



Individual Week 1 Event 1 Scorecard | All Divisions

Scores Due: Monday, 11/9/2020 at 7pm CST

For Time: 18:00 CAP

21-15-9

Power Clean

Bar Facing Burpee

21-15-9

Shoulder-to-Overhead

Toes to Bar

All workout variations can be found in the workout description on the next page.

	Clean	Bar-Facing Burpee	
Round 1	21	21	42
Round 2	15	15	72
Round 3	9	9	90
	Shoulder to Overhead	Toes to Bar/Knee Raise/Sit Up	
Round 1	21	21	132
Round 2	15	15	162
Round 3	9	9	180

Time or Reps Completed:	
Rx or Scaled?	
Athlete Name (please print):	
Athlete Signature:	
Judge Name (please print):	

Week 1 Event 1 | Workout Variations

18-34, 35-39, 40-44

Rx

For Time: 18:00 CAP

21-15-9

Clean 115/85#

Bar Facing Burpee

21-15-9

Shoulder to Overhead 115/85#

Toes to Bar

18-34, 35-39, 40-44

Scaled

For Time: 18:00 CAP

21-15-9

Cleans 75/55#

Bar Facing Burpee

21-15-9

Shoulder to Overhead 75/55#

Hanging Knee Raises

14-17, 45-49, 50-54

Rx

For Time: 18:00 CAP

21-15-9

Clean 105/75#

Bar Facing Burpees

21-15-9

Shoulder to Overhead 105/75#

Toes to Bar

Week 1 Event 1 | Workout Variations, Continued

14-17, 45-49, 50-54

Scaled

For Time: 18:00 CAP

21-15-9

Clean 75/55#

Bar Facing Burpee

21-15-9

Shoulder to Overhead 75/55#

Hanging Knee Raises

55-59, 60+

Rx

For Time: 18:00 CAP

21-15-9

Clean 95/65#

Bar Facing Burpee

21-15-9

Shoulder to Overhead 95/65#

Toes to Bar

55-59, 60+

Scaled

For Time: 18:00 CAP

21-15-9

Clean 65/45#

Bar Facing Burpee

21-15-9

Shoulder to Overhead

Sit up

Notes

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1.. go," the athlete may begin performing cleans.

The athlete's score will be the time recorded after the last toes to bar, knee raise or sit up is completed. If the athlete has not completed all the required repetitions within the time cap, the athlete's score will be the total number of reps completed.

There is no tiebreak for this workout.

Movement Standards

Clean

For the clean, the barbell begins on the ground. Touch-and-go is permitted. No bouncing. For the Teen and Masters Scaled divisions, if the bar is without standard size plates, the bar must start from below the knees.

A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.

Bar Facing Burpee

Each burpee must be performed perpendicular to and facing the barbell. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom.

For the Rx version of the workout, the athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is permitted for the scaled version of the workout.

The next rep will then begin on the opposite side facing the barbell.

If full-sized plates are not used for the clean and shoulder to overhead, a separate bar with full-sized plates must be used for the burpees over the bar.

Shoulder to Overhead

The barbell must start on the floor. The athlete must bring the bar to the shoulders without assistance. Each rep begins with the barbell in the front-rack position and the bar in contact with the torso. No racks or jerk blocks may be used at any time.

The rep is credited when the barbell is fully locked out overhead with the athlete's arms, hips and legs extended. The feet must be in line under the body, and the bar must be over the center of the athlete's body when viewed from profile. A press, push press, push jerk, or split jerk are all permitted as long as the athlete reaches the required finish position.

Toes to Bar

For the toes-to-bar, begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. 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. Overhand, underhand, or mixed grips are all permitted.

The rep is credited when both feet come in contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

Hanging Knee Raise

Scaled athletes may perform hanging knee-raises. Begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Overhead, underhand, or mixed grips are all permitted.

The rep is credited when the knees are above the hips.

Sit-Up

Scaled masters may perform sit-ups. Begin with the back in contact with the floor, feet in the butterfly position with bottom of heels touching each other, and hands touching the floor above the head. AbMats are permitted.

Sit all the way up and raise the torso until the hands touch the floor in front of the feet.