



## Team Week 3 Event 3 Scorecard | All Divisions

**Scores Due: Monday, 11/24/2020 at 7pm CST**

### Event 3a 0-16:00 For Time:

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

For Time: 16:00 CAP

Athlete 1:

20 Double Dumbbell Hang Squat Cleans

40 Box Jump Overs

20 Double Dumbbell Hang Squat Cleans

Athlete 2:

20 Chest to Bar Pull ups

40 Single Arm Dumbbell Snatches, Alternating

20 Chest to Bar Pull ups

Athlete 3:

20 Double Dumbbell Hang Squat Cleans

20 Box Jump Over

20 Single Arm Dumbbell Snatches, Alternating

20 Chest to Bar Pull up

16:00-17:00 Rest

EVENT 3a	
Athlete 1: 20 Double DB Hang Squat Clean	20
Athlete 1: 40 Box Jump/Step Overs	60
Athlete 1: 20 Double DB Hang Squat Clean	80
Athlete 2: 20 Chest to Bar Pull ups	100
Athlete 2: 40 DB Snatches, Alternating	140
Athlete 2: 20 Chest to Bar Pull ups	160
Athlete 3: 20 Double DB Hang Squat Clean	180
Athlete 3: 20 Box Jump/Step Over	200
Athlete 3: 20 DB Snatches, Alternating	220
Athlete 3: 20 Chest to Bar Pull ups	240
Total Time/ Reps:	

### Event 3b 17:00-27:00 AMRAP

10min AMRAP

50 Double Dumbbell Hang Squat Cleans

50 Box Jump Overs 30/24"

50 Synchro Dumbbell Snatches, Alternating 50/35#

10 Synchro Bar Muscle ups

EVENT 3b	Rx	All other Divisions
50 Double DB Hang Squat Clean	50	50
50 Box Jump/Step Overs	100	100
50 Synchro DB Snatches, Alternating	150	150
10 Synchro Bar Muscle ups/25 Chest to Bar	160	175
50 Double DB Hang Squat Clean	210	225
50 Box Jump/Step Overs	260	275
50 Synchro DB Snatches, Alternating	310	325
10 Synchro Bar Muscle ups/25 Chest to Bar	320	350
Total Reps:		

<b>3a Time or Reps Completed:</b>	
<b>3b Reps Completed:</b>	
<b>Team Name (please print):</b>	
<b>Team Captain Signature:</b>	
<b>Judge Name (please print):</b>	

## **Week 3 Event 3ab | Workout Variations**

### **Rx Teams of 3**

#### **Event 3a**

For Time: 0-16:00

Athlete 1:

20 Double Dumbbell Hang Squat Cleans 50/35#

40 Box Jump Overs 24/20"

20 Double Dumbbell Hang Squat Cleans 50/35#

Athlete 2:

20 Chest to Bar Pull ups

40 Single Arm Dumbbell Snatches, Alternating 50/35#

20 Chest to Bar Pull ups

Athlete 3:

20 Double Dumbbell Hang Squat Cleans 50/35#

20 Box Jump Over 24/20"

20 Single Arm Dumbbell Snatches, Alternating 50/35#

20 Chest to Bar Pull up

16:00-17:00 Rest

#### **Event 3b**

17:00-27:00 AMRAP

50 Double Dumbbell Hang Squat Cleans

50 Box Jump Overs 30/24"

50 Synchro Single Arm Dumbbell Snatches, Alternating 50/35#

10 Synchro Bar Muscle ups

## **Intermediate Teams of 3**

### **Event 3a**

0-16:00 For Time:

Athlete 1:

20 Double Dumbbell Hang Squat Cleans 50/35#

40 Box Jump Overs 24/20"

20 Double Dumbbell Hang Squat Cleans 50/35#

Athlete 2:

20 Pull ups

40 Single Arm Dumbbell Snatches, Alternating 50/35#

20 Pull ups

Athlete 3:

20 Double Dumbbell Hang Squat Cleans 50/35#

20 Box Jump Overs 24/20"

20 Single Arm Dumbbell Snatches, Alternating 50/35#

20 Pull ups

16:00-17:00 Rest

### **Event 3b**

17:00-27:00 AMRAP

50 Double Dumbbell Hang Squat Cleans 50/35# (1 athlete at a time)

50 Box Jump Overs 30/24" (1 athlete at a time)

50 Synchro Single Arm Dumbbell Snatches, Alternating 50/35# (2 athletes)

25 Chest to Bar Pull ups (2 athletes, one hanging from the bar while other works)

### **Scaled Teams of 3**

0-16:00 For Time:

Athlete 1:

20 Double Dumbbell Hang Squat Cleans 35/20#

30 Box Jump or Step Overs 24/20"

20 Double Dumbbell Hang Squat Cleans 35/20#

Athlete 2:

20 Ring Rows

40 Single Arm Dumbbell Snatches, Alternating 35/20#

20 Ring Rows

Athlete 3:

20 Double Dumbbell Hang Squat Cleans 35/20#

20 Box Jump or Step Overs 24/20"

20 Single Arm Dumbbell Snatches, Alternating 35/20#

20 Ring Rows

16:00-17:00 Rest

### **Event 3b**

17:00-27:00 AMRAP

50 Double Dumbbell Hang Squat Cleans 35/20# (1 athlete at a time)

50 Box Jump or Step Overs 24/20" (1 athlete at a time)

50 Synchro Single Arm Dumbbell Snatches, Alternating 35/20# (2 athletes)

25 Ring Rows (2 athletes, one hanging from the bar while other does ring rows)

## **Masters 35+ Teams of 3**

### **Event 3a**

0-16:00 For Time:

Athlete 1:

20 Double Dumbbell Hang Squat Cleans 50/35#

30 Box Jump Overs 24/20"

20 Double Dumbbell Hang Squat Cleans 50/35#

Athlete 2:

20 Pull ups

40 Single Arm Dumbbell Snatches, Alternating 50/35#

20 Pull ups

Athlete 3:

20 Double Dumbbell Hang Squat Cleans 50/35#

20 Box Jump Overs 24/20"

20 Single Arm Dumbbell Snatches, Alternating 50/35#

20 Pull ups

16:00-17:00 Rest

### **Event 3b**

17:00-27:00 AMRAP

50 Double Dumbbell Hang Squat Cleans 50/35# (1 athlete at a time)

50 Box Jump Overs 24/20" (1 athlete at a time)

50 Synchro Single Arm Dumbbell Snatches, Alternating 50/35# (2 athletes)

25 Chest to Bar Pull ups (2 athletes, one hanging from the bar while other works)

## Notes

Before the workout begins, place a line of tape on the floor parallel to the pull up bar, at least 10' away from the bar. **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 the pull up bar. Each athlete may have their own pull up bars, dumbbells and boxes to ensure safety.

This workout begins with the clock set to TIME UP 27:00, with the dumbbells on the floor and all athletes standing behind the tape line. After the call of "3, 2, 1.. go," Athlete 1 may approach the dumbbells and begin performing 20 double dumbbell hang squat cleans, box jump overs, and 20 double dumbbell hang squat cleans. Once the last 20 double dumbbell hang squat cleans are complete, Athlete 2 may begin working. Once Athlete 2's prescribed exercises are complete, Athlete 3 may begin.

Event 3a is a for time workout, with a CAP of 16:00. Then there is a rest period between 16:00-17:00 where no work can be completed.

Event 3b is an AMRAP. From 17:27:00, the athletes will work to complete as many reps as possible.

The team's score for 3a will be the time recorded after the last Chest to Bar or Ring Row 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.

The team's score for 3b will be total reps completed.

There is no tiebreak for either workout.

Athlete 1/2/3 may be any athlete, but once an athlete starts that portion of the workout, they cannot sub out. Yes, one athlete can be both Athlete 1 and Athlete 2 (for example, in the event an athlete has to quarantine).

## 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**

### **Double Dumbbell Hang Squat Clean**

Before beginning the first rep of a set, the dumbbells must be deadlifted from the ground to the hip with hips fully open and knees fully extended, and the arms straight and down to the side outside of the legs. Then the athlete can dip down for the first rep. The movement starts with a dumbbell in each hand, arms straight and to the sides, and the athlete standing fully up with hips open and knees fully extended. The athlete will clean the dumbbells up to the shoulders, and pass through the bottom of a squat with the hip crease passing below the top of the knee. The rep ends when the athlete stands all the way up with the dumbbells on the shoulders and hips all the way open and knees fully locked out.

### **Box Jump Over or Step Over**

The box jump over starts with the athlete standing on one side of the box. They will jump off of two feet and land on the top of the box with two feet. The athlete may either step or jump down to the other side the box. The rep ends when box feet are on the other side of the box. There is no requirement to open the hips at any time during the exercise. If the athlete chooses, they may jump clear over the box, as long as they jump off of two feet and land on two feet on the other side.

The box stepover starts with the athlete standing on one side of the box. They will step up on top of the box and over to the other side. There is no requirement for both feet to touch the top of the box. There is no requirement for the hips to open at any time during the exercise.

### **Single Arm Dumbbell Snatch**

#### **Synchro Single Arm Dumbbell Snatch, Alternating (2 athletes)**

The synchro dumbbell snatch requires two athletes to be synchronized at the top of the movement with the working arm of each athlete fully extended overhead. The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.

At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. For Synchro, once both athletes have reached lockout AT THE SAME TIME, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

There is no requirement to touch the ground at the same time.

### **Pull up**

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground and heels passing behind the vertical plane of the pullup bar.

At the top, the chin must clearly rise above the horizontal plane of the pullup bar.

Any grip style may be used, overhand, underhand or mixed. 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.

### **Chest to Bar Pull up**

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground and heels passing behind the vertical plane of the pullup bar.

At the top, the chest must clearly come into contact with the bar below the collarbone.

Any grip style may be used, overhand, underhand or mixed. 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.

In the Intermediate and Masters Divisions, for Event 3b, one athlete must be hanging from the bar from their hands without assistance while the other athlete performs chest to bars.

### **Ring Row**

The bottom of the rings must be 34" off of the ground. A tape line for the heels must be placed in line with the pull up bar.

The movement starts with the athlete's heels touching the ground on the other side of the tape line, and they are leaned back with arms completely straight.

The athlete will pull their chest up to the rings while keeping their heels on the ground on the other side of the tape line. The movement ends with the athlete touching their chest or shoulders to both rings at the same time.

During Event 3b, one athlete must be hanging from the pull up bar while the other athlete is performing ring rows.

### **Synchro Bar Muscle Up**

In the bar muscle-up, both athletes must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support or glide kips are not permitted. The heels may not rise above the height of the bar during the kip.

At the top, the elbows must be fully locked out while the athlete supports himself or herself above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar. The rep is counted when both athletes are fully locked out and supported on top of the bar at the same time. If one athlete has a no rep, the other athlete can wait at the top of the bar for them to attempt the rep again.





## Team Week 3 Event 3 Bodyweight Scorecard | All Divisions

**Scores Due: Tuesday, 11/24/2020 at 7pm CST**

### Event 3a For Total Combined Time:

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

Athlete 1: 5:00 CAP  
15 Burpees over Line  
40 Air Squats  
15 Burpees over Line

Athlete 2: 5:00 CAP  
5 Wall Walks  
40 Reverse Lunges, Alternating  
5 Wall Walks

Athlete 3: 5:00 CAP  
15 Burpees over Line  
20 Air Squats  
5 Wall Walks  
20 Reverse Lunges, Alternating

EVENT 3a: For Total Combined Time	
Athlete 1: 15 Burpees over Line	15
Athlete 1: 40 Air Squats	55
Athlete 1: 15 Burpees over Line	70
Athlete 1 Time (5:00 CAP):	
Athlete 2: 5 Wall Walks	75
Athlete 2: 40 Reverse Lunges, Alternating	115
Athlete 2: 5 Wall Walks	120
Athlete 2 Time (5:00 CAP):	
Athlete 3: 15 Burpees over Line	135
Athlete 3: 20 Air Squats	155
Athlete 3: 5 Wall Walks	160
Athlete 3: 20 Reverse Lunges, Alternating	180
Athlete 3 Time (5:00 CAP):	
Total Time/Reps:	

### Event 3b 10:00 AMRAP For Total Combined Reps

10min AMRAP  
50 Air Squats  
40 Hand Release Push ups  
30 Reverse Lunges, Alternating  
20 Burpees over Line  
10 Wall Walks

EVENT 3b: For Total Combined Reps of Each Athlete	
50 Air Squats	50
40 Hand Release Push ups	90
30 Reverse Lunges, Alternating	120
20 Burpees over Line	140
10 Wall Walks	150
50 Air Squats	200
40 Hand Release Push ups	240
30 Reverse Lunges, Alternating	270
20 Burpees over Line	290
10 Wall Walks	300
Total Reps:	

<b>3a Time or Reps Completed:</b>	
<b>3b Reps Completed:</b>	
<b>Team Name (please print):</b>	
<b>Team Captain Signature:</b>	
<b>Judge Name (please print):</b>	

## Week 3 Event 3ab | Bodyweight Workout Rules

All Divisions will perform the same bodyweight workout for Event 3ab. Be sure to read the movement standards. You will need to place lines of tape on the floor for burpees over line and wall walks.

Workouts do not have to be performed in any certain order or in the same workout session.

Teammates will combine their scores together for one total time (3a) and one total rep count (3b).

### Event 3a Rules

Event 3a is a “for time” workout. Each athlete will have a 5:00 CAP for their portion of the workout. The time from each athlete will be totaled by the team captain and entered as the final score.

In the event that a teammate is unavailable to do Event 3a, another teammate can perform their portion of the event in its entirety.

If an athlete(s) does not finish their portion of Event 3a, the score for the team will be CAP + Reps. Therefore, all athletes must finish their portion of Event 3a under the 5:00 CAP in order to have a “time” score.

### Event 3b Rules

Event 3b is a “for reps” workout. Each athlete will perform the 10:00 AMRAP and all 3 scores will be totaled by the team captain and entered as a final score.

Each teammate may only contribute one score to Event 3b. Therefore, if a teammate is unavailable to perform Event 3b, only 2 teammates’ rep counts for the 10:00 AMRAP may be added up for the total score.

Please video your Event 3a and Event 3b workouts in case we have questions on your score. Video does not need to be submitted (because there is only one video upload available in Competition Corner).

### **Event 3a**

#### **For Total Combined Time:**

Athlete 1: 5:00 CAP  
15 Burpees over Line  
40 Air Squats  
15 Burpees over Line

Athlete 2: 5:00 CAP  
5 Wall Walks  
40 Reverse Lunges, Alternating  
5 Wall Walks

Athlete 3: 5:00 CAP  
15 Burpees over Line  
20 Air Squats  
5 Wall Walks  
20 Reverse Lunges, Alternating

### **Event 3b**

10:00 AMRAP (total combined reps)  
50 Air Squats  
40 Hand Release Push ups  
30 Reverse Lunges, Alternating  
20 Burpees Over Line  
10 Wall Walks

### **Notes:**

Before the workout begins, you will need to place 3 lines of tape:

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

2 Tape Lines for Wall Walks: Lay on the ground perpendicular to the wall with feet touching the wall, and with your arms touching your sides. Place a line of tape where your elbows are. Place another line of tape 12" from the wall.

Event 3a begins with the clock set to TIME UP 5:00. After the call of "3, 2, 1.. go," the athlete may begin the event.

Event 3a is a for time workout, with a CAP of 5:00 per athlete. Each athlete's score will be added together for a total combined time. If any athlete does not complete the prescribed reps under the time cap, the score for the entire team will be CAP + reps.

Event 3b is an AMRAP with the workout starting with the clock set to 10:00. Each athlete's reps will be added together for a total combined score.

Athlete 1/2/3 may be any athlete, but once an athlete starts that portion of the workout, they cannot sub out. Yes, one athlete can be both Athlete 1 and Athlete 2.

## **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**

### **Air Squat**

The movement starts with the athlete standing all the way up with hips and knees open and fully extended. The athlete will squat down with the hip crease passing below the knee. The movement ends when the athlete is once again standing all the way up with hips and knees open and fully extended. CHEST UP!

### **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.

### **Wall Walk**

Before starting the workout, lay on the ground perpendicular to the wall with feet touching the wall, and with your arms touching your sides. Place a line of tape where your elbows are. Place another line of tape 12" from the wall.

The wall walk starts with the athlete in a plank position with feet touching the wall and hands in front of the tape line (away from the wall). The athlete will walk up the wall with their feet until their hands are on the inside of the 12" tape line (closest to the wall). The athlete will walk back down the wall and the rep ends when both hands cross the outside tape line that was measured at the elbows.

### **Reverse Lunge**

The reverse lunge begins with the athlete standing all the way up with feet under hips, and hips and knees fully open and locked out. The athlete will step backwards with one leg, touch the knee to the ground, and then step back forward so the foot is next to the other foot. The movement ends with feet under hips and knees and hips fully open and extended. CHEST UP. The athlete must alternate legs for each rep. Each leg = 1 rep.

## **Hand Release Push up**

The hand release push up begins in the plank position with only the hands and feet touching the ground, and the elbows fully locked out and core engaged. The back must be flat and not arched or “saggy”. The knees must be straight in the start position. The athlete will lower down and touch their chest to the ground. They will lift their hands off of the ground, and then place them back on the ground. The athlete will push back up to the plank position. The rep is counted when the athlete returns to the plank position with elbows locked out, core engaged, knees straight and back flat.