



ALL DIVISIONS

SCORE CARDS

NOV 14, 2015



WOD 1

“ DRAGON DUET ” - INDIVIDUALS

ATHLETE NAME

X

- OPEN MEN SCALED MEN MASTERS MEN TEEN BOYS
 OPEN WOMEN SCALED WOMEN MASTERS WOMEN TEEN GIRLS

AMRAP / 90 SECONDS ON - 30 SECONDS OFF

SCORE IS DETERMINED BY MAX REPS

Athletes enter a 4 station circuit (The Dragon), conga-line style. As many repetitions as possible in each couplet (AMRAP at each station). Score will be total repetitions added together of all 4 stations combined. 90 seconds of work, with 30 seconds of rest/transition time to the next couplet. Athletes enter and exit through the same athlete chute (PR Portal).

MOVEMENTS - STATION 1

1 2 3 4 5

10 WALL BALLS BOTH AT 10FT TARGET

OPEN - MALE: 20LB FEMALE: 14LB
 SCALED - MALE: 14LB FEMALE: 10LB
 MASTERS - MALE: 20LB FEMALE: 10LB
 TEEN - MALE: 14LB FEMALE: 8LB

10 BOX JUMP OVERS STEP UPS RANKED LOWER

OPEN - MALE: 24IN FEMALE: 20IN
 SCALED / MASTERS / TEEN - MALE: 20IN FEMALE: 16IN

POSSIBLE REPS

20 40 60 80 100

MOVEMENTS - STATION 2

1 2 3 4 5

8 KETTLE BELL SWINGS

OPEN - MALE: 70LB FEMALE: 55LB
 SCALED - MALE: 55LB FEMALE: 35LB
 MASTERS - MALE: 70LB FEMALE: 35LB
 TEEN - MALE: 35LB FEMALE: 25LB

8 LAT. BURPEE OVER SANDBAG

POSSIBLE REPS

16 32 48 64 80

MOVEMENTS - STATION 3

1 2 3 4 5

6 PULLUPS CHIN OVER BAR RING ROWS RANKED LOWER

6 SNATCHES

OPEN - MALE: 95LB FEMALE: 65LB
 SCALED - MALE: 65LB FEMALE: 45LB
 MASTERS - MALE: 95LB FEMALE: 45LB
 TEEN - MALE: 45LB FEMALE: 35LB

POSSIBLE REPS

12 24 36 48 60

MOVEMENTS - STATION 4

1 2 3 4 5

4 DEADLIFTS

OPEN - MALE: 225LB FEMALE: 185LB
 SCALED - MALE: 185LB FEMALE: 155LB
 MASTERS - MALE: 225LB FEMALE: 155LB
 TEEN - MALE: 135LB FEMALE: 95LB

4 HAND RELEASE PUSHUPS KNEE PU RANKED LOWER

POSSIBLE REPS

16 32 48 64 80

**YOUR FINAL SCORE:
FOR TOTAL REPS**

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



WOD 1

“ DRAGON DUET ” - TEAMS

TEAM NAME

X

AMRAP / 2:30MIN ON - 30 SECONDS OFF

SCORE IS DETERMINED BY MAX REPS COMBINED AS A TEAM. PARTNERS PERFORM WHOLE ROUNDS

Athletes enter a 4 station circuit (The Dragon), conga-line style. As many repetitions as possible in each couplet (AMRAP at each station). Score will be total repetitions added together of all 4 stations combined. 90 seconds of work, with 30 seconds of rest/transition time to the next couplet. Athletes enter and exit through the same athlete chute (PR Portal).

MOVEMENTS - STATION 1	1	2	3	4	5	6	7	8	9
10 WALL BALLS MALE: 20LB FEMALE: 14LB BOTH AT 10FT TARGET									
10 BOX JUMP OVERS <input type="checkbox"/> STEP UPS RANKED LOWER MALE: 24IN FEMALE: 20IN									
POSSIBLE REPS	20	40	60	80	100	120	140	160	180

MOVEMENTS - STATION 2	1	2	3	4	5	6	7	8	9
8 KETTLE BELL SWINGS MALE: 70LB FEMALE: 55LB									
8 LAT. BURPEE OVER SANDBAG									
POSSIBLE REPS	16	32	48	64	80	96	112	128	144

MOVEMENTS - STATION 3	1	2	3	4	5	6	7	8	9
6 PULLUPS CHIN OVER BAR									
6 SNATCHES <input type="checkbox"/> RING ROWS RANKED LOWER MALE: 95LB FEMALE: 65LB									
POSSIBLE REPS	12	24	36	48	60	72	84	96	108

MOVEMENTS - STATION 4	1	2	3	4	5	6	7	8	9
4 DEADLIFTS MALE: 225LB FEMALE: 185LB									
4 HRPUS <input type="checkbox"/> KNEE PU RANKED LOWER									
POSSIBLE REPS	16	32	48	64	72	80	88	96	104

**YOUR FINAL SCORE:
FOR TOTAL COMBINED REPS**

TEAM SIGNATURE

X

JUDGE INITIALS

X



WOD 2

“ SNATCH OR BUST ” - INDIVIDUALS

ATHLETE NAME

X

OPEN MEN SCALED MEN MASTERS MEN TEEN BOYS

OPEN WOMEN SCALED WOMEN MASTERS WOMEN TEEN GIRLS

MAX 1RM SNATCH / 4 MIN TIME CAP

SCORE IS DETERMINED BY MAX WEIGHT LIFTED

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.

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.

MOVEMENT

ATTEMPT 1

ATTEMPT 2

ATTEMPT 3

ATTEMPT 4

ATTEMPT 5

1 RM SNATCH

**YOUR FINAL SCORE:
FOR MAX WEIGHT**

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



WOD 2

“ SNATCH OR BUST ” - TEAMS

TEAM NAME

X

MAX 1RM SNATCH / 4 MIN TIME CAP

SCORE IS DETERMINED BY MAX WEIGHT LIFTED

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.

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.

MOVEMENT	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
1 RM SNATCH MALE					

MOVEMENT	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
1 RM SNATCH FEMALE					

**YOUR FINAL SCORE:
FOR MAX WEIGHT**
(MALE + FEMALE ADDED TOGETHER)

TEAMS: Partners will have 4:00 to find their combined total 1RM Snatch. Only 1 bar will be in the lane, partners will need to share/alternate their lifts. NO DELOADING.

TEAM SIGNATURE

X

JUDGE INITIALS

X



WOD 3.1 - 3.3

“ HIGH ROLLER ” - INDIVIDUALS

ATHLETE NAME

X

- OPEN MEN SCALED MEN MASTERS MEN TEEN BOYS
 OPEN WOMEN SCALED WOMEN MASTERS WOMEN TEEN GIRLS

3.1 - FOR TIME / 3.2 - FOR TIME THEN REPS / 3.3 FOR REPS - TIME CAP: 7MIN

Score 1 (WOD 3.1): Time it takes to compete 400m run. (2 laps around upper parking lot)

Score 2 (WOD 3.2): Rope climb/ Alt. DB Snatch portion of the WOD, This time will include time elapsed from the run.

Score 3 (WOD 3.3): Amount of Toes to Bar with remaining time. If you do not get to the 'toes to bar' portion, you score will be the amount of reps completed during WOD 3.2. You will then receive a zero for WOD 3.3

MOVEMENT - 3.1

TIME COMPLETED

400M RUN FOR TIME

**YOUR 3.1 SCORE:
RUN TIME**

MOVEMENTS - 3.2

REPS COMPLETED

REPS POSSIBLE

3 ROPE CLIMBS	<input type="checkbox"/> 9 UP / DOWNS RANKED LOWER		3
21 ALT. SINGLE ARM DUMBBELL SNATCH			24
2 ROPE CLIMBS	<input type="checkbox"/> 6 UP / DOWNS RANKED LOWER		26
15 ALT. SINGLE ARM DUMBBELL SNATCH			41
1 ROPE CLIMB	<input type="checkbox"/> 3 UP / DOWNS RANKED LOWER		42
9 ALT. SINGLE ARM DUMBBELL SNATCH			51

**YOUR 3.2 SCORE:
FOR TIME THEN REPS**

DB Weights - Open-Male: 50lb Female: 35lb Scaled-Male: 35lb Female:35lb Masters-Male:50lb Female: 25lb
Teen-Male:25lb Female: 15lb

MOVEMENTS - 3.3

TOTAL REPS COMPLETED

MAX EFFORT TOES TO BAR

**YOUR 3.3 SCORE:
TOTAL TOES TO BAR**

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



WOD 3.1 - 3.3

"HIGH ROLLER" - TEAMS

TEAM NAME

X

3.1 - FOR TIME / 3.2 - FOR TIME THEN REPS / 3.3 FOR REPS - TIME CAP: 7MIN

Score 1 (WOD 3.1): Time it takes to compete 400m run. (2 laps around upper parking lot)

Score 2 (WOD 3.2): Rope climb/ Alt. DB Snatch portion of the WOD, This time will include time elapsed from the run.

Score 3 (WOD 3.3): Amount of Toes to Bar with remaining time. If you do not get to the 'toes to bar' portion, you score will be the amount of reps completed during WOD 3.2. You will then receive a zero for WOD 3.3

TEAM: Partners will perform the 400m run together, time will be taken when BOTH partners cross the finish line. They will then perform WOD 3.2 as a team and divide up the work as needed. Toes to Bar may be performed by either team member. Open standards apply

MOVEMENT - 3.1

TIME COMPLETED

400M RUN FOR TIME
BOTH PARTNERS MUST CROSS FINISH LINE

YOUR 3.1 SCORE:
RUN TIME

MOVEMENTS - 3.2

REPS COMPLETED

REPS POSSIBLE

3 ROPE CLIMBS 9 UP / DOWNS RANKED LOWER

3

21 ALT. SINGLE ARM DUMBBELL SNATCH

24

2 ROPE CLIMBS 6 UP / DOWNS RANKED LOWER

26

15 ALT. SINGLE ARM DUMBBELL SNATCH

41

1 ROPE CLIMB 3 UP / DOWNS RANKED LOWER

42

9 ALT. SINGLE ARM DUMBBELL SNATCH

51

YOUR 3.2 SCORE:
FOR TIME THEN REPS

DB Weights - Open-Male: 50lb Female: 35lb

MOVEMENTS - 3.3

TOTAL REPS COMPLETED

MAX EFFORT TOES TO BAR

YOUR 3.3 SCORE:
TOTAL TOES TO BAR

TEAM SIGNATURE

X

JUDGE INITIALS

X



WOD 4

“ NEUROLOGICAL SKILL TEST ” - INDIVIDUALS

ATHLETE NAME

X

OPEN MEN

SCALED MEN

MASTERS MEN

TEEN BOYS

OPEN WOMEN

SCALED WOMEN

MASTERS WOMEN

TEEN GIRLS

MAX REPS - ONE CHANCE

SCORE IS DETERMINED BY MAX UNBROKEN REPS COMPLETED

Doubleunders: 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.

Singleunders: 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.

MOVEMENT

REPS COMPLETED

MAX UNBROKEN DOUBLE UNDERS

SCALED - SINGLE UNDERS

SINGLE UNDERS
RANKED LOWER

**YOUR FINAL SCORE:
FOR UNBROKEN REPS**

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



WOD 4

“ NEUROLOGICAL SKILL TEST ” - TEAMS

TEAM NAME

X

MAX REPS - ONE CHANCE

SCORE IS DETERMINED BY MAX UNBROKEN REPS COMPLETED

Doubleunders: 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.

Singleunders: 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.

TEAMS: Each partner will perform a ‘One Chance’ Double Under attempt. Your team score will be the combined number of DUs. Open standards apply.

MOVEMENT

REPS COMPLETED

MAX UNBROKEN DOUBLE UNDERS

SCALED - SINGLE UNDERS

MALE

SINGLE UNDERS RANKED LOWER

MOVEMENT

REPS COMPLETED

MAX UNBROKEN DOUBLE UNDERS

SCALED - SINGLE UNDERS

FEMALE

SINGLE UNDERS RANKED LOWER

YOUR FINAL SCORE:
FOR UNBROKEN REPS
(MALE + FEMALE ADDED TOGETHER)

TEAM SIGNATURE

X

JUDGE INITIALS

X



WOD 5

“ POHAKU HO'OIKAIKA ” - INDIVIDUALS

ATHLETE NAME

X

OPEN MEN

SCALED MEN

MASTERS MEN

TEEN BOYS

OPEN WOMEN

SCALED WOMEN

MASTERS WOMEN

TEEN GIRLS

MAX DISTANCE - TWO ATTEMPTS

SCORE IS DETERMINED BY MAX DISTANCE STONE TOSS

In this event, athletes must throw a stone for maximum distance. 2 Attempts per athlete.

MOVEMENT

ATTEMPT 1

ATTEMPT 2

MAX DISTANCE STONE THROW

OPEN - MALE: 30LB FEMALE: 20LB

SCALED - MALE: 20LB FEMALE: 15LB

MASTERS - MALE: 30LB FEMALE: 15LB

TEENS - MALE: 20LB FEMALE: 15LB

**YOUR FINAL SCORE:
FOR MAX DISTANCE**

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



WOD 5

“ POHAKU HO'OIKAIKA ” - TEAMS

TEAM NAME

X

MAX DISTANCE - TWO ATTEMPTS

SCORE IS DETERMINED BY MAX DISTANCE STONE TOSS

In this event, athletes must throw a stone for maximum distance. (athletes will be given a choice of stone to toss, but they will all weigh relatively the same for each division)

TEAMS: Each partner will perform stone toss for distance. Your team score will be the combined distance between partners. Open standards apply. 2 Attempts per athlete.

MOVEMENT

ATTEMPT 1

ATTEMPT 2

MAX DISTANCE STONE THROW

MALE: 30LB

MALE

MOVEMENT

ATTEMPT 1

ATTEMPT 2

MAX DISTANCE STONE THROW

FEMALE: 20LB

FEMALE

YOUR FINAL SCORE:
FOR MAX DISTANCE
(MALE + FEMALE ADDED TOGETHER)

TEAM SIGNATURE

X

JUDGE INITIALS

X



WOD 7

“ PICK UR BULL & PULL ” - INDIVIDUALS

ATHLETE NAME

X

- OPEN MEN
 SCALED MEN
 MASTERS MEN
 TEEN BOYS
 OPEN WOMEN
 SCALED WOMEN
 MASTERS WOMEN
 TEEN GIRLS

TOTAL LOAD / TIME CAP: 60SECONDS

SCORE IS DETERMINED BY TOTAL LOAD COMPLETED WITHIN TIME CAP

Athletes will be given 60 seconds, to complete as many reps as possible on the Clean Ladder, 'Cleaning of the Bulls'. The score will be for TOTAL WEIGHT. The ladder will have 2 lanes and 2 Athletes will begin at the same time. Progression up the ladder will require athletes to move forward over their barbell, not step around. Athletes may complete as many reps as they would like to at each bar, however they may not skip bars and must perform at least one rep at each bar before moving on to a heavier bar. Once an athlete has moved up the ladder to a heavier bar, they will not be allowed to go back to a lighter bar and must keep moving forward. Only successful lifts will count towards total score (weight). On 3,2,1 Go, athletes will travel from starting box to the first bar and must complete at least one Clean before moving on to the next bar in front of them. They may also perform as many reps if they choose to do so, all lifts will be added together for total combined weight. Athletes will move up the ladder if they choose, but must be on the finish box to complete the workout within 60 seconds.

*All athletes must get to the finish box under 60sec. or they will receive a score of zero (0) for the entire workout.

MOVEMENT	1	2	3	4	5	6	FINISH
OPEN / MASTERS MALE	135LB	155LB	185LB	205LB	225LB	265LB	
COMPLETED							

MOVEMENT	1	2	3	4	5	6	FINISH
OPEN / MASTERS FEMALE	95LB	115LB	125LB	145LB	165LB	185LB	
COMPLETED							

MOVEMENT	1	2	3	4	5	6	FINISH
SCALED MALE	95LB	115LB	135LB	155LB	185LB	205LB	
COMPLETED							

MOVEMENT	1	2	3	4	5	6	FINISH
SCALED FEMALE	65LB	85LB	95LB	115LB	125LB	145LB	
COMPLETED							

MOVEMENT	1	2	3	4	5	6	FINISH
TEEN	35LB	65LB	85LB	95LB	115LB	125LB	
COMPLETED							

**YOUR FINAL SCORE:
FOR TOTAL WEIGHT**

ATHLETE & JUDGE MUST ADD UP BEFORE SIGNING!

ATHLETE SIGNATURE

X

JUDGE INITIALS

X



WOD 7

“ PICK UR BULL & PULL ” - TEAM

TEAM NAME

X

TOTAL LOAD / TIME CAP: 60SECONDS

SCORE IS DETERMINED BY TOTAL LOAD COMPLETED WITHIN TIME CAP

Athletes will be given 60 seconds to complete as many reps as possible on the Clean Ladder, 'Cleaning of the Bulls'. The score will be for TOTAL WEIGHT. The ladder will have 2 lanes and 2 Athletes will begin at the same time. Progression up the ladder will require athletes to move forward over their barbell, not step around. Athletes may complete as many reps as they would like to at each bar, however they may not skip bars and must perform at least one rep at each bar before moving on to a heavier bar. Once an athlete has moved up the ladder to a heavier bar, they will not be allowed to go back to a lighter bar and must keep moving forward. Only successful lifts will count towards total score (weight). On 3,2,1 Go, athletes will travel from starting box to the first bar and must complete at least one Clean before moving on to the next bar in front of them. They may also perform many reps if they choose to do so, all lifts will be added together for total combined weight. Athletes will move up the ladder if they choose, but must be on the finish box to complete the workout within 60 seconds.

*All athletes must get to the finish box under 60sec. or they will receive a score of zero (0) for the entire workout.

TEAMS: Will go down the chute with Female Open standard bars on one side and Mens Open standard bars on the other side. They will perform the workout together for total combined weight.

MOVEMENT	1	2	3	4	5	6
MALE	135LB	155LB	185LB	205LB	225LB	265LB
COMPLETED						

YOUR FINAL SCORE: FOR TOTAL WEIGHT

TEAM SIGNATURE

X

JUDGE INITIALS

X



WOD 7

“ PICK UR BULL & PULL ” - TEAM

TEAM NAME

X

TOTAL LOAD / TIME CAP: 60SECONDS

SCORE IS DETERMINED BY TOTAL LOAD COMPLETED WITHIN TIME CAP

Athletes will be given 60 seconds, to complete as many reps as possible on the Clean Ladder, 'Cleaning of the Bulls'. The score will be for TOTAL WEIGHT. The ladder will have 2 lanes and 2 Athletes will begin at the same time. Progression up the ladder will require athletes to move forward over their barbell, not step around. Athletes may complete as many reps as they would like to at each bar, however they may not skip bars and must perform at least one rep at each bar before moving on to a heavier bar. Once an athlete has moved up the ladder to a heavier bar, they will not be allowed to go back to a lighter bar and must keep moving forward. Only successful lifts will count towards total score (weight). On 3,2,1 Go, athletes will travel from starting box to the first bar and must complete at least one Clean before moving on to the next bar in front of them. They may also perform many reps if they choose to do so, all lifts will be added together for total combined weight. Athletes will move up the ladder if they choose, but must be on the finish box to complete the workout within 60 seconds.

*All athletes must get to the finish box under 60sec. or they will receive a score of zero (0) for the entire workout.

TEAMS: Will go down the chute with Female Open standard bars on one side and Mens Open standard bars on the other side. They will perform the workout together for total combined weight.

MOVEMENT	1	2	3	4	5	6
FEMALE	95LB	115LB	125LB	145LB	165LB	185LB
COMPLETED						

**YOUR FINAL SCORE:
FOR TOTAL WEIGHT**

TEAM SIGNATURE

X

JUDGE INITIALS

X



EVENT SIGNAGE



**VIEW THE LIVE
LEADERBOARDS
ON YOUR PHONES**

[HTTP://2015-ALLSTAR-ROUNDUP.WODCAST.COM](http://2015-ALLSTAR-ROUNDUP.WODCAST.COM)



HOW IS YOUR OVERALL RANK CALCULATED?

THE RANK YOU ACHIEVE FOR EACH WOD IN THIS
COMPETITION WILL CORRESPOND TO POINTS

AT THE END OF THE COMPETITION, YOUR FINAL
OVERALL RANK WILL BE DETERMINED BY THE SUM OF
YOUR POINTS FROM EACH WOD. LOWEST POINTS WINS.

EXAMPLE

