

TEST 4 (15.5 REPEAT)

For time:

27-21-15-9

Row calories

Thrusters

♀ 65-lb thrusters

♂ 95-lb thrusters

Time cap: 15 minutes

WORKOUT VARIATIONS

Masters 35-54

♀ 65-lb thrusters

♂ 95-lb thrusters

Teenagers 14-17, Masters 55+

♀ 45-lb thrusters

♂ 65-lb thrusters

NOTES

Prior to starting, set up the floor plan as shown.

This test begins with the athlete seated on the rower with hands off of the handle. After "3, 2, 1 ... go," row 27 calories (counting up). When the rower reads 27 calories, move to the barbell and complete 27 thrusters. After finishing 27 thrusters, move back to the rower and complete 21 calories and 21 thrusters, then 15 calories and 15 thrusters, and finally 9 calories and 9 thrusters.

Your score will be the total time it takes to complete this test. In the event of a time cap, your score will be the total number of repetitions completed before the time cap.

TIEBREAK

There is no tiebreak for this test.

EQUIPMENT

- Tape to mark the floor.
- Concept2 rower.
- Barbell, plates, and collars.*

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the snatches are 20 kg (45 lb), 29 kg (65 lb), and 43 kg (95 lb).

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 test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- A full view of the athlete must be maintained for the entire test.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Make sure lighting does not obstruct the view of the athlete, equipment, or workout area. Glare from the background or dark spaces makes it hard to review videos.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

VIDEO REVIEW PENALTIES

General:

Missing or skipping any repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.

If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled, then added as penalty time.

If a penalty results in a time greater than the time cap, the athlete's score will be adjusted to less than the total number of possible reps at a rate of -1 rep for every 5 seconds over the cap.

A significant number of no reps will result in a 15% Major Penalty.

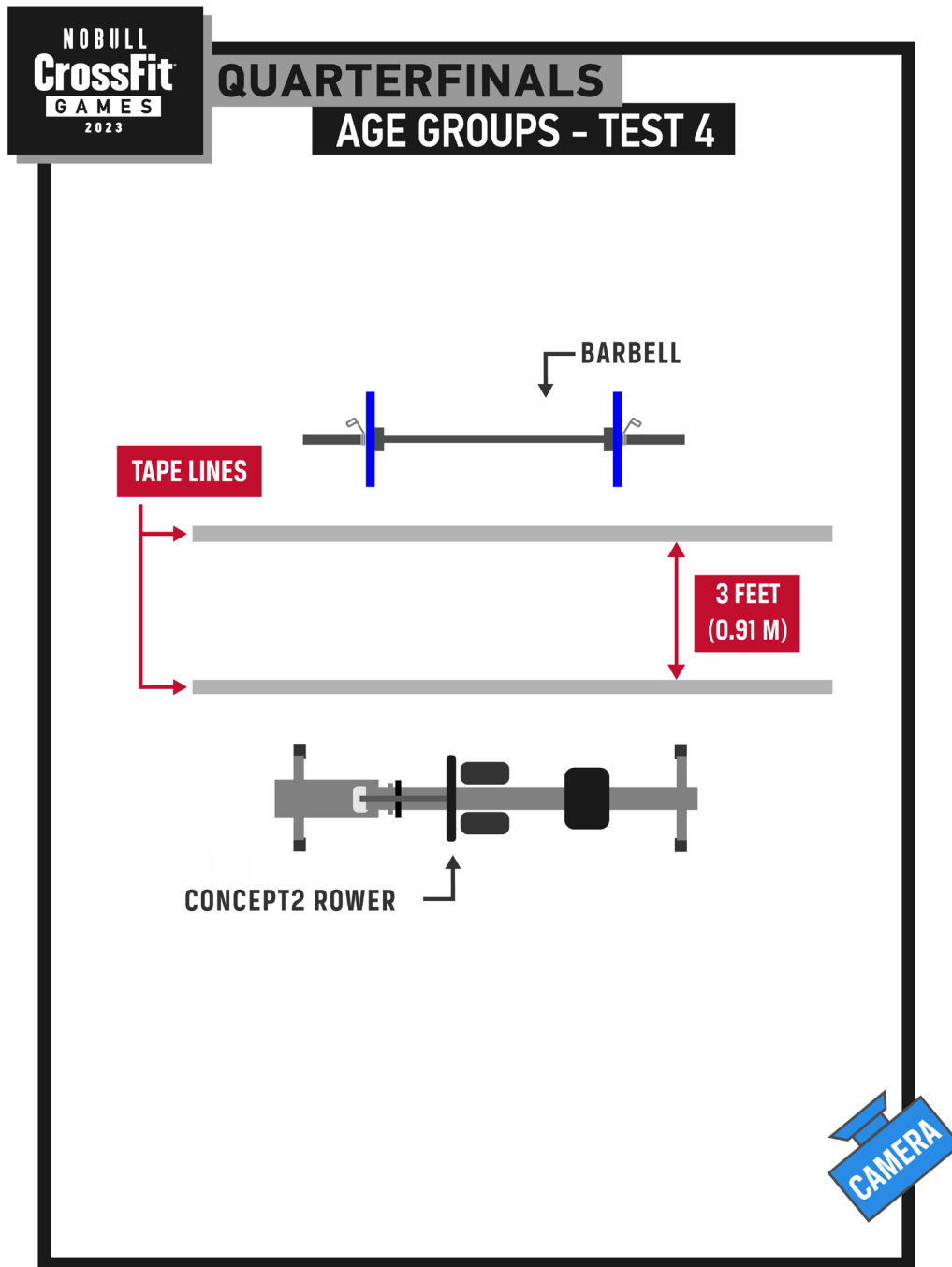
Row:

- False-start penalty - :5 seconds.
- Missed/skipped calories per round - 15 seconds per calorie not rowed.
- If the calories rowed are not clearly displayed after each row, the athlete may receive a 15-second penalty per occurrence.

VIDEO REVIEW ZERO-SCORE VIOLATIONS

The following may result in an immediate zero score:

- Not clearly showing the calories rowed to the camera.
- Using the wrong weight for the thruster.
- Not visually confirming floor measurements on camera.
- Intentionally altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Failure to use a registered Judge.



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MOVEMENT STANDARDS

ROW



- You must use a Concept2 rower.
- The monitor must be clearly visible in your video.
- The monitor on the rower must be set to zero at the beginning of each row.
- You may receive assistance resetting the rower between rounds.
- Start seated on the rower with your hands off the handle until after the call of “3, 2, 1 ... go.”
- You must stay seated on the rower until the monitor reads the designated calories during each round.

THRUSTER



- The athlete and the barbell must remain behind the tape line.
- If the plates or the athlete's feet touch the line at any time, the rep will not count.
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.



- The rep is credited when:
 - The athlete's hips, knees, and arms are fully extended.
 - The bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting their barbell.

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Teenagers 14-17, Masters 55+

♀ 45 lb

♂ 65 lb

27-CAL. ROW	27
27 THRUSTERS	54
21-CAL. ROW	75
21 THRUSTERS	96
15-CAL. ROW	111
15 THRUSTERS	126
9-CAL. ROW	135
9 THRUSTERS	144

Athlete Name _____
Print

Time or Reps at 15 Min. _____

Test Location _____ Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this test. _____
Athlete Signature Date

Athlete Copy

QUARTERFINALS - AGE GROUPS - TEST 4

Athlete Name _____
Print

Time or Reps at 15 Min. _____

Test Location _____ Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this test. _____
Judge Signature Date

SCAN TO SUBMIT SCORE

