



WORKOUT SIX SCORECARD

SCORES DUE MONDAY SEPTEMBER 26TH, 2022 AT 8:00PM ET VIA COMPETITION CORNER



WORKOUT

SIX

PRESENTED BY



FOR TIME

30-20-10

DEADLIFTS TOES-TO-BAR

TIME CAP /
6 MINUTES

SCORE /
TOTAL TIME

**ELITE/RX, INTER,
35-39, 40-44, 45-49,
50-54, 16-18**

30-20-10
DEADLIFTS (185, 135LB)
TOES-TO-BAR

55-59

21-15-9
DEADLIFTS (165, 115LB)
TOES-TO-BAR

60+, 13-15

21-15-9
DEADLIFTS (155, 105LB)
TOES-TO-BAR

MODIFIED: SCALED

21-15-9
DEADLIFTS (115, 75LB)
HANGING TOE RAISES

SCORING /

The time it takes to complete the workout. If time capped, the score will be the total reps completed within the cap.

REQUIRED EQUIPMENT /

- Barbell
- Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weights for the athlete's division*
- Pull up bar

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 83kg (185lb), 70kg (155), 61kg (135lb), 52kg (115lb), 48kg (105lb), 34kg (75lb).

FLOW /

This event is for time, with a 6 minute time cap and begins with the athlete standing tall at their barbell. At the call of 3,2,1 GO, athletes will perform 30 deadlifts.

At the completion of the deadlifts, athletes will perform 30 toes to bar.

At the completion of the toes to bar, athletes will perform 20 deadlifts.

At the completion of the deadlifts, athletes will perform 20 toes to bar.

At the completion of the toes to bar, athletes will perform 10 deadlifts.

At the completion of the deadlifts, athletes will perform a final set of 10 toes to bar.

At the completion of the 10th toes to bar, time will be recorded and this will be their score.

MOVEMENT STANDARDS /

DEADLIFTS

This is a conventional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. Any hand position is allowed, but the arms must be straight throughout. No bouncing. Deliberate bouncing of the barbell is not allowed. Dropping the barbell after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.

TOES TO BAR

In 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 vertical plane of the bar before initiating the next rep. Any part of the shoe may touch the bar for the rep to count.

MOVEMENT STANDARDS /

HANGING TOE RAISE

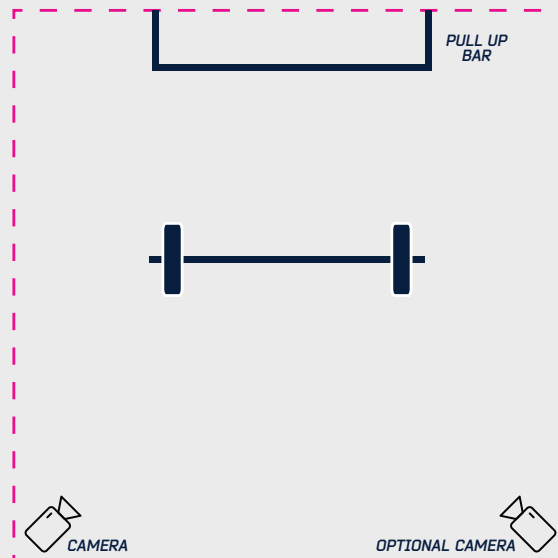
In the hanging toe raise, the Athlete must go from a full hang to having the toes brought to or above the height of the hips in front of the body. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before initiating the next rep. Any grip is permitted.

VIDEO STANDARDS /

- Film ALL introductions of name, division and workouts so the athlete can be seen and heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film ALL equipment so the loads and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.

SUGGESTED SET UP

If space is an issue, you may rearrange as long as all movements are clearly seen in frame throughout the workout.





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ELITE/RX, INTER, 35-39, 40-44, 45-49, 50-54, 16-18

DEADLIFTS

TOES-TO-BAR

30

30

60

20

80

100

10

110

120

TOTAL TIME

OR TOTAL REPS

ATHLETE NAME

SIGNATURE

JUDGE NAME

55-59, 60+, 13-15, SCALED

	DEADLIFTS	TTB/HTR
21	21	42
15	57	72
9	81	90

TOTAL TIME

OR TOTAL REPS

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____