

2017 ALLSTAR ROUND UP WORKOUTS

DAY 1
 'The Mother of Dragons'
 'Rope Eliminator'
 'Sled-Hammah'

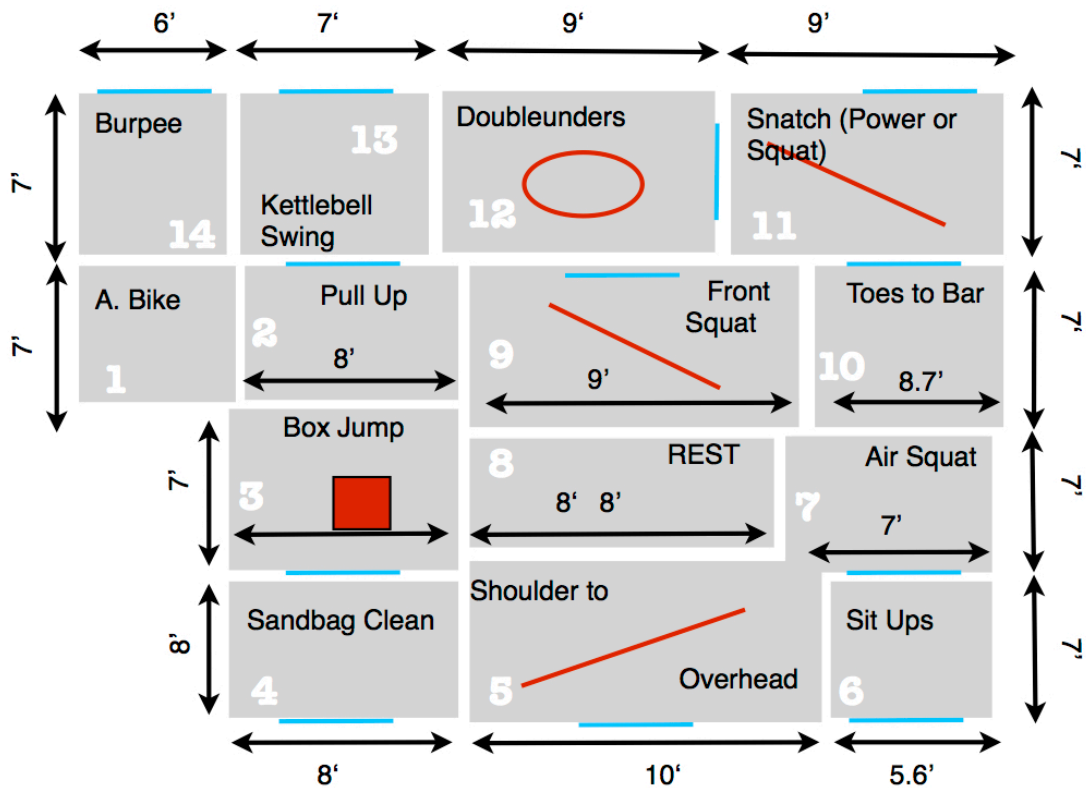
 Skill Test: L-Sit

DAY 2
 'Mystery WOD' (off site)
 'Snatch Rodeo'
 Finals for TOP 4


 Skill Test: 1K Row


WOD #1 The Mother of Dragons

MAP



1-14 = Designated area for movement, numbered in order of execution

 = Barbell

 = Box

 = Indicated direction athlete must face while executing movement

WOD 1 “The Mother of Dragons”

Athletes enter a 14 Level circuit (The Mother of Dragons), conga-line style. Amass as many repetitions as possible in each movement. 45 seconds of work, with 15 seconds of rest/transition time to the next element. Athletes enter and exit through the same athlete chute (PR Portal).

Elements Performed In This Order	Open	Scaled & Teens 15/16	Masters 40-49 years	Masters 50+ years	Kids 11-14
Assault Bike	Assault Bike	Assault Bike	Assault Bike	Assault Bike	Assault Bike
Pull Up	Strict Pull Ups, Kipping, Butterfly...	Pull Up or Ring Row (R.Row optional but will not score higher than P. Ups)	Strict Pull Ups, Kipping, Butterfly...	Pull Up or Ring Row (Ring Row optional but will not score higher than P. Ups)	Pull Up or Ring Row (R.Row optional but will not score higher than P. Ups)
Box Jump	24”/20”	20”/16” Step ups OK	24”/20”	20”/16” Step ups OK	20”/16” Step ups OK
Sandbag	95/65	65/45	95/65	65/45	45/25
SH to OH	95/65	75/45	95/65	75/45	35/15
Sit Ups	Sit Ups	Sit Ups	Sit Ups	Sit Ups	Sit Ups
Air Squat	Air Squat	Air Squat	Air Squat	Air Squat	Air Squat
REST	REST	REST	REST	REST	REST
Front Squat	95/65	75/45	95/65	75/45	35/15
Toes to Bar	Toes to Bar	Knee Ups	Toes to Bar	Toes to Bar (Knee Ups optional but will not score higher than T2B)	Toes to Bar (Knee Ups optional but will not score higher than T2B)
Snatch	75/55	65/45	75/55	65/45	35/15

Elements Performed In This Order	Open	Scaled & Teens 15/16	Masters 40-49 years	Masters 50+ years	Kids 11-14
Double-under	Double-unders	Singleunders	Double-unders	Double-unders (Singles optional but will not score higher than doubleunders)	Double-unders (Singles optional but will not score higher than doubleunders)
KB Swing	55/35	35/25	55/35	55/35	35/25
Burpee	Burpee	Burpee	Burpee	Burpee	Burpee

Movement Standards:

Assault Bike for Calories: At the start, athlete must stand in the designated Assault Bike box, but starting OFF the bike, then upon 3-2-1 GO, athlete may get on the Assault Bike and bike for Calories. When the 45 second work interval is complete, the athlete MUST stop the bike and exit carefully. The seat will be 'pre-set' at a mid range and will not be allowed to be reset. Shorter athlete's may need to stand, taller athletes may feel cramped, but we're all going to use the same settings at mid-range.

Pull Ups: Athlete must not touch the bar, then upon 3-2-1 GO, athlete may get on the bar in the designated area and begins the Pull Up with arms fully extended and feet unsupported while gripping the bar using any preferred grip (overhand, underhand, alternate grip). Athlete will rise to bring chin & plane of face above the plane of the bar.

Scaled Ring Row: Athlete will stand at undesignated point and lean back till arms are extended. Athlete will pull rings to touch chest for the rep to be complete.

Box Jump: The athlete will face the box, on 3-2-1 GO, athlete will use a two foot take off to jump on top of box. Scaled and 50+ Step Ups allowed. Athlete will rise to a standing position ON TOP OF BOX with hips, knees fully extended BEFORE jumping or stepping down (NOT allowed to extend through the jump down). Rebounding Box Jumps OK & performed at your own risk.

Sandbag Clean: Sandbag will be on the ground. Athlete must stand, upon hearing 3,2,1, GO the athlete may bend and the hip to clean up the Sandbag to the Shoulder. The Sandbag must go on top of and OVER the SHOULDER, to land behind the athlete. Athlete then turns to face the Sandbag, and repeat. Sandbag must NOT go around arm, and must pass OVER the shoulder and not on the side of the shoulder. Athlete NOT ALLOWED TO USE HANDLES ON THE SANDBAG, athlete must only grab the bag itself.

Shoulder to Overhead: Barbell will be on the ground. Athlete will remain standing, hands off bar until 3,2,1 GO then athlete may bend down at the hip and grab bar and clean into the front rack. 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 and feet together if the split jerk is performed.

Sit Ups: The athlete may begin seated on the floor. The athlete must be touching the toes at the start of 3,2,1 GO. The athlete may then lean back to touch the floor overhead which is required. The athlete may then come back up to seated (WITHOUT TOUCHING FLOOR WITH HANDS) and touch toes at the top of the sit up for the rep to count. The athlete MUST also get the shoulder in FRONT of the hip crease in the top position. IF the athlete does not touch the floor overhead, or if the athlete touches the heel or arch of foot without touching the toes the rep will not be counted. Knees out with soles of feet together OR knees up with feet on floor will both be acceptable as long as the other standards are met.

Air Squat: Athlete must stand, hips extended, then upon hearing 3-2-1 GO athlete will bring hip crease BELOW the level of the knee for the rep to count. Then athlete will rise and stand till hips & knees are fully extended for the rep to count. Then repeat.

Rest: Athlete can enter the rest station and rest. Athlete may not exit the resting station till the 45 sec. interval is over.

Front Squat: Barbell will be on the ground. Athlete will remain standing, hands off bar until 3,2,1 GO, then the athlete can bend at hips to grab bar and clean up to front rack. First rep may NOT be a squat clean, you must stand tall with hips extended BEFORE you begin your first rep. Athlete begins in front rack position standing, with hips and knees fully extended. Athlete must bring hips below parallel, then rise back into hips and knees fully extended for the rep to count.

Toes to Bar: Athlete must not touch the bar, then upon 3-2-1 GO, athlete begins Toes to Bar with arms fully extended and feet unsupported and behind the bar, while gripping the bar using any preferred grip (overhand, underhand, alternate grip). Athlete will raise feet to the bar and BOTH feet or toes must touch the bar at the same time between the hands for the rep to count. Feet must go behind the bar at the bottom of each rep.

Scaled Knee Up: Same standards apply as Toes to Bar with the exception that the knees must come above the hip crease in the top position, instead of the toes to bar. In the bottom position, the thigh must be vertical or knee behind the bar, hips open.

Snatch (Power or Squat): Athlete will remain standing, hands off bar until 3,2,1,GO then athlete may bend at hip to grab bar. Bar must travel from the floor to overhead in one motion, without any pause. Press outs ok here. Athlete may receive the bar with hip crease above or below parallel, squat or power allowed. Athlete must finish movement

with elbows, hips and knees fully extended, standing and locked out. Plates must touch floor to begin next rep.

Doubleunder: Athlete must stand (with rope in hand OK) then upon 3-2-1 GO athlete may perform Doubleunders, the rope must pass under the body two times per jump.

Scaled Singles: Athlete must stand (with rope in hand OK) then upon 3-2-1 GO athlete may perform Single jumps, the rope must pass under the body one time per jump.

ATHLETES WILL NOT BE PERMITTED TO USE THEIR PERSONAL ROPES. Vinyl ropes will be provided in the designated DU area in lengths of 7' (pink), 8' (green), 9' (blue), & 10' (yellow) with the length designated by the color of the handle. Practice ropes will be available in the warm-up area. Athletes will NOT be permitted to change the length of the ropes.

Kettlebell Swing: Athlete must remain standing, hands off bell until 3,2,1 GO then athlete may bend at the hip to grab Kettlebell. The swing starts at the bottom with the kettlebell bottom of the kettlebell facing down and arms extended. The kettlebell swing is complete when the bell is overhead and the ears are clearly in line of or in front of the arms. Bottom of bell should be as flush to the ceiling as possible, but a slight amount of forward lean will be permitted as long as the other standard is met (ears in line or in front of arms). If the bottom of the bell is facing forward in the top position, that will be considered a 'no rep'.

Burpee: Athlete must remain standing, until 3,2,1 GO then athlete may bend at the hip to begin the Burpee. Athlete must get on the ground so that the chest, hips, top of thighs is clearly in contact with the floor. Then athlete may rise to standing with hips extended, jump off floor any amount at top and touch hands OVER HEAD. Hands touching behind head will NOT be permitted. ANY forward lean in the jumping phase will be considered a 'hips not extended' situation and deemed a 'no rep'.

Judging Goals:

- Lots of action will be going on continuously in this workout. Our goal is to make the judges job as easy as possible...that starts with the athlete executing reps above and beyond the standards so the judge doesn't need to question it.
- Judges will NOT move through with the athlete. Judges will STAY at their respective stations and judge that one respective movement. Judges will be rotated during the 2:00 transition between divisions.
- **Athletes are responsible for possession of their score card at the start. Athletes MUST hand their scorecard to the judge at each station during the 15 second transition. Judges will stay at each respective station. If athlete does not hand the judge their scorecard BEFORE the start of that station, athlete will receive a 'zero' for that station. Athletes will NOT be allowed to retrieve a forgotten**

scorecard during work intervals. Athletes MAY retrieve a forgotten scorecard during the 15 second transition time.

- We will be running ALL athletes through The Mother of Dragons, 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. **Any athlete not in line will miss their turn, forfeit their score and receive a zero for this event.**

“Rope Eliminator”

WOD 2

Athlete’s have 5 Minutes to complete the following:

200m Sprint

Then...with remaining time perform the following for as many reps as possible:

1,2,3,4,5....and so on (adding 1 rep per round) of:

Deadlift

Rope Climb

Ring Dip

Division Weights & Standards:

Division	Deadlift	Rope Climb	Ring Dip
Open, 40-49, 50-59	255/185	Rope Climb to 15’	Ring Dip
Scaled Teen 15/16	205/155	Rope Climb to 10’ (Or 3 up/downs per rope climb, but will not score higher than rope climb)	Hand Release Push Up
Master 60+	185/135	Rope Climb to 10’ (Or 3 up/downs per rope climb, but will not score higher than rope climb)	Hand Release Push Up
Teen 11-14	135/95	Rope Climb to 10’ (Or 3 up/downs per rope climb, but will not score higher than rope climb)	Hand Release Push Up

Workout Description:

Athlete’s begin outside, staggered based on how far away their lane is from the finish of the run. On 3,2,1 GO athletes begin a 200m sprint around upper parking lot area (coned and clearly indicated). When finished with the sprint, go directly to your competition lane and begin 1 repetition of each of the Deadlift, Rope Climb, and Ring Dip. Then add on 1 rep onto each movement per round. Till the 5 Minute time elapses. Workout is scored for reps. The run does not count towards your score, but must be completed in order to advance.

Movement Standards

Deadlift: 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.

Rope Climb: Athletes climb to reach the 15 foot mark, athletes must touch the 15 foot mark (unless 10 foot mark is indicated) 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.

Ring Dip: The rings will be pre-set at a mid range height. You may adjust the rings slightly before your heat, but keep in mind you may only have 45 seconds or so to do this. For the ring dip you must grip the rings and begin with the arms locked out. You may then hinge at the elbow and must TOUCH bicep or front of shoulder to ring, you may then press up to lock out the arms again at the top. You must show LOCK OUT at the top, if there is a bend in the elbow (even if slight) the judge will consider it a 'no rep'.

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. No 'snaking' or rocking off the knees. Judges will be firm on this. Both arms must come to complete lock out and full elbow extension in the top position before repeating the next rep.

WOD 3 “Sled-Hammah”

For time:

- 40’ Forward Facing Sled Pull
- 40’ Overhead Single Arm Dumbbell Walking Lunge
- 40’ Handstand Walk
- 40’ Forward Facing Sled Pull
- 40’ Overhead Single Arm Dumbbell Walking Lunge

4:00 time cap (if athlete does not complete the workout it will be scored for reps)

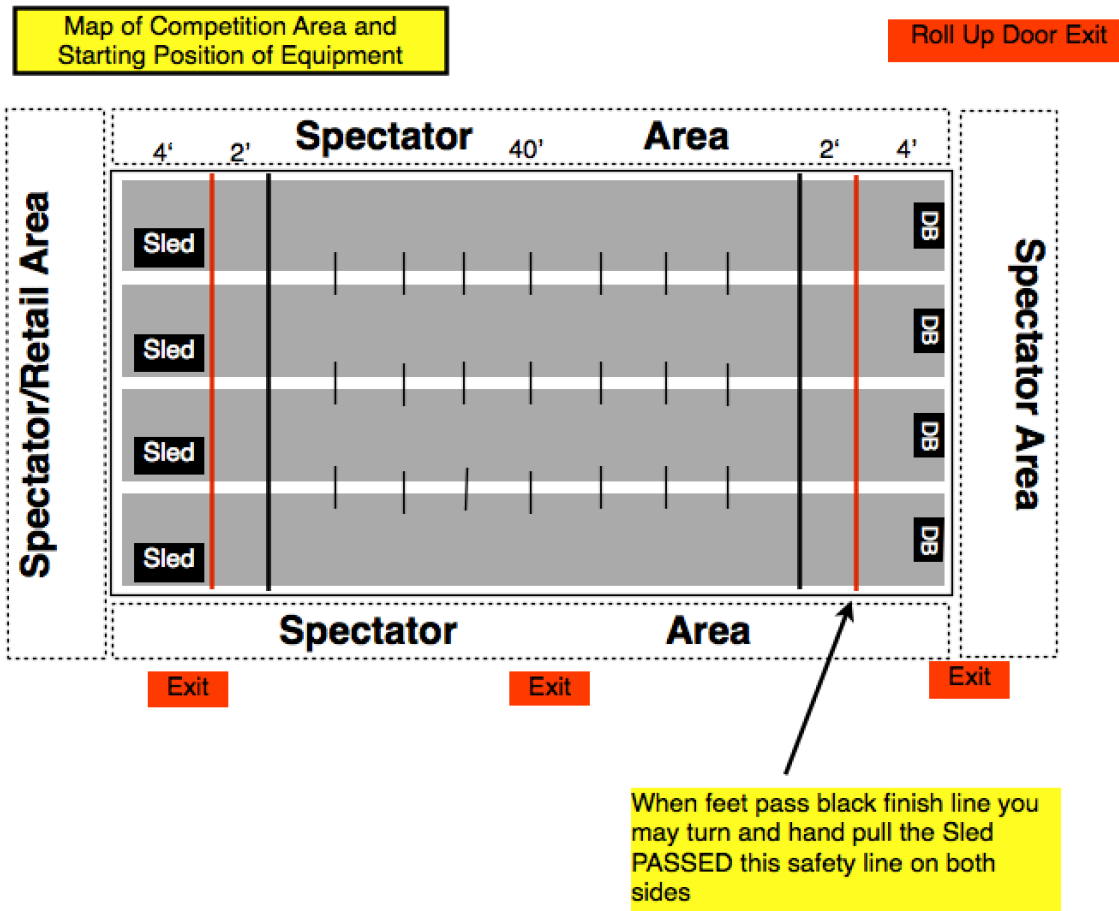
Division Weights & Details:

Element	Sled Pull	OH Lunge	Handstand Walk
Open & Masters 40-49	205/160	50/35	Handstand Walk
Scaled	160/115	45/25	Bear Crawl 120’ (3 lengths)
Masters 50 & 60+	160/115	Waiters Walk 45/25	Handstand Walk or Bear Crawl 120’ (3 lengths) (will not score higher than HS walk)
Teen 15/16	160/115	45/25	Handstand Walk or Bear Crawl 120’ (3 lengths) (will not score higher than HS walk)
Kids 11-14	75/50	25/15	Handstand Walk or Bear Crawl 120’ (3 lengths) (will not score higher than HS walk)

Workout Description:

Athlete begins in the starting box, sled straps on the ground. On 3,2,1,GO athlete bends at the hip to get straps and exit starting box. Athlete may ‘strap up’ any way, but must FACE FORWARD to pull the sled behind them. Athlete must get their feet passed the finish line, and then they are allowed to turn around and pull the sled over the finish line with the arms. PULL THE SLED TO THE BACK OF THE FINISH BOX BEHIND THE SAFETY LINE so it’s not in your way for the finish of the Handstand Walk (see map). Then the athlete may pick up a single dumbbell and begin walking lunges with arm locked out overhead, back knee touching the ground on each lunge. If the athlete brings Dumbbell down, they must return to the last 5’ interval line and restart. Both feet must pass the finish line to compete the 40’ of lunges. If Waiters Walk is prescribed, hold Dumbbell overhead with arm locked out and walk 40’. When lunges or walk are complete, athlete will SET DOWN GENTLY THE DUMBBELL. Dropping/ slamming of Dumbbells will be a ‘no rep’ and the athlete will be asked to return to the last 5’ interval line. Next is the Handstand Walk, athlete feet must start behind the start line. Athlete must walk on the hands and stay in their lane. If athlete comes down at any point, or athlete hand comes into another lane it will be considered a ‘no rep’ and the athlete must come back and restart from the last 5’ interval line. If the Bear Crawl is prescribed (Scaled, Teen 15/16, Master 50-60+) the athlete must have the feet AND hands contact the floor in succession.

Athlete may not bend over and run, must have hands contact floor in unison with feet (legs may be bent). Both feet and hands must pass the finish line to complete Bear Crawl. Hands must pass finish line to complete HS Walk. Athlete then begins to pull sled back 40' to pass finish line in same form. Then athlete picks up dumbbell to finish with OH Lunges. Same 5' interval line rules apply if Dumbbell comes down. ***25lb. Sled is included in total weight, sleds pulled on rubber mat. If you are any division but Open or Scaled, and you choose to HS Walk, you must collect at least 5 feet, or your score will be tallied as if you bear crawled (so if you get ZERO HS walk you CANNOT score higher than a Bear Crawler).**



WOD 4 MYSTERY WOD OFF SITE WORKOUT WILL NOT BE REVEALED UNTIL SATURDAY NIGHT!

WOD 5 “Snatch Rodeo”

Workout Description: Athletes travel through an ascending Snatch ladder and have 45 seconds to perform 1 rep of the Snatch at the prescribed weight. There will be a 15 sec. transition between weights as you move up the ladder. If an athlete does not attempt a successful Snatch they have the option to perform a tiebreak of max reps Deadlifts with their remaining time. You do not need to take an attempt at the Snatch before performing the tie break. Once an athlete has completed their deadlift tie breaker, or run out of time at their respective station, the athlete will exit the ladder and their score will be their last successful Snatch + any Deadlift tiebreak reps.

Movement Standard for the Snatch: The bar begins on the ground. On hearing 3,2,1,GO, athlete may bend at the hip to grab the bar. Bar must be lifted in one continuous movement from floor to overhead without pausing or resting on the body. Power Snatch (with hips above parallel on receiving the bar) or Squat Snatch (with hips below parallel on receiving the bar) are both acceptable, as long as the athlete stands to finish with hips, knees, and elbows locked out and athlete showing control and waiting till judge gives the down signal before lowering the bar. Lower the bar with CONTROL, keep hands on bar until it passes the shoulders. No ghost-riding or uncontrolled release of bar allowed because it could cause injury to others so BE SMART AND SAFE. Press outs OK, bar lightly touching head(not pausing) but pressed up OK.

Kids 11-14 all genders	Women Scaled, Women Masters 50/60+, Teens 15/16 all genders	Women Open, Women Master 40-49	Mens Scaled, Men Masters 50/60+	Men Open, Men Master 40-49
15	55	75	85	145
25	65	85	95	155
35	75	95	105	165
45	85	105	115	175
55	90	115	125	185
65	95	125	135	195
70	100	135	145	205
75	105	140	155	215
80	110	145	165	225
85	115	150	175	235

SKILL TEST 1 DAY 1

Skill Test: L-Sit on Parallettes

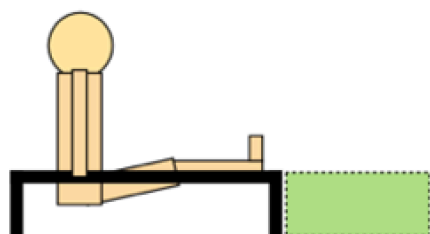
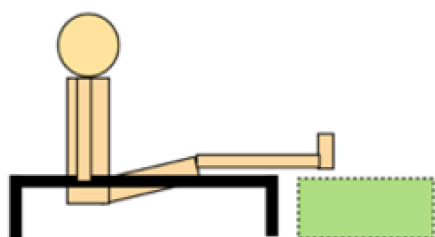
Performed from 9:00am to 12 noon (athletes responsible for completing before the deadline. Do not wait till the last minute!)

L-Sit on Parallettes (OPEN & MASTER'S 40-49): Athlete must stand, then on hearing judge announce 3-2-1 GO, athlete may place hands on Parallettes and get feet above the 12" box, with legs fully extended and knees locked out (slight micro-bend ok barely visible to the eye is ok). If feet touch top of box, or if judge observes a visible bend in the knee, the athlete's attempt is over and their seconds will be scored. 1 sec = 1 rep.

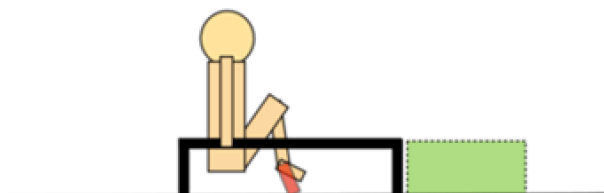
*Athlete is ONLY GIVEN ONE ATTEMPT. NO RE-ATTEMPTS. Make sure you are ready for your attempt when you take it!

Scaled Knees Bent w/ Feet Off Floor (SCALED & MASTERS 50-59, 60+): Athlete must stand, then on hearing 3-2-1 GO, athlete may place hands on Parallettes and get feet off the floor any amount, and the knees must remain higher than the hips. If athlete's feet or toes come in contact with the floor, the athlete's attempt is over and the movement is scored. 1 sec = 1 rep. *Athlete is ONLY GIVEN ONE ATTEMPT. NO RE-ATTEMPTS. Make sure you are ready for your attempt when you take it!

OPEN/MASTER 40-49 L-SIT ON PARALLETTES: TOP shows correct positioning. Heels must remain over box. BOTTOM shows incorrect positioning.



SCALED/MASTER 50-60+ KNEES BENT WITH FEET OFF FLOOR: Red shows incorrect positioning. Knees must remain higher than the hips.



DIVISION	REQUIREMENT
OPEN	L-SIT ON PARALLETTES
SCALED	KNEES BENT
40-49	L-SIT ON PARALLETTES
50-59	KNEES BENT
60+	KNEES BENT

SKILL TEST 2 DAY 2

Skill Test 2, Day 2

“1K Row”

This event is in honor of our new AllStar Rowing program and Rowing Coaches Joel & Anna Kilion! Our AllStar Rowing TEAM registered with Concept 2 recently won an Erg for our completion of at least 10 athletes performing 100,000m EACH in 15 days!

The Skill Test on Day 2 will be an exterior event to be performed at athletes discretion between the hours of 10:30am-2:00pm.

Workout Description: Judge will have the Erg monitor ‘pre-set’ to a distance of 1000m. Athlete will commence rowing 1000m for time. When finished athlete will call judge to their monitor at which time the judge will record athletes time for the 1K row. There is **ONLY ONE CHANCE** to do this event. You may not stop or re-start, you may not re-perform.

We will have at least 6-8 Ergs set up for this event. Please do not wait till the last minute to complete this event as you may run out of time before 2:00pm.

All Divisions including TEENS 11-14 will perform the 1K row unless otherwise specified the day of the event.

**WOD 6 FINAL EVENT FOR TOP 4 COMPETITORS
WILL NOT BE ANNOUNCED UNTIL FINALS**