



TEAM WORKOUT 1 SCORECARD

SCORES DUE NOVEMBER 6 @ 8PM ET

TIME-CAP: 7 MIN PER ATHLETE

PRESENTED BY **TYR**

FOR TOTAL COMBINED TIME

ATHLETE A

21-15-9
PULL-UPS
THRUSTERS

ATHLETE B

15-12-9
CHEST-TO-BAR
THRUSTERS

ATHLETE C

12-9-6
BAR MUSCLE-UPS
THRUSTERS

ELITE, RX, INTERMEDIATE, MASTERS

ATHLETE A
(95, 65 LB)

ATHLETE B
(115, 80 LB)

ATHLETE C
(135, 95 LB)

MODIFIED

ATHLETE A
21-15-9
JUMPING PULL-UPS
THRUSTERS (65, 45 LB)

ATHLETE B
15-12-9
JUMPING CHEST-TO-BAR
THRUSTERS (75, 55 LB)

ATHLETE C
12-9-6
PULL-UPS
THRUSTERS (95, 65 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 21 Pull-ups, 21 Thrusters, 15 Pull-ups and 12 Thrusters
21 missed reps * 1 second per rep = :21 penalty
7:00 + :21 = Athlete A's score is 7:21

Athlete B - Completes 15 Chest-to-Bar, 15 Thrusters, 12 Chest-to-Bar, 12 Thrusters, 9 Chest-to-Bar, 1 Thruster
8 missed reps * 1 second per rep = :08 penalty
7:00 + :08 = Athlete B's Score is 7:08

Athlete C - Completes all the work in 6:32
Athlete C's Score is 6:32

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 times of each athlete to provide a total team score.

TIEBREAK: The time of Athlete C's variation will be the tie-break for the team's score.

WORKOUT FLOW

This is a for time workout, where the team will choose one athlete to perform each of the three unique options, for a total combined time.

Each workout starts with the athlete under their pullup bar.

At the start, each athlete will have 7 minutes to perform their work of either:

- Athlete A: 21 pull-ups, 21 thrusters, 15 pull-ups, 15 thrusters, 9 pull-ups and 9 thrusters, at their prescribed barbell weight.
- Athlete B: 15 chest-to-bar, 15 thrusters, 12 chest-to-bar, 12 thrusters, 9 chest-to-bar and 9 thrusters, at their prescribed barbell weight.
- Athlete C: 12 bar muscle-ups, 12 thrusters, 9 bar muscle-ups, 9 thrusters, 6 bar muscle-ups and 6 thrusters, at their prescribed barbell weight.

If performing the modified version, the athletes will follow the same format with their respective gymnastics pulling movement & barbell weight.

REQUIRED EQUIPMENT

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

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the thrusters; 45lb - 20kg / 55lb - 25kg / 65lb - 29kg / 75lb - 34kg / 80lb - 36kg / 95lb - 43kg / 115lb - 52kg / 135lb - 61kg

OTHER RULES & RECOMMENDATIONS

Athletes may NOT wear gymnastics grips or straps during the thruster. Turning the grips around to the other side of the hand is permitted.

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

Wrapping tape around the pull up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted but taping the bar AND wearing hand protection is NOT.

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

PULL-UPS

- The rep begins with the arms fully extended and feet off the ground
- The rep ends and is credited when the chin clearly comes above the pull-up bar
- During the movement, any style of pull-up or grip is permitted
- Wrapping tape around the pull up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted but taping the bar AND wearing hand protection is NOT.

THRUSTER

- The rep begins with the barbell held in the front rack position
 - the "front rack" position is barbell on the front of the shoulders with the elbows clearly in front of the body
- The rep ends and is credited when:
- the barbell is locked out overhead, with the hips, knees, and arms clearly extended and the barbell clearly directly over or slightly behind the middle of the body

MOVEMENT STANDARDS

THRUSTER (CONT.)

- During the movement:
 - the athlete must move from the bottom of a front squat to full lockout overhead in one fluid movement
 - the crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position
 - a thruster jerk is not allowed
 - an athlete deliberately re-dipping their knees under the barbell is not permitted. However, an athlete stabilizing by moving their feet is permitted
- A full squat clean into the thruster is allowed when the barbell is taken from the floor
- Athletes may NOT wear gymnastics grips or straps during this movement.
 - turning the grips around to the other side of the hand is permitted.

CHEST TO BAR PULL-UPS

- The rep begins with the arms fully extended and feet off the ground
- The rep ends and is credited when the chest clearly comes into contact with the bar at or below the collarbone
- During the movement, any style of chest to bar pull-up or grip is permitted
- Wrapping tape around the pull up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted but taping the bar AND wearing hand protection is NOT.

BAR-MUSCLE UP

- The rep begins with the arms fully extended and feet off the ground
- The rep ends and is credited when the arms are fully locked out while the athlete is in the support position above the bar and the shoulders are over or in front of the bar
- During the movement:
 - Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted
 - No portion of the foot may rise above the height of the bar during the kip
 - Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep
 - No taking the hands off of the bar to shake out
 - Adjusting the grip at the top is permitted
- Wrapping tape around the pull up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted but taping the bar AND wearing hand protection is NOT.

JUMPING PULL-UP (MODIFIED VARIATION)

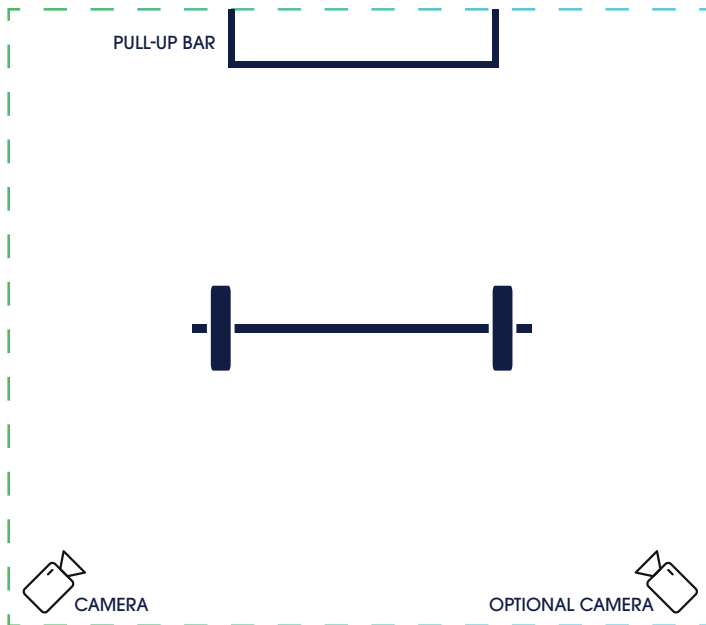
- The rep begins with the athlete underneath the rig, arms fully extended while holding the pull-up bar
- The rep ends and is credited when the chin clearly comes above the pull-up bar
- During the movement, any style of pull-up or grip is permitted as long as the requirements are met.
- Wrapping tape around the pull up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted but taping the bar AND wearing hand protection is NOT.
- Measuring position for the jumping pull up
 - While standing underneath a pull up bar, the bar must be at least 6 inches (15 centimeters) above the top of the head when the athlete is standing tall.
 - Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.

JUMPING CHEST-TO-BAR PULL-UP (MODIFIED VARIATION)

- The rep begins with the athlete underneath the rig
- The rep ends and is credited when the chest clearly comes into contact with the bar at or below the collarbone
- During the movement, any style of chest to bar pull-up or grip is permitted as long as the requirements are met.
- Wrapping tape around the pull up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted but taping the bar AND wearing hand protection is NOT.
- Measuring position for the jumping pull up
 - While standing underneath a pull up bar, the bar must be at least 6 inches (15 centimeters) above the top of the head when the athlete is standing tall.
 - Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.

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 load on the barbel, so the weight can be clearly visible to the camera.
- Film the measurement portion of the pull-up bar for jumping pull-ups and jumping chest to bar.
- 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.



WE HIGHLY RECOMMEND DOWNLOADING THE WODPROOF APP FOR OFFICIAL WORKOUT FILMING

Available on the App Store

GET IT ON Google play

ELITE, RX, INTERMEDIATE, MASTERS

FOR TIME / TIME-CAP: 7 MIN PER ATHLETE

ELITE, RX, INTERMEDIATE, MASTERS		
ATHLETE A (95, 65 LB)	ATHLETE B (115, 80 LB)	ATHLETE C (135, 95 LB)

ATHLETE A

21 PULL-UPS	21
21 THRUSTERS	42
15 PULL-UPS	57
15 THRUSTERS	72
9 PULL-UPS	81
9 THRUSTERS	90

TIME TO COMPLETE

IF TIME CAPPED, TIME CAP PLUS 1 SECOND ADDED PER MISSED REP

ATHLETE B

15 CHEST-TO-BAR	15
15 THRUSTERS	30
12 CHEST-TO-BAR	42
12 THRUSTERS	54
9 CHEST-TO-BAR	63
9 THRUSTERS	72

TIME TO COMPLETE

IF TIME CAPPED, TIME CAP PLUS 1 SECOND ADDED PER MISSED REP

ATHLETE C

12 BAR MUSCLE-UP	12
12 THRUSTERS	24
9 BAR MUSCLE-UP	33
9 THRUSTERS	42
6 BAR MUSCLE-UP	48
6 THRUSTERS	54

TIME TO COMPLETE

IF TIME CAPPED, TIME CAP PLUS 1 SECOND ADDED PER MISSED REP

TEAM SCORE ATHLETE A + ATHLETE B + ATHLETE C

TIEBREAK THE TIME OF ATHLETE C'S VARIATION

SCORES ARE DUE NOVEMBER 6, 2024 @ 8PM ET

ATHLETE NAME _____

ATHLETE SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE



MODIFIED

FOR TIME / TIME-CAP: 7 MIN PER ATHLETE

MODIFIED		
ATHLETE A 21-15-9 JUMPING PULL-UPS THRUSTERS (65, 45 LB)	ATHLETE B 15-12-9 JUMPING CHEST-TO-BAR THRUSTERS (75, 55 LB)	ATHLETE C 12-9-6 PULL-UPS THRUSTERS (95, 65 LB)

ATHLETE A

21 JUMPING PULL-UPS	21
21 THRUSTERS	42
15 JUMPING PULL-UPS	57
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TIME TO COMPLETE

IF TIME CAPPED, TIME CAP PLUS 1 SECOND ADDED PER MISSED REP

ATHLETE B

15 JUMPING CHEST-TO-BAR	15
15 THRUSTERS	30
12 JUMPING CHEST-TO-BAR	42
12 THRUSTERS	54
9 JUMPING CHEST-TO-BAR	63
9 THRUSTERS	72

TIME TO COMPLETE

IF TIME CAPPED, TIME CAP PLUS 1 SECOND ADDED PER MISSED REP

ATHLETE C

12 PULL-UPS	12
12 THRUSTERS	24
9 PULL-UPS	33
9 THRUSTERS	42
6 PULL-UPS	48
6 THRUSTERS	54

TIME TO COMPLETE

IF TIME CAPPED, TIME CAP PLUS 1 SECOND ADDED PER MISSED REP

TEAM SCORE ATHLETE A + ATHLETE B + ATHLETE C

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ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SUBMIT SCORE HERE

