

2013 AllStar Round-Up WODs 1 & 2

“Aces High”

With a 5:00 minute running clock athletes complete the following:

WOD #1

20 Burpee Box Jump Overs (see below for heights and movement standards)

WOD #2

With remaining time, athlete must load own bar and complete the Round-Up Barbell Complex for Max Weight as the score (see below for movement standards):

- 1 Deadlift
- 1 Hang Clean
- 1 Front Squat
- 1 Shoulder to Overhead
- 1 Back Squat
- 1 Shoulder to Overhead
- 1 Overhead Squat

The score for WOD #1: Time to complete 20 Burpee Box Jump Overs.

The score for WOD #2: Largest load (1RM) of a complete Round-Up Complex.

Movement Standards:

Burpee Box Jump Over: Athlete MUST stand until they hear the ‘GO’ of 3,2,1 GO! False starters will be disqualified! Athlete must stay within their lane. Athlete will first perform a Burpee. Athlete will bring chest and thighs to the ground at the bottom of each Burpee (top of chest, not lower abdomen). Athlete must then rise and get over the box without touching the box with the hands. Athlete may jump all the way over the box, or they may jump on top and over(hip extension not necessary). Athlete MUST face the

box when jumping, there will be no lateral jumps permitted. Step downs are allowed. Open athletes must jump. Scaled athletes may step over the box, or any combination of the prescribed jumps. Both feet must jump over the top of the box, 'straddling', using hands, or having the feet come below the plane of the top of the box or on the sides of the box will not be permitted, and constitute a 'No Rep'. If athlete performs a 'Good Rep' Burpee, but misses the jump, they may re-perform the jump without having to re-do the Burpee. The time will be recorded when the athletes feet touch ground on the other side of the box after the 20th Burpee Box Jump Over. ATHLETE WILL BE REQUIRED TO MOVE BOX OFF TO THE SIDE BEFORE LOADING BAR AND MAKING BARBELL ATTEMPTS.

Box Jump Heights will be:

Open Men/Women: 24/20"

Masters Men/Women: 24/20"

Scaled Men/Women: 20/16"

Deadlift: Barbell begins with plates on the ground, Deadlift ends with athletes hips, knees, elbows fully extended and shoulders behind the bar. Athlete must finish the Deadlift before going into the Hang Clean.

Hang Clean: Athlete must break at the hips into a hang position bringing barbell anywhere above the knee, and end with the bar in the front rack position with elbows in front of the bar and hips/knees fully extended. Can be Squat Clean or Power.

Front Squat: Athlete begins in front rack position with hips and knees fully extended, athlete must bring hips below parallel, then rise back into hips and knees fully extended, athlete may NOT 'Thruster' into the Shoulder to Overhead.

Shoulder to Overhead: Athlete will begin the Shoulder to Overhead movement in a standing position with hips and knees fully extended and bar in front rack position on the shoulders. Athlete may Press, Push Press, Push Jerk, or Split Jerk the barbell overhead. Or use any other means to get the bar overhead and finish with the elbows, hips, and knees fully extended, or locked out.

Back Squat: After the Shoulder to Overhead movement, Athlete will lower bar onto the back SAFELY and with control, Back Squat starts with the athlete standing with hip and knees fully extended and bar on back. Athlete will squat the bar until the hip crease is below parallel. Back Squat will be complete when the athlete rises with the bar on the back into standing position with hips and knees fully extended. Athlete may NOT 'Thruster' into the Shoulder to Overhead.

Shoulder to Overhead: Athlete will begin the Shoulder to Overhead movement in a standing position with hips and knees fully extended and bar in back rack position. Athlete may Press, Push Press, Push Jerk, or Split Jerk the barbell overhead. Or use any other means to get the bar overhead and finish with the elbows, hips, and knees fully extended, or locked out.

Overhead Squat: Upon completion of the Shoulder to Overhead movement, athlete will keep bar overhead to prepare for the Overhead Squat. The Overhead Squat begins with the athlete standing, the bar overhead with hips, knees and elbows fully extended. Athlete must keep arms LOCKED OUT while bringing the hip crease below parallel. The Overhead Squat is finished when the athlete stands up with the bar still in the overhead position with hips, knees, and elbows fully extended.

Special Notes:

*All athletes must be prepared to start their complex with the weight of a 45/35# bar male/female, and load up to the athletes desired weight. If any athlete needs a lighter bar to perform the Round-Up complex you must notify the AllStar Round-Up staff before the event and we can have it available for you.

*All athletes that have loaded any plates on their bar for the Round-Up Complex event, MUST apply our lock jaw collars. No exceptions.

*You may attempt as many complexes as you would like in the remaining five minutes after the Burpee Box Jump Overs are complete. Only completed complexes will receive a score.

*A complete Round-Up Complex will be one in which you have performed all required movements to standard without letting the bar touch the ground. Athlete may use the body to re-grip, or change hand position.

*If you perform a movement to standard, like the Deadlift, then miss the next movement like the Hang Clean, you will be allowed to re-perform the Hang Clean with no penalties. If you get a 'No Rep' on any portion of the Complex, you will be permitted to re-perform that element of the complex to standard. The bar must not touch the ground. If the bar touches the ground, you must start over.

*To be clear, each movement must be performed separately and NOT strung together. Make it EASY for your judge to see your movements clearly and to standard.

*If an athlete does not finish all the Burpee Box Jump Overs within the 5:00 minute time limit, their score will be the amount of Burpee Box Jump Overs complete.

2013 AllStar Round-Up WOD 3

“Rope Rustler Remix”

6 min. to perform the following:

200m. Sandbag Carry

then (no rest):

AMRAP of:

1 Deadlift

1 Handstand Push Up (HSPU)

1 Rope Climb

2 Deadlift

2 HSPU

2 Rope Climbs

3 Deadlift

3 HSPU

3 Rope Climbs

4 Deadlift

Etc.....

***Athletes begin WOD with 6 min. to first perform a sandbag carry on an exterior course. Upon completion of the 200m sandbag carry, athletes immediately enter gym and begin the AMRAP for the remainder of the 6 min. Score will be total Reps completed. Sandbag carry = 0 rep. each Deadlift = 1 rep. each HSPU = 1 rep. each Rope Climb = 1 rep.**

***Weights and Standards for WOD #3:**

Sandbag Weights & Standards: Open: 135/95, Scaled: 95/65, Masters: 135/95, Masters 60+: 70/45 (Masters 45+ will all be in the same heat, but 60+ will use scaled weight). Sandbag will begin on the ground, you may use any method to get the bag up to carry. Must travel 200 meters, across finish line, then unload and drop. If athlete drops bag without having traveled 200 meters, athlete must pick bag back up and complete the required distance. No dragging permitted.

Deadlift Weights & Standards: Open 275/205. Masters 225/155. Scaled 185/135. Deadlift starts with bar on the ground. This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. Deliberate bouncing of the barbell is not allowed. Dropping the barbell after the completion of the repetition is permitted, however barbell must settle before next rep is attempted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.

Handstand Push Up (HSPU) Standard: Open RX HSPU as described below. Master Men, RX HSPU. Master's Women, HSPU with head touch to 45# plate. Scaled: Hand-Release Push Up. For the HSPU, the movement begins at the top of a handstand with the arms fully locked out, the heels on the wall, and the hands placed within the clearly marked area. The marked area will be 36" wide by 24" deep, and the ***palm*** of the hand must remain completely within the area (fingers may extend out of the box). At the bottom of each rep, the head touches the ground (Master's the head touches the respective plate). At the top of each rep, the arms return to fully locked out with the heels on the wall and within the width of the marked area. Kipping is allowed.

For the Hand Release Push-Up: Movement begins with the athlete in a plank position with the body horizontal and flat like a board. Athlete must lower body to a prone position on the floor with the chest, hips, top of thighs clearly on the deck. **hands must release and show separation** from ground prior to pressing up. On the press up, **Body must elevate in a straight line** from ankles to shoulders for a rep to count. No Sagging hips! No kipping hips rising faster than the shoulders! Both arms must come to **complete elbow extension** (locked out) in the top position.

Rope Climb Heights & Standards: Open, & Masters Divisions: 15 foot rope climb. Scaled: 10 foot rope climb (for scaled, if the rope climb is not available we are allowing 'Up/Downs' which begin in the laying down position and you pull yourself to standing then lay yourself back down again. Any scaled athlete who chooses "Up/Downs" will not score higher than a scaled athlete that climbs to the scaled 10' mark.) Athletes climb to reach the 15 foot mark, athletes must touch the 15 foot mark (10 foot for scaled) with any hand. You are allowed to jump up on the rope to begin your climb, running will probably not be necessary and you will likely not have very much room to run in your lane, but you may get to the rope as fast as you can. You may not drop from the top as this would be dangerous and likely result in injury. You will need to keep your feet on the rope until you are at the bottom 4 feet of the rope and show control before letting go at the bottom of the descent. Safety mats will be provided for all ropes. Be mindful of the tail of the rope laying on the ground in order to protect your ankle from rolling.

2013 AllStar Round-Up WOD 4

"Enter The Dragon"

Athletes enter an 8 Level circuit (The Dragon), conga-line style. Amass as many repetitions as possible in each movement. 50 seconds of work, with 10 seconds of rest/transition time to the next element.

*Note: We will be running ALL athletes through The Dragon, every minute on the minute, without stopping. You will be assigned a start time and **MUST** be at your spot in the conga-line in order to 'Enter the Dragon'. Any athlete not in line will miss their turn, forfeit their score and receive a zero for this event.

Skill Test: Handstand Walk for Distance or Handstand Hold for Time

We had some feedback after we removed the Handstand Walk from the scoring in this years AllStar Round-Up and we take what each and every one of you has to say very seriously and appreciate the feedback.

Due to a very valid argument to include the Handstand Walk in this year's scoring, we've decided to add that back in as a full 100% point as much as a WOD. In the 2011 CrossFit Games it was scored 100 points like the other WODs that year showing the diversity of the athletes. Top competitors should be ready for anything. Scaled athletes will still have the Handstand Hold for time. Spectators will still have an opportunity to compete in this event in a 'Spectator Only' Division with a separate prize and bragging rights! However, registered athletes will be able to 'cut ahead in line' at this event booth to ensure there's enough time for the athletes to get this work done.

This event must be completed by 5pm on Sunday, no exceptions. Please don't wait till the last minute to perform this event, we'll close the booth at 5pm.

Handstand Walk is on grass turf.

Handstand Hold is on concrete with 2 to 3 yoga mats on top, feet leaning up against the side of a wood building.

Ultimately CrossFit asks us to address our weaknesses in an effort to create the most well rounded YOU possible. If the Handstand or Handstand Walk is a weakness of yours, use this as an opportunity to find comfort in the uncomfortable, all in the spirit of self betterment:)

Thanks for your cooperation.

On Day 1, Sunday Nov. 10th, we'll have a skills test available to complete at anytime throughout the day between the hours of 9:30am-5pm. This test will be scored separate 100% for registered athletes, and have a separate award and acknowledgment for spectator division.

Open & Masters: You will have 2 attempts to Handstand Walk for max distance. Once you kick up you will need to walk on the hands from behind the starting line as far as possible, on GRASS TURF. Once the head, one or two feet has come back to the ground your attempt is over and your distance will be measured.

Scaled: You will have 1 attempt to perform a Handstand Hold against a wall for max time. You must begin your kick up facing the wall, there will be no 'walking up the wall'

allowed. When you are in your handstand the face must be facing out away from the wall, and the legs straight. Once you kick up you will need to balance on the hands with your feet against a provided wall. When the head, one or two feet has come back to the ground your attempt is over and your time will be taken.

*We suggest you not wait till the end of the day to get this done, but get it out of the way early so we have enough time for all attempts to be recorded.

"2 Pistols Walk into a Bar..."

Final Event for top 4 competitors in each division:

Athlete performs the following for time:

25 Deadlifts

20 Cleans

15 Thrusters

10 Snatches

5 Burpee Muscle Ups

*Every Minute on the Minute starting at the top of the first minute (1:00): Athlete must perform 1 Pistol Squat on each leg (Open), or 4 Jumping Lunges (Master's & Scaled).

Note: Burpee Ring Pull Up standard will require the rings to touch the chest at the top. The Jumping Lunges will require that the athlete's back knee touch the ground on each rep and the hips come to full extension at the top of the jump. MORE STANDARDS WILL BE DISCUSSED IN LENGTH AT THE EVENT IN PERSON FOR THE TOP 4 COMPETITORS IN EACH DIVISION.