

FUELLED BY



QUALIFYING EVENT



EVENT 3 WORM WORLD

18 MIN AMRAP

20 Worm Squats

50 Synchro Toes to Bar (all 4 athletes)

20 Worm Push Press

80 Wall Ball Shots (2 athletes)

20 Worm Thrusters

40 Synchro DB Snatches (all 4 athletes)

20 Worm Clean and Jerk

RX

- 3 person worm
- Wall Ball: 16 lbs / 12 ft target
- Dumbbell Weights: 25 kg – 22.5 kg – 17.5 kg -15 kg

SCALED

- 3 person worm
- Wall Ball: 10 lbs / 12 ft target
- Dumbbell Weights: 20 kg – 17.5 kg – 15 kg -12.5 kg

NOTES:

- Workout Starts with all 4 athletes standing behind the starting Lane
- After the Countdown Athlete 3 of the athletes go to perform the first movement with the worm
- Teams can change members using the worm at any moment but must drop the worm before the change
- Wall balls will be performed in pairs. With one ball. Athlete 1 will throw the ball to target and athlete 2 picks the ball on the descend to perform the second rep. Teams can change members at any time
- Target will be set at 12 ft for both male and female. Wall ball weight will be the same for male and female.
- For the dumbbell snatches members can choose which of the dumbbells to use. There is no preassigned weight for female or male. There will be one dumbbell per weight indicated above for each team.
- There is no need to alternate the DB snatches



Worm Squats

- All 3 athletes must perform the movement together
- Athletes must clean the worm to the shoulder at the start of each set. Squat clean is not permitted.
- After the clean, all 3 athletes will squat below parallel and perform the squat
- Rep is credited when all 3 athletes are standing with legs and hips extended

Worm Thrusters

- All 3 athletes must perform the movement together
- Athletes must clean the worm to the shoulder at the start of each set. Squat clean is not permitted.
- After the clean, all 3 athletes will squat below parallel and perform a thruster with the worm landing in the opposite shoulder at the end of each rep,
- For the rep to be credited the worm must clearly passed over the head of all three athletes while maintaining contact at all times with the worm. If one or more hands leave the worm during the overhead portion it will be considered a no rep.

Worm Clean & Jerks

- All 3 athletes must perform the movement together
- For the rep to be credited all three athletes must achieved full extension of hips and knees and the worm must touch at the same time the shoulder of the athletes before the jerk phase.
- The worm must pass clearly overhead and land in the opposite shoulder for the rep to count.
- Worm must clearly touch the floor on its entire length at the beginning of each rep
- Reps can be singles or touch and go

Worm Push Press

- All 3 athletes must perform the movement together
- Athletes must clean the worm to the shoulder at the start of each set. Squat clean is not permitted.
- After the clean, all 3 athletes will drive the worm overhead landing in the opposite shoulder at the end of each rep,
- For the rep to be credited the worm must clearly passed over the head of all three athletes while maintaining contact at all times with the worm. If one or more hands leave the worm during the overhead portion it will be considered a no rep.
- Strict Press and Push Press are allowed

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Toes To bar



- In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar.
- At the start of each rep, the arms must be fully extended, and the heels must be brought back behind the bar.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk will be provided
- Overhand, underhand, or mixed grip are all permitted.



- The end position is when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.
- Between each rep the feet must drop and clearly be behind the bar.
- All 4 Athletes must touch the bar at the same time for the rep to be credited

REQUIREMENTS



1



2



3

1. Each rep starts with both heads of the dumbbell on the ground.
2. Lift the dumbbell overhead in one motion.
 - A partial squat in the receiving position is allowed but **NOT** required.
3. The rep is credited when:
 - Knees, hips, and elbow of the working arm are fully extended.
 - The middle of the dumbbell is in line with, or behind, the body when viewed from the side
 - All 4 athletes synchronized at the top of the rep.

COMMON NO REPS

NOTE: This list is not exhaustive.



- Placing the non-working hand/arm on the thigh or anywhere on the body.



- Touching only one head of the dumbbell to the ground or not touching the ground at all.



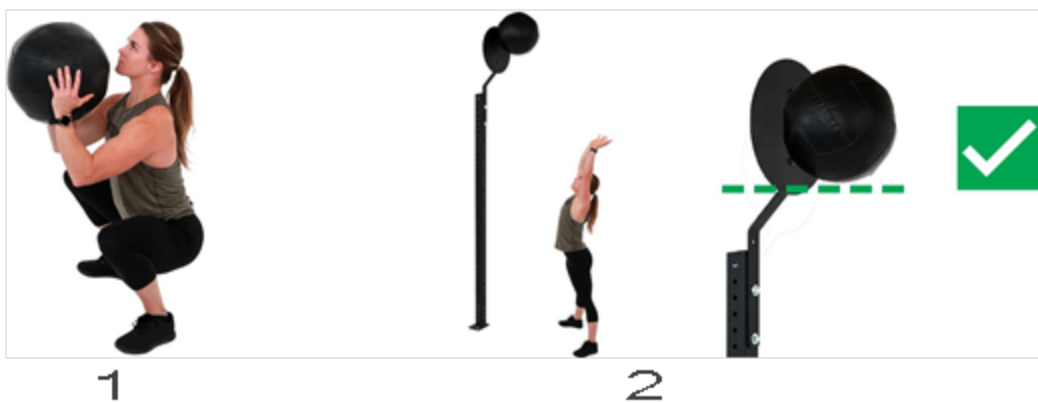
- Lowering the dumbbell before reaching full extension of the elbow, knees, or hips.



- Finishing with the dumbbell in front of the body.

WALL BALLS

REQUIREMENTS



1. Each rep starts with the ball in the support position in front of the body.

- A squat clean is allowed, but not required, to start a set.
- Squat until the crease of the hip is clearly below the knees (below parallel).

2. The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.

COMMON NO REPS

NOTE: This list is not exhaustive.



• Squatting at or above parallel.



The ball hitting low on the target



The ball not making contact with the wall target

ADDITIONAL

• Allowing the ball to drop from the target and catching it on the bounce/rebound

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SCORE CARD RX

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- 50 Synchro Toes to Bar (all 4 athletes)
- 20 Worm Push Press
- 80 Wall Ball Shots (in pairs)
- 20 Worm Thrusters
- 40 Synchro DB Snatches
- 20 Worm Clean and Jerk

	Round 1	Round 2	Round 3
20 Worm Squats	20	270	520
50 Synchro TTB	70	320	570
20 Worm Push Press	90	340	590
80 Pair Wall Balls	170	420	670
20 Worm Thrusters	190	440	690
40 Synchro DB Snatches	230	480	730
20 Worm Clean & Jerks	250	500	750

TEAM NAME: _____ CAT: _____ SCORE: _____ REPS

TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

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TIE BREAK TIME: _____

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