



INDY WORKOUTS 1 & 2 SCORECARD

SCORES ARE DUE MONDAY, OCT 21ST @ 8PM ET



W1: 9 MIN AMRAP

00:00 - 09:00

- 30 POWER CLEANS
- 30 FRONT SQUATS
- 30 SHOULDER-TO-OVERHEAD
- 30 HANG SQUAT CLEAN TO OVERHEAD

*STARTING AT MINUTE 0, EMOTM: 3 BAR-FACING BURPEES

IMMEDIATELY INTO...

W2: 6 MIN TO FIND

09:00 - 15:00

1RM HANG CLEAN + JERK

DIVISION BREAKDOWN

ELITE/RX, INTERMEDIATE, 16-18, 35-39, 40-44, 45-49	13-15, 55-59, 60+	50-54	MODIFIED
115, 75 LB	75, 55 LB	95, 65 LB	65, 45 LB

SCORING

- The score for workout 1 is the total reps completed between 00:00-09:00, which includes all barbell reps plus the bar-facing burpees.
- The score for workout 2 is the heaviest completed successful 1RM hang clean and jerk between 09:00-15:00.

WORKOUT 1 TIEBREAK: Score on Workout 2.

WORKOUT 2 TIEBREAK: Score on Workout 1.

WORKOUT FLOW

- This is a two part workout. Athletes must use a running clock from 00:00-15:00
- The first part starts with the athlete's hands off the barbell, with the barbell resting on the ground.
- At the start, the athlete will have 9 minutes to perform an AMRAP of:
 - 30 power cleans
 - 30 front squats
 - 30 shoulder to overhead
 - 30 hang squat clean to overhead
- Starting at 00:00 and every minute on the minute athletes must perform: 3 bar-facing burpees
- If an athlete is unable to complete the 3 bar-facing burpees within a given minute, the workout is over, and the score will be recorded as the total number of reps completed up to that minute. Additionally, if they do not complete every minute of burpees, they are not eligible to complete Workout 2- their score will be 0lb.
- Please note, barbell reps must be completed before the minute mark (ex. 1:00, 2:00, 3:00 etc.) Any barbell reps completed past the minute mark will not count until after the 3 bar facing burpees are completed for that minute.
- At the completion of each set of 3 bar-facing burpees, athletes will continue the AMRAP from where they left off with the barbell.
- Athletes will continue in this fashion until the 09:00 minute mark.
- At the 09:00 minute mark, the second part of this workout starts and the athlete will have 6 minutes to find a 1 rep max hang clean and jerk.
- Athletes will have until the 15:00 minute mark to establish their heaviest successful lift.
- Lifts must be started before the 15:00 minute mark, however, it may be finished after the conclusion of time expiring.
- 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.

REQUIRED EQUIPMENT

- Barbell, 45/35 lb or 20/15 kg
 - Required for Men - 45 lb or 20 kg barbell
 - Required for Women - 35 lb or 15 kg barbell
- Standard Weight Plates*
 - No less than 17.5" diameter for bar-facing burpees
- 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	11	22	33	44	55

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

For your convenience, the minimum acceptable weights in kilograms for the barbell in workout 1: 115 lb - 52 kg / 95 lb - 43 kg / 75 lb - 34 kg / 65 lb - 29 kg / 55 lb - 25 kg / 45 lb - 20 kg

*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 1 or Workout 2, and will result in disqualification.

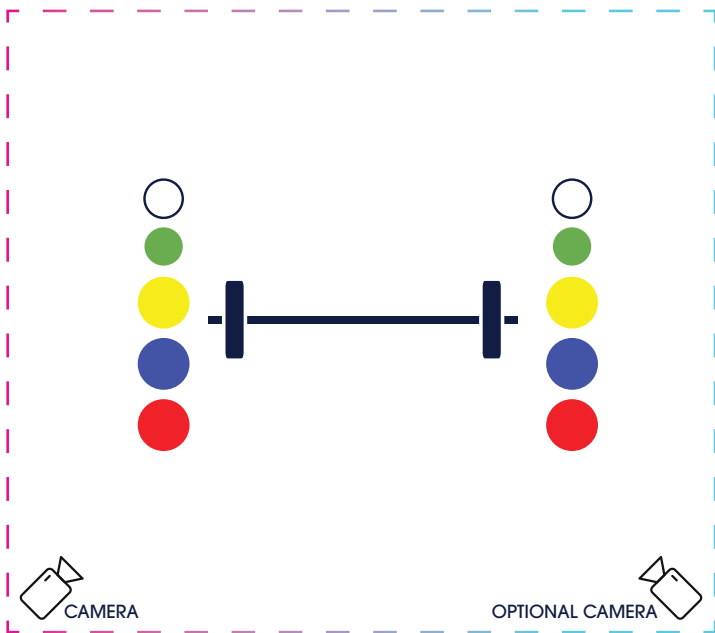
Be sure the athlete has adequate space to safely complete all movements.
Clear the area of all extra equipment, people, or other obstructions.

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 2, the 1RM Hang Clean and Jerk.

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 for the 1RM so they can be seen clearly.
- 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.

SUGGESTED FILMING LAYOUT





WE HIGHLY RECOMMEND DOWNLOADING THE WODPROOF APP FOR OFFICIAL WORKOUT FILMING

Available on the
App Store



GET IT ON
Google play



MOVEMENT STANDARDS

Please note gymnastic grips or straps will not be acceptable at any point during Workout 1 or Workout 2.

BAR-FACING BURPEE

- Athletes must use a barbell with standard plates, no less than 17.5-inch diameter
- The rep begins with the athletes chest & thighs touching the ground while facing the bar, their body clearly within the plates on the barbell
- The rep ends and is credited when both feet have touched the ground on the opposite side of the barbell
- During the movement:
 - Stepping and/or jumping back to reach the bottom of the burpee is permitted
 - Chest and thighs must clearly touch the ground while facing the bar
 - Stepping and/or jumping back to the starting position is permitted
 - The athlete must jump over the barbell
 - a two-foot take off is not required as long as both feet are simultaneously in the air at some point during the jump
- If a no-rep is received for any reason, the entire movement must be repeated again on any side of the barbell

POWER CLEANS

- 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 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.
 - The athlete's hip crease must clearly remain above the top of the knee
 - No part of the body other than the feet may touch the ground. This will count as a no-rep.

FRONT SQUATS

- The rep begins with the bar in the front rack position with the elbows clearly in front of the barbell
 - Any grip is permitted as long as the bar is racked in the front of the shoulders and the elbows clearly in front of the bar.
- The rep ends and is credited when the hips and knees are clearly locked out and extended with the bar racked in the front of the shoulders and the elbows clearly in front of the bar
- During the movement:
 - The hip crease must clearly pass below the tops of the knees
 - No part of the body other than the feet may touch the ground. This will count as a no-rep
- When taking the bar from the ground, a squat clean is permitted. The squat clean repetition will count as a front squat repetition.

SHOULDER-TO-OVERHEAD

- The rep begins with the barbell racked on the front of the shoulders with the elbows clearly in front of the bar
- The rep ends and is credited when the barbell is locked out overhead, with the hips, knees, and arms fully extended and the bar directly over or slightly behind the middle of the body
- During the movement the athlete may choose to do a shoulder press, push press, push jerk, or split jerk.
 - Both feet must return & be in line under the athlete's body while the barbell is overhead in the locked-out position for the rep to count.

HANG SQUAT CLEAN TO OVERHEAD

- The rep begins with the bar in the hang position
 - The hang position is the bar at or below the hips and off the ground with the arms straight and elbows locked out
 - When taking the bar from the ground, the hang must be established first by pausing at a standing position before initiating the movement.
- The rep ends and is credited when the barbell is locked out overhead, with the hips, knees, and arms fully extended and the bar directly over or slightly behind the middle of the body
- During the movement:
 - The athlete must get the bar into the front rack position from the hang
 - The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
 - When getting the bar overhead, strict press, push press, jerk, thruster, and thruster jerk are permitted.
- When the bar is in the hang position at the start of each rep, the elbows must be extended and locked out, whether the athlete is barbell cycling or not.

HANG CLEAN & JERK

- The rep begins with the bar in the hang position, at or below the hips and off the ground with the arms straight and elbows locked out
 - When taking the bar from the ground, the hang must be established first by pausing at a standing position before initiating the movement.
- The rep ends and is credited when the barbell is locked out overhead, with the hips, knees, and arms fully extended and the bar directly over or slightly behind the middle of the body
- During the movement:
 - The athlete must get the bar into the front rack position from the hang
 - A hang squat clean, hang power clean, hang muscle clean and/or hang split clean are permitted.
 - When getting the bar overhead, a strict press, push press, jerk, thruster and thruster jerk are permitted.
- It is highly recommended to announce by verbally speaking or showing on a whiteboard/paper your weight being attempted to the camera.

ELITE/RX, INTERMEDIATE, 16-18, 35-39, 40-44, 45-49

115, 75 LB

13-15, 55-59, 60+

75, 55 LB

50-54

95, 65 LB

MODIFIED

65, 45 LB

WORKOUT ONE 9 MIN AMRAP

ROUND 1	30 POWER CLEANS	30
	30 FRONT SQUATS	60
	30 SHOULDER TO OH	90
	30 HANG SQUAT CLEAN TO OH	120
ROUND 2	30 POWER CLEANS	150
	30 FRONT SQUATS	180
	30 SHOULDER TO OH	210
	30 HANG SQUAT CLEAN TO OH	240
ROUND 3	30 POWER CLEANS	270
	30 FRONT SQUATS	300
	30 SHOULDER TO OH	330
	30 HANG SQUAT CLEAN TO OH	360

EMOM BAR-FACING BURPEES

00:00	3	01:00	6	02:00	9
03:00	12	04:00	15	05:00	18
06:00	21	07:00	24	08:00	27

TOTAL BARBELL REPS AT 09:00	
TOTAL BURPEES REPS AT 09:00	
TOTAL COMBINED REPS AT 09:00	
TIEBREAK (WORKOUT 2 SCORE)	

WORKOUT TWO 6 MIN

		LOAD	✓
1RM HANG CLEAN AND JERK	ATTEMPT 1		
	ATTEMPT 2		
	ATTEMPT 3		
	ATTEMPT 4		
	ATTEMPT 5		
	ATTEMPT 6		
	ATTEMPT 7		
	ATTEMPT 8		
	ATTEMPT 9		
	ATTEMPT 10		

HEAVIEST SUCCESSFUL LIFT
(WEIGHT IN LBS. NO DECIMALS)

TIEBREAK (WORKOUT 1 SCORE)

SCORES ARE DUE OCTOBER 21, 2024 @ 8PM

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SUBMIT W1 SCORE



SUBMIT W2 SCORE

