



TEAM WORKOUT 3 SCORECARD

SCORES DUE NOVEMBER 6 @ 8PM ET

WEIGHTLIFTING TEST ONE ATHLETE PER TEAM

PRESENTED BY **ROGUE**

13 MIN EMOTM

ALL DIVISIONS

EVERY MINUTE ON THE MINUTE, FOR MAX LOAD

1RM CLEAN LADDER

MUST COMPLETE A SUCCESSFUL CLEAN EVERY MINUTE.

IF A CLEAN IS NOT COMPLETED WITHIN A MINUTE, THE WORKOUT IS OVER & NO SCORE IS RECORDED.

STARTING WEIGHTS

Athletes must make their first minute attempt at one of the following weights.

MEN (LB)	65	95	135	185	225	275	315
WOMEN (LB)	45	65	95	125	155	185	205

After minute 1, athletes may keep the weight the same each minute, or increase by 5lb for women, 10lb for men each minute, at their discretion.

Athletes may not decrease in weight during or between minutes.

SCORING

The team score for this workout is the load successfully completed within the final minute (12:00-13:00).

The team captain will submit the athlete's load for this workout.

TIEBREAK: The load of the 1st successfully completed clean 00:00-01:00 (the opening weight).

WORKOUT FLOW

Workout 3 is part of a series of individual workouts consisting of workouts 2, 3, & 4. Each workout should be assigned to only one athlete per team, with each athlete allowed to perform only one.

This is a 1-Rep Max load workout only one athlete from the team will perform.

Prior to the start of the workout, the athlete must pre-load their barbell to one of the assigned loads above.

This workout starts with the athlete standing at their pre-loaded barbell. At 00:00, the athlete will have one minute to perform one clean.

WORKOUT FLOW (CONT.)

At the start of each of the following minutes, the athlete will have one minute to perform one clean, until the final and 13th attempt prior to 13:00.

Athletes may stay at the same weight or add weight to the barbell each round. This decision can be made minute to minute.

- Men may only add a total of 10lb per minute or stay the same
- Women may only add a total of 5lb per minute or stay the same
- Athletes will NOT be allowed to go down in weight.

Athletes must complete a successful clean to move into the next minute.

If an athlete is unable to complete a successful clean within a given minute, their workout is invalid, and may restart the workout again from minute 0:00.

The last clean window will be from 12:00-13:00. The clean successfully performed within this minute will be the athlete's score.

Athletes may have help from others to change their barbell weight between minutes.

If an athlete fails an attempt, they may reattempt as many times as needed before the minute expires, however, the athlete may not go down to the previous weight.

REQUIRED EQUIPMENT

- Barbell
 - Required for Men - 45lb or 20kg barbell
 - Required for Women - 35lb or 15kg barbell
- Weight plates*
- Collars

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece BEFORE the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

KILOGRAMS (KG)	0.5	1	1.5	2	2.5	5	10	15	20	25
POUNDS (LB)	1.1	2.2	3.3	4.4	5.5	10	22	33	44	55

Then round the sum to the nearest whole pound. (.5 and up round up, .4 and below round down)

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the starting weights : 45lb - 20kg / 65lb - 29kg / 95lb - 43kg / 125lb - 56kg / 135lb - 61kg / 155lb - 70kg / 185lb - 83kg / 205lb - 93kg / 220lb - 100kg / 225lb - 102kg / 315lb - 143kg / 5lb - 2.5kg / 10lb - 5kg

*The official weight must be recorded in pounds.

Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

CALCULATING TOTAL LOAD:

Example 1:
 Barbell is 20 kg = 45 lb
 Two 45 lb plates = 90 lb

 TOTAL = 135 lb
 Enter 135 lb on scorecard

Example 2:
 Barbell is 15 kg = 35 lb
 Two 20 kg plates = 88 lb
 Two 0.5 kg plates = 2.2 lb

 TOTAL = 125.2 lb
 125.2 lb rounds down to 125 lb
 Enter 125 lb on scorecard

OTHER RULES & RECOMMENDATIONS

Please note gymnastic grips or straps will not be acceptable at any point during Workout 3, or will result in disqualification.

Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout with the exception of workout 3, the barbell clean weight changes.

For avoidance of doubt, the same athlete may not perform workouts 2, 3, or 4. Each one must be performed by a different teammate.

MOVEMENT STANDARDS

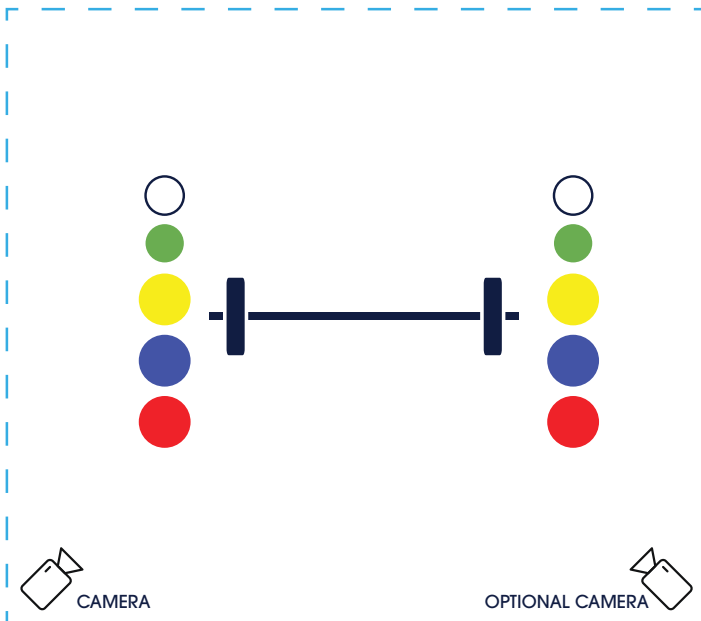
Please note gymnastic grips or straps will not be acceptable at any point during Workout 3.

CLEAN

- The rep begins with the bar on the ground
- The rep ends and is credited when the hips and knees are clearly locked out and extended with the bar racked on the shoulders and the elbows clearly in front of the bar
- During the movement:
 - The athlete may choose to do a muscle clean, power clean, squat clean or split clean.
 - Both feet must return and be in line under the athlete's body while the barbell is supported in the front rack position
 - Hang cleans are NOT permitted.
 - No part of the body other than the feet may touch the ground. This will count as a no-rep.

FILMING RECOMMENDATIONS

- We highly recommend using WODPROOF for all official workout filming.
- Film ALL introductions of name, division and workouts so the athlete can be seen/heard clearly.
- Film the loads on the barbell and the weights being used.
- Film ALL movements so that movement standards being met are clearly being shown.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is recommended to be visible throughout the entire workout..
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the filming standards is subject to penalty and/or invalidation of video.
- It is highly recommended to announce or show your weight being attempted to the camera. This can be done verbally or by showing on a whiteboard or paper.



WOD PROOF

WE HIGHLY RECOMMEND DOWNLOADING THE
WODPROOF APP FOR OFFICIAL WORKOUT FILMING

Available on the
App Store



GET IT ON
Google play



ALL DIVISIONS

FOR TIME / TIME-CAP: 13 MIN

STARTING WEIGHTS

MEN (LB)	65	95	135	185	225	275	315
WOMEN (LB)	45	65	95	125	155	185	205

	LOAD (WEIGHT IN LBS)
00:00 - 01:00 (TIEBREAK SCORE)	
01:00 - 02:00	
02:00 - 03:00	
03:00 - 04:00	
04:00 - 05:00	
05:00 - 06:00	
06:00 - 07:00	
07:00 - 08:00	
08:00 - 09:00	
09:00 - 10:00	
10:00 - 11:00	
11:00 - 12:00	
12:00 - 13:00 (FINAL SCORE)	

LOAD COMPLETED IN MIN 13 (12:00 - 13:00)(WEIGHT IN LBS)	
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TIEBREAK LOAD OF THE 1ST SUCCESSFULLY COMPLETED CLEAN 00:00-01:00	
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SCORES ARE DUE NOVEMBER 6, 2024 @ 8PM ET

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SUBMIT SCORE HERE

