reps or time (if finished)

PRESENTED BY

**cross**equip

**GEAR 9**



**FIREBREATHERS**

# EVENT 3 - SCORECARD

## WOD 3

2000 M ROW FOR TIME (MIN 250 M EACH)	TIME
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THEN IN THE REMAINING TIME

## WOD 4

160 DOUBLE UNDERS		160
40 HANDSTAND PUSHUP SYNCHRO		200
40 FRONT SQUAT	60/40	240
40 TOES-TO-BAR		280
160 DOUBLE UNDERS		440
30 STRICT HANDSTAND PUSHUP		470
30 FRONT SQUAT	80/55	500
30 TOES-TO-BAR SYNCHRO		530
160 DOUBLE UNDERS		690
20 STRICT WALL FACING HANDSTAND PUSHUP		710
20 FRONT SQUAT	90/60	730
20 PULLOVERS		750
TOTAL OF REPS AT TIME CAP OR TIME IF FINISHED		

**CATEGORY:**  FIREBREATHERS

**WOD 3** : Time

**WOD 4** : Total of Reps or Time

TEAM name :

TEAM signature :

JUDGE name :



**SWISS TEAM  
CHALLENGE**

**REGULARS**

# EVENT 3 - SCORECARD

## WOD 3

2000 M ROW FOR TIME (MIN 250 M EACH)	TIME
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THEN IN THE REMAINING TIME

## WOD 4

120 DOUBLE UNDERS		120
40 SYNCHRO HANDSTAND PUSHUP 10KG PLATE + ABMAT		160
40 FRONT SQUAT	40/30	200
40 TOES-TO-HIP SYNCHRO		240
120 DOUBLE UNDERS		360
30 HANDSTAND PUSHUP ABMAT		390
30 FRONT SQUAT	50/35	420
30 TOES-TO-BAR		450
120 DOUBLE UNDERS		570
20 HANDSTAND PUSHUP		590
20 FRONT SQUAT	60/40	610
20 TOES-TO-BAR SYNCHRO		630
TOTAL OF REPS AT TIME CAP OR TIME IF FINISHED		

**CATEGORY:**  REGULARS

**WOD 3** : Time

**WOD 4** : Total of Reps or Time

TEAM name :

TEAM signature :

JUDGE name :



ROOKIES

# EVENT 3 - SCORECARD

## WOD 3

1600 M ROW FOR TIME (MIN 200 M EACH)	TIME
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THEN IN THE REMAINING TIME

## WOD 4

120 SINGLE UNDERS FORWARD		120
40 PARTNER HANDRELEASE PUSH-UP ON KNEES		160
40 FRONT SQUAT	30/20	200
40 PARTNER ABMAT SIT-UPS		240
80 SINGLE UNDERS BACKWARD		320
30 HANDRELEASE PUSH-UP		350
30 FRONT SQUAT	35/22.5	380
30 HANGING KNEE RAISE SYNCHRO		410
20 DOUBLE UNDERS OR 80 SINGLE UNDERS (1 DOUBLE UNDER = 4 SINGLE REPS)		490
20 PIKE WALK		510
20 FRONT SQUAT	40/25	530
20 TOES-TO-HIP SYNCHRO		550
TOTAL OF REPS AT TIME CAP OR TIME IF FINISHED		

CATEGORY:  ROOKIES

WOD 3 : Time

WOD 4 : Total of Reps or Time

TEAM name :

TEAM signature :

JUDGE name :

# EVENT 3 - STANDARDS

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## Row For Time **FIR** **REG** **ROO**

### 2000m\* / \*1600m for Rookies

The monitor must be set to the required distance (2000m / 1600m for Rookies) prior to the start; damper settings and foot straps may be adjusted at any time. Athletes may be seated with feet strapped in but must not touch the handle until the “Go” signal. Each athlete must complete their required minimum distance (250m / 200m for Rookies) in a single, continuous effort. The score is the total time taken to complete the distance. There is a combined 20-minute time cap for Event 3 and Event 4; upon completion of the row, athletes must use the remaining time to proceed immediately to Event 4.

# EVENT 4 - STANDARDS

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## Double Unders **FIR** **REG** **ROO**

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.

## Single Unders **ROO**

These are standard single unders, with the rope passing once around the body with each jump swinging the rope forward.

Attempts where the rope catches before clearing once do not count.

## Backwards Single Unders **ROO**

These are standard single unders, with the rope passing once around the body with each jump swinging the rope backwards.

Attempts where the rope catches before clearing once do not count.

## Handstand Push Up synchro **FIR** **REG**

Each rep begins and ends with two athletes 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 athletes 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 athletes will need to start again from the lockout position.

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

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# EVENT 3 - STANDARDS

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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 synchro rep is given when both athletes are in the lockout position at the same time (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:**

For the synchro HSPU the athletes may use one abmat plus 10kg-plates. For the 30 shared HSPU, they may use one abmat.

For the 20 shared HSPU it's the same rule as for firebreathers: surfaces must be one level!

## **Strict Handstand Push Up FIR**

Same standards as for the Kipping Handstand Push Up (see above) but without no kipping movement.

Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition. The feet may be no wider than the width of the hands at any point.

## **Wall Facing Strict Handstand Push Up FIR**

The athlete must start his set with the chest and thighs touching the floor before moving to the lockout position/doing a wall walk. The athlete can come down the wall in any manner. Each new set (or if athlete switch) must start with a wall walk (chest and thighs touching the floor). There is no line for the start of the wall walk.

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

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

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

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

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**GEAR 9**

# EVENT 3 - STANDARDS

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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.

## Hand Release Push ups **ROO**

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, 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.

## Partner Hand Release Push Ups on Knees **ROO**

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

The rep is given when the two athletes clapped hands once. („Low five“;)

## Pike Walk **ROO**

The athlete starts the movement in an extended high plank position. Both feet must be placed on top of a 50cm box.

Arms are locked out, and the body forms a straight line from shoulders to heels. The athlete walks on their hands backward toward the box into a strict pike position. The hips must be stacked vertically over the shoulders at the top of the movement. The rep is credited once the athlete returns to the original, fully extended high plank position.

The feet must remain on top of the box for the entire duration of the repetition.

## Front Squat **FIR REG ROO**

The barbell must be lifted from the floor and brought to the shoulder by the performing athlete without any assistance from teammates. The weight must be held in the front-rack position, supported on the shoulders. Each rep begins with the athlete standing tall, hips and knees fully extended. At the bottom of the movement, the crease of the hip must clearly pass below the top of the knees. The rep is credited when the athlete returns to a fully upright position with hips, knees, and the barbell in a straight line. Teammates may assist with loading and adjusting weights. Collars must be used.

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# EVENT 3 - STANDARDS

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## Toes-to-Bar synchro **FIR** **REG**

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.

For a synchro rep, the feet of the two athletes must be in contact with the bar at the same time.

## Pullover **FIR**

The pull over is a vertical pull on the pull-up bar followed by a backward roll of the body over the bar and pressing up in a support position. Jumping and kipping is allowed.

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.

## Toes-to-hip synchro **REG** **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 athletes must raise their feet above the height of their hips.

For a good synchro rep, the athletes must raise their feet above the height of their hips at the same time.

## Partner Abmat Sit Ups **ROO**

Both athletes must perform the movement simultaneously while facing each other. Each repetition begins with the athletes' shoulder blades and hands touching the floor behind their heads, with the Abmat positioned under the lower back. The rep is credited when both athletes sit up and touch hands with their partner in the upright position. For the rep to count, the feet must remain in contact with the floor throughout the movement, and both partners must reach the top and make physical hand contact at the same time.

## Synchronized Hanging Knee Raise **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 athletes must raise their knees above the height of their hips.

For a good synchro rep, the athletes must raise their knees above the height of their hips at the same time.

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**GEAR 9**