



TEAM QUALIFIER 19.1 (A, B, C, D) SCORECARD

3 Person Team

Due Sunday April 7th at 12AM

COED TEAM QUALIFIER 19.1

Athlete 1
9:00 AMRAP
6 Bar Facing Burpees
9 Power Cleans

Athlete 2
9:00 AMRAP
6 Bar Facing Burpees
6 Power Cleans

Athlete 3
9:00 AMRAP
6 Bar Facing Burpees
3 Power Cleans

Elite/Rx/MastersRx

Athlete1- #155/105

Athlete2- #185/125

Athlete3- #205/145

Scaled/Novice/Master

Scaled

Athlete1- #95/65

Athlete2- #135/95

Athlete3- #155/105

Rounds	Bar Facing Burpees	Power Cleans
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		

REPS SCORED _____

SCORING NOTES:

Each athlete will submit the amount of reps they did, in the right slot on the leaderboard. This WORKOUT is worth 3 equally weighted separate events.

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



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4 - PERSON CO-ED

Due Sunday April 7th at 12AM

COED TEAM QUALIFIER 19.1

Athlete 1 MALE

9:00 AMRAP

6 Bar Facing Burpees

6 Power Cleans #225

Athlete 2 FEMALE

9:00 AMRAP

6 Bar Facing Burpees

6 Power Cleans #155

Athlete 3 MALE

9:00 AMRAP

6 Bar Facing Burpees

3 Power Cleans #265

Athlete 3 FEMALE

9:00 AMRAP

6 Bar Facing Burpees

3 Power Cleans #175

Rounds	Bar Facing Burpees	Power Cleans
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

ATHLETE NAME: _____

PRINT

☐

Rx'd

☐

Scaled

JUDGE NAME: _____

PRINT

ATHLETE DIVISION: _____

REPS SCORED _____

WHICH WORKOUT DID YOU PERFORM? (IE ATHLETE 1 _____)

AFFILIATE _____

Judge Initial _____

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature



TEAM QUALIFIER 19.1 MOVEMENT STANDARDS

Due Sunday April 7th at 12AM

EQUIPMENT

- One Barbell. 45lbs for Males. 35lb for Females
- Standard bumper plates (18-in diameter)
- Collars
- 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!

SCORING NOTES:

ATHLETES WILL ONLY CHOOSE ONE OF THE WORKOUTS TO DO EACH.

THERE WILL BE 3 SEPARATE SCORES FOR THIS WORKOUT, WHICH WILL ALLOW 3 SEPARATE LEADERBOARD PLACINGS, SO CHOOSE YOUR PLAYERS WISELY.

At the set of 3,2,1 Go.. The Athlete will start will 6 Bar Facing Burpees. Then will transition to Power Cleans. The amount of Power Cleans is specific to the workout the athlete has chosen, as well as the Weight of the power cleans is specific to the Workout the athlete has chosen.

Your score is the total amount of reps in the 9:00 MIN that you finished.

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. or other non-traditional dumbbells are not allowed.

VIDEO SUBMISSION STANDARDS

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.

MOVEMENT STANDARDS

Bar Facing Burpee



The burpee must be performed perpendicular to and facing the barbell.

Athletes using an empty barbell or small-diameter plates for the snatch will need to set up a second barbell with 18-in. plates for the burpees.



The athlete jumps or steps back to lie on the ground. The athlete's head must be behind the barbell. The chest and thighs must touch the ground at the bottom. The hands and feet must remain inside the width of the plates at the bottom of the burpee. From this position, the athlete can step or jump to their feet.



The athlete must jump over the barbell using a two-foot takeoff. Single-legged jumping or stepping over is **NOT** permitted (scaled divisions excluded). The athlete does not need to land with both feet at the same time.



TEAM QUALIFIER 19.1 MOVEMENT STANDARDS

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MOVEMENT STANDARDS

POWER CLEAN



The barbell begins on the ground. Touch-and-go is permitted. No bouncing.



A muscle clean, power clean, or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.

The hips may not travel below the line of the knee in this movement

CONTACTING IF QUESTIONS:

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