



## 2017 Masters Tour WoD Standards v1.2

### WOD 1

#### “3-2-1”

8 minutes to Max Weight of complex x 3

- 3 Deadlifts
- 2 Power Cleans
- 1 Thruster

#### Concept

- Use the 8 minutes to move as much weight through the above complex. Simple. Rules of the Complex are as follows:
  - Athlete must keep hands on the bar through all lifts
  - Athlete needs to pause long enough for each movement to be identified (show control in each movement)
  - Athlete *cannot* Hang Power Clean 1<sup>st</sup> Clean after completing Deadlift #3. Barbell must come from the floor.
  - Athlete *cannot* Squat Clean to a Thruster
- Male bars will be the standard 20kg (45#) and Female will be 15kg (35#)
- Score is the 3 heaviest complexes completed added together.
- All weights on bar must be confirmed with judge before lifting

#### Standards

- Deadlift
  - Barbell starts from the Ground
  - In one motion Athlete moves to standing position with knees and hips fully extended and shoulders behind the barbell
  - No bouncing, slamming or quick release of bar off of ground to gain a lesser range of motion. You know what we are talking about.
- Power Clean
  - Barbell starts from the Ground
  - In one motion bar moves to front rack position (touching clavicles or deltoids)
  - Knees and hips must be fully extended
  - Elbows need to be in front of the bar
- Thruster
  - Barbell starts from the front rack position
  - Athlete descends into a Front Squat
  - Hip crease must be lower than knee bend at the bottom of Front Squat
  - Athlete ascends to a standing position Push Pressing barbell overhead

- At completion knees, hips, shoulders, elbows, wrists should be in line
- At completion knees, hips and elbows should be fully extended
- Athlete *cannot* Jerk the barbell in any fashion
- Athlete *cannot* “ghost ride” the barbell. Athlete cannot throw or release the barbell at finish, “dropping the mike” and walking away. Some attempt at control must be made.

## WOD 2

### “30/30”

5 rounds of (:30sec work/ :30sec rest) for Max Reps

- Burpee/ Box Jump (24”/20”)
- Toes to Bar

### Concept

- How fast is your engine?
- Athlete will perform Burpee to Box Jump for :30 seconds then rest for :30 seconds. Next the Athlete will perform Toes to Bar for :30 seconds then rest for :30 seconds. This pattern will repeat for 5 rounds.
- The Athlete’s score is the total amount of reps of each movement added together over the 5 rounds.
- In the need of a Tie Breaker the Athlete with highest rep count from one round will be used to determine placement.

### Standards

- Burpees
  - Athlete will start from the standing position
  - Athletes will descend to ground. Chest, thighs and toes must touch the ground
  - Athlete will return to standing position and jump to the top of the box (see box jump standard below)
  - Athlete must face the box while performing movement. No lateral jumping will be allowed
- Box Jumps (step ups are allowed in all divisions)
  - Athlete will start from ground standing position
  - Athlete will jump with both feet and land with both feet on top of box
  - Athlete will stand up on box with knees and hips fully extended
  - Athlete may jump, step or bound down off of box
  - Hands may not touch the box during jump.
- Step Ups
  - Athlete will start from ground standing position
  - Athlete will step with one foot/ then the other foot and land with both feet on top of box
  - Athlete will stand up on box with knees and hips fully extended
  - Athlete may jump, step or bound down off of box

- Hands may not touch the box during jump
- Athlete can alternate legs or use the same leg to step up with
- T2B
  - Athlete starts from hanging position with both hands (any grip) on bar and with feet off the ground.
  - Hips and arms fully extended
  - Athlete touches both toes/feet to bar simultaneously (at the same time). Any non-simultaneous touches will be no repped.
  - Feet return to hanging position and swing behind vertical plane of the bar
- Knee Raise
  - Movement begins with athlete hanging from the bar with body fully extended and feet above the floor (not touching in anyway)
  - Athlete raises knee above the hip crease while hanging from the bar with arms fully extended
  - Athlete then lowers knees so that the feet pass behind the vertical plane of the bar
- Sit-ups
  - Athlete's feet in any position you like (not anchored), hands will touch the floor behind the shoulders, and then the shoulders will come in front of the center of the hip while coming forward. Beyond perpendicular is required.

### Scaling and Modifications

- RX
  - 30-54: Burpee to Box Jump or Step Up (24"/20") / Toes to Bar
  - 55+: Burpee to Box Jump or Step Up (24"/20")/ Knee Raise
- Scaled
  - 30-39: Burpee to Box Jump or Step Up (24"/20") / Toes to Bar
  - 40-54: Burpee to Box Jump or Step Up (24"/20")/ Knee Raises
  - 55+: Burpee to Box Jump or Step Up (20"/20")/ Sit Ups

### **WOD3**

#### **"MOD Helen"**

3 rounds for time (15' time cap)

- 400m Row
- 21 Kettlebell Snatch
- 12 Pull Ups

### Concept

- New spin on an old classic. Athlete's goal to complete in fastest time possible.
- Score will be the amount of time to complete.

- Time Cap for the WoD is 15 minutes. Athlete will receive :02 seconds added to time cap for every unfinished rep. The 400m row counts as 1 rep.
- “It’s so simple!”

### Standards

- Row
  - Rowers will count down from 400 to 0
  - Rower handle will remain racked until 3-2-1 GO!
  - Rower handle will remain in hands and feet on platforms until Rower says 0
- Kettlebell Snatch
  - Athlete moves Kettlebell from the ground to overhead in one fluid movement. Clean and Jerking the Kettlebell is not allowed.
  - Athlete’s hips and knees must be fully extended
  - Athlete’s wrist, elbow and shoulder must be in line and overhead.
  - Athlete must touch the ground and alternate sides for every rep.
  - Kettlebell does not need to flip over hand (but it’s not near as cool).
- Pull-ups
  - Athlete starts with arms extended below the bar and finishes with chin ABOVE the horizontal plane of the bar. Kipping and butterfly pull-ups are allowed.
- Ring Rows
  - Rings will be preset to 40” off of the ground from bottom of rings.
  - Very tall or vertically challenged Athletes may ask for an adjustment. This will be the head judge’s call.
  - All ring rows will happen with heels directly below the rings, with legs kept perfectly straight with hips and ankles. Full Extension at the bottom, and the rings or lower palms must touch the chest at the top
  - Kipping or popping hips is not allowed. It’s 12 reps people.

### Scaling and Modifications

- RX
  - 30-44
    - 400m Row
    - 55# (1.5pood)/ 35# (1.0pood) Kettlebell Snatch
    - Pull Ups
  - 45-54
    - 400m Row
    - 35# (1.0pood)/ 25# (0.75pood) Kettlebell Snatch
    - Pull Ups
  - 55+
    - 400m Row
    - 35# (1.0pood)/ 25# (0.75pood) Kettlebell Snatch
    - Ring Row
- Scaled
  - 30-54

- 400m Row
- 35# (1.0pood)/ 25# (0.75pood) Kettlebell Snatch
- Ring Rows
- 55+
  - 400m Row
  - 25# (.75pood)/ 18# (.5pood) Kettlebell Snatch
  - Ring Row

*Note: Allowed kettlebell variances shown below:*

*1.5 pood or 53lb - 55lb or 24kg*

*1.0 pood or 35lb or 16kg*

*0.75 pood or 25lb - 26lb or 12kg*

*0.5 pood or 18lb - 20lb or 8kg*