



Individual Week 5 Event 5 Scorecard | All Divisions

Scores Due: Monday, 12/7/2020 at 7pm CST

18-34, 35-39, 40-44, 45-49

For Time:

With a running Clock: TIME UP 20:00

0-8:00

16 Wall Ball Shots 20/14# to 10/9'

40 Double Unders

20 Snatches 75/55#

16 Wall Ball Shots 20/14# to 10/9'

40 Double Unders

16 Snatches 115/75#

-Record Tiebreak Time-

If completed in 8:00, increase the time cap to 12:00

16 Wall Ball Shots 20/14# to 10/9'

40 Double Unders

12 Snatches 145/95#

-Record Tiebreak Time-

If completed in 12:00, increase the time cap to 16:00

16 Wall Ball Shots 20/14# to 10/9

40 Double Unders

8 Snatches 185/125#

-Record Tiebreak Time-

If completed in 16:00, increase the time cap to 20:00

16 Wall Ball Shots 20/14# to 10/9

40 Double Unders

4 Snatches 225/145#

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

Event 5	Wall Ball Shot	Double Under	Snatch	Reps
Round 1	16	40	20	76
Round 2	16	40	16	148
Tiebreak	CAP 8:00			
Round 3	16	40	12	216
Tiebreak	CAP 12:00			
Round 4	16	40	8	280
Tiebreak	CAP 16:00			
Round 5	16	40	4	340
TIME	CAP 20:00			

Total Time, or Reps Completed under Time Cap:	
Rx or Intermediate?	
Athlete Name (please print):	
Athlete Signature:	
Judge Name (please print):	

Week 5 Event 5 | Workout Variations

18-34, 35-39, 40-44

RX

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With a running Clock: TIME UP 20:00

0-8:00

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40 Double Unders

8 Snatches 185/125#

-Record Tiebreak Time-

If completed in 16:00, increase the time cap to 20:00

16 Wall Ball Shots 20/14# to 10/9

40 Double Unders

4 Snatches 225/145#

18-34, 35-39, 40-44

INTERMEDIATE

For Time:

With a running Clock: TIME UP 20:00

0-8:00

16 Wall Ball Shots 14/10# to 10/9'

40 Single Unders

20 Snatches 55/45#

16 Wall Ball Shots 14/10# to 10/9'

40 Single Unders

16 Snatches 75/55#

-Record Tiebreak Time-

If completed in 8:00, increase the time cap to 12:00

16 Wall Ball Shots 14/10# to 10/9'

40 Single Unders

12 Snatches 95/65#

-Record Tiebreak Time-

If completed in 12:00, increase the time cap to 16:00

16 Wall Ball Shots 14/10#

40 Single Unders

8 Snatches 115/75#

-Record Tiebreak Time-

If completed in 16:00, increase the time cap to 20:00

16 Wall Ball Shots 14/10#

40 Single Unders

4 Snatches 135/85#

14-17, 45-49, 50-54, 55-59, 60+

RX

For Time:

With a running Clock: TIME UP 20:00

0-8:00

16 Wall Ball Shots 20/14# to 10/9'

40 Double Unders

20 Snatches 75/55#

16 Wall Ball Shots 20/14# to 10/9'

40 Double Unders

16 Snatches 95/65

-Record Tiebreak Time-

If completed in 8:00, increase the time cap to 12:00

16 Wall Ball Shots 20/14# to 10/9'

40 Double Unders

12 Snatches 115/75

-Record Tiebreak Time-

If completed in 12:00, increase the time cap to 16:00

16 Wall Ball Shots 20/14# to 10/9

40 Double Unders

8 Snatches 135/95

-Record Tiebreak Time-

If completed in 16:00, increase the time cap to 20:00

16 Wall Ball Shots 20/14# to 10/9

40 Double Unders

4 Snatches 155/105

14-17, 45-49, 50-54, 55-59, 60+

INTERMEDIATE

For Time:

With a running Clock: TIME UP 20:00

0-8:00

16 Wall Ball Shots 14/10# to 9/8'

40 Single Unders

20 Snatches 45/35#

16 Wall Ball Shots 14/10# to 9/8'

40 Single Unders

16 Snatches 65/45#

-Record Tiebreak Time-

If completed in 8:00, increase the time cap to 12:00

16 Wall Ball Shots 14/10# to 9/8'

40 Single Unders

12 Snatches 85/55#

-Record Tiebreak Time-

If completed in 12:00, increase the time cap to 16:00

16 Wall Ball Shots 14/10# to 9/8'

40 Single Unders

8 Snatches 105/65#

-Record Tiebreak Time-

If completed in 16:00, increase the time cap to 20:00

16 Wall Ball Shots 14/10# to 9/8'

40 Single Unders

4 Snatches 115/75#

Notes

This is a “for time” workout with a progressive time cap. The workout starts with the clock set to TIME UP 20:00 and the medicine ball on the ground. On the call of 3, 2, 1.. GO, the athlete will have 8:00 to complete the first two rounds of the workout. If the athlete finishes the 2nd round under the time cap of 8:00, they will increase the time cap to 12:00 and begin working on the 3rd round. If they finish the 3rd round in under 12:00, they will increase the time cap to 16:00 and begin working on the 4th round. If they finish the 4th round in under 16:00, the athlete will increase the time cap to 20:00 and begin working on the 5th round.

Rules:

You must record a tiebreak time after the completion of the 2nd, 3rd, and 4th rounds. You will enter the time of your last completed round as a tiebreak in competition corner.

If the athlete finishes a round under the time cap, they do not need to wait until the next 4:00 starts, they can begin working on the next round right away (ie: “bank up” time).

You may have assistance changing plates and/or use multiple barbells. Clips must be used.

Video Submission Requirements

Clearly state your name or team name at the beginning of the video.

Film the barbell and plates so the loads can be seen clearly, and show the height of the wall ball target with a tape measure.

Videos must be uncut and unedited to accurately display the performance.

A clock or timer must be visible throughout the workout.

Shoot the video so all exercises can be seen clearly meeting the movement standards.

Videos shot with a fisheye lens or similar lens may be rejected.

Movement Standards

Wall Ball Shot

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.

The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Double Under

The rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Single Under

The rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts. Yes, single foot skips are allowed.

Snatch

The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. Any style of snatch from the ground is permitted: squat, power or split snatch, as long as the feet end in line with the body. This is not a ground-to overhead any way.

Individual Bodyweight Workout – Event 5

Scores Due: Monday, 12/7/2020 at 7pm CST

All Divisions: Enter as SCALED in Competition Corner

With a running Clock: TIME UP 14:00

For Total Reps:

“Death by Burpees”

	Event 5	Burpees over Line	Reps
Round 1	0-:1:00	5	5
Round 2	1:00-2:00	6	11
Round 3	2:00-3:00	7	18
Round 4	3:00-4:00	8	26
Round 5	4:00-5:00	9	35
Round 6	5:00-6:00	10	45
Round 7	6:00-7:00	11	56
Round 8	7:00-8:00	12	68
Round 9	8:00-9:00	13	81
Round 10	9:00-10:00	14	95
Round 11	10:00-11:00	15	110
Round 12	11:00-12:00	16	126
Round 13	12-14:00	Max Burpees	

Event 5 Total Reps Completed	
Athlete Name (please print):	
Athlete Signature:	
Judge Name (please print):	

Notes:

The bodyweight option of Event 5 is a FOR REPS workout with a progressive time cap. In Competition Corner, it will ask if you completed the workout in the prescribed time. Even if you got to the final round of max burpees, select that you DID NOT complete the workout. This will allow you to enter total reps. The workout begins with the clock set to TIME UP 14:00, and the athlete standing tall. After the call of "3, 2, 1.. go," the athlete may begin performing the first round of 5 burpees over the line. If the athlete completes the 5th rep under the 1:00 Time Cap, they will wait until the clock hits 1:00 to begin the 2nd round of 6 burpees. If the athlete completes the 6 burpees under the 2:00 Time Cap, they will wait until the clock reads 2:00 to begin the 3rd round of 7 burpees. If the athlete completes the 7 burpees before the clock reads 3:00, they will wait until the next minute to begin the 4th round of 8 burpees, and so on.. If the athlete does not finish the prescribed amount of burpees under the cap, they will not move onto the next round.

Rules: Athletes cannot “bank time”. They MUST wait until the next minute begins before they start the next round of burpees.

Before the workout begins, you will need to place a line of tape for the line-facing burpees:

1 Tape Line for Burpees: Place a line of tape on the floor for line-facing burpees.

Video Submission Requirements

Clearly state your name or team name at the beginning of the video.

Videos must be uncut and unedited to accurately display the performance.

A clock or timer must be visible throughout the workout.

Shoot the video so all exercises can be seen clearly meeting the movement standards.

Videos shot with a fisheye lens or similar lens may be rejected.

Movement Standards

Burpee Over Line

Before the workout begins, place a line of tape on the ground. The burpee starts with the athlete standing on one side of the tape line (facing the line). The athlete must touch their chest to the ground and then stand back up. The athlete will jump over the line. The rep is counted when the athlete is fully on the other side of the line. There is no requirement to open hips at the top, but you must FACE THE LINE when you do the burpee. You may step in and out of the burpee, but you must jump over the line with two feet and land on two feet.