



# TEAM QUALIFIER 19.3 SCORECARD

## 3 PERSON TEAMS

Due Sunday April 7th at 12AM

### 3 PERSON TEAM QUALIFIER 19.3

#### ELITE/Rx/Masters Rx

Rounds	Double Unders 70	Tie Break Time: Compleiteon of Double Unders	Max Out Number
1			
2			

#### Scaled/Novice/Scaled masters

Rounds	Single Unders 140	Tie Break Time: Compleiteon of Double Unders	Max Out Number
1			
2			

REPS SCORED \_\_\_\_\_

**Complete the Following:**

**2 x 5:00 Rounds**

**Buy In of 70 Double Unders**

**\*With The Remaining Time**

**Complete a Max Unbroken  
Set of:**

**Pull Ups**

**Chest 2 Bar Pull Up**

**Bar Muscle Ups**

**\*One Athlete Must do Pullups**

**\*One Athlete Must do C2Bar**

**\*One Athlete Must do Bar MU**

**No doubling up and each athlete must  
complete their workout.**

**Score is Total Unbroken Reps. You will  
only record your best Unbroken set for  
each round**

**Scaled/Novice/Master Scaled  
Variation**

- 1. Jumping Pull Ups**
- 2. Jumping Chest To Bars**
- 3. Pull-Ups**

#### **TEAM SCORING NOTES:**

**After all teammates have found their score, it  
is their combine score that they will submit to  
the leaderboard**

**ATHLETE NAME:** \_\_\_\_\_

PRINT

**JUDGE NAME:** \_\_\_\_\_

PRINT

**ATHLETE DIVISION:**

**WHICH WORKOUT DID YOU PERFORM? (IE ATHLETE 1** \_\_\_\_\_

I confirm the information above accurately represents my performance for the workout \_\_\_\_\_

Athlete Signature



# TEAM QUALIFIER 19.3 SCORECARD

## 4 - PERSON CO-ED

Due Sunday April 7th at 12AM

### COED TEAM QUALIFIER 19.3

**Complete the Following:**  
**2 x 5:00 Rounds**  
**Buy In of 100 Double Unders**

**\*With The Remaining Time**  
**Complete a Max Unbroken**  
**Set of:**

**Bar Muscle Ups**  
**Or**  
**Ring Muscle Ups**

**\*One Male and One Female must**  
**do Bar Muscle Ups, and the other**  
**Male and Female must to Ring**  
**Muscle Ups**

**Score is Total Unbroken Reps. You will**  
**only record your best Unbroken set for**  
**each round**

Rounds	Double Unders 100	Tie Break Time: Compleiteon of Double Unders	Max Out Number
1			
2			

**REPS SCORED** \_\_\_\_\_

#### **TEAM SCORING NOTES:**

**After all teammates have found their score, it**  
**is their combine score that they will submit to**  
**the leaderboard**

**ATHLETE NAME:** \_\_\_\_\_  
PRINT

**JUDGE NAME:** \_\_\_\_\_  
PRINT

**ATHLETE DIVISION:**

**WHICH WORKOUT DID YOU PERFORM? (IE ATHLETE 1** \_\_\_\_\_

I confirm the information above accurately represents my performance for the workout \_\_\_\_\_  
Athlete Signature



# TEAM QUALIFIER 19.3 MOVEMENT STANDARDS

Due Sunday April 7th at 12AM

## EQUIPMENT

- One Jump Rope
- Pull-up bar
- Gymnastics Rings
- Score Card
- Phone or Recording Device

You may use your phones camera, WETIME APP, WOD PROOF APP, or any type of recording device . And its highly suggested that you put it on airplane mode!

## WORKOUT RULES

*At the set of 3,2,1 Go.. The Athlete will start will start a 10 MIN RUNNING CLOCK, They will then complete 70/100 Double Unders or 140 Single under dependent on your division. Time Break Times are when you complete those double/ Single Unders. With the remaining time on the clock, The athlete will choose when they will attempt their Max Unbroken Set of designated Gymnastic movement. Once the Athlete comes off the bar, they are done and must wait for the clock to run to 5:01 before beginning their second attempt where they must immediately begin their double under.*

## MOVEMENT STANDARDS

### Chin Over Bar Pull Ups RX/Scaled



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. Overhand, underhand or mixed grip are all permitted.

## WORKOUT FORMAT Cont.

Your Team Score will be the combined total, of the Max Unbroken Sets for the two rounds. Ie.

Round 1 :

A1- 35 Pull Ups

A2- 26 C2Bar

A3- 12 Bar Muscle Ups

Round 2:

A1- 30 Pull Ups

A2- 20 C2Bar

A3- 8 Bar Muscle Ups

TEAM SCORE TO SUBMIT: 131 Reps

## VIDEO SUBMISSION STANDARDS

**All Athletes are required to film their workouts, but DO NOT have to submit unless it's requested.**

Prior to starting, film the barbell, and plates to be used so the loads can be seen clearly. The athlete must state their name and their division, that they are competing in and the ATHLETE # they are representing (1,2,3 to indicate workout).

Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



At the top of the movement, the chin must break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

## CHEST TO BAR PULL UPS (Rx Only)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. Overhand, underhand or mixed grip are all permitted.



At the top, the chest must clearly come into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

## BAR MUSCLE UPS (Rx and Elite Co-Ed Only)



In the bar muscle-up, the athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip.



At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.



## RING MUSCLE UPS ( ELITE COED ONLY)



In the muscle-up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The heels may not rise above the height of the rings during the kip



The elbows must be fully locked out while in the support position above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

## Jumping Pull Ups



For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when standing tall.



At the bottom, the arms must be fully extended.



fully extended. At the top, the chin must break the horizontal plane of the bar. At the top, the chin must break the horizontal plane of the bar.

## JUMPING CHEST TO BAR PULL UPS (Scaled/novice/Master scale)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when he or she is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar.



At the bottom of the movement, the athlete must lower his or her body so the arms are fully extended.



At the top, the chest must clearly come into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

### CONTACTING IF QUESTIONS:

For any questions on movements, standards, scoring and submissions, please contact Chaco at

Email: [chaco@therockwellchampionships.com](mailto:chaco@therockwellchampionships.com)

phone: 8016692887