

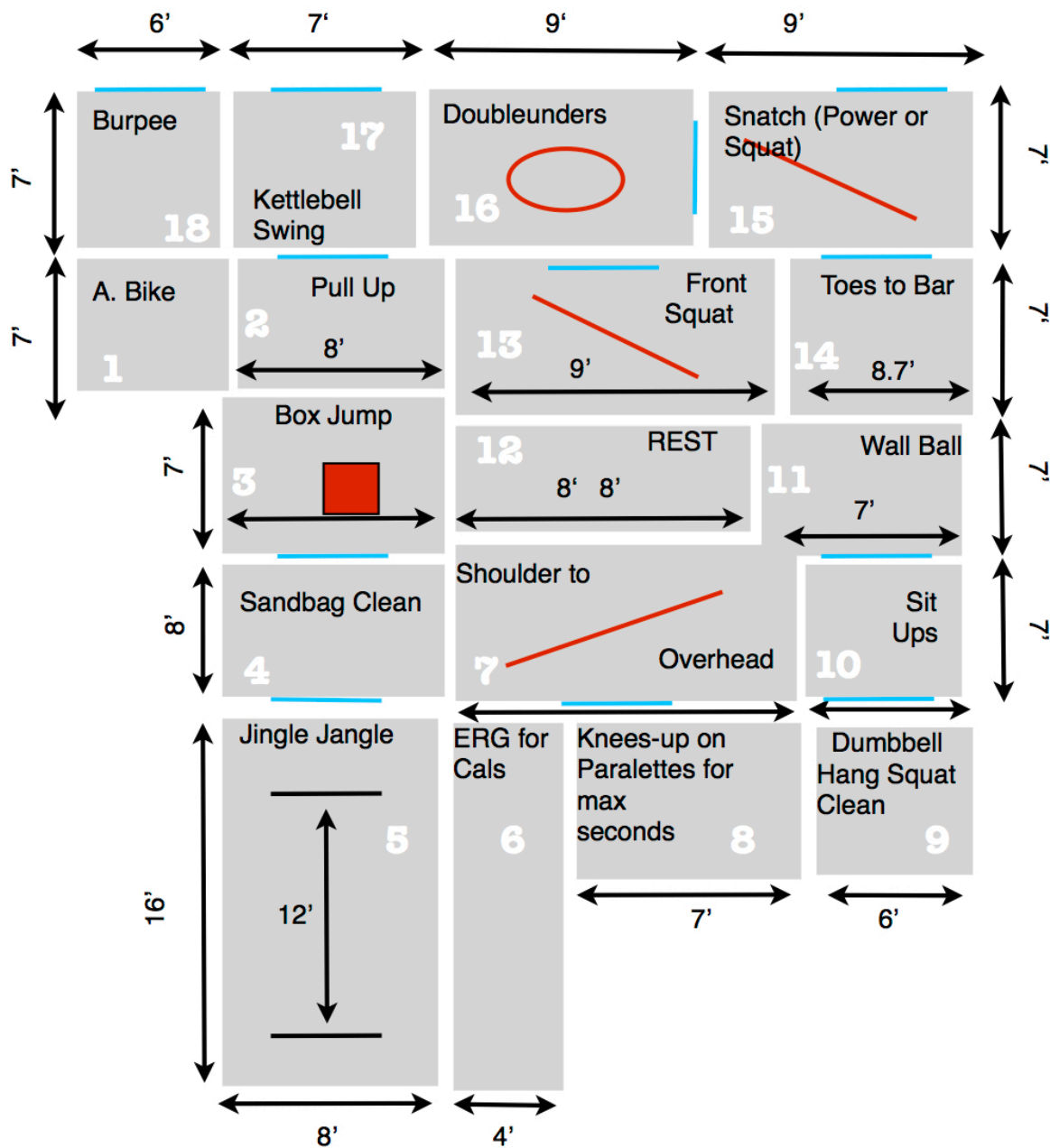
2018 ALLSTAR ROUND-UP WODS



NOV. 10, DAY 1
 'DRAGONSLAYER'
 'A CLOCKWORK ORANGE'
 'DAZED & CONFUSED'

NOV. 11, DAY 2
 'MYSTERY WOD'
 'RAGING BULL'
 'FINALS FOR TOP 4'

DRAGONSLAYER



1-18

= Designated area for movement, numbered in order of execution



= Barbell



= Box



= Indicated direction athlete must face while executing movement

“Dragonslayer”

Athletes enter a 18 Level circuit WOD, conga-line style. Amass as many repetitions as possible in each movement. 45 seconds of work, with 15 seconds of rest/transition time to the next element. Athletes enter and exit through the same athlete chute (PR Portal). This is the largest Dragon yet, an 18 minute total WOD. Score in max reps.

The original 2013 ‘Enter the Dragon’ WOD was an 8 station system. In 2014 ‘Return of the Dragon’ became a 14 station system. In 2015 ‘Dragon Duet’ was a 4 station system of ‘couplets’. In 2016 we put the Dragon to rest. In 2017 we brought the ‘The Mother of Dragons’ back in a 14 station system. And this year in 2018, we’ve made the Dragon bigger and badder than ever, into an 18 station system, the ‘Dragonslayer’, and have kept the original resting station in the center. ENJOY!

Elements Performed In This Order	Open	Scaled & Teens 15/17	Masters 39+ years	Masters 50+ years	Kids 11-14
Assault Bike	Assault Bike	Assault Bike	Assault Bike	Assault Bike	Assault Bike
Pull Up	Pull Up or Ring Row (R.Row optional but will not score higher than P. Ups)	Pull Up or Ring Row (R.Row optional but will not score higher than P. Ups)	Pull Up or Ring Row (R.Row optional but will not score higher than P. Ups)	Pull Up or Ring Row (Ring Row optional but will not score higher than P. Ups)	Pull Up or Ring Row (R.Row optional but will not score higher than P. Ups)
Box Jump	24”/20” Step ups NOT allowed	20”/16” Step ups OK	24”/20” Step ups NOT allowed	20”/16” Step ups OK	20/16” Step ups OK
Sandbag	95/65	65/45	95/65	65/45	45/25
Jingle Jangle	12’	12’	12’	12’	12’
ERG	ERG	ERG	ERG	ERG	ERG

Elements Performed In This Order	Open	Scaled & Teens 15/17	Masters 39+ years	Masters 50+ years	Kids 11-14
SH to OH	95/65	75/45	95/65	75/35	35/15
Knees-Up Parallettes	Knees-Up	Knees-Up	Knees-Up	Knees-Up	Knees-Up
DB Hang Squat Clean	50/35	35/25	50/35	35/25	25/15
Sit Ups	Sit Ups	Sit Ups	Sit Ups	Sit Ups	Sit Ups
Wall Balls	20/14	14/10	20/14	20/10	8/6
Rest	Rest	Rest	Rest	Rest	Rest
Front Squat	95/65	75/45	95/65	75/35	35/15
Toes to Bar	Toes to Bar(Knee Ups optional but will not score higher)	Toes to Bar(Knee Ups optional but will not score higher)	Toes to Bar(Knee Ups optional but will not score higher)	Toes to Bar(Knee Ups optional but will not score higher)	Toes to Bar(Knee Ups optional but will not score higher)
Snatch	75/55	65/45	75/55	65/45	35/15
Double-unders	Double-unders (Single-unders optional but will not score higher than doubles)	Double-unders (Single-unders optional but will not score higher than doubles)	Double-unders (Single-unders optional but will not score higher than doubles)	Double-unders (Single-unders optional but will not score higher than doubles)	Double-unders (Single-unders optional but will not score higher than doubles)
KB Swing	55/35	35/25	55/35	55/25	25/15
Burpee	Burpee	Burpee	Burpee	Burpee	Burpee

Movement Standards:

***Choosing any of the additional scaling options 'but will not score higher than' required work will bump you down in scoring for the ENTIRE WORKOUT, even if you only perform the option at a single station.

Assault Bike for Calories: At the start, athlete must stand in the designated Assault Bike box, but starting OFF the bike, then upon 3-2-1 GO, athlete may get on the Assault Bike and bike for Calories. When the 45 second work interval is complete, the athlete MUST stop the bike and exit carefully. The seat will be 'pre-set' at a mid range and will not be allowed to be reset. Shorter athlete's may need to stand, taller athletes may feel cramped, but we're all going to use the same settings at mid-range.

Pull Ups: Athlete must not touch the bar, then upon 3-2-1 GO, athlete may get on the bar in the designated area and begins the Pull Up with arms fully extended and feet unsupported while gripping the bar using any preferred grip (overhand, underhand, alternate grip). Athlete will rise to bring chin & plane of face above the plane of the bar. **Option to Ring Row:** Athlete will stand at undesignated point and lean back till arms are extended. Athlete will pull rings to touch chest for the rep to be complete.

Box Jump: The athlete will face the box, on 3-2-1 GO, athlete will use a two foot take off to jump on top of box. Scaled and 50+ Step Ups allowed. Athlete will rise to a standing position ON TOP OF BOX with hips, knees fully extended BEFORE jumping or stepping down (NOT allowed to extend through the jump down). Rebounding Box Jumps OK & performed at your own risk. **Step-Ups allowed for Scaled, Teen, Master 50+, and Kids: Must show full hip extension at the top of the step up.**

Sandbag Clean: Sandbag will be on the ground. Athlete must stand, upon hearing 3,2,1, GO the athlete may bend and the hip to clean up the

Sandbag to the Shoulder. The Sandbag must go on top of and OVER the SHOULDER, to land behind the athlete. Athlete then turns to face the Sandbag, and repeat. Sandbag must NOT go around arm, and must pass OVER the shoulder and not on the side of the shoulder. Athlete NOT ALLOWED TO USE HANDLES ON THE SANDBAG, athlete must only grab the bag itself.

Jingle Jangle: This is a shuttle sprint that starts behind the line, athlete runs to behind the opposite line, BOTH hands must contact the floor behind the line before running back to the opposite line. Athlete will earn 1 rep each time they return to the starting line.

ERG for Calories: Athletes will stand behind the Concept 2 rower (ERG) and upon hearing 3-2-1 GO they may get on the ERG and start rowing to accumulate max calories in 45 seconds. Judges will be responsible for restarting the ERG to zero out the monitor.

Shoulder to Overhead: Barbell will be on the ground. Athlete will remain standing, hands off bar until 3,2,1 GO then athlete may bend down at the hip and grab bar and clean into the front rack. Athlete will begin the Shoulder to Overhead movement in a standing position with hips and knees fully extended and bar in front rack position on the shoulders. Athlete may Press, Push Press, Push Jerk, or Split Jerk the barbell overhead. Or use any other means to get the bar overhead and finish with the elbows, hips, and knees fully extended, or locked out and feet together if the split jerk is performed.

Knees Bent w/ Feet Off Floor on Parallettes: Athlete must stand, then on hearing 3-2-1 GO, athlete may place hands on Parallettes and get feet off the floor any amount, and the knees must remain higher than the hips. If athlete's feet or toes come in contact with the floor, the athlete's attempt is over and the movement is scored. 1 sec = 1 rep. *Athlete is ONLY GIVEN

ONE ATTEMPT. NO RE-ATTEMPTS. Make sure you are ready for your attempt when you take it!

Dumbbell Hang Squat Clean: Athlete must stand until hearing 3-2-1 GO then athlete may pick up Dumbbells and stand. Athlete must pull the dumbbells from any hang position above the knee, the dumbbells must be received at the shoulder and athlete must travel through the squat phase, then stand with the dumbbells controlled at the shoulder to be considered a good rep. NO DROPPING DUMBBELLS OR YOUR SCORE WILL BE ZERO FOR THIS STATION.

Sit Ups: The athlete may begin seated on the floor. The athlete must be touching the toes at the start of 3,2,1 GO. The athlete may then lean back to touch the floor overhead which is required. The athlete may then come back up to seated (WITHOUT TOUCHING FLOOR WITH HANDS) and touch toes at the top of the sit up for the rep to count. The athlete MUST also get the shoulder in FRONT of the hip crease in the top position. IF the athlete does not touch the floor overhead, or if the athlete touches the heel or arch of foot without touching the toes the rep will not be counted. Knees out with soles of feet together OR knees up with feet on floor will both be acceptable as long as the other standards are met.

Wall Ball: At the start, athlete must stand, then upon 3-2-1 GO, athlete may bend at the hips and begin their Wall Ball Shots. The athlete must clearly show their hip crease below the level of the knee in the bottom position of every rep. The ball must clearly hit the target, a wooden beam will act as a clear indicator.

Rest: Athlete can enter the rest station and rest. Athlete may not exit the resting station till the 45 sec. interval is over.

Front Squat: Barbell will be on the ground. Athlete will remain standing, hands off bar until 3,2,1 GO, then the athlete can bend at hips to grab bar and clean up to front rack. First rep may NOT be a squat clean, you must stand tall with hips extended BEFORE you begin your first rep. Athlete begins in front rack position standing, with hips and knees fully extended. Athlete must bring hips below parallel, then rise back into hips and knees fully extended for the rep to count.

Toes to Bar: Athlete must not touch the bar, then upon 3-2-1 GO, athlete begins Toes to Bar with arms fully extended and feet unsupported and behind the bar, while gripping the bar using any preferred grip (overhand, underhand, alternate grip). Athlete will raise feet to the bar and BOTH feet or toes must touch the bar at the same time between the hands for the rep to count. Feet must go behind the bar at the bottom of each rep. **Option to do Knee Up but will not score higher than Toes to Bar:** Same standards apply as Toes to Bar with the exception that the knees must come above the hip crease in the top position, instead of the toes to bar. In the bottom position, the thigh must be vertical or knee behind the bar, hips open.

Snatch (Power or Squat): Athlete will remain standing, hands off bar until 3,2,1,GO then athlete may bend at hip to grab bar. Bar must travel from the floor to overhead in one motion, without any pause. Press outs ok here. Athlete may receive the bar with hip crease above or below parallel, squat or power allowed. Athlete must finish movement with elbows, hips and knees fully extended, standing and locked out. Plates must touch floor to begin next rep.

Doubleunder: Athlete must stand (with rope in hand OK) then upon 3-2-1 GO athlete may perform Doubleunders, the rope must pass under the body two times per jump. **Option to do Singles but will not score higher than doubles:** Athlete must stand (with rope in hand OK) then upon 3-2-1

GO athlete may perform Single jumps, the rope must pass under the body one time per jump. ATHLETES WILL NOT BE PERMITTED TO USE THEIR PERSONAL ROPES. Vinyl ropes will be provided in the designated DU area in lengths of 7' (pink), 8' (green), 9'(blue), & 10'(yellow) with the length designated by the color of the handle. Practice ropes will be available in the warm-up area. Athletes will NOT be permitted to change the length of the ropes.

Kettlebell Swing: Athlete must remain standing, hands off bell until 3,2,1 GO then athlete may bend at the hip to grab Kettlebell. The swing starts at the bottom with the kettlebell bottom of the kettlebell facing down and arms extended. The kettlebell swing is complete when the bell is overhead and the ears are clearly in line of or in front of the arms. Bottom of bell should be as flush to the ceiling as possible, but a slight amount of forward lean will be permitted as long as the other standard is met (ears in line or in front of arms). If the bottom of the bell is facing forward in the top position, that will be considered a 'no rep'.

Burpee: Athlete must remain standing, until 3,2,1 GO then athlete may bend at the hip to begin the Burpee. Athlete must get on the ground so that the chest, hips, top of thighs is clearly in contact with the floor. Then athlete may rise to standing with hips extended, jump off floor any amount at top and touch hands OVER HEAD. Hands touching behind head will NOT be permitted. ANY forward lean in the jumping phase will be considered a 'hips not extended' situation and deemed a 'no rep'.

Judging Goals:

- Lots of action will be going on continuously in this workout. Our goal is to make the judges job as easy as possible...that starts with the athlete executing reps above and beyond the standards so the judge doesn't need to question it.

- Judges will NOT move through with the athlete. Judges will STAY at their respective stations and judge that one respective movement. Judges will be rotated during the 2:00 transition between divisions.
- **Athletes are responsible for possession of their score card at the start. Athletes MUST hand their scorecard to the judge at each station during the 15 second transition. Judges will stay at each respective station. If athlete does not hand the judge their scorecard BEFORE the start of that station, athlete will receive a 'zero' for that station. Athletes will NOT be allowed to retrieve a forgotten scorecard during work intervals. Athletes MAY retrieve a forgotten scorecard during the 15 second transition time.**
- We will be running ALL athletes through the 'Dragonslayer' every minute on the minute, without stopping. You will be assigned a start time and MUST be at your spot in the conga-line in order to enter. **Any athlete not in line will miss their turn, forfeit their score and receive a zero for this event.**



A Clockwork Orange

175m Sled Pull (Forward Facing)
 Then with the clock running, immediately begin...
 For time
 15-12-9
 Thruster
 Target Burpee to 6"
***7:00 Time Cap.**

If the athlete reaches the time cap, the workout will be scored for reps. This Workout is worth 2 scores. Total Sled Drag time is the first score (2.1) Total elapsed time to complete the workout, or as many reps as possible before the time cap is the second score (2.2) Both scores will be worth 100% and valued as individual workouts.

Open Men & Women	Scaled Men & Women	Teen 11-17yrs	Master 39+ Men & Women	Master 50+ Men & Women
50% Bodyweight Thruster	40% Bodyweight Thruster	40% Bodyweight Thruster	50% Bodyweight Thruster	40% Bodyweight Thruster
135/90 Sled	90/70 Sled	100/70 Sled	135/90 Sled	100/70 Sled

Workout Description & Movement Standards:

Athlete must weight in at the judges table at least 1 heat prior to their starting heat. Athlete must enter competition floor during heat change and hold measuring stick under their respective ring target until the target has been adjusted by our staff. (Demo will be provided on event day) Athlete will then move outside to the starting line and stand behind starting line. Sled straps stay off athlete and behind starting line. Upon hearing 3-2-1 GO athlete may strap up however they like, but must face forward and pull sled 175m to the finish line. Upon finish athlete will immediately enter the competition floor and load their barbell with their individual prescribed weight based off of weigh in. Athlete begins to complete 15-12-9 repetition of Thruster & Target Burpees.

Barbells

A 45# Barbell will be used by all Men's Divisions

A 35# Barbell will be used by all Women's Divisions

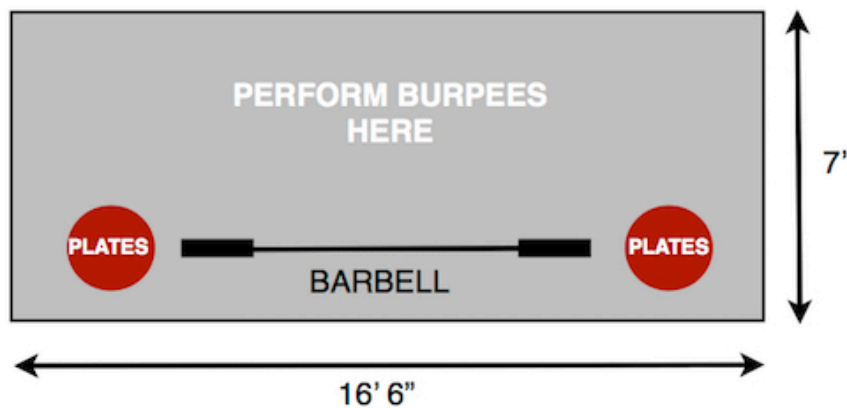
A 15# Barbell may be used for KIDS if needed please let us know ahead of time

Weight

Each lane will be provided with a set of 45, 25, 15, 10, 5, 2.5lbs plates.

Lock Jaw collars will be provided and required.

Lane Set Up



Movement Standards

Target Burpee: Athlete must stay within their lane. Athlete will bring chest and thighs to the ground at the bottom of each Burpee (top of chest, not lower abdomen). Athlete must then rise and touch the target overhead at the top of the Burpee. Both hands must touch the target or touch each other through the target ring. Target will be measured to 6" above the athletes standing reach. (Instructions for measuring athletes TBA. But expect each athlete to get measured during the transition time before their heat. Yes, I just said that.) If athlete performs a 'Good Rep' Burpee at the bottom, but misses the target at the top, they may re-perform the jump to touch target, without having to re-do the entire Burpee.

Thruster: The athlete will need to load their own barbell after they complete the Sled Pull. They will immediately start the Thruster. The Thruster begins with the bar on the floor. The athlete may squat clean the first rep if needed. The athlete must travel through the squat phase in the bottom position with hip crease BELOW parallel. The barbell must be taken directly overhead in the top position with the arms locked out before beginning the next rep. NO DROPPING small plates please (5s or 10s).



WOD#3

dazed + confused

Take 4:00 to find your 1 Rep Max Snatch (USAW Standard applies)

You will be placed in a lane with a Barbell, Plates, Clips, and & Rope.

***You may choose to climb the Rope and earn extra credit weight to be added onto your greatest successful Snatch. There is no minimum work requirement. You do not have to climb the rope, you may begin your Snatch attempts at any time.

1 Rope Climb to 15' = 10lbs

1 Legless Rope Climb to 15' = 15lbs

- You must perform a Snatch. The Snatch may be performed with an unloaded barbell, and the weight of the barbell will count towards your score. If you need lighter bars let us know ahead!
- For the Snatch, there will be no de-loading, so if you miss your Snatch attempt you may not go down in weight.
- Athletes will load their own bar for the Snatch, with collars we provide.
- Once you touch the bar to perform the Snatch, you may not go back to the Rope.

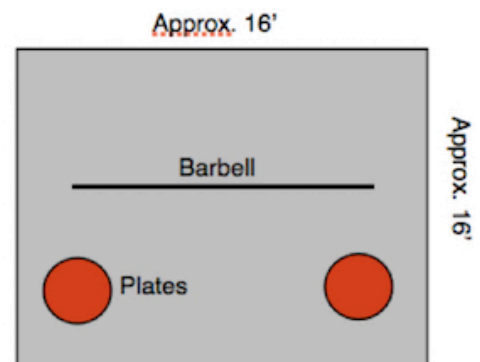
Barbells

A 45# Barbell will be used by all Men's Divisions

A 35# Barbell will be used by all Women's Divisions

A 15# Bar will be used for all KIDS divisions (not teens)

*If you need a lighter barbell please notify us at least 2 days prior to the event.



Weight

Each lane will be provided with a set of 45, 25, 15, 10, 5, 2.5lbs plates.

Lock Jaw collars will be provided and required.

Lane Set Up : The gym will be divided into 4 quadrants, you will have a large area for safety. You MUST stay in your lane.

Movement Standards: 1 RM Snatch: Once the clock starts, the athlete may begin to load their bar, or choose to climb the Rope for Extra Credit pounds.

- Multiple attempts may be made.
- Weight can be added, but not removed.
- The final score is in pounds, highest completed snatch weight from greatest single successful attempt will be counted.
- Athlete must load their own bar, clips required.
- The barbell goes directly from the ground to overhead in one motion WITHOUT a pause at the hip or hang position.
- Only the bottoms of the feet may touch the ground during the Snatch.
- This may be a Power Snatch, Squat Snatch or Split Snatch.
- Arms must lock out on the Snatch, press outs will not be permitted. An imperceptible amount of press out is allowed...any press out that is seen by the judge will be deemed a 'No Rep'.
- Bar may not rest on the body at any point during the Snatch, and bar may not touch the head.
- Movement is complete when the athlete is standing with the load overhead and the knees, hips, and elbows are fully extended. Feet need to come back together if the Split Snatch is executed.
- Nothing, including the barbell, goes outside of the taped area of the athlete's lane...especially when lowering.
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Rope Climb Heights & Standards:

All Divisions: 15 foot rope climb. Athletes climb to reach the 15 foot mark(orange cone), athletes must touch the 15 foot mark with any hand. You are allowed to jump up on the rope to begin your climb, running will probably not be necessary and you will likely not have very much room to run in your lane, but you may get to the rope as fast as you can. You may not drop from the top as this would be dangerous and likely result in injury. You will need to keep your feet on the rope until you are at the bottom 4 feet of the rope and show control before letting go at the bottom of the descent. Safety mats will NOT be provided this year, please use caution. Be mindful of the tail of the rope laying on the ground in order to protect your ankle from rolling when you step off of the rope.

Judging goals:

- Present workouts that are a valid test of fitness with equal judging for all participants.
- Judges will be randomly placed with athletes for each event. You will not have the same judge all day.
- Keep audience engagement with judging positive by making the movements transparent and straight forward.

WOD 4 IS A MYSTERY WOD, YOU WILL NOT KNOW WHAT OR WHERE TO GO TILL SUNDAY MORNING 7AM WHEN IT IS ANNOUNCED AT THE GYM!

WOD #5

'RAGING BULL'



6-5-4-3-2-1

Deadlifts on Ascending Ladder

Workout Description

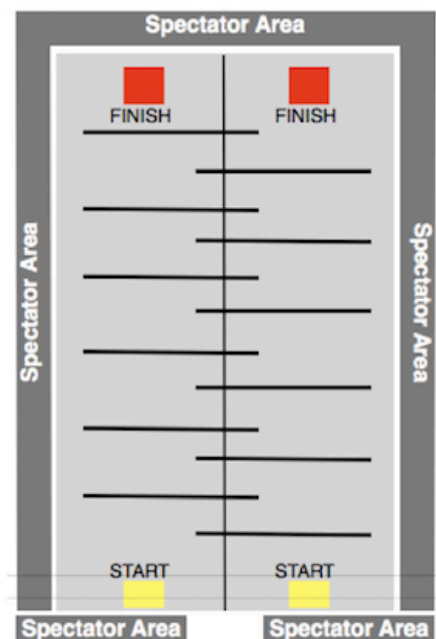
Athletes will be given 90seconds to complete as many reps as possible on the Deadlift Ladder (in the required sequence at each weight). The score will be for reps with time as a tie-breaker. The ladder will have 2 lanes and 2 Athletes will begin at the same time.

On 3,2,1 Go, athletes will travel from starting box to the first bar and complete 6 Deadlifts before moving on to the next bar in front of them (must step over bar, not allowed to go around), to perform 5-4-3-2-1 at each respective weight. Athletes must perform the required reps at the given load in order to move on to the next bar and up the ladder. Athlete may decide at any point along the ladder to stop doing Deadlifts. At that point they will need to run to the end of the ladder, and jump onto the finish platform to stop the clock. The highest score will be rewarded to the athlete who completes the most reps, if multiple athletes perform the same amount of reps, they will be ranked according to finish time as a tie-breaker.

*All athletes must get to the finish box under 90sec. or they will receive a score of zero (0) for the entire workout.

Example of Scoring

Athlete A who performed 17 reps in 73 seconds would place higher than athlete B who performed 17 reps in 75 seconds. Both A&B would place higher than Athlete C who accomplished 15 reps in 45 seconds. A,B & C would all place lower than D who performed 18 reps in 88 seconds.



Open Men/ Women Masters 39+yrs Masters 50+ yrs	Scaled Men/ Women & TEEN 15-17yrs (boys & girls use scaled womens weights)	KIDS 11-14 yrs boys and girls the same	Required repetitions performed at each weight
135/95	95/65	45	6
185/135	135/95	65	5
225/165	185/135	85	4
275/200	225/165	105	3
315/225	275/200	125	2
365/275	315/225	155	1

Deadlift Standard:

Deadlift starts with bar on the ground. This is a traditional Deadlift with the hands outside the knees. Sumo Deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. Deliberate bouncing of the barbell is not allowed. Dropping the barbell after the completion of the repetition is permitted, however barbell must settle before next rep is attempted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.

Judging Goals:

- Judges will be stationed at each bar to judge that particular weight reps. Judges will not be hopping over the bar with the athlete.
- Separate Judges will be strategically placed next to finish box for maximum efficiency when timing athlete finishes.
- Times will be taken down to the 1/100th.

WOD #6 FINALS WILL BE ONLY FOR THE TOP 4 COMPETITORS IN EACH DIVISION. THE FINAL WOD WILL NOT BE ANNOUNCED UNTIL DIRECTLY BEFORE EXECUTION AT THE END OF DAY 2.



WOD#7
Exterior Skill Test Event
Complete this event anytime on day one during
8:00am & 11:00am

‘THE EXORCIST’

One Chance for Max Distance Farmer’s Carry w/ Dumbbells

Athletes will visit The Exorcist tent at anytime on Day 1, Saturday, between 8am to 11am to perform this event. When it is the athlete’s turn, they have one chance at a maximum distance Farmers Carry. The athletes will have a 30 foot area to travel back and forth on (must turn around cone. If the Dumbbells touch the ground at any time, or if the Dumbbells are rested on the body at any time, the attempt will be over and the distance measured down to the last completed foot (measurements will not be taken in inches).

Athletes are only allowed 1 attempt. NO RE-ATTEMPTS ALLOWED.

Dumbbells MUST be carried at your sides. Weights given are for a PAIR of dumbbells.

DROPPING DUMBBELLS DISQUALIFIES YOU AND RESULTS IN A ZERO SCORE.
 Set the dumbbells down.

Open Men/ Women/Master’s Men/Women 39+	Scaled Men/ Women Teen 15-17	Master’s 50+ Men/ Women	KIDS 11-14
70/50	50/35	50/25	25/15

