

# 2010 Santa Cruz Affiliate Cup

## WOD Criteria

### WOD 1

#### Run

Follow yellow line in parking lot on the way out  
Run around cone at 200m mark  
Follow lane coming back into parking lot

#### Man-Eaters Criteria

Rx: 40/25  
Intermediate/Masters: 30/15  
DB start on ground  
Chest to deck push-up  
Full hip extension on clean  
Hip crease below knee crease on front squat  
Locked out arms overhead w/ full hip and knee extension

#### Points

Each completed 400m run: 10 pts  
Each man-eater: 1 pt/rep  
For a man-eater to be counted, must meet the above listed criteria and the teammate must be completed w/ the 400m run before time runs out

### WOD 2

#### DL Criteria

Rx: 225/155  
Intermediate/Masters: 155/105  
Each DL starts with bar at a dead stop  
Athlete must bring wt to full hip and knee extension  
Bring wt all the way down  
Athlete will be required to open and close hands on bar while plates are at dead stop on ground; thumb may remain on bar, four fingers must extend  
No bouncing, no dropping

#### HSPU Criteria

HSPU variation must be chosen prior to start of workout and adhered to throughout workout  
Skull, not hair, must touch chosen spot  
Arms must lock out before feet come off wall  
For all variations, no kipping allowed

### **Shoulder Press Criteria**

Rx: 95/65

Intermediate/Masters: 65/45 Bar locked out overhead

Bar touches chest on each rep

No knee bend allowed

### **Points**

DLs do not count towards points

Each athlete must complete all 21 reps of DLs before their same gender teammate can begin their 21 DLs

DLs must be completed in order to start attaining points

Each shoulder press: 1 pt/rep

Each HSPU w/ 2 Abmats: 3 pts/rep

Each HSPU w/ 1 Abmat: 6 pts/rep

Each HSPU head to ground: 9 pts/rep

### **Front Squat Criteria**

Rx: 135/95

Intermediate/Masters: 95/65

Each team is responsible for knowing and setting up weight for front squat portion

Teammates may set up bars during HSPU portion of prior event

Each front squat must start and finish w/ full knee and hip extension and bar on shoulders

Hip crease must past knee crease at bottom of squat Athlete may power clean or squat clean barbell off ground but rep will not be counted towards the 21; each front squat, including the first one, must start at the full knee/hip extension position

### **Rope Climb Criteria**

Rope climb variations may be mixed throughout workout

For all non-modified rope climbs, athlete must touch beam

May not jump off rope higher than one foot above ground

Athletes may jump onto the rope

When climbing without feet, athletes may wrap to touch beam

### **Modified Rope Climb Criteria**

Both shoulder blades must touch ground

Hands must start and finish above head

### **Points**

FSs do not count towards points

Each athlete must complete all 21 reps of FSs before their same gender teammate can begin their 21 FSs

FSs must be completed in order to start attaining points

2 modified rope climb: 1 pt

1 regular rope climb w/ feet on the way up and down: 2 pts

1 rope climb w/ no feet on the way up, using feet on way down: 4 pts

1 rope climb w/ no feet up, no feet down: 6 pts

## **WOD 3**

1 rep max snatch

### **Snatch Criteria**

Ground to overhead in one movement

Bar must be received locked out, no pressing out

Full hip and knee extension w/ bar locked out overhead and feet under hips held for 3 seconds

Acceptable variations of lift: power snatch, full snatch, split snatch

### **Points**

Each athlete's highest completed lift will be combined for a total score of points

1 pound: 1 point