

## Welcome to the third Event of season 7!

This workout is a three part workout.

- 3A and 3B count for 50% each. If you have the best score, you'll get 0,5 point.

- 3C counts for 100%. If you have the best score, you'll get 1 point.

All three parts combined count for 200%.

All workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. Both scores need to be from the same attempt and the same video.

If you want to be eligible for the Summergames, you'll have to film all your events, including the placement. Never underestimate yourself, and just make that video! You'll be disappointed if you haven't filmed, and suddenly you're in a top spot in your division.

The athlete with the best combined score of Event 3a, b and c will get a personalized winner t-shirt. In case of a tie, the athlete with the highest ranking will receive the shirt. If both athletes have the same ranking, the athlete with the highest rank on event 3c will receive the prize.

If you have any questions, or problems with logging, contact us at [info@thenationals.nl](mailto:info@thenationals.nl)

Good luck!

*Team The Nationals*

**EVENT 3A (50%) - From 0:00-6:00**  
**For Time, with a 6 minute time cap**  
**7 Clean & Jerks @ weight 1**  
**5 Clean & Jerks @ weight 2**  
**3 Clean & Jerks @ weight 3**  
**1 Clean & Jerks @ weight 4**

	Iron	Bronze	Silver	Gold	Platinum	Diamond
Weight 1	30/25kg	40/30kg	50/40kg	60/45kg	70/50kg	80/55kg
Weight 2	40/30kg	50/35kg	60/45kg	70/50kg	80/55kg	90/65kg
Weight 3	50/35kg	60/40kg	70/50kg	80/55kg	90/65kg	100/75kg
Weight 4	60/40kg	70/45kg	80/55kg	90/65kg	100/75kg	110/80kg

**EVENT 3B (50%) - From 6:00-9:00**  
**For Max Weight**  
**1RM Clean & Jerk**

**Rest until the clock hits 10:00...**

**EVENT 3C (100%) - From 10:00-20:00**  
**For Time, with a 10 minute time cap**

Iron	Bronze	Silver	Gold	Platinum	Diamond
6 Rounds for time 6 Wall Walks Light 60 Single Unders	3 Rounds for time 6 Wall Walks Light 60 Single Unders	3 Rounds for time 4 Wall Walks Rx 36 Double Unders	3 Rounds for time 4 Wall Walks Rx 36 Double Unders	3 Rounds for time 12 HSPU Rx 36 Double Unders	3 Rounds for time 12 HSPU Rx 36 Double Unders
	into	into	into	into	into
	3 Rounds for time 3 Wall Walks Rx 60 Single Unders	3 Rounds for time 12 HSPU Light 36 Double Unders	3 Rounds for time 12 HSPU Rx 36 Double Unders	3 Rounds for time 12 Strict HSPU* 36 Double Unders *Female with abmat	3 Rounds for time 12 Wall Facing Strict HSPU 36 Double Unders

**EVENT 3A (10%) - From 0:00-9:00**  
**For Time, with a 9 minute time cap**  
**30 Clean & Jerks @ 30/20kg**

**TEENS**  
DIVISION



**Rest until the clock hits 10:00...**

**EVENT 3C (100%) - From 10:00-20:00**  
**For Time, with a 10 minute time cap**

3 Rounds for time  
6 Wall Walks Light  
60 Single Unders

into

3 Rounds for time  
3 Wall Walks Rx  
60 Single Unders

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**EVENT 3A (50%) - From 0:00-6:00**  
**For Time, with a 6 minute time cap**  
**7 Clean & Jerks @ 30/25kg**  
**5 Clean & Jerks @ 40/30kg**  
**3 Clean & Jerks @ 50/35kg**  
**1 Clean & Jerks @ 60/40kg**

**YOUNGSTERS**  
DIVISION



**EVENT 3B (50%) - From 6:00-9:00**  
**For Max Weight**  
**1RM Clean & Jerk**

**Rest until the clock hits 10:00...**

**EVENT 3C (100%) - From 10:00-20:00**  
**For Time, with a 10 minute time cap**

3 Rounds for time  
4 Wall Walks Rx  
36 Double Unders

into

3 Rounds for time  
12 HSPU Rx  
36 Double Unders

**EVENT 3A (50%) - From 0:00-6:00**

**For Time, with a 6 minute time cap**

**7 Ground to Overhead (Standing) / Lap to Overhead (Seated) @ weight 1**

**5 Ground to Overhead (Standing) / Lap to Overhead (Seated) @ weight 2**

**3 Ground to Overhead (Standing) / Lap to Overhead (Seated) @ weight 3**

**1 Ground to Overhead (Standing) / Lap to Overhead (Seated) @ weight 4**

IN KG	Intel	Short Stat	Lower 1	Lower 2	Neuro Maj	Neuro Mod	Neuro Min + Sensory	Upper 1	Upper 2	Seated w	Seated w/o	Tetra
Weight 1	20/15	30/20	35/20	40/20	20/15	30/20	40/30	30/20	35/20	30/20	20/15	15/10
Weight 2	25/20	35/25	40/25	45/25	25/20	35/25	50/35	35/25	40/25	35/25	25/20	20/15
Weight 3	30/25	40/30	45/30	50/30	30/25	40/30	60/45	40/30	45/30	40/30	30/25	22,5/17,5
Weight 4	35/30	45/35	50/35	55/35	35/30	45/35	70/50	45/35	50/35	45/35	35/30	25/20

**EVENT 3B (50%) - From 6:00-9:00**

**For Max Weight**

**1RM Ground to Overhead (Standing) / Lap to Overhead (Seated)**

**Rest until the clock hits 10:00...**

**EVENT 3C (100%) - From 10:00-20:00**

**For Time, with a 10 minute time cap**

Intellectual	Short Stat	Lower 1	Lower 2	Neuro Maj	Neuro Mod
3 Rounds for time 3 Wall Walks Light 60 Plate Hops into 3 Rounds for time 3 Wall Walks Light 60 Single Unders	3 Rounds for time 4 Wall Walks Light 36 Double Unders into 3 Rounds for time 12 Def. HSPU 36 Double Unders	3 Rounds for time 12 HSPU Light 60 Single Unders into 3 Rounds for time 12 HSPU Rx 60 Single Unders	3 Rounds for time 12 HSPU Light 60 Single Unders into 3 Rounds for time 12 HSPU Rx 36 Double Unders	6 Rounds for time 4 Wall Walks Light 60 Single Unders	3 Rounds for time 4 Wall Walks Light 60 Single Unders into 3 Rounds for time 4 Wall Walks Light 36 Double Unders
Neuro Min + Sensory	Upper 1	Upper 2	Seated w + w/o	Seated Tetra	
3 Rounds for time 4 Wall Walks Light 60 Single Unders into 3 Rounds for time 12 HSPU Rx 36 Double Unders	3 Rounds for time 12 DB STO <sup>H</sup> 22,5/15kg 60 Single Unders into 3 Rounds for time 12 DB STO <sup>H</sup> 30/22,5kg 36 Double Unders	3 Rounds for time 12 DB STO <sup>H</sup> 22,5/15kg 60 Single Unders into 3 Rounds for time 12 HSPU Rx 36 Double Unders	3 Rounds for time 12 Wheelchair Dips in chair 60 Rope Skippings into 3 Rounds for time 12 Wheelchair Dips on Boxes 60 Rope Skippings	3 Rounds for time 12 Wall Balls 1,22m 4/3kg 60 Rope Skippings into 3 Rounds for time 12 Wall Balls 1,52m 4/3kg 60 Rope Skippings	

**Conversions**

This are the minimal acceptable weights and heights.

BARBELL		KETTLEBELL		BOX / ELEVATION	
Kilograms	Pounds	Kilograms	Pounds	Centimeter	Inches
15	35	4	9	4	1,5
17,5	40	6	13	6	2,3
20	45	8	18	12	4,7
22,5	50	12	26	38	15
25	55	16	35	50	20
30	65			60	24
35	75			75	30
40	85	DUMBBELL		WALL BALL HEIGHT	
45	100	Kilograms	Pounds	Centimeter	Feet
50	110	3	6	122	4
55	120	5	10	152	5
60	130	10	25	275	9
65	145	15	35	305	10
70	155	22,5	50		
75	165	30	65		
80	175				
85	185	MEDBALL		WALL WALK/HSPU	
90	200	Kilograms	Pounds	Centimeter	Inches
95	210	9	20	25	10
100	220	6	14	76	30
110	240	4	10	128	50
120	265	3	6	140	55
130	285			152	60
140	305				

**WORKOUT FLOW**



Tape the floor for the Wall Walks / HSPU you're using.  
 Set up your equipment in a way that allows us to see the movement standards clearly.  
 Show an ascending timer in frame, for example by using WODProof  
 Start your video with stating your full name and box.  
 Then show the weight of the barbell and all plates used.  
 Also show the measures of the tapes of the Wall Walks / HSPU.  
 Hit the clock and let's go!

**PART A - 00:00-06:00**

The workout starts with the athlete standing tall behind the loaded barbell. On the count of 3-2-1 GO the athlete may pick up the barbell and start with 7 Clean & Jerks. When all 7 reps are completed, the barbell must be loaded to the second weight. Other people may assist in doing this. Collars must be on the outside of all plates. After the athlete performs 5 Clean & Jerks with weight 2, the barbell must be loaded to the third weight. The athlete performs 3 Clean & Jerks with weight 3. Then, the barbell must be loaded to the fourth weight. The athlete performs 1 Clean & Jerk with weight 4.



Score 3A is the total time it took the athlete to complete all 16 reps OR if the athlete did not finish: the total reps made. Note that there is a tiebreak time after each completed weight. Enter the last tiebreak time with your score. In case two athletes have the same score, the athlete with the fastest tiebreak time ends up above the other athlete.

If the athlete finished part A before 6:00, the athlete may already load the barbell for part B.

**PART B - 06:00-09:00**

When the clock hits 6:00, the athlete has 3 minutes to perform a 1 rep max Clean and Jerk. Others may assist in loading the barbell. Collars must be on the outside of all plates. The lift must be started before the 9:00 mark to count. If an athlete lifts the barbell off the floor at 8:58, and makes the lift, the lift will count.



Score 3B is the total weight on the bar in KG, rounded to 0 decimals. 62,5 will be 62kg.



Make sure to show the end weight of your clean and jerk before stopping the video!

- - - 9:00-10:00 BREAK - - -

**PART C - 10:00-20:00**

The athlete must stand straight until the clock hits 10:00. When the clock hits 10, the athlete may touch the floor and start with the Wall Walks / Handstand Push-ups. The athlete performs three\* rounds of an easier Wall Walk/HSPU variation and Double or Single Unders. When those three rounds are completed, the athlete performs three rounds of a harder Wall Walk/HSPU variation and Double or Single Unders. \*The Iron division completes 6 rounds of the same movements.



Score 3C is the total time it took the athlete to complete all 6 rounds OR if the athlete did not finish: the total reps made. Note that there is a tiebreak time after each completed round. Enter the last tiebreak time with your score. In case two athletes have the same score, the athlete with the fastest tiebreak time ends up above the other athlete. Times should be the times on the clock (something between 10:00 and 20:00)

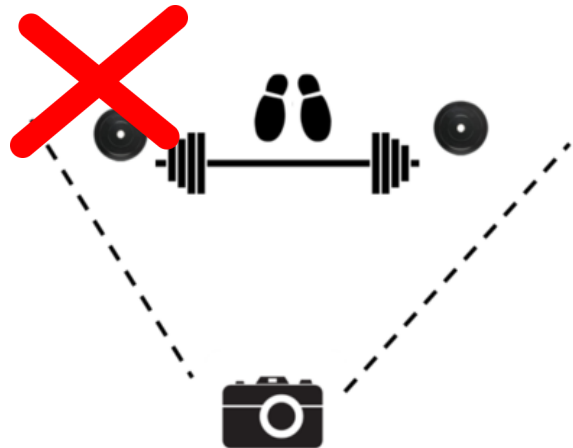
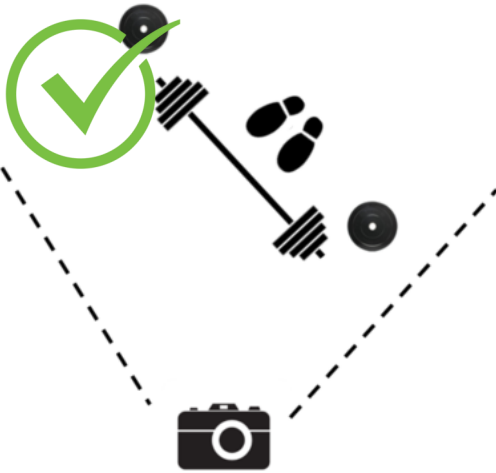
**TIEBREAK TIP:** instead of letting your judge write the tiebreak time each round (and having his eyes off the athlete), check the tiebreak time after completing the workout by watching your video.

### EQUIPMENT

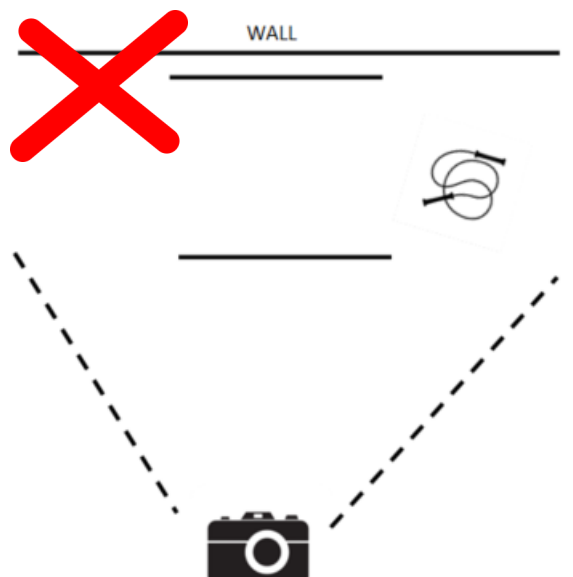
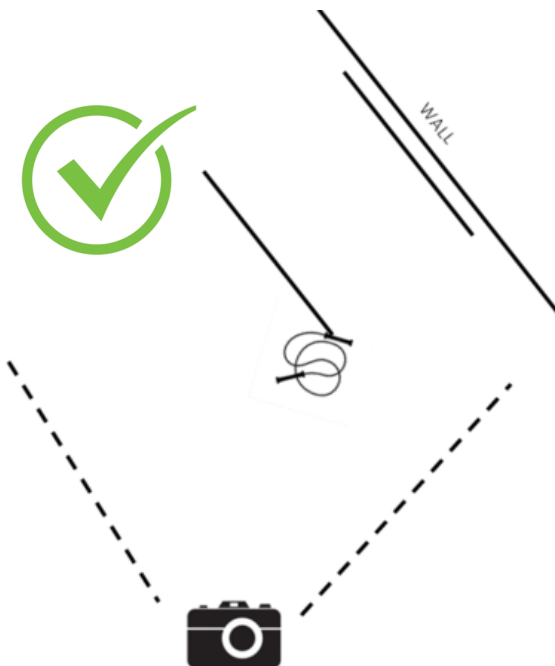
- Barbell with plates and collars
- Wall
- Tape
- Jump Rope
- Abmat (optional)

### VIDEO STANDARDS

- Start the video with stating your full name and box. Then show the weight of the barbell and all plates used.
- Show the measures of the wall walk / hspu taped lines. (Wall target for tetraplegic)
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 20) must be visible during the whole workout.
- The athlete must be in the frame during the whole workout.
- Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count.
- You can find our workouts in WODProof.



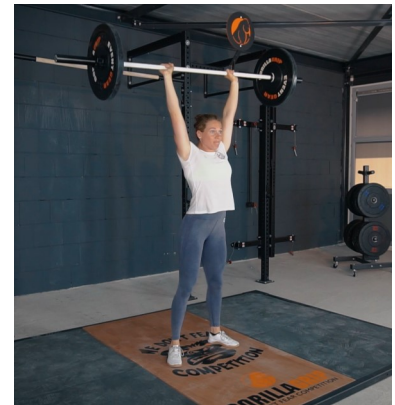
Never film from the front!



**MOVEMENT STANDARDS**

**GENERAL RULES**

- Tape and/or grips may be used in the rig.
- Grips may not be used holding a barbell, dumbbell or kettlebell.
- Using a box to get into the rig/rings is allowed. Jumping Pull-ups/Muscle-ups are not allowed.
- Blocks or a rack is not allowed. The barbell needs to be moved from the floor for all movements.
- Clips must always be on the outside of all plates. Clips do not count for weight on the barbell.
- The barbell may never be dropped behind. If this happens, it is a no rep.
- During a barbell movement, touching the floor with your knees is not allowed, unless for lunge steps.
- Dumbbells and Kettlebells may never be dropped from above the knees. If this happens, it is a no rep.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- In doubt about a standard? Contact us at [info@thenationals.nl](mailto:info@thenationals.nl)



**BARBELL CLEAN**

The movement starts with the athlete standing tall with the barbell with both plates in contact with the floor. The barbell moves from the floor to the front rack position in one fluent motion. In the end position, the barbell touches the top/front of the shoulders, fingers are around the barbell and the elbows are in front of the bar. The hips and knees are fully extended and both feet are straight under the hips. The athlete has control over the barbell.

A muscle clean, power clean and split clean are allowed, even as power or squat variations, as long as all standards are met. If the bar is caught in a split or 'starfish' position, both feet need to move back under the hips before the bar leaves the shoulders to count as a rep. Note that HANG cleans are not allowed.

**BARBELL SHOULDER TO OVERHEAD (jerk)**

The athlete gets the bar overhead, where the bar is straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the bar. This may be a strict press, push press, push jerk or split jerk as long as the standards are met. In the split jerk, both feet need to move back under the hips before the bar is lowered.

**BARBELL GROUND TO OVERHEAD (ADAPTIVE STANDING)**

The movement starts with the barbell with both bumper plates on the floor. The athlete moves the barbell to an overhead position in which the barbell is straight above the head of the athlete with hips, knees and elbows fully locked out. The athlete has control over the barbell. This can be a snatch or clean and jerk movement. A hang clean/snatch is also allowed as long as the rep starts from the floor.





***BARBELL LAP TO OVERHEAD (SEATED)***

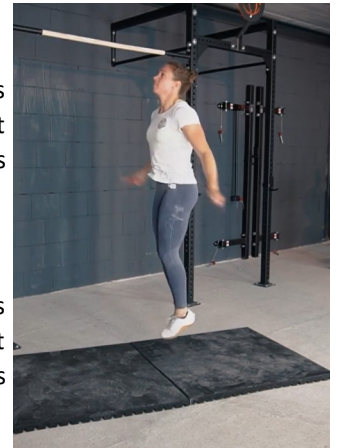
The movement starts with the barbell on the lap of the athlete. The barbell moves the bar from the lap to the overhead position. In the end position, the barbell is straight above the head of the athlete, with elbows fully extended. The athlete has control over the barbell. This may be a Snatch or Clean and Press.

***DOUBLE UNDERS***

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete once. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Double unders do not count as reps for single unders at all.

***SINGLE UNDERS***

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete twice. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Single unders do not count as reps for double unders at all.



***PLATE HOPS***

The movement starts with the athlete standing next to a 10cm plate. The athlete jumps onto the plate until both feet touch the top of the plate at the same time. No part of the shoe is touching the floor. Hips and knees DO NOT need to be fully extended. Then the athlete steps or jumps off the plate.



### WALL WALK RX

Two lines need to be taped:

- From the wall to the inside of the first tape = 152cm (male) / 140cm (female and youngsters) / 128cm (teens)
- From the wall to the outside of the second tape = 25cm



Every repetition starts with the athlete lying down, with chest, feet and thighs touching the floor. At start and finish of each rep, both hands/fingers need to touch the first taped line (152/140/128cm). The athlete puts both feet on the wall. Hands need to stay on the tape (152/140/128cm) until the whole body is from the floor (except for hands). Athlete walks their hands closer to the wall, until both hands touch the second tape (25cm). Then, athlete walks back to the first tape (152/140/128cm), while the rest of the body does not touch the floor. Athlete touches the first tape (152/140/128cm) with a part of the hands, then lies down with chest, feet and thighs touching the floor. This is one repetition.

### WALL WALK LIGHT

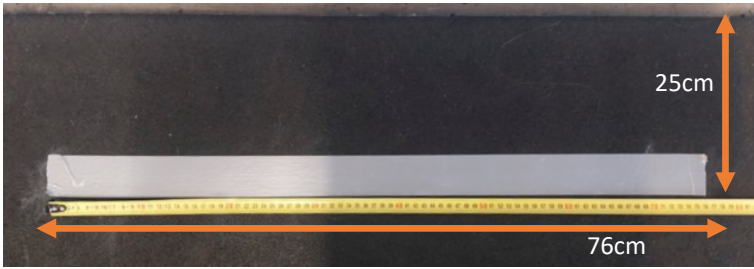
One line needs to be taped:

- From the wall to the inside of the first tape = 152cm (male) / 140cm (female and youngsters) / 128cm (teens)



Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must be in front of the taped line. No part of the hand may be touching the line. Both hands must remain in front of the tape until both feet are on the wall. The athlete will walk up the wall until both hands are on the other side of the taped line. The fingers may NOT be touching the tape line. On the descent, the feet must remain on the wall until both hands are in front of the taped line. No part of the hand may be touching the line. The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground.





***HANDSTAND PUSH-UPS RX***

Before starting, tape a line that is 76cm in length, max 5cm wide on the floor, at 25cm distance from the floor. If the athlete wants to use an abmat and plates, the top of the abmat must be levelled with the plates, and tape must be on the plates/ abmat.

During the movement, both hands must be in touch with the taped line. If one or both hands is not touching the taped line at any time, the repetition will not count. Each rep begins and ends with the athlete in the lockout handstand position, heels against the wall, arms and hips fully extended, shoulders in line with the body. At the bottom, the head must make contact with the ground. The feet do not need to remain in contact with the wall for the duration of the movement (kipping is allowed), but the feet must return to the wall at the beginning and end of each rep. Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.



***HANDSTAND PUSH-UPS LIGHT***

Same standard as Rx, but an abmat may be used without plates next to it.

***HANDSTAND PUSH-UPS DEFICIT***

Same standard as Rx, but the hands must be placed on stacked plates that are at least 10cm higher than the floor.

***HANDSTAND PUSH-UPS STRICT***

Same standard as Rx, but during the movement, the hips must stay open, and the feet may not be wider than the hands at any point. Kipping is not allowed.



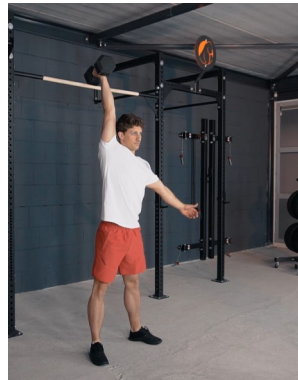


**WALL FACING STRICT HANDSTAND PUSH-UPS**

Before starting, tape a line that is 76cm in length, max 5cm wide on the floor, at 25cm distance from the floor. During the movement, both hands must be in touch with the taped line. Also tape the second line (see wall walk). If one or both hands is not touching the taped line at any time, the repetition will not count.

Each rep begins with a wall walk: chest and thighs touching the floor. The athlete must move into the locked out position with their hands on the line before descending for the first rep. The athlete may not cartwheel or kick up into the handstand position. If the athlete comes down from the wall at any time, they start again from the floor.

In the start and end position, the athlete is in a lockout handstand position, toes against the wall, arms and hips fully extended, shoulders in line with the body, hands touching the tape. The legs must remain straight throughout the repetition. Athletes may not attempt to climb with their feet/legs or kip. At the bottom, the head must make contact with the ground. The athlete pushes up until arms, hips and knees are fully locked out and he is in a handstand position again. Kipping is not allowed.



**SINGLE DUMBBELL SHOULDER TO OVERHEAD**

The movement starts with the dumbbell in front rack position, touching the top of the shoulder with one head. The athlete moves the dumbbell in a fluent movement to full lockout overhead. The rep is credited when the dumbbell is locked out overhead, with the hips, knees and arm fully extended. The dumbbell is directly above the body of the athlete. This may be a strict press, push press, push jerk or split jerk. The non-lifting hand may not assist/touch the dumbbell. Reps do not need to be alternating.

**ROPE SKIPPINGS**

The movement starts with the athlete holding one rope in each hand. The ropes must swing synchronized in a forward motion. At the bottom of the rep, the ropes must make contact with the floor. Each time the ropes touch the floor simultaneously, this is one rep.



**WHEELCHAIR WALL BALLS**

Start by taping a line on the wall, according to the height in the workout description. Film the height of the tape in the beginning of your video. The movement starts with the athlete seated in the wheelchair, the medball in the athlete's hands. The athlete throws the medball to the wall. The medball must touch the wall above the tape to count. The athlete may use assistance to get the ball off the floor.



**WHEELCHAIR DIPS IN CHAIR**

The movement starts and ends with the athlete seated, hands off the chair. The athlete places his hands on top of the chair and pushes himself up until elbows are fully locked out. Between reps, hands need to be off the chair. (hand released)

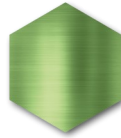




***WHEELCHAIR DIPS ON BOXES***

The wheelchair athletes have to use two 75cm/30inch boxes to perform the dips. The movement starts and ends with the athlete seated, hands off the boxes. The athletes places his hands on top of the box and pushes himself up until elbows are fully locked out. After each rep, hands need to be off the box (hand released).

### TEENS DIVISION



<b>A</b> FOR TIME 0:00-9:00 100% scored	30 Clean & Jerks @ 30/20kg	Time:
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		6 Wall Walks Light	60 Single Unders	
	Round 1	6	66	Time after last rep:
	Round 2	72	132	Time after last rep:
	Round 3	138	198	Time after last rep:
		3 Wall Walks Rx	60 Single Unders	
	Round 4	201	261	Time after last rep:
	Round 5	264	324	Time after last rep:
	Round 6	327	387	Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**YOUNGSTERS  
DIVISION**



<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Clean & Jerks @ 30/25kg	7	Time after last rep:
	5 Clean & Jerks @ 40/30kg	12	Time after last rep:
	3 Clean & Jerks @ 50/35kg	15	Time after last rep:
	1 Clean & Jerk @ 60/40kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM CLEAN & JERK	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		4 Wall Walks	36 Double Unders	
	Round 1	4	40	Time after last rep:
	Round 2	44	80	Time after last rep:
	Round 3	84	120	Time after last rep:
		12 HSPU Rx	36 Double Under	
	Round 4	132	168	Time after last rep:
	Round 5	180	192	Time after last rep:
	Round 6	204	240	Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



**IRON  
DIVISION**



<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Clean & Jerks @ 30/25kg	7	Time after last rep:
	5 Clean & Jerks @ 40/30kg	12	Time after last rep:
	3 Clean & Jerks @ 50/35kg	15	Time after last rep:
	1 Clean & Jerk @ 60/40kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM CLEAN & JERK	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		6 Wall Walks Light	60 Single Unders	
	Round 1	6	66	Time after last rep:
	Round 2	72	132	Time after last rep:
	Round 3	138	198	Time after last rep:
	Round 4	204	264	Time after last rep:
	Round 5	270	330	Time after last rep:
	Round 6	336	396	Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**BRONZE  
DIVISION**



<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Clean & Jerks @ 40/30kg	7	Time after last rep:
	5 Clean & Jerks @ 50/35kg	12	Time after last rep:
	3 Clean & Jerks @ 60/40kg	15	Time after last rep:
	1 Clean & Jerk @ 70/45kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM CLEAN & JERK	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		6 Wall Walks Light	60 Single Unders	
	Round 1	6	66	Time after last rep:
	Round 2	72	132	Time after last rep:
	Round 3	138	198	Time after last rep:
		3 Wall Walks Rx	60 Single Unders	
	Round 4	201	261	Time after last rep:
	Round 5	264	324	Time after last rep:
	Round 6	327	387	Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

### SILVER DIVISION



<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Clean & Jerks @ 50/40kg	7	Time after last rep:
	5 Clean & Jerks @ 60/45kg	12	Time after last rep:
	3 Clean & Jerks @ 70/50kg	15	Time after last rep:
	1 Clean & Jerk @ 80/55kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM CLEAN & JERK	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		4 Wall Walks Rx	36 Double Unders	
	Round 1	4	40	Time after last rep:
	Round 2	44	80	Time after last rep:
	Round 3	84	120	Time after last rep:
		12 HSPU Light	36 Double Unders	
	Round 4	132	168	Time after last rep:
	Round 5	180	216	Time after last rep:
Round 6	228	264	Time after last rep:	

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**GOLD  
DIVISION**



<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Clean & Jerks @ 60/45kg	7	Time after last rep:
	5 Clean & Jerks @ 70/50kg	12	Time after last rep:
	3 Clean & Jerks @ 80/55kg	15	Time after last rep:
	1 Clean & Jerk @ 90/65kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM CLEAN & JERK	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		4 Wall Walks Rx	36 Double Unders	
	Round 1	4	40	Time after last rep:
	Round 2	44	80	Time after last rep:
	Round 3	84	120	Time after last rep:
		12 HSPU Rx	36 Double Unders	
	Round 4	132	168	Time after last rep:
	Round 5	180	216	Time after last rep:
	Round 6	228	264	Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**PLATINUM  
DIVISION**



<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Clean & Jerks @ 70/50kg	7	Time after last rep:
	5 Clean & Jerks @ 80/55kg	12	Time after last rep:
	3 Clean & Jerks @ 90/65kg	15	Time after last rep:
	1 Clean & Jerk @ 100/75kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM CLEAN & JERK	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 HSPU Rx	36 Double Unders	
	Round 1	12	48	Time after last rep:
	Round 2	60	96	Time after last rep:
	Round 3	108	144	Time after last rep:
		12 Strict HSPU	36 Double Unders	
	Round 4	156	192	Time after last rep:
	Round 5	204	240	Time after last rep:
	Round 6	252	288	Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

### DIAMOND DIVISION



<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Clean & Jerks @ 80/55kg	7	Time after last rep:
	5 Clean & Jerks @ 90/65kg	12	Time after last rep:
	3 Clean & Jerks @ 100/75kg	15	Time after last rep:
	1 Clean & Jerk @ 110/80kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM CLEAN & JERK	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 HSPU Rx	36 Double Unders	
	Round 1	12	48	Time after last rep:
	Round 2	60	96	Time after last rep:
	Round 3	108	144	Time after last rep:
		12 Wall Facing Strict HSPU	36 Double Unders	
	Round 4	156	192	Time after last rep:
	Round 5	204	240	Time after last rep:
Round 6	252	288	Time after last rep:	

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## ADAPTIVE INTELLECTUAL

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Ground to Overhead 20/15kg	7	Time after last rep:
	5 Ground to Overhead 25/20kg	12	Time after last rep:
	3 Ground to Overhead 30/25kg	15	Time after last rep:
	1 Ground to Overhead 35/30kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Ground to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		3 Wall Walks Light	60 Plate Hops	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		3 Wall Walks Light	60 Single Unders	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
	Round 6			Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## ADAPTIVE SHORT STATURE

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Ground to Overhead 30/20kg	7	Time after last rep:
	5 Ground to Overhead 35/25kg	12	Time after last rep:
	3 Ground to Overhead 40/30kg	15	Time after last rep:
	1 Ground to Overhead 45/35kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Ground to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		4 Wall Walks Light	36 Double Unders	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 Deficit HSPU	36 Double Unders	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
	Round 6			Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



## ADAPTIVE LOWER 1

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Hang to Overhead 35/20kg	7	Time after last rep:
	5 Hang to Overhead 40/25kg	12	Time after last rep:
	3 Hang to Overhead 45/30kg	15	Time after last rep:
	1 Hang to Overhead 50/35kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Hang to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 HSPU Light	60 Single Unders	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 HSPU Rx	60 Single Unders	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
	Round 6			Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## ADAPTIVE LOWER 2

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Hang to Overhead 40/20kg	7	Time after last rep:
	5 Hang to Overhead 45/25kg	12	Time after last rep:
	3 Hang to Overhead 50/30kg	15	Time after last rep:
	1 Hang to Overhead 55/35kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Hang to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 HSPU Light	60 Single Unders	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 HSPU Rx	36 Double Unders	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
Round 6			Time after last rep:	

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## ADAPTIVE UPPER 1

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Ground to Overhead 30/20kg	7	Time after last rep:
	5 Ground to Overhead 35/25kg	12	Time after last rep:
	3 Ground to Overhead 40/30kg	15	Time after last rep:
	1 Ground to Overhead 45/35kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Ground to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 DB STO 22,5/15KG	60 Single Unders	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 DB STO 30/22,5KG	36 Double Unders	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
	Round 6			Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**ADAPTIVE UPPER 2**

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Ground to Overhead 35/20kg	7	Time after last rep:
	5 Ground to Overhead 40/25kg	12	Time after last rep:
	3 Ground to Overhead 45/30kg	15	Time after last rep:
	1 Ground to Overhead 50/35kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Ground to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 DB STO 22,5/15KG	60 Single Unders	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 HSPU Rx	36 Double Unders	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
	Round 6			Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## ADAPTIVE NEURO MAJOR

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Ground to Overhead 20/15kg	7	Time after last rep:
	5 Ground to Overhead 25/20kg	12	Time after last rep:
	3 Ground to Overhead 30/25kg	15	Time after last rep:
	1 Ground to Overhead 35/30kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Ground to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		4 Wall Walks Light	60 Single Unders	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
	Round 4			Time after last rep:
	Round 5			Time after last rep:
	Round 6			Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## ADAPTIVE NEURO MIN & SENSORY

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Ground to Overhead 40/30kg	7	Time after last rep:
	5 Ground to Overhead 50/35kg	12	Time after last rep:
	3 Ground to Overhead 60/45kg	15	Time after last rep:
	1 Ground to Overhead 70/50kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Ground to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		4 Wall Walks Light	60 Single Unders	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 HSPU Rx	36 Double Unders	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
	Round 6			Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**ADAPTIVE NEURO MOD**

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Ground to Overhead 30/20kg	7	Time after last rep:
	5 Ground to Overhead 35/25kg	12	Time after last rep:
	3 Ground to Overhead 40/30kg	15	Time after last rep:
	1 Ground to Overhead 45/35kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Ground to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		4 Wall Walks Light	60 Single Unders	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		4 Wall Walks Light	36 Double Unders	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
	Round 6			Time after last rep:

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**ADAPTIVE SEATED W ABS**

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Lap to Overhead 30/20kg	7	Time after last rep:
	5 Lap to Overhead 35/25kg	12	Time after last rep:
	3 Lap to Overhead 40/30kg	15	Time after last rep:
	1 Lap to Overhead 45/35kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Lap to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 Chair Dips	60 Rope Skippings	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 Box Dips	60 Rope Skippings	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
Round 6			Time after last rep:	

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



**ADAPTIVE SEATED W/O ABS**

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Lap to Overhead 20/15kg	7	Time after last rep:
	5 Lap to Overhead 25/20kg	12	Time after last rep:
	3 Lap to Overhead 30/25kg	15	Time after last rep:
	1 Lap to Overhead 35/30kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Lap to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 Chair Dips	60 Rope Skippings	Time after last rep:
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 Box Dips	60 Rope Skippings	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
Round 6			Time after last rep:	

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## ADAPTIVE SEATED TETRAPLEGIC

<b>A</b> FOR TIME 0:00-6:00 50% scored	7 Lap to Overhead 15/10kg	7	Time after last rep:
	5 Lap to Overhead 20/15kg	12	Time after last rep:
	3 Lap to Overhead 22,5/17,5kg	15	Time after last rep:
	1 Lap to Overhead 25/20kg	16	Time after last rep:

WHEN THE CLOCK HITS 6:00...

<b>B</b> FOR LOAD 6:00-9:00 50% scored	1 RM Lap to Overhead	KG
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WHEN THE CLOCK HITS 10:00...

<b>C</b> FOR TIME 10:00-20:00 100% scored		12 Wall Balls 1,22m 4kg with tricep 3kg without tricep	60 Rope Skippings	
	Round 1			Time after last rep:
	Round 2			Time after last rep:
	Round 3			Time after last rep:
		12 Wall Balls 1,52m	60 Rope Skippings	
	Round 4			Time after last rep:
	Round 5			Time after last rep:
Round 6			Time after last rep:	

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_