

Movement



Standards

WOD1: Head, Shoulders, Knees & Toes

AMRAP 15 mins.

Open: 2 Pull-Ups, 5 Toes-to-Bar, 7 Shoulder-to-Overheads ($\text{♀} 25\text{kg}$ $\text{♂} 40\text{kg}$)

Beginner: 4 Jumping Pull-Ups, 5 Hanging Knee Raises, 7 Shoulder-to-Overheads ($\text{♀} 15\text{kg}$ $\text{♂} 25\text{kg}$)

Partners alternate rounds.

Pull-Up (Open)

- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted.



- Rep is credited when the athlete's chin breaks the horizontal plane of the bar.

Jumping Pull-Up (Beginners)

- The pull-up bar should be at least 6 inches above the top of the head when the athlete is standing tall. Use boxes, plates, different bar heights to achieve the correct bar height.
- At the start of each rep, the athlete's arms must be fully extended.
- Any style of pull-up or grip is permitted.
- Rep is credited when the athlete's chin breaks the horizontal plane of the bar.



Toes-to-Bar (Open)

- The athlete must go from a full hang to having the toes touch the pull-up bar.
- At the start of each rep, the arms must be fully extended, and the heels must be brought back behind the bar.
- Overhand, underhand, or mixed grip is permitted.
- The rep is credited when both feet come into contact with the bar at the same time, between the hands.
- Any part of the feet may make contact with the bar.



Hanging Knee Raises (Beginner)

- At the start of each rep, the arms must be fully extended, and the heels must be brought back behind the bar.
- Overhand, underhand, or mixed grip is permitted.
- The rep is credited when the knees are above the height of the hip crease.



Shoulder-to-Overhead

- Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body.
- Shoulder press, push press, push jerk, split jerk - any may be used, as long as there is full extension of elbow, shoulder, hips & knees, and the bar finishes directly over the body in line with the feet.
- No rack may be used. Athlete must clean the barbell to the shoulders. Partners may not assist in cleaning the weight.



WOD2: " काका ! मला वाचवा ! "

For Time: 100m Run, 100m Loaded Sled Pull, 100m Run

Load on the sled:

Open: ♀ 30kg ♂ 40kg ♂ 50kg

Beginners: ♀ 20kg ♂ 30kg ♂ 40kg

- Athletes will be given a fabric band, which they must hold each ends of while performing all the movements.
- 100m run will be completed in 25m increments on the turf.
- Both feet of each partner must cross the line in order to credit the distance covered.
- Any violations will result in the team re-starting from the beginning of the 25m section.
- The fabric band will pass through a link on the sled in order to pull the sled + load.
- Athletes may not use any other part of the sled (vertical bars etc) to move the load.
- Athletes may pull the sled backwards, forwards, or any other way they choose.
- The sled must fully cross the line to credit the distance covered.
- Indicated loads are over and above the weight of the sled (approx. 40kg).

WOD3: Love-boat

For Time (Time cap 12 mins):

30 Alternating Synchronised Dumbbell Front Rack Lunges

Calorie Row / Support Hold / High Plank

30 Alternating Synchronised Dumbbell Front Rack Lunges

DB weights: Open: ♀ 10kg ♂ 15kg,

Beginners: ♀ 5kg ♂ 7.5kg

Row cals: Open: ♀ 50 ♂ 60 ♂ 75,

Beginners: ♀ 40 ♂ 50 ♂ 60

During row cals: Open: Parallel Bar Support Hold

Beginners: High Plank

Alternating Synchronised Dumbbell Front Rack Lunges

- Athletes will begin each lunge with the dumbbells at their shoulders, their feet together, and the hips and legs extended.
- One head of the dumbbell must be resting on the shoulder and athletes must maintain a full grip around the handle of the dumbbell for the duration of the lunge.
- Releasing the grip on the handle and letting the dumbbell rest solely on the shoulders is not allowed.



- The trailing knee of both athletes must make contact with the ground at the same time for each lunge before the athletes may return to full hip and leg extension.
- If one athlete reaches the ground before the other, they may wait in position for their teammate.
- The athletes must alternate which foot leads for each rep.
- Both athletes must use the same leg for every rep.
- The rep is credited when both athletes have the feet together, and the hips and legs fully extended.

Row / Parallel Bar Support Hold (Open)

Row / High Plank (Beginners)

- One athlete will row while the other stays in a parallel bar support hold (Open) or High Plank (Beginners).
- Partners can switch places as many times as they desire.
- Rowing may not begin until the partner is in a valid support hold or high plank.
- Rowing will stop immediately if the partner's support hold or high plank is broken.
- Any violations will result in a 2-calorie penalty.

Parallel Bar Support Hold (Open)

- Support hold is valid as long as the elbows are locked-out and feet are off the ground.
- No body part other than the palm can make contact with the apparatus during the support hold.



High Plank (Beginners)

- High plank / straight-arm plank, also known as the top position of the push-up, is valid as long as elbows and legs are extended, only hands and feet touching the floor, and the hips in line with the rest of the body, feet positioned next to each other.
- Before the workout, the scoring team will setup a hanging band on a rig to establish the position of the athlete's back for the correct high plank position.
- During the workout, high plank position is valid as long as the band is touched by the athlete's back.



WOD4: Heavy Triple

5 mins to establish a Max. 3-Rep Hang Clean

- The team has 5 mins to establish a heavy 3-rep barbell hang clean.
- The total of the highest successful 3-rep weight established will be the team's score.
- Athletes are allowed to load their barbells before their timer starts.
- Partners may assist with loading of barbells, and may also seek assistance of others for loading.
- Two barbells may be used, however only one barbell may be lifted off the floor at a time.
- If the athlete begins a rep before the 5 min timer runs out, the rep will be credited, as long as the bar is off the floor before the time runs out, and movement standards are met.



- Athletes must first deadlift the barbell and then lower it to hang position before beginning their set.
- The barbell must be in the hang position (between knees and hips) at the start of each rep.
- Any type of clean may be used - muscle, power, squat.
- The rep is credited when the barbell sits on the shoulder in a front rack position, with full extension of knees and hips.

RULES of conduct

All Athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with an Official or Judge, taunting, heckling, fighting, or participating in any conduct that would bring disrepute upon the competition, other competitors, spectators, or event sponsors, as determined by the management or in the eyes of the viewing public, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events.

All Athletes registered for the Event agree to maintain an atmosphere of mutual respect towards each other as well as those the Athlete may come in contact with while participating in the Event. Athletes will, at all times, conduct themselves with the highest ethical standards. Consistent with these expectations, all Athletes registered for the Event are required to:

1. Conduct all dealings, including but not limited to the registration and participation in the Event, with honesty and fairness.
2. Respect the rights of Athletes, coaches, and volunteers by encouraging an environment that is fair, welcoming and free from discrimination and harassment of any type.
3. Ensure that all transactions are handled honestly and recorded accurately, including but not limited to the registration and submission of scores.
4. Recognise that even the appearance of misconduct and impropriety can be damaging to the reputation of yourself, your gym, other athletes, the Event, and act accordingly.

Any action that prevents another Athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment or refusal to follow instructions) that interferes with Athlete and Judge communication (e.g., external noise devices, bull horns, air horns) or that is generally disruptive to the event is not allowed.

Athletes will be held accountable for the behaviour of their coaches, teammates, team managers, supporters and guests. If the conduct of any member of such a group or groups is deemed by the management to be unsportsmanlike or disruptive to the competition, then the coach, teammate, supporter, guest or athlete is subject to the same disciplinary actions.

General Equipment

Proper workout attire, including shoes, is required for all events. No attire shall interfere with a Judge's ability to determine whether the required movement standards and expectations for range of motion are being met. No attire shall be worn with the intent to shorten or reduce the range of motion of any movement.

Chalk, weight belts, non-tacky gloves, gymnastics wraps, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. In general, support gear that improves safety and/or comfort but does not confer advantage is allowed. If the workout calls for a pull-up bar athletes may wear hand protection (gymnastics-style grips, gloves, etc.)

Common support attire that is not allowed includes but is not limited to: knee or elbow wraps, gymnastics "hook and loop" grips and tacky non-chalk substances used to enhance grip. Unless otherwise stated, athletes may not receive assistance moving or placing equipment such as

Weightlifting belt

- The main body of the belt shall be made of non-stretch materials.
- The maximum belt width is 5 inches or 13 cm, while the maximum belt thickness is ½ inch or 13 mm along the main length.

Knee and elbow support:

Sleeves worn on the knees and/or elbows must conform to the following specifications:

- The sleeves must be constructed entirely of a single ply of neoprene or synthetic rubber or predominantly of a single ply of neoprene or synthetic rubber plus a non-supportive single layer of fabric over the neoprene.
- The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter's knees.
- The sleeves may not be worn in a manner that provides appreciable rebound.
- Knee and elbow sleeves shall not have any additional strapping, velcro, drawstrings, padding, or similar supportive devices in or on them.
- Knee and elbow sleeves shall be of a maximum thickness of ¼ inch or 7 mm and a maximum length of 12 inches or 30 cm.
- Only one sleeve is permitted per knee and per elbow.
- Knee and elbow wraps of any kind are not permitted.

Wrist wraps:

- Wrist wraps shall not exceed 40 inches or 1 meter in length and 3¼ inches or 8 cm in width.
- Any sleeves and Velcro patches/tabs for securing must be incorporated within the lengths listed above.
- Standard sweatbands of any width may be worn if they do not provide support.

Hand protection:

- Athletes may cover their hands and fingers in tape, gymnastic grips, or gloves for the purpose of protecting their hands from tearing, but these resources may not be used in a manner that provides additional grip assistance (i.e., wrapping gymnastics grips around a pull-up bar or barbell).
- The gripping surface of the hand may not be tacky or sticky.
- Gymnastics grips shall be made of a material that maintains a consistent thickness.
- The grips cannot contain a dowel and the grip cannot be sewn into a fold.
- Lifting straps or lifting hooks are not permitted.
- Tape worn on the fingers and thumb must not protrude in front of the fingertips.

Adhesives and lubricants:

- The use of chalk (magnesium carbonate) is permitted on the body and attire. Any other adhesive products that would be used in place of chalk are prohibited. This includes but is not limited to resin, rosin, sandpaper, tacky, liquid chalk, liquid adhesives and waxes.
- The use of oil, grease, baby powder, talcum, waxes, cream, or other lubricants on the body or personal attire is not allowed if it may come in contact with any competition equipment. For example, no lubricants can be present on the thighs while weightlifting. If lubricants are used for the purpose to reduce chafing, for example inside the shoes or underwear, then such lubrication is permitted.
- The use of any form of adhesive or lubricant on the footwear is forbidden. This applies to any built-in adhesive such as sandpaper