



# TEAM WORKOUT 6 SCORECARD

SCORES DUE NOVEMBER 6 @ 8PM ET

TIME-CAP: 15 MIN PER ATHLETE

PRESENTED BY



FOR TIME

## 150 WALL BALLS

STARTING AT MIN 0, EVERY 3 MIN: 15 POWER SNATCHES

ELITE, RX, INTERMEDIATE, MASTERS

150 WALL BALLS (20, 14 LB) (10, 9 FT)  
15 POWER SNATCHES (75, 55 LB)

MODIFIED

150 WALL BALLS (14, 10 LB) (10, 9 FT)  
10 POWER SNATCHES (45, 35 LB)

### SCORING

The team score for this workout is the sum of the time by each athlete to complete their work

If time capped, the score will be the time-cap plus 1 second added for every missed rep.

Examples:

Athlete A - Completes all 150 wall balls in 14:32 - Score is 14:32

Athlete B - completes 145 wall balls - Score is 15:05

Athlete C - completes 123 wall balls - Score is 15:27

The team captain will submit each athlete's individual time

If one or more team members elects to perform the workout modified, the team's score must be registered as "modified" upon submission.

- Keep in mind, other teammates may perform the workout as prescribed, however, the team's score must be labeled as "modified," upon submission.

Competition Corner will automatically combine the scores of each athlete to provide a total team score.

**TIEBREAK:** The fastest athlete's individual time will be the tie-break for the team's score.

## WORKOUT FLOW

This is a for time workout that each athlete per team will perform, for a total combined time.

At the start, the athlete will have 15 minutes to complete 150 wall balls.

Starting at 00:00 and every three minutes on the three minutes athletes must perform 15 power snatches.

If an athlete is unable to complete the 15 power snatches within a given three minute window, the workout is over, and the score will be recorded as the total number of reps completed.

At the completion of each set of 15 power snatches, athletes will continue the wall balls from where they left off.

Athletes will continue in this fashion until they complete 150 wall balls or reach the time cap of 15 minutes.

## REQUIRED EQUIPMENT

- Medicine ball of appropriate weight for the athlete's division.\*
- Target of 10ft (305cm) for men and 9ft(274cm) for women
  - If using a mounted wall-ball target, it is HIGHLY recommended that the BOTTOM of the target be mounted to the appropriate height.
- Barbell
  - Required for Men - 45lb or 20kg barbell
  - Required for Women - 35lb or 15kg barbell
- Weight plates\*
- Collars

For your convenience, the minimum acceptable weights in kilograms for the wall ball;  
20lb - 9kg / 14lb - 6kg / 10lb - 4kg

For your convenience, the minimum acceptable weights in kilograms for the barbell in workout 1;  
75lb - 34kg / 55lb - 25kg / 45lb - 20kg / 35lb - 15kg

## OTHER RULES & RECOMMENDATIONS

Please note gymnastic grips or straps will not be acceptable at any point during Workout 6, 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.

## MOVEMENT STANDARDS

Please note gymnastic grips or straps will not be acceptable at any point during Workout 6.

### WALL BALL

- The rep begins with the med-ball in the support position in front of the athletes body
- The rep ends and is credited when the center of the ball makes contact with the target at or above the specified target height
- During the movement, the medicine ball must be taken from the bottom of a squat, hip crease passing clearly below the top of the knees
- Athletes may squat clean when taking the ball from the ground
- If the ball hits the ground it must come to a rest before initiating the next rep.
  - Taking the ball from the rebound is a no rep.

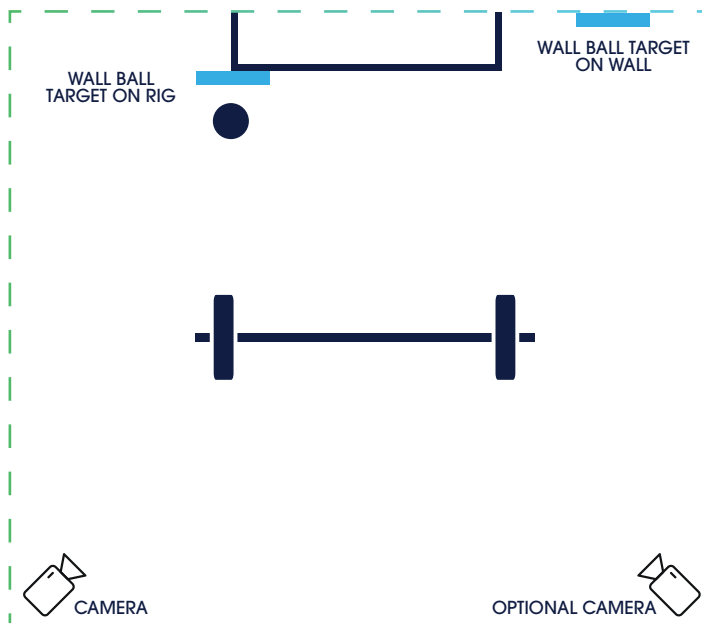
## MOVEMENT STANDARDS

### POWER SNATCH

- The rep begins with the bar on the ground and collars on the outside of the plates.
- The rep ends and is credited when the barbell is supported overhead, with the hips, knees, and arms clearly extended and the barbell clearly directly over or slightly behind the middle of the body with the feet in line
- During the movement:
  - The hip crease must remain above the top of the knees when the bar is overhead
  - The athlete may choose to do a muscle snatch, power snatch or split snatch.
    - Both feet must return and be in line under the athlete's body while the barbell is supported in the overhead position
  - No part of the body other than the feet may touch the ground, this will count as a no-rep

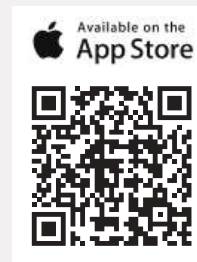
## FILMING RECOMMENDATIONS

- 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 weight of the wall ball and loads on the barbell so they can be seen clearly.
- Film the height of the wall ball target so they can be clearly seen.
- 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



**WOD**  
PROOF

WE HIGHLY RECOMMEND DOWNLOADING THE WODPROOF APP FOR OFFICIAL WORKOUT FILMING



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150 WALL BALL	10	20	30	40	50	60	70	80	90	100
	110	120	130	140	150					

EVERY 3 MINUTES, 15 POWER SNATCHES

00:00	15	03:00	15	06:00	15
09:00	15	12:00	15		

<b>TIME TO COMPLETE</b>	
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<b>TIEBREAK:</b> THE FASTEST ATHLETE'S INDIVIDUAL TIME WILL BE THE TIE-BREAK FOR THE TEAM'S SCORE.	
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IF TIME CAPPED, TIME CAP PLUS 1 SECOND ADDED PER MISSED REP

SCORES ARE DUE NOVEMBER 6, 2024 @ 8PM ET

ATHLETE NAME \_\_\_\_\_

ATHLETE SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

SUBMIT SCORE HERE



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MODIFIED	
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EVERY 3 MINUTES, 10 POWER SNATCHES

00:00	10	03:00	10	06:00	10
09:00	10	12:00	10		

<b>TIME TO COMPLETE</b>	
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