

Standards

Wod 1

Double unders; (rope twice under feet)

Thrusters; (hip in parallel or lower than knee up to fully extended hip and locked out arms overhead)

HSPU's; (head touching the ground to fully extended arms kip or no kip, ear visible in front of arm like in a press and legs extended)

Wod 2

SDHP's; (starting position weights on the ground for women bar below the knees, tight grip thumbs touching each other, up to extended knees, bar over chest with elbows above bar)

Box jumps; (starting position on the ground in front of the box, jump up on the box, the whole foot must be placed on the box, the hip must be fully extended when on the box or in a jump from the box so the hip is extended when above the box height)

Push press; (starting position racked on shoulders in front of head, up until locked overhead with ear visible in front of arm, knees locked out)

Squats: (starting position locked out knees and extended hip, down to hip in parallel or lower than knee and up to starting position)

Toes to bar: (starting position hanging with feet straight down below or slightly behind the vertical position of hands, touch the bar with your toes, down to the starting position)

Kettlebell swing: (starting position arms against legs, drive with your hip up until weight is overhead with ear visible in front of arm and the kettlebell is straight overhead i.e. no tilting.)

Lunges: (hold the kettle bell anyway you want, step forward until knee is touching the ground, then press yourself up until the foot you are standing on has a locked out knee and fully extended hip)

Burpees: (starting position standing up, get down anyway you want, on the ground the thighs, stomach and chest need to be in contact with the ground at the same time, anyway you see fit get up and jump and touch the ring with one hand that is hanging above you, the rings will be individually set up to ensure that all competitors jump the same distance)

Wod 3

Every competitor has three attempts and 30 seconds to make the lift

The lift is from the ground up to extended hip and locked out knees. The lift is ended when the bar is returned to the ground with hands on i.e. dropping it is a failed attempt

The barbell is loaded with weights starting at 60 kg

Weights are increased with 5 kg when everyone has had the opportunity to make an attempt

The weights are never lowered i.e. a failed attempt at a weight can only be followed by yet another attempt at the same or heavier weight.

Wod 4

Full squat clean;(starting position with weights on the ground, clean the bar and have your hip in parallel or lower than your knees before pressing up until hip is fully extended and knees locked out, return to starting position i.e. weights touching the ground)

Chest to bar ;(starting position locked out arms, pull or kip up until your chest i.e. below collar bone is touching the bar, back down to starting position)

Pull-ups; (starting position arms fully extended and ear visible in front of arm, pull or kip up until your chin is over the bar, back down to starting position)

Who wins?

Best placed athlete in the four events combined win. E.g. if you came in second in a wod your points is 2. Add the points of the four wods and you get your score.

Should two or more come in on the same time the share the point. E.g. two winners get one point each, the person coming in second get 3 points since he /she have two persons that were faster / stronger.