

## WOD #1: Cherry Tart

### 10 Minute Time Cap

#### For Time:

"you go, I go" style.

Buy In 600m Row

15-12-9

KB Swing

Box Jump Overs

Cash Out 600m Row

#### Movement Variations

\*weight, distance, calories, movement skill or size is symbolized as: Men/Women

- KB
  - Rx = #70/53
  - INT = #53/35
  - BEG = #35/26
- Box Jump
  - Rx = 30"/24" (Must Jump Up, but can step down if needed)
  - \*Co-Ed will use one box at 24"
  - INT = 24"/20" (May step up and down or jump up and down)
  - \*Co-Ed will use one box at 20".
  - BEG = 20"/20" (May step up and down or jump up and down)

#### Directions

This workout is performed in a "you go, I go" style.

- Buy In 600m Row:

At the start of the clock Partner 1 begins rowing. Upon rowing 300m partners must switch and then Partner 2 will row the remaining distance until reaching 600m.

- 15-12-9
  - KB Swings
  - Box Jump Overs

The next segment is a 15-12-9 of Kettlebell Swings and Box Jump Overs.

Because this is "you go I go" style, Partner 1 will perform 15 KB swings, then Partner 2 must perform 15 KB swings. Next, Partner 1 performs 15 box jump overs, then Partner 2 must perform 15 box jump overs. This will continue in the same order through 12's of each, and 9's of each.

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- Cash Out 600m Row

After completing the 15-12-9 of KB Swings and Box Jump Overs, Partner 1 will start the final 600m row and perform their 300m split. Upon rowing 300m partners must switch and then Partner 2 will row the remaining distance until reaching 600m. At the conclusion of the final 600m row, a time will be marked as your final score. If you do not finish the workout you will be penalized 1 second for every rep not completed.

### **Special Rules and Tie Break**

\*Tie break will be the time it takes to complete the Buy In 600m Row

\*After the buy in row of 600m is complete the athlete can at that moment, and not any sooner, signal to their partner to begin KB Swings. Partner 1 cannot touch the KB until the 600m has been finished.

\*The Partner who finishes the row cannot begin with KB swings. The order you start in must be held throughout the workout.

\*It is not required that Partners make contact when switching.

\*\*\* DO NOT TOUCH THE HANDLE OF ROWER UNLESS IT IS YOUR TURN TO ROW AND YOU ARE SEATED.

### **Movement Descriptions**

- **Rowing**

- During the buy in row and cash out row Partner 1 may not get off the rower to switch until they have visibly reached 300m. So, there will be no getting off the rower at 294m and letting it coast past 300m.

- The rower will not be pre-set to 600m. It will simply be turned on to just row. The Judge will be responsible for making sure your rower is turned on ready to go before the start of the workout. Athletes may adjust their foot settings and damper settings as needed.

- On the final row Partner 1 may set up on the rower, cut the monitor on, and get ready for the final KB swing to be performed. They may not touch the handle until the final swing is counted. Do not touch the handle until the judge gives the ok on the final rep so that there is not a "No Rep" called and you are starting the row before partner 2 finishes their KB swing reps.

- Judges will mark the time visible on the event Timer at the moment Partner 2 finishes 600m.

- **Kettlebell Swings**

- American KB swings are mandatory for all divisions.

- When starting the swing the KB must pass through the legs first and then be swung above the head into full extension at the top. Simply pulling the KB off the ground straight to the top of the swing will not be permitted.

- The Kettlebell may be pulled off the floor straight through the legs and then swung up, or it may be deadlifted first followed by a swing through the legs and then all the way up. Either way is acceptable as long as the KB swing begins from through the legs.

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- A "snatch" or "elevator" type swing is permitted as long as the arms make a straight line with the ears and the hands finish directly over head. The kettlebell can be bent forward with a flexed wrist and does not have to be perfectly inverted, as long as the arms are in line and the hands are directly over head.
- As usual the hips and knees must be straight or "extended" at the top of the swing.
- For each consecutive swing the KB must return back through the legs before swinging back up.
- **Box Jump Over**
  - Every rep must begin with both feet on the floor. After jumping or stepping up, depending on the division, both feet must make contact with the top of the box.
  - Both feet are not expected to make contact with the box at the same time.
  - After making contact with the top, the athlete must go over the box and down on the other side to complete a rep.
  - Jumping clear over the box is not allowed.
  - Athletes of any division may jump up. Only Rx is required to jump up.
  - Intermediate and Beginner divisions may also step up if needed.
  - Athletes of any division may step down.

## WOD # 2: Off Main

### 11 Minute Time Cap

#### 2 rounds For Time:

With 1 person working at a time.

100 Double Unders

40 Wall Balls

30 Toes To Bar Round 1; 30 Bar Muscle Ups Round 2

20 Overhead Plate Forward Lunges

10 Lateral Burpee to Plate

#### Movement Variations

\*weight, distance, calories, movement skill or size is symbolized as: Men/Women.

- Jump Rope
  - Rx = Double Unders
  - INT = Double Unders, or 2x Singles (2 singles count as 1 double)
  - BEG = 100 Single Unders
- Wall Ball
  - Rx = #20/14 to 10ft/9ft
  - INT = #14/10 to 10ft/9ft
  - BEG = #14/10 to 9ft.

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- Pull Up Bar Movements
  - Rx = Round 1, Toes To Bar; Round 2 Bar Muscle Ups
  - INT = Round 1, Knees To Arms or Toes To Bar; Round 2, Pull Ups
  - BEG = Round 1, Knee or Toes Past 90; Round 2, Ring Rows
- Overhead Plate Forward Lunges.
  - Rx = #45/35
  - INT = #35/25
  - BEG = #25/15
- Lateral Burpee To Plate
  - Use plates provided for overhead lunges

### **Directions**

This workout is performed in a 1 person working at a time style. Teams may partition the repetitions as needed. The workout must be completed in the specific order from top to bottom. All reps of one movement must be complete before moving on to the next movement. For instance, all 100 double unders in round 1 must be complete before doing any wall balls in round 1. This remains true throughout both rounds.

After completing round 1, the pull up bar movement will change to the round 2 variation. The workout is finished at the conclusion of the round 2 lateral burpee to plate.

### **Special Rules and Tie Break**

\*Tie break will be the time it takes to complete the 1st round.

\*It is not required that Partners make contact when switching.

\*Intermediate may do Double Unders or Single Unders. However, there will be 200 singles. 2 of the singles will count as 1 rep of doubles. If you finish an odd number of single unders, your score will be rounded down to the nearest even number for scoring purposes, as half reps aren't going to be recognized. The type of jump rope variation you choose at the beginning is the one you must stick with throughout both rounds of the workout.

\*On round 1 in the intermediate division, athletes are allowed to substitute Toes To Bar for Knees To Arms.

\*\*\* DO NOT TOUCH THE EQUIPMENT IF YOU ARE NOT WORKING. DO NOT PICK UP A PIECE OF EQUIPMENT IF YOUR PARTNER IS STILL FINISHING UP ON REPS. This is particularly important when moving from jump rope to wall balls because if the jump rope partner misses the last rep, the second partner could be starting wall balls too soon in an attempt to predict when their partner's jump rope rep is finished.

### **Movement Descriptions**

- **Double Unders**
  - This is a traditional double under. The rope must pass two times under the feet per one jump.

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- **Single Unders**
  - This is a traditional single under. The rope must pass one time under the feet per jump. A skipping jump is allowed.
- **Wall Balls**
  - The first athlete who starts the wall balls can squat clean the ball from a low position without rising all the way to full extension on the clean of the ball.
  - Athlete's may switch while the ball is in the air.
  - The ball must contact the appropriate height target. No contact of the target = No Rep.
  - When resting, the ball can be held, or leaned against the rig. After resting a squat must be performed before throwing the ball.
  - Only one wall ball target per team.
  - The squat portion of the wall ball demands that the standard full depth squat be performed. Hip crease below the top of the knee is the standard squat depth. This applies to all divisions.
- **Toes To Bar**
  - The movement begins with the athlete hanging from the bar, then the feet must pass behind the plane of the bar and behind the athlete's body.
  - Both feet must swing forward to touch the bar at the same time.
  - Touching shins to the bar is a no rep. The shoe lace area or toe box of the shoe must make contact.
  - Each consecutive rep requires the feet passing behind the plane of the body, and the toes returning to touch the bar.
  - Only one pull up bar per team. Each athlete must face outward away from the rig while performing pull up bar movements.
- **Knees To Arms**
  - The movement begins with the athlete hanging from the bar, then the feet must pass behind the plane of the bar and behind the athlete's body.
  - The knees must swing forward to touch the elbows or triceps at the same time.
  - Each consecutive rep requires the feet passing behind the plane of the body, and knees returning to touch the arms.
  - Only one pull up bar per team. Each athlete must face outward away from the rig while performing pull up bar movements.
- **Knee/Toes Past 90**
  - The movement begins with the athlete hanging from the bar, then the feet must pass behind the plane of the bar and behind the athlete's body.
  - This movement is performed much like knees to arm, but instead of going all the way up to the arm, the knees or toes only have to rise above the crease of the hip past 90 degrees.
  - Only one pull up bar per team. Each athlete must face outward away from the rig while performing pull up bar movements.
- **Bar Muscle Ups**
  - The movement begins with the athlete hanging from the bar in a fully extended position.
  - Muscle ups may be strict or kipping, and will end when the athlete's chest is fully above the bar with the elbows locked out.

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- When returning back down for the following rep, the body must reach a fully extended position at the bottom with the arms straight before ascending to the next rep.
- "chicken winging" is ok.
- **Pull Ups**
  - The movement begins with the athlete hanging from the bar in a fully extended position.
  - The athlete must pull their body up to a point where their chin breaks the plane of the bar.
  - The chin does not have to be literally over the bar in space, but merely over the plane of the bar.
  - Strict, Kipping, and Butterfly Pull ups are allowed.
  - When returning back down for the following rep, the body must reach a fully extended position at the bottom with the arms straight before ascending to the next rep.
- **Ring Rows**
  - The bottom of the rings will be 40 inches from the ground.
  - A piece of tape will be placed on the ground below the rings to mark the center line point.
  - The athlete's feet must step past the center line tape before beginning their reps. The feet must remain past the line during the movement. The feet can go as far past the tape as desired, but that will only make the movement more difficult.
  - To rep must start with the athlete's arms, hips, and knees straight.
  - The rings must be pulled to the arm pits, and the body must remain in an extended position through the hips and knees.
  - The rep will be complete after descending back to the starting position.
  - Kipping reps are not allowed, these are strict ring rows.
  - If the athlete burns out and relies on a kip, they will be given a no-rep.
- **Overhead Plate Lunges**
  - The plate overhead must be held by the arms, and not rested on the head. If the plate is resting on the head, that will be considered a no rep.
  - The elbows can be bent or straight as long as the plate remains over the top of the head.
  - The weight plate should be completely above the head before starting a lunge.
  - Lunges will be performed in an alternating fashion.
  - A piece of tape within the athlete's lane will mark where you are to perform the lunges. The rep must start with both feet behind the tape, and a forward step must be taken in front of the tape. While alternating the lunges, the foot must return back behind the tape, gathered beside the other foot.
  - Only one plate will be provided for each same sex team, and two plates provided for Co-Ed teams.
- **Lateral Burpee to Plate**
  - The repetition will start from a standing position, then the athlete must go down to the ground touching their body to the floor. The judge will be looking for the chest to touch. No chest touching = No rep.
  - All Athletes may step down or up into the burpee position.

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- After getting up from the bottom, a lateral (sideways) hop onto the plate is performed. Both feet must touch the top of the plate, not just the side.
- Rx must hop on and off the plate. Intermediate and beginner divisions may step as needed, however both feet must contact the top of the plate.
- A rep is counted once the athlete has gone down, gotten up, and landed on top of the plate.
- Athletes are allowed to stay bent over during the plate hop portion, and do not need to come to a fully extended hip position.

## WOD #2: Smooth Hoperator Part A

### 9 Minute Running Clock

**0:00 - 6:00 minutes (Max Effort Lift); 6:00-7:00 minutes (Rest/Prepare for Part B)**

At the start of the clock teams will have 6 minutes for both athletes to establish a 1 rep max in the following complex:

1 Rep = 2 Hang Squat Cleans + 1 Jerk

### Movement Variations

\*weight, distance, calories, movement skill or size is symbolized as: Men/Women.

- 2 Hang Cleans
  - Rx = Must perform the hang squat clean variation
  - INT = May perform a squat clean or power clean. If a power clean is done, it must be accompanied by a front squat.
  - BEG = Power Cleans only.
- Jerk
  - Rx = Must perform a split or push jerk
  - INT = May perform any shoulder to overhead variation
  - BEG = May perform any shoulder to overhead variation

### Directions

This workout is performed in a 1 person working at a time style. Each athlete on a team may take as many attempts at any weight they choose during the 6 minutes. If an athlete misses a weight they can go back down and attempt a lighter weight as long it is within the 6-minute time frame. The total weight of both athlete's best lifts is the score for the workout.

At the 6:00 minute mark, there will be a mandatory rest break and this will be time to set up for Part B. If a Team finishes their max lifts and are done before the 6-minute time cap, they may go ahead and prepare their bars for Part B. However, no one on any team may start Part B until the mandatory 1-minute rest break is up.

## **Special Rules and Tie Break**

\*No Tie Break.

\*It is not required that Partners make contact when switching.

\*Co-Ed division will be the only division with two barbells. Otherwise 1 bar will be shared.

\*Each team must notify the judge of the exact weight on the bar that they are attempting.

\*Judges will notify the athlete when a good rep has been achieved, and then the athlete may set the bar down. It will be in the best interest of the athlete to hold the bar overhead as long as necessary until hearing the verbal cue from the judge of good or bad lift.

\*During the rep the bar cannot be put down at any time until it is complete. The bar should be deadlifted to full hip extension before attempting the first Hang Clean.

\*Dropping the weight is allowed, but a lift must start with the bar on the platform, and finish with the bar dropping within the platform's confines.

\*CO-ED: DO NOT PICK UP THE BAR IF YOUR PARTNER IS STILL FINISHING UP THEIR REP. It may be best to roll your bar back off the platform while your partner is lifting.

\*Each platform will have a maximum of #365lbs of weights.

## **Movement Descriptions**

- **Hang Squat Clean**

- The Hang Squat Clean can be performed in any division but is required in Rx.

- This movement begins by deadlifting the bar to full hip extension.

- After performing the deadlift, the bar then descends to any depth as long as the bar doesn't go lower than the knees at any time, for this specific competition.

- A low hang below the knee will be a no rep.

- After cleaning the bar to the shoulders, the athlete must squat simultaneously into a full depth front squat. A hang power clean to front squat will not count for Rx athletes.

- Upon rising from the squat clean, the athlete must achieve full hip and knee extension, as well as gain control of the lift, before starting the second hang squat clean.

- Gaining control of any lift is the equivalent of making sure there is no accessory movement, showing extension of the appropriate joints of the body, and having the feet side by side.

- **Hang Power Clean**

- This variation is only allowed in the Intermediate and Beginner divisions.

- All the same rules apply to this lift as the Hang Squat Clean, except a front squat can be performed after cleaning the bar, and is not done simultaneously.

- **Front Squat**

- In any squat, the hip crease must drop below the top of the knee.

- The squat will be complete after arising from the bottom and reaching full hip and knee extension.

- **Push Jerk**

- This is a shoulder to overhead variation where the feet remain side by side during the lift.

- The standard "re-dip" during the catch phase must be observed and is required

only in the Rx division.

- In order to receive a good rep the athlete must gain control of the lift and finish with feet side by side, knees and hips fully extended, and the bar overhead with arms locked out.

- **Split Jerk**

- This is a shoulder to overhead variation where the feet start from side by side and then split their feet into a lunge or "split" position during the catch phase.

- The standard "re-dip" during the catch phase must be observed and is required only in the Rx division. During the split jerk this typically happens anyway.

- In order to receive a good rep the athlete must gain control of the lift and finish with feet side by side, knees and hips fully extended, and the bar overhead with arms locked out.

- **Shoulder to Overhead**

- This term means that the athlete performing the lift may choose to strict press, push press, push jerk, or split jerk the bar overhead. Intermediate and Beginner divisions are the only ones allowed to perform these variations.

- No matter what shoulder to overhead variation the athlete chooses, they still must gain control to complete the rep.

## **WOD #4: Smooth Hoperator Part B**

### **9 Minute Running Clock**

#### **7:00-9:00 minutes (Max Reps)**

At the 7-minute mark on the clock, teams will have 2 minutes for both athletes to accumulate as many reps as possible of Ground to Overhead.

#### **Movement Variations**

\*weight, distance, calories, movement skill or size is symbolized as: Men/Women.

- Ground to Overhead
  - Rx = #155/115
  - INT = #115/85
  - BEG = #75/55

#### **Directions**

This workout is performed in a 1 person working at a time style. Each athlete on a team may take as many attempts at getting reps as possible in the 2-minute period. The total reps combined of both athletes is the score for the workout.

#### **Special Rules and Tie Break**

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\*No Tie Break.

\*It is not required that Partners make contact when switching.

\*Co-Ed division will be the only division with two barbells. Otherwise 1 bar will be shared.

\*In this case because the reps are so fast, athletes will be no repped instead of being cued when the rep is good has been completed.

\*Snatch, clean and jerk, and any other way possible to get the bar off the ground and overhead is allowed as long as the athlete gains control to finish the lift.

\*Dropping the weight is allowed, but a lift must start with the bar on the platform, and finish with the bar dropping within the platform's confines.

\*CO-ED: DO NOT PICK UP THE BAR IF YOUR PARTNER IS STILL FINISHING UP THEIR REP. It may be best to roll your bar back off the platform while your partner is lifting.

### **Movement Descriptions**

- **Ground To Overhead**
  - The Ground to Overhead means that the athlete can lift the bar up to over their head any way possible. Mostly this includes either the clean and jerk or snatch.
  - During consecutive repetitions, the athlete must fully bring the bar back to the ground every time.
  - In order to receive a good rep the athlete must gain control of the lift and finish with feet side by side, knees and hips fully extended, and the bar overhead with arms locked out.

## **FINALS WOD: RHIZE UP**

This workout will not be announced until the other WOD's have been completed. The top 5 teams from each division will compete in the Finals WOD. This event will be a cumulative score, so all of the WODs for the day and this WOD will count towards a team's final placement.

All that you may know going into event day is the following:

- **Equipment/Movements Involved**
  - 1 x Sixel Keg (1/6 of a Barrel) #60lbs
  - 1 x Half Barrel Keg (standard keg) #160lbs
  - 2 x Assault Bikes
  - Running

\*\*Do not stress about the unknown factors. All teams in all divisions will be able to manage the workout. Especially the top 5 from each division!

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