

2017 X's and Y's Tour WoD Standards v1.3

WoD 1 – “Couples Couplet”

8' AMRAP

Buy In: 50 Rep of each snatch (men) and power clean (women). Athlete A (you decide) does 5 reps, followed by athlete B. 1 Barbell per team - Men Snatch, Women Power Clean; (10 rounds then move on to the WOD) – No score for buy in.

Rx 95#

Scaled 75#

Masters 65#

AMRAP: male - 5 thrusters, female – 5 deadlifts, male - 5 chest to bar pull-ups, female - 5 chest to bar pull-ups. 20 reps per round.

RX 95#

Scaled 75#, pull-ups or burpees to a plate

Masters 65#, pull-ups

Scoring: Max reps of the AMRAP portion of the WoD completed in the time limit. There are no points accumulated for the buy in. The clock should count downward for this one.

WoD 2 – “Oly Complex”

8' Time Cap

Switch athletes every minute... Two Barbells.

RX and Masters – one snatch, followed by two overhead squats.

Scaled – one squat clean, then two shoulder to overhead.

One weight attempt per minute, change weight as desired. A zero is a zero! If you fail to perform the successive movements, then you can try the same barbell again within that minute. Only 4 total successful lifts per athlete are allowed. Change your barbell, while your partner is lifting.

Scoring: The sum of the weight of successful lifts for both athletes. The clock should count down from 8:00

WoD 3 – “Synchronicity”

15' Time Cap

50 Deadlifts (synchronized)

30' Burpee Travel

50 Box Jumps/steps (per partner while alternating movements)

30' Burpee Travel

30 Hang Power Cleans (synchronized)
30' Burpee Travel
30 Partner Wall Balls (per partner while alternating reps (every catch is a rep))
30' Burpee Travel
10 Sumo Dead-Lift High Pull (synchronized)
30' Burpee Travel
10 alternating Wall Ball Atomic Sit-ups (per partner while alternating each movement)

All Barbell movements are synchronized, all other movements are alternating between each partner. Being out of sync is a "no-rep". There are two barbells and one wall ball per team. On the burpee jump, the athlete must leave with 2 feet and land with 2 feet simultaneously. Burpee jumps must be lateral and no foot travel is allowed.

RX 165#/105#, wall balls 14# men throw to 10' women to 9', box jumps 24"
Scaled 95#/65#, wall balls 10# men throw to 10' women to 9', box jumps 20"
Masters 75#/55#, wall balls 10# men throw to 10' women to 9', box jumps 20"

Scoring: Time to complete the entire chipper. If time cap is reached then the time of 15:00 and number of good reps completed before the time cap is the score. The clock should count up to 15:00.

Movements

Snatch – The barbell is pulled from the ground to overhead in one continual motion with no press out allowed. When bar is overhead, athlete must show arms locked out with bar over the vertical plane of the body with knees and hips fully extended and feet reset to the starting position for the rep to count. At the athlete's discretion, a power snatch, squat snatch or split snatch may be performed as long as the above criteria is met. Barbell must start from the ground at each rep and no bouncing allowed. Barbell may be dropped at waist level and below only.

Power Clean – The barbell is pulled from the ground to the shoulders or "front rack" position. At the top of the movement, the bar must be resting on the front of the shoulders with athlete's elbows forward of the bar, knees and hips fully extended with feet returned to starting position (hip width).

Thruster – This is the standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the top of the knees. At the top of the movement, the bar must be over the back of the head aligned over the skeletal system with arms fully locked out, knees and hips extended and feet under the body (hip or shoulder width ok). A full squat clean into the thruster is allowed if the bar is on the ground as long as the hip crease goes below the top of the knee parallel line. Using a ball, box or other object to check for proper depth is not allowed.

Deadlift – The barbell begins on the ground and must touch the ground between each rep. The athlete's knees and hips must be fully extended at the top of the movement, with the shoulders behind the bar.

Chest to bar pull-ups – Movement begins hanging on bar with arms fully extended and feet off the floor (or any other platform). Movement ends with athlete coming in contact with the bar between the sternum and clavicle. Butterfly, kipping or strict variations are allowed.

Pull-ups – Movement begins hanging on bar with arms fully extended and feet off the floor (or any other platform). Movement ends when the athlete's chin goes above the top horizontal plane of the pull-up bar. Butterfly, kipping or strict variations are allowed.

Burpees to plate – The athlete does burpee facing a standard rubber 45# plate on the ground. Athlete's head must not be over the plate when beginning the burpee. Athlete's thighs and chest should be in contact with the ground at the beginning of the movement. The athlete jumps up from the burpee then jumps with both feet simultaneously onto the plate. At completion of the movement, athlete should be at full extension of hips and knees with both feet on the plate.

Overhead squat – The barbell is held overhead with snatch grip – arms are locked out, barbell is over the head and midline of the body. The movement begins from this position. Athlete squats with hip crease below horizontal plane of the top of the knee while maintaining the barbell overhead. At the top of the movement, the hips and knees must be fully extended.

Squat Clean – The barbell begins on the ground and must be lifted to the front rack position in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. The athlete must pass through a full squat with hips below the knees. Catching the bar while above parallel is allowed if the athlete continues to drop below parallel in a smooth motion, without pausing or rising before achieving the required depth. A power clean followed by a front squat will not be allowed. The barbell must come to front rack position with the knees and hips fully extended, feet returned to starting position under the hips and elbows forward of the bar.

Shoulder to overhead – The barbell starts in the front rack position with athlete's hips and knees fully extended. Athlete must get the bar overhead to full lockout position with hips and knees extended at the completion of the movement. The athlete may use any method – strict press, push press, push jerk or split jerk to get the barbell overhead.

Burpee travel – Both athletes begin behind the start line. At 3-2-1-GO, Athlete A steps across the start line and assumes prone position on the floor parallel to the starting line. Athlete B then does a lateral jump over Athlete A and assumes a prone position parallel to the start line. Athlete A then burpees up and does a lateral jump, leaving with both feet and landing with both feet simultaneously, over Athlete B, moving in the direction of the finish line. Athlete A then returns to prone position and Athlete B burpees up and jumps laterally over Athlete B. The process is repeated until both athletes get across the finish line. All burpees begin with chest and hips touching the floor before jumping up and then over the partner. For the jump over the partner, both feet must leave the floor at the same time and land on the floor at the same time. Failure to do this is a "no-rep" and will result in the jump being done over. No one can walk or take steps (other than jump overs) toward the finish line. It is not required to come to full hip extension at the top of the burpee.

Box Jumps (alternating) - Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. Athlete may jump (or step up if division allows) as long as both feet start on the ground and both feet land on top of the box in control with hips and knees fully extended. Partners alternate jumping (or stepping up) on box. At no time may both partners be in contact with the box, otherwise a no-rep will occur. Partner A may begin the jump or step up when partner B has both feet on the floor and vice versa.

Hang Power Cleans – The movement starts with bar in the hang position. If bar is on the ground, athlete must first deadlift the bar before beginning the hang power clean movement. Bar should be dipped down the athlete's thigh towards the knees before bringing upward to the front rack position in one motion. Movement ends with bar in the front rack position with the knees and hips locked out, elbows out in front of the bar and feet under the body (hip to shoulder width).

Partner wall balls – Partner A throws the wall to the designated height and Partner B catches it and throws to their designated height and Partner A catches it. Athlete throwing the wall ball must come to full squat position with hip crease below the top of the knee before rising up and throwing the wall ball. The center of the ball must touch in the designated target area to count as a valid rep. If the rep is missed then the same partner must retry until the rep is successful.

Sumo deadlift high pull (SDHP) – The bar starts on the ground with athlete's hand grip on the bar between the legs (not outside the legs like a regular deadlift). Athlete brings the bar up to the area between the clavicle and chin with full extension of the knees and hips. Athlete must return the bar to the ground without dropping from above the waist.

Atomic Wall Ball Sit-ups – The movement begins with the athlete in a sitting position and a wall ball in their hands on the floor in front of their feet. Athlete raises the wall ball up and over their head while reclining back to the ground. The wall ball and athlete's shoulders must touch the floor behind the head before beginning the sit-up. Begin the sit-up by bringing the wall ball forward between the feet to touch the floor in front of the athlete. As the athlete rises to a standing position, thruster or press the wall ball overhead to full extension of the knees, hips and arms before returning to the floor. When athlete sits back down, touch the floor with the wall ball in front of athlete's feet and release the ball to the partner who will repeat the same movement. The use of abmats is permitted.