



## **World Wide WoD Gym Resolutions**

*This year we are introducing 4 new divisions for the World Wide WoD – Youth (7-9), Youth (10-12), Teen (13-15) and Teen (16-18). The standards below have been revised to include these new divisions.*

### WoD 1 - “Helena”

12:00 min Time Cap

RX: 3 rounds for time

21 kettlebell swings 1.5pood(M)/1pood(F), 12 pull ups, 100 double unders

Scaled: 2 rounds for time

21 kettlebell swings 1.5pood(M)/1pood(F), 12 pull ups, 200 single unders

Beginner: 1 round for time

21x kettlebell swings 1pood(M)/.5pood(F), 12 jumping pull-ups, 100 air squats

Master RX 30: 3 rounds for time

21 kettlebell swings 1.5pood(M)/1pood(F), 12 pull ups, 100 double unders

Master RX 40: 3 rounds for time

21 kettlebell swings 1.5pood(M)/1pood(F), 12 pull ups, 100 double unders

Master RX 50/60: 3 rounds for time

21 kettlebell swings 1.5pood(M)/1pood(F), 12 pull ups, 50 double unders

Master SC 30: 2 rounds for time

21 kettlebell swings 1.5pood(M)/1pood(F), 12 jumping pull ups, 200 single unders

Master SC 40: 2 rounds for time

21 kettlebell swings 1.5pood(M)/1pood(F), 12 jumping pull ups, 200 single unders

Master SC 50/60: 2 rounds for time

21 kettlebell swings 1pood(M)/.5pood(F), 12 jumping pull ups, 100 single unders

Youth (7-9): 3 rounds for time

21 kettlebell deadlifts .5pood, 12 burpees to 45# plate, 50 single unders

Youth (10-12): 3 rounds for time

21 kettlebell deadlifts 1pood, 12 burpees to 45# plate, 50 single unders

Teen (13-15): 3 rounds for time

21 kettlebell swings 1pood/.5pood, 12 pull-ups or 36 jumping pull-ups, 50 double unders or 100 single unders

Teen (16-18): 3 rounds for time

21 kettlebell swings 1.5pood(M)/1pood(F), 12 pull-ups or 36 jumping pull-ups, 50 double unders or 100 single unders

SCORE = time in minutes and seconds to complete the prescribed work. If time capped then score is number of reps completed before time expired.

### Standards:

Kettlebell Swings – through the bottom of the pelvis to above the head and showing ears with extended arms

Pull-ups – arms fully extended at the bottom to chin over the bar. For Jumping pull ups the box chosen must be short enough so that the top of your head is at least 6 inches below the bar when standing.

Air Squats – open hips at the top to hip crease at or below knees at the bottom

Kettlebell Dead-lifts – bell between legs on the floor, stand to full extension with a normal width stance. Back to floor under control between each rep.

Burpees to a plate – chest on the floor, and jump from two feet to landing on the 45# plate with two feet. Step or jump off.

## WoD 2 - “Karena”

5:00 min AMRAP

Complete 60 sit-ups as a “buy in” then wallballs until the clock runs out

Competitor chooses ball weight (up to 30#)

Throw to the normal marks (men clear 10 feet / ladies clear 9 feet)

There is no difference between RX, Scaled, all Masters, Teen and Beginner – must be traditional ball size, no slam balls or otherwise odd shaped or weighted ball.

Youth (7-9): 8’ mark, may use smaller diameter wall ball

Youth (10-12): boys 9’ mark/girls 8’ mark, may use smaller diameter wall ball

SCORE = wallball reps x ball weight

If competitor did not get to wallballs, then the score is ZERO  
Any ball weight up to 30# is allowed, you cannot change once you start

Standards:

Sit-ups – abmats are allowed but not required. Elbows touch knees with feet on the ground (don't lift knees to meet elbows, its a sit-up) to shoulders and hands touching floor. No anchor or pinning of the feet. No grabbing your thigh.

Wall Ball – crease of hips below knees to ball touches at or above the target height, must start from standing, and if ball is dropped, must be at rest before picking up, stand back to full standing before re-starting.

### WoD 3 - "Grace"

6:00 min Time Cap - 30 Clean and Jerks.

RX: 135#(M)/95#(F)

Scaled: 95#(M)/65#(F)

Beginner: 65#(M)/45#(F)

Masters RX 30: 135#(M)/95#(F)

Masters RX 40: 135#(M)/95#(F)

Masters RX 50: 115#(M)/75#(F)

Masters RX 60: 95#(M)/65#(F)

Masters SC 30: 95#(M)/65#(F)

Masters SC 40: 95#(M)/65#(F)

Masters SC 50: 65#(M)/45#(F)

Masters SC 60: 65#(M)/45#(F)

Youth (7-9): 15 air squats, 15 push-ups, 10 air squats, 10 push-ups, 5 air squats, 5 push-ups

Youth (10-12): 30 hang cleans and jerks with 15# barbell. Clean starts at the knee cap and finishes on shoulder (front rack), second movement is from shoulder to overhead any way. May not do a snatch, must be two distinct movements with a stop at the shoulders before going overhead.

Teen (13-15): 55#(M)/45#(F)

Teen (16-18): 75#(M)/65#(F)

SCORE = time in minutes and seconds to complete the prescribed work. If time capped then score is number of reps completed before time expired.

### Standards:

The clean may be a muscle, power or squat clean and the jerk may be a strict press, push press, push jerk or split jerk. Bar must go from ground to shoulders in one movement and then shoulders to overhead as a second movement. This is not a snatch, it must be 2 movements.

Ground to Shoulders – anyhow you want as long its touching the floor and stops at your shoulders

Shoulders to Overhead – anyhow you want as long as you end with body (knees, hips, shoulders, arms) locked out and return the bar to the floor for the next rep.\*

\*If a beginner is doing a naked bar then simply going below the knees (bottom of the kneecap) is fine.

Air Squat – crease of hips below knees at the bottom and hips fully extended at the top

Push-up – chest on the floor, arms locked out at the top with a straight plank. Can arrive at that position in any manner needed (worming/hand release style = OK)