



World Wide WoD Gym Resolutions WoD Standards v2.2

Last year we introduced new divisions for youth and teen athletes. The standards below have been revised to adjust the youth workouts based on feedback and observations from last year.

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): 2 rounds for time

21 kettlebell deadlifts .5pood, 12 burpees to 45# plate (3.75" tall), 50 single unders

Youth (10-12): 3 rounds for time

21 kettlebell deadlifts 1pood, 12 burpees to 45# plate (3.75" tall), 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 successfully completed before time expired.

Movement Standards:

Kettlebell Swings – American style kettlebell swing where kettlebell starts from behind the athlete's knees and is swung overhead with hips and knees extended and ears showing in front of fully extended arms.

Pull-ups – The movement starts from a full hang on the bar with the feet not touching floor or any object. Chin must break the horizontal plane at the top of the bar to count as a good rep. Strict, kipping or butterfly techniques are allowed.

Jumping Pull-ups – The top of the athlete's head must be at least 6" below the bar when measured while athlete is standing erect on floor or platform. The movement starts with the arms fully extended (hang) before athlete jumps up and has chin break the horizontal plane at the top of the bar for a good rep.

Air Squats – Athlete's hip crease must go below the horizontal plane of the top of the knee at the bottom of the movement. Athlete then stands up with hips and knees fully extended before repeating the movement.

Kettlebell Deadlifts – The athlete starts with the kettlebell between on the floor between their feet at shoulder width stance. Using the "angry gorilla" technique, athlete does a partial squat to grab the kettlebell then stands to full extension of hips and knees with shoulders behind the kettlebell. The kettlebell must touch the floor at the beginning of each rep.

Burpees to a Plate – Athlete faces the plate and starts every rep with chest and thighs on the floor, far enough away from plate so that athlete's head is not over any portion of the plate. Athlete jumps up from floor (standard burpee) and jumps with both feet simultaneously onto the top of the plate with hips and knees fully extended before returning to the floor.

WoD 2 - "Karena"

5:00 min AMRAP

Complete 60 sit-ups as a "buy in" then wall ball shots until the clock runs out.

Competitor chooses ball weight (up to 30#) (Note: ball cannot be changed during the WoD.)

Throw to the normal marks (males 10 feet / females 9 feet)

There is no difference between Rx, Scaled, Masters, Teen and Beginner divisions

The wall ball must be traditional wall ball size (14" diameter), no mini or odd size balls.

Youth divisions will do dumbbell thrusters in lieu of wall ball shots.

Youth (7-9) & (10-12): 60 sit-ups buy in then dumbbell thrusters

SCORE = wall ball reps x ball weight Youth dumbbell thrusters x weight of both dumbbells

If competitor did not get to wall balls (or thrusters) before clock reaches 5:00, then the score is ZERO. Any ball weight up to 30# is allowed, athlete cannot change during the workout. For Youth Divisions, a pair of dumbbells shall be used and cannot be change during the WoD.

Movement Standards:

Sit-ups – Abmats are allowed but not required. The movement begins with athlete's shoulders on the floor and hands overhead touching the floor. Athlete raises torso so that elbows touch the knees with feet on the ground (don't lift knees to meet elbows). Anchoring or pinning of the feet is not allowed. Grabbing the thigh or leg to pull up is not allowed.

Wall Ball Shots – Each movement begins with the athlete standing with wall ball held at front rack or upper chest. The athlete squats so that hip crease is below the horizontal plane of the top of the knee then rises up and throws (thrusters) the ball to the target on the wall. The center of the ball must touch clearly above the target height as defined above. If the wall ball is dropped, it must be at rest before athlete may pick it up and stand back up with ball held at front rack or upper chest before re-starting.

Dumbbell Thrusters - The dumbbell thruster movement starts with one dumbbell in each hand with one end resting on the top of the shoulder. Athlete must squat to depth where hip crease is below the parallel plane on the top of the knee. Athlete stands and thrusters the dumbbells overhead in one continuous movement. At the top of the movement, athlete's knees, hips and arms are fully extended with dumbbells directly over the midline of the body. Arms must be locked out and feet under the shoulders or hips for rep to count.

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: 75#(M)/55#(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# bar. Clean starts with a clearly visible dip (bar slides down the thigh) and finishes on shoulder in the front rack position with knees and hips extended and elbows in front of the bar. The second movement is from shoulder to overhead in any manner such that movement ends with the bar over athlete's mid line and arms fully locked out. The athlete may not do a snatch. It must be two distinct movements with a stop at the front rack 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 successfully completed before time expired.

Movement 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 distinct movements.

Clean (Ground to Shoulders) – Movement begins with both ends of the barbell in contact with the floor (no bouncing) and ends at the front rack with hips and knees fully extended and elbows in front of the bar.

Jerk (Shoulders to Overhead) – Movement begins from the front rack position and ends with the bar over the midline of the body and knees, hips and arms fully extended (arms are locked out). No dropping or ghosting the bar from overhead.

Air Squats – Athlete's hip crease must go below the horizontal plane of the top of the knee at the bottom of the movement. Athlete then stands up with hips and knees fully extended before repeating the movement.

Push-up – The push-up begins with athlete's chest and thighs in contact with the floor. Athlete raises body to plank position with arms locked out to complete the rep. Wormy push-ups are permitted in the youth divisions if athlete is only using hands and arms to push body up and full plank and arm lockout is achieved at the end of the rep.