

WOD 1

Ground To Over Head

- Every rep begins with the barbell on the ground.
- Any variation of a snatch or clean and jerk is acceptable.
- Touch and go is permitted, but deliberately bouncing the barbell is not.
- If the barbell is dropped it must settle on the ground before the next rep is started.
- The rep is credited when:
 - The barbell is fully lockout overhead, with the hips, knees, and arms fully extended.
 - The barbell is directly over or slightly behind the middle of the body.
 - If a split-style lift is used, both feet must be brought back in line to finish the rep.

Lateral Burpees Over the Bar

- Athletes must use a barbell with standard bumper plates.
- The burpees must be performed parallel to the barbell.
- The chest and thighs must touch the floor at the bottom of each rep.
- Stepping and/or jumping in or out of the bottom of the burpee is permitted.
- The athlete MUST clearly jump over the barbell.
- Both feet must be off the ground as the athlete passes over the bar.
- Stepping over the barbell is NOT permitted with exemption to the Beginner and Masters 60+ divisions. The aforementioned divisions are allowed to jump or step over the barbell
- A two feet take-off is required for all divisions excluding the Beginner and Masters 60+.
- Athletes are not required to land with both feet at the same time.
- Touching the barbell on the jump or step-over will result in a no rep.
- The rep is credited when both feet are on the ground on the opposite side of the barbell.
- Athletes may not receive assistance moving or resetting their barbell unless safety is an immediate concern.
- If the athlete receives a “no rep” for any reason, the entire rep must be repeated. Moving back to the side the no rep was received is not required

Air squats

- The rep starts with the athlete’s hips, knees and legs fully extended.
- Squat until the hip crease is below the knees.
- The rep is credited when the athlete returns to the locked-out position at the top with the hips, knees and legs fully extended.

WOD 2

Chest to bar

- Any style of pull-up or grip is permitted as long as all other criteria are met.
- The athlete must start each rep with their arms fully extended and their feet off the ground.
- The rep is credited when the athlete’s chest clearly comes into contact with the bar at or below the collarbone.

- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

Chin-Over Bar Pull-Ups

- Any style of pull-up or grip is permitted as long as all other criteria are met.
- The athlete must start each rep with arms fully extended and feet off the ground.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

Jumping Chin Over Bar Pull-Ups

- Any style of pull-up or grip is permitted as long as all other criteria are met.
- The bar must be at least 15 centimeters above the top of the head when the athlete is standing tall.
- Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.
- At the start of each rep, lower until the arms are fully extended.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

Ring Rows

- Before the workout starts the rings need to be set up.
- For the set up a tap line is to be drawn directly underneath the set of rings.
- When the athlete stands on the tap line with the hips, knees and legs fully extended with the arms directly next to the side of the body, the bottom of the rings should touch the hands.
- This means that when holding on to the rings the arms should remain locked out as well as the knees, hips, and legs.
- The rep starts with the athlete leaning back with the arms fully extended, heels touching the line.
- If for any reason the athlete's heels are not in contact with the line, the rep will be deemed a no rep and not counted.
- The rep is credited when the athlete's chest touches the rings.
- For the duration of the rep hips, knees and legs should remain locked out.
- **Kipping with the hips is NOT permitted.**

Double Dumbbell Thrusters

- Each set of dumbbell thrusters begins with dumbbells on the ground.
- While the dumbbells are held in the front-rack position the athlete performs a front squat.
- Once the correct bottom position is reached the dumbbells move from the bottom of a front squat to full lockout overhead.
- A full squat clean into the thruster is allowed when the dumbbells are taken from the floor.
- The hip crease must clearly pass below the top of the knees in the bottom position.

- The rep is credited when:
 - The dumbbells are locked out overhead, with the hips, knees, and arms fully extended.
 - And both dumbbells are directly over or slightly behind the middle of the body.
- A continuous press to lockout is required. Re-dipping during the press (i.e., performing a jerk) is NOT allowed and will result in a no rep.
- Athletes may not receive any assistance moving the dumbbells.

WOD 3

Assault Bike

- The monitor must be set to 0 at the beginning of the bike and the athlete needs to accumulate 4km or 3 km depending on the division the athlete has entered.
- The monitor must count UP to the designated distance.
- The athlete is required to complete the bike in increments of 300m or 0.3km at a time before being allowed to get off the bike to move on.
- Completing multiple increments at a time is allowed.
- If the athlete chooses to get off the bike the distance on the monitor should be rounded DOWN to the nearest 300m. Thus i.e.. 599m and 440m will become 300m when the athlete returns to the bike.

Row (Backup)

- The monitor must be set to 0 at the beginning of the row and the athlete needs to accumulate 1300m or 1000m depending on the division the athlete has entered.
- The monitor must count UP to the designated distance.
- Any damper setting may be used at any time.
- The athlete is required to complete the row in increments of 100m at a time before being allowed to get off the rower to move on.
- Completing multiple increments at a time is allowed.
- If the athlete chooses to get off the rower the distance on the monitor should be rounded DOWN to the nearest 100m. Thus i.e. 399m and 340m will become 300m when the athlete returns to the rower.

Alt Forward Lunges

- Each lunge begins with the feet together, and the hips and legs fully extended.
- From the starting position the athlete steps forward into a lunge until the trailing knee makes contact with the ground at the bottom of each rep before stepping back to return to full hip and leg extension.
- The rep is credited when the feet are together, and the hips and legs are fully extended.
- Using the hands to assist in any way during the lunge is NOT permitted and will result in a no rep.
- The athlete must alternate which foot leads for each rep.

- If a no rep is received the athlete must redo the rep on the same leg, the working leg, that received the no rep. Alternating legs before successfully completing a rep on the working leg will result in a no rep even if the rep meets the required standard.

Double Under

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps should be counted, not attempts.

Single Under

- The rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps should be counted, not attempts.

Deadlift

The barbell starts on the ground, both plates touching the ground.

- Collars must be placed outside the plates.
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.
- Any style of grip is permitted.
- The rep is credited when:
 - The athlete's hips and knees reach full extension; and
 - The athlete's head and shoulders are behind the bar when viewed from the side.
- Athletes may NOT wear gymnastics grips during this workout.
- Bouncing of the bar is NOT permitted and will result in a no rep.