



Team Week 1 Event 1 Scorecard | All Divisions

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

For Time: 20:00 CAP

27-24-21

Clean

Synchro Bar Facing Burpee

27-24-21

Shoulder-to-Overhead

Synchro Toes to Bar

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

	Clean	Bar-Facing Burpee	
Round 1	27	27	54
Round 2	24	24	102
Round 3	21	21	144
	Shoulder to Overhead	Toes to Bar/Knee Raise	
Round 1	27	27	198
Round 2	24	24	246
Round 3	21	21	288

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

Week 1 Event 1 | Team Workout Variations

RX Teams of 3

For Time: 20:00 CAP

27-24-21

Clean 175/115#

Synchro Bar Facing Burpee

27-24-21

Shoulder to Overhead 175/115#

Synchro Toes to Bar

Intermediate Teams of 3

For Time: 20:00 CAP

27-24-21

Clean 135/95#

Synchro Bar Facing Burpee

27-24-21

Shoulder to Overhead 135/95#

Toes to Bar (one athlete hanging from bar)

Scaled Teams of 3

For Time: 20:00 CAP

27-24-21

Clean 95/65#

Synchro Bar Facing Burpee

27-24-21

Shoulder to Overhead 95/65#

Hanging Knee Raise (one athlete hanging from the bar)

Masters 35+ Teams of 3

For Time: 20:00 CAP

27-24-21

Clean 115/85#

Synchro Bar Facing Burpee

27-24-21

Shoulder to Overhead 115/85#

Toes to Bar (one athlete hanging from the bar)

Notes

Before the workout begins, place a line of tape on the floor at least 10' away from the pull up bar in any direction. **Non-working athletes must stand behind the line at all times.** Instead of tagging hands in and out, the working athlete will cross the tape line, indicating that the next athlete may take the floor and begin working.

Each athlete may have their own tape line to ensure social distancing, but each line must be 10' away from their pull up bar. Each athlete may have their own barbell and pull up bar to ensure safety.

This workout begins with the barbell on the floor and all athletes standing behind the tape line. After the call of "3, 2, 1.. go," the first athlete may approach the bar and begin performing cleans. Once the 27 cleans are complete, the team will move onto 27 synchro bar facing burpees. Then 24 cleans, 24 synchro bar facing burpees. Then 21 cleans, 21 synchro bar facing burpees. Then the workout moves on to 27 shoulder to overhead and 27 toes to bar or knee raises. Then 24 shoulder to overhead, and so on..

The team's score will be the time recorded after the last toes to bar or knee raise is completed **and all athletes are behind the tape line.** If the team has not completed all the required repetitions within the time cap, the team'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.

Each athlete may have their own barbell to ensure safety. Athletes may "tag" in and out at any time by crossing the tape line to complete the repetitions.

Synchro Bar Facing Burpee (2 Athletes)

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

For the Rx, Intermediate, and Masters 35+ version of the workout, the athletes 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 rep will be counted once both athletes have made it to the other side of the barbell.

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

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.

Rx: Synchro Toes to Bar (2 athletes)

For the synchro toes-to-bar, both athletes will 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 of both athletes come in contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

Athletes may use separate pull up bars to ensure safety.

Intermediate/Masters: Toes to Bar (2 athletes: one athlete hanging from pull up bar)

The toes to bar begins with both athletes hanging from the pull-up bar with arms extended. One athlete must hang while the other athlete performs toes to bar. For the toes to bar, 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.

Scaled: Hanging Knee Raise (2 athletes: one athlete hanging from pull up bar)

The hanging knee raise begins with both athletes hanging from the pull up bar. One athlete must hang while the other athlete performs 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.