

EVENT 1: CHALK DIRTY TO ME

ELITE – RX – MASTERS - SCALED

AMRAP (11 MINUTES TIME CAP)

Event 1A:

Max Cal Row

Every Minute on the Minute 5 Burpees Over Rower

(Starting at 0:00)

Event 1B:

Max Rounds of:

1 Rope Climb 15 ft

12 Synchronized Thrusters (M-F)

12 Synchronized Toes To Bar (2 members)

RX -ELITE

Legless Rope Climbs
135-95 lbs Thrusters

MASTERS

Regular Rope Climbs
115-85 lbs Thrusters

SCALED

Regular Rope Climbs
95-65 lbs Thrusters

NOTES & FAQ:

- Teams will get two scores for this Workout, One the Max Number of Calories and the other Reps for the the AMRAP Portion
- Workout Starts with at least one athlete behind the rower and the remaining of the athletes behind the starting lane
- Athletes can switch between exercises at anytime and distributed as they want the athletes between all workouts
- For the AMRAP portion, athletes can move the next movement after completion of the previous one.
- For the Rope climb **athlete must safely return to the floor level before team can start with the Thrusters.**
- All Erg-s machines will be set up at zero before the countdown.
- Athletes are allowed to change the damper at any time. Will be set at 10 for all machines as a default.
- For the Rowing Machine athletes can only start pulling once both feet are off the floor.
- Teams must complete the 5 burpees over the rower before the minute is finished. Failing to do so will stop the 1A part of the workouts. Score will be the number of calories accumulated till that moment.
- The Burpees over the rower must start at the top of the minute.
- Rowing and burpees can be performed by 2 different athletes, the only rule is no athlete can be seated or standing at the rowing during the performance of the burpees.
- There is a distance of approximately **30 meters** between the rower and AMRAP lane.
- Only 1 Riser and J-Hook will be provided per Team

Barbell Thrusters



- The athlete and the barbell must remain on the side of the 8-ft (2.45-meters) tape line away from the pull up bar. If the plates or the athlete's foot touch the line at any time the rep will not count.
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.



- The rep is credited when:
 - the athlete's hips, knees, and arms are fully extended; and
 - the bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- Synchronization is on the overhead position
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting their barbell

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.

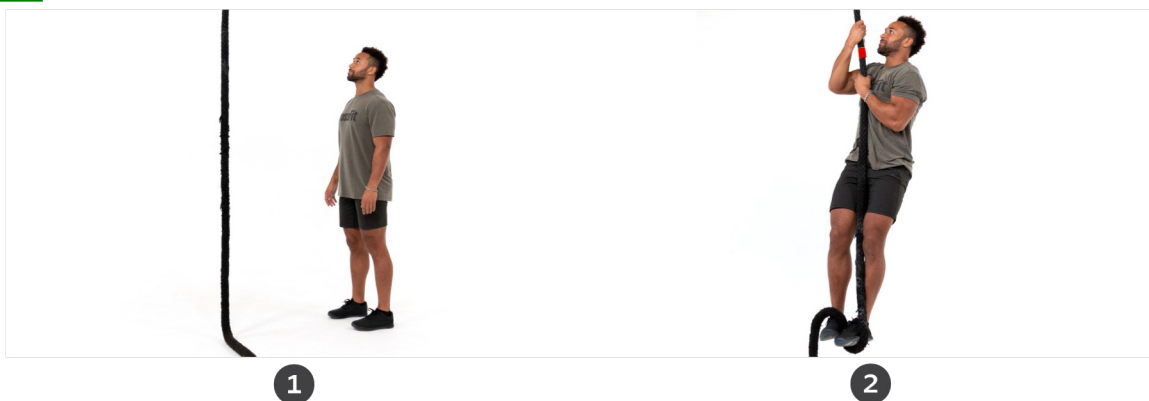


- The end position is when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.
- Between each rep the feet must drop and clearly be behind the bar.
- Both Athletes must touch the bar at the same time for the rep to be credited

MOVEMENT STANDARDS

ROPE CLIMB

REQUIREMENTS



1. Each rep starts with both feet on the ground.
 - Any style of climbing is permitted.
 - The athlete may jump into the rope climb.
2. The rep is credited when one hand clearly touches above the designated mark.
 - There are no requirements during the descent of the climb.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ Not clearly touching above the designated mark.

Dumbbell Thrusters



- Each set of dumbbell thrusters begins with dumbbells on the ground.
- Hold the dumbbells in the front-rack position during the squat.
- 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.
- -both dumbbells are directly over or slightly behind the middle of the body.
- Continue pressing the weight up until lockout.
- Re-dipping during the press (i.e., performing a jerk) will result in a "no rep."
- Athletes may not receive any assistance moving the dumbbells.

BURPEES TO TARGET

- The Set starts with both Athletes standing.
- Both athletes need to perform a Burpee with Chest and legs clearly touching the floor
- Jumping/ Stepping Down and Up is allowed
- The rep finishes with both athletes touching with both hands at the same time the pull up bar
- Synchronization between the two athletes is on the top of the movement: 4 hands need to touch at the same time

BURPEES OVER ROWER

- The Set starts with Athlete standing.
- Jumping/ Stepping Down and Up is allowed
- Rower cannot be touched in any part of the rep.
- Stepping over the rower is not allowed.

FUELED BY



QUALIFYING EVENT



SCORE CARD: ELITE – RX – MASTERS - SCALED

	Rope Climb	Thrusters	Toes To Bar
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Max Rounds of:			
1 Rope Climb 15 ft			
12 Synchronized Thrusters (M-F)			
12 Toes To Bar (2 members)			
ROUND 1	1	13	25
ROUND 2	26	38	50
ROUND 3	51	63	75
ROUND 4	76	88	100
ROUND 5	101	113	125
ROUND 6	126	138	150
ROUND 7	151	163	175
ROUND 8	176	188	200
ROUND 9	201	213	225
ROUND 10	226	238	250
ROUND 11	251	263	275
ROUND 12	276	288	300
ROUND 13	301	313	325
ROUND 14	326	338	350
ROUND 15	351	363	375
TOTAL AMRAP REPS			
TOTAL CAL ROWS			

TEAM NAME: _____ CAT: _____

SCORE 1A: _____ REPS

SCORE 1B: _____ CAL

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

EVENT 1

TEAM NAME: _____ CAT: _____ SCORE 1A: _____ REPS / SCORE 1B: _____ CAL

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____