



QUALIFIER WEEK 3 SCORECARD (ALL)

1:00PM MST, MONDAY, FEB 04, THROUGH 600PM , MONDAY FEB 11TH

WORKOUT 19.6

Complete the following for time:

- 40 Deadlifts
- 30 Pistol Squats
- 20 Ring Muscle Ups
- 30 Pistol Squats
- 40 Deadlifts
- ** 16 Min Time Cap

| DEADLIFTS | PISTOLS | RING MUSCLE - UPS | PISTOLS | DEADLIFTS |
|-----------|---------|-------------------|---------|-----------|
| 40 | 30 | 20 | 30 | 40 |

TIE-BREAKS

| DEADLIFTS | PISTOLS | RING MUSCLE - UPS | PISTOLS | DEADLIFTS |
|-----------|---------|-------------------|---------|-----------|
| | | | | |

**Insert the times that you finish each portion

Note: There are TIE-BREAK Times in this workout. If you have to scale your divisions prescribed weights/movements, then you must submit and "scaled" score.

VARIATIONS:

Elite/Rx

Men will have a loaded barbell @ #255
 Women will have a loaded barbell @ #175

*If you have to scale in your division it will be penalized And the SCALED/NOVICE division weights/ movements Must be used.

ALL MASTERS DIVISIONS

Men will have a loaded barbell @ #225
 Women will have a loaded barbell @ #155

ALL OTHER MOVEMENTS/REPS STAY THE SAME!

*If you have to scale, it will be penalized And the scaled/novice division weights/ movements MUST be used

SCALED/NOVICE

40 Deadlifts
 30 Dumbbell Goblet Squats
 20 Ring Pull - Ups
 30 Dumbbell Goblet Squats
 40 Deadlifts

Men will have a loaded barbell @ #205
 Women will have a loaded barbell @ #125

Men will use a #50 dumbbell for Goblet Squats
 Women will use a #35 dumbbell for Goblet Squats

Men/Women will do Ring Pull-Ups

Scaling the Scaled:

*For those that need further scaling

EXACT SAME REP SCHEME AND ORDER

Men/Women will do 2:1 Ring Rows
 Men will use #35 DB for Goblet Squats
 Women will use #20 for Goblet Squats

Note: All Scaled scores will be ranked below
 A division prescribed score. Only submit "Scaled" on your score card/submit

If you had to scale your divisions Prescribed standards, Otherwise mark Rx.

ATHLETE NAME: _____

PRINT

Rx'd

Scaled

ATHLETE DIVISION: _____

Time Finished _____

OR

Judge Initial _____

REPS COMPLETED _____

TIE BREAK TIME _____

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

Athlete Signature



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MOVEMENT STANDARDS 19.6

PISTOL SQUATS



Each rep of the single-leg squat begins with the hips and knee fully extended on the weight-bearing leg. The other leg must remain in front of the athlete's body.



The hip crease must pass below the top of the knee on the weight-bearing leg, and the athlete must return to full hip and knee extension on the weight-bearing leg at the top. NO other part of the body may touch the ground or it is a NO REP. Athletes can however hold on to the non-working leg.



The athlete will alternate legs each successful rep. If the athlete does No-Rep on one side they do not have to stay on that leg, but must make an actual attempt.

RING MUSCLE UPS



In the muscle-up, athletes must begin with, or pass through, a hang below the rings with arms fully extended (with or without a "false grip") and the feet off the ground.



At the top, the elbows must be fully locked out while in support above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required. Falling away from the rings before fully locking out at the top is a "no rep."



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MOVEMENT STANDARDS 19.6 (Scaled/Novice)

GOBLET SQUATS



The start and finish position of the Goblet squat are the exact same. Athlete begins by standing tall with the DB in the front Goblet position. There is no restriction on the grip, so long as its in the goblet position.



The bottom of the squat must have the hips pass the top of the knee. The dumbbell must continue to be held in the goblet position all the way through the rep. You may not squat clean the first rep!

RING PULL-UPS



In the muscle-up, athletes must begin with, or pass through, a hang below the rings with arms fully extended (with or without a “false grip”) and the feet off the ground.



The finishing position of the Ring Pull-Up is the feet must be completely off the ground and the chin must pass the threshold of the bottom of the ring. (THE INSIDE Part of the Ring). Kipping is allowed!!



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EQUIPMENT

- One Set of Gymnastic Rings
- Barbell
- Dumbbell (**Scaled/Novice**)
- Standard bumper plates (18-in diameter)
- Collars
- Video Recording Device
- All Your Homies

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 equipment are not allowed. If you are unsure, please contact TRCS staff.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbells, barbell and plates to be used so the loads can be seen clearly. Before the workout, the athlete must show the plates used. At the end of the workout, film the barbell being unloaded, and show the weight of the plates in order to clarify the actual load lifted. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire 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 19.6

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.

The barbell will be pre-loaded before the workout.

NOT PICTURED HERE, BUT IMPLIED



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the head and shoulders behind the bar. The arms must be straight throughout. No bouncing.



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- 30 Pistol Squats
- 20 Ring Muscle Ups
- 30 Pistol Squats
- 40 Deadlifts
- ** 16 Min Time Cap

Clock: Using a 16 - Min. Running Clock

WORKOUT 19.6

(Scaled Novice)

Complete the following for time:

- 40 Deadlifts
- 30 Dumbbell Goblet Squats
- 20 Ring Ring Pull - Ups
- 30 Dumbbell Goblet Squats
- 40 Deadlifts
- ** 16 Min Time Cap

Note: There are tie-break times for this work out

VARIATIONS:

Elite/Rx

Men will use a #255 Barbell
Women use a #175 Barbell

*If you have to scale it will be penalized, and the SCALED/NOVICE division Weights/Movements Must be used

Scaled/Novice

This division will have the same rep scheme but different weights and two different movements (explained above)

Deadlifts

Men will use a #205 Barbell
Women will use a #125 Barbell

Goblet Squats

Men will use a #50 Dumbbell
Women will use a #35 Dumbbell

Ring Pull-Ups

Your division will do Ring Pull Ups for this workout

ALL Masters Athletes

All athletes will follow the prescribed rep scheme and movements of the Elite/Rx division with changes in the Deadlift Weight.

Men will use a #225 Barbell
Women will use a #155 Barbell

FURTHER SCALING

Men will use a #185 Barbell must do (60 Deadlifts)
Women will use a #105 Barbell (60 Reps)

Men will use a #35 dumbbell (45 Reps)
Women will use a #20 dumbbell (45 Reps)

Men/Women will use Ring Rows (30 Reps)

NOTES: SCALING

** If you scale the workouts from the prescribed weights or movements within your division, you must submit a scaled score on your scorecard

NOTES: WORKOUT FORMAT

Prior to starting the workout, the athlete will need to set up a barbell loaded with their deadlift weight. The athlete will want to set up their video device to be able to see all movements in frame

This workout begins with the the barbell resting on the floor and the athlete standing tall. After the call of "3,2,1... go" the athlete will deadlift the barbell for 40 repetitions , The athlete will then return the barbell to the floor and complete 30 pistol squats (15/side). The athlete will the complete 20 Ring Muscle Ups. After completing the Muscle Ups, the athlete will come complete 30 more pistols, and finishing up the workout with 40 more deadlifts. The workout is done when the athlete completes all repetitions of the workout, in its order, or the athlete reaches the 16-Min. Time Cap.

If the athlete elects to scale the format or prescribed weights/movements of their particular division, you must report it as a "Scaled" score, and will be ranked after ranking all prescribed scores first.

The Athletes score for 19.6 will be the time all reps are finished or if the time cap was reached it will be the Reps that were completed.

Athlete will also record their Tie Break Score, which is the time of the last completed movement.