



Team Week 2 Event 2 Scorecard | All Divisions

Scores Due: Monday, 11/16/2020 at 7pm CST

5 Rounds For Time: 20:00 CAP

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

30 Deadlifts

30 One-Legged Squats, Alternating

15 Strict Handstand Push ups

	Deadlift	One-Legged Squat/Step Up	Strict Handstand Push up/Synchro Hand Release Push up	
Round 1	30	30	15	75
Round 2	30	30	15	150
Round 3	30	30	15	225
Round 4	30	30	15	300
Round 5	30	30	15	375

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

Week 2 Event 2 | Workout Variations

Rx Teams of 3

5 Rounds For Time: 20:00 CAP
30 Deadlifts (increasing weights)
30 One-Legged Squats, Alternating
15 Strict Handstand Push ups (2 athletes: one partner holds handstand)

Deadlift Weights:
Round 1: 275/185#
Round 2: 275/185#
Round 3: 315/215#
Round 4: 315/215#
Round 5: 345/235#

Intermediate Teams of 3, Masters 35+ Teams of 3

5 Rounds For Time: 20:00 CAP
30 Deadlifts (increasing weights)
30 Single Arm Dumbbell Step ups 50/35#, 24/20"
15 Strict Handstand Push ups, 5" Incline (2 athletes: one partner holds handstand)

Deadlift Weights:
Round 1: 225/155#
Round 2: 225/155#
Round 3: 275/185#
Round 4: 275/185#
Round 5: 315/215#

Scaled Teams of 3

5 Rounds For Time: 20:00 CAP
30 Deadlifts (increasing weights)
30 Single Arm Dumbbell Step ups 35/20#, 24/20"
15 Synchro Hand-Release Push ups (2 athletes)

Deadlift Weights:
Round 1: 155/105#
Round 2: 185/125#
Round 3: 185/125#
Round 4: 225/155#
Round 5: 225/155#

Notes

Before the workout begins, place a line of tape on the floor parallel to the barbell, at least 6' away from the center of the barbell. **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.

Athletes may switch out plates for the deadlift each round after their handstand push ups or push ups are completed. Multiple athletes may be on the floor to change out plates.

Must use clips.

Each athlete may have their own tape line to ensure social distancing, but each line must be 6' away from their barbell. Each athlete may have their own barbell and box (if applicable) 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 deadlifts. Once the 30 deadlifts are complete, the team will move onto 30 one-legged squats or step ups. Then 15 strict handstand push ups or synchro hand release push ups.

The team's score will be the time recorded after the last handstand push up or push up 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.

Video Submission Requirements

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

Film the plates, medicine ball (if applicable) and barbell so the loads can be seen clearly, and show the height of the box 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

Deadlift

Start every rep of the deadlift with the barbell on the ground. Hands must be outside the knees. Sumo deadlifts are not allowed. Arms must be straight throughout. No bouncing.

The rep is credited when the hips and knees reach full extension and the head and shoulders are behind the bar. Must use clips.

Athletes can change out plates for the deadlifts after the strict handstand push ups or synchro hand release push ups are complete. Multiple athletes may be changing plates at the same time.

Strict Handstand Push-up (2 athletes: one athlete must hold a handstand)

Before starting, athletes will need to create a box measuring 36 inches wide and 24 inches deep marked on the floor in front of the wall where handstand push-ups will be performed. Fingers may cross the line but the palm of the hand may not cross the line.

Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. The feet must remain inside the width of the hands throughout the entire repetition.

At the bottom, the athlete's head makes contact with the ground or target. For athletes competing in a division that does not require elevation, if the head and hands are on different surfaces, the surfaces must be level. The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall. At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms and heels touching the wall. Kipping is not allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.

One athlete must be holding a handstand against the wall while the other works. Arms must be locked out and only the heels may touch the wall.

In the Intermediate/Masters version of the workout, athletes will have a 5" elevation for their head on the strict handstand push ups.

Synchro Hand Release Push up (2 athletes)

Elbows must be locked out with the feet no wider than shoulder width. A straight body position must be maintained throughout the push-up. No snaking, sagging, or pushing up from the knees.

Both athletes must be synchronized at the top of the push up with arms locked out before beginning the next rep.

Single-Leg Squat

At the start and finish of each rep, the hips and knee of the working leg are extended. The non-working leg must remain in front of the body (cannot pass beyond profile). Holding on to the non-working leg is permitted. Holding on to a weight or using any kind of assistance for pistols is not allowed.

At the bottom, the hip crease must pass below the top of the knee on the working leg. If any part of the body other than the support foot touches the floor before lockout, the rep will not count. Must alternate legs after every successful rep. Must complete a successful rep on one side before alternating. Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.

Single Arm Dumbbell Step Up

The dumbbell can be held at the shoulder in any manner, and must make contact with one shoulder. The athlete must touch both feet to the top of the box and open both hips at the top. There is no requirement to alternate legs.

