



## Official Score Sheet: Strength 2/Agility 2

### Setup

- Participant may have a maximum of 3 barbells for the entire workout.
- Participant is solely responsible for loading and unloading the weights on barbells. Judge may not touch any weights.
- Participant must gather the appropriate plate weights and barbells weights prior to beginning. After completion all weights must be cleaned and returned. Failure to do so will result in a time penalty.
- All weights must be a minimum of 10 feet from the wall.
- Wallball (20/14) must be collected and placed in front of the designated target in advance. It must be returned after.
- Participant must also gather a wall ball and place it at a target prior to beginning.
- Participants MAY use Chalk, Liquid Chalk and Gloves.
- Knee sleeves or wraps are all allowed if worn throughout the entire workout.
- Participants MAY NOT use Belts, Lifting Straps or other equipment not explicitly listed above.
- You will be allotted one set of lifting blocks for the entire event. They may not be stacked-- and are intended for loading and unloading of weight. You will be permitted to lift off of them.

### Standards

If a participant wishes to use a form or method not listed below it is up to the participant to ask the judge before the start or risk getting no repped. It is at the discretion of the judge to allow or not allow it and can make the participant conform to forms known and told to previous participants.

- Time will start on the judges 3-2-1 countdown. Wall cannot be touched prior to this.
- Wall- May not use the step or green support tresses. Must pass over the top and land on the opposite side. May reattempt a failed attempt.
- Squat to Press- Dumbbells must be cleaned or curled to a front rack position. Dumbbells must be held by the handle and rest on the shoulder going down to a full parallel squat. A squat clean on the first rep is allowed. To complete the squat you must first complete a full stand signified by no bend left in the knees before then completing a push press or strict press or push jerk with the dumbbells. Momentum from the initial squat cannot be used to press the weight overhead. Must show full extension of weight overhead with arms parallel to head with no bend in the knee and elbows locked out. You may reattempt a failed repetition however choosing to move on from a weight or repetition results in a 3 burpee per failed rep penalty.
- Burpees must be completed before moving on to the next exercise or weight. Chest and thighs must touch the floor and a full jump with hands overhead must be completed at the top of the movement and hips extended to in line with feet and head. No crouching burpees.
- Powercleans- Weight must touch the floor between every rep. Rep counts when you complete a full stand with the weight loaded in a front rack position with the bar at shoulder height. Muscle cleans and squat cleans are allowed as long as the bar is controlled at the top of the lift with a full stand and weight in a front rack position before lowering the weight for the next rep. You may reattempt a failed repetition however choosing to move on from a weight or repetition results in a 3 burpee per failed rep penalty.



- 3 minutes of forced rest must be completed entirely within the designated zone. Participant may not practice or attempt anything during their rest period.
- "Rig B" Attempt begins when participant leaves the box with both feet. May only use the designated grips and must ring the bell to successfully complete the rig. May not use the stem or strap of any grip. May not use the bars the grips hang from. May continue to reattempt failed attempts a maximum of 2 times for a total of 3 attempts. Failure constitutes a 35 wallball penalty at the designated wallball target.
- Rope Climb- Starting from the ground, must touch hand at or above the red tape set to 15' height. Both feet off the ground equals an attempt. May continue to reattempt failed attempts a maximum of 2 times for a total of 3 attempts. Failure constitutes a 35 wallball penalty at designated wallball target.
- Hurdle walls- Must go over the center of the wall. May not use hands on any part of the wall. May step or jump over the walls. May step on the hurdles. Each length (3 hurdles) you must complete the full 60' distance from rubber to rubber before turning around. One foot touching the rubber signifies a full length.
- Rig "C". Must begin with a rope climb. After rope climb you may only touch rings and successfully ring both bells of the rig in location 1 and 2. Feet or hands are allowed on rings. May not touch any of the metal structure with your hands. Incidental contact with feet to the green uprights is allowed but participant may not use them deliberately. May not at any time touch feet to the ground after beginning the attempt. May continue to reattempt failed attempts a maximum of 2 times for a total of 3 attempts. Failure constitutes a 35 wall ball penalty.
- After the final bell is ring or final wallball the judge will note the time and stop clock one. Clock two will continue to run. Participant has the option of continuing the deadlift ladder section with one minute to complete the first deadlift.
- Successful deadlift completion is shown in video. Participant must complete a full stand holding the weight.
- Deadlift clock runs continuously. You can complete the lift at the 0:20 mark or 0:59 and it will not impact the subsequent 60 second clock for the next lift. Time reduction is solely based on completed deadlifts at designated weights within the allotted time. Participant is solely responsible for changing the weights and may only use their 3 bars picked at the beginning of the workout.
- Participant may choose to advance through the deadlift ladder as quickly as they want as long as it is ahead of the designated checkpoint clock. Example- you can complete 4 deadlifts in 3 minutes and deadlift 5 would still be due by the 5 minute from workout completion timestamp.

Participant Understands the Standards set forth for the workout above:

Participant Name: \_\_\_\_\_

Participant Signature: \_\_\_\_\_



### Official Score Sheet: Strength 2/Agility 2

Judge Must Have Official Hand Timer, Signed Score Sheet and Pen. Do Not allow interference with official attempt space: Rigs, Barbells, Weights, and Wallballs untouched. Time begins with 3-2-1 countdown. Time ends with final deadlift or time expiration and a single clock runs for the entire attempt.

#### Strength II

- 6 Foot Wall
- 8 Squat to Press (45s Male/ 25s Female)/ 24 Burpees if failed
- 8 Squat to Press (50s Male/ 30s Female)/ 24 Burpees if failed
- 8 Squat to Press (55s Male/ 35s Female)/ 24 Burpees if failed
- 6 Foot Wall
- 8 Powercleans (95 Male/ 65 Female)/ 24 Burpees if failed
- 8 Powercleans (115 Male/ 75 Female)/ 24 Burpees if failed
- 8 Powercleans (135 Male/ 85 Female)/ 24 Burpees if failed
- 6 Foot Wall

Time at checkpoint: \_\_\_\_\_

- 3 MINUTES MANDATORY REST AS CLOCK CONTINUES TO RUN**

#### Agility II

- Rig "B" / 35 Wallballs (20/14) if failed-- Max 3 Attempts
- Rope Climb / 35 Wallballs (20/14) if failed -- Max 3 Attempts
- 3 Laps of Hurdles (18 total)
- Rig "C" / 35 Wallballs (20/14) if failed -- Max 3 Attempts

Time at checkpoint 2: \_\_\_\_\_

#### Strength II-II (Optional/ Clock Continues to Run)

- 1 Deadlift 135/75 -Max 1 Minute from Checkpoint 2
- 1 Deadlift 185/105 (Add 25's/ Add 15's) -Max 2 Minutes from Checkpoint 2
- 1 Deadlift 235/135 (Add 25's/ Add 15's) -Max 3 Minutes from Checkpoint 2
- 1 Deadlift 265/155 (Add 15's/ Add 10's) -Max 4 Minutes from Checkpoint 2
- 1 Deadlift 295/175 (Add 15's/ Add 10's) -Max 5 Minutes from Checkpoint 2
- 1 Deadlift 325/195 (Add 15's/ Add 10's) -Max 6 Minutes from Checkpoint 2
- 1 Deadlift 355/215 (Add 15's/ Add 10's) -Max 7 Minutes from Checkpoint 2
- 1 Deadlift 405/235 (Add 25's/ Add 10's) -Max 8 Minutes from Checkpoint 2

Completed Deadlifts: \_\_\_\_\_ X 0:15

Net Time: \_\_\_\_\_ (Checkpoint 2- 0:15 per completed deadlift)