



EVENT 5 THROWBACK

PRESENTED BY



Event 5 - For Reps + total KG lifted

5 rounds

50 Double Unders

20 Wall Balls

1 Clean and Jerk

Athletes must commence a new round every 2min

Check your divisions reps and modifications

Weights

Open Male - 9kg Wall Ball to 3m / 10ft | Open Female 45kg / 6kg Wall Ball to 3m / 10ft

Fitness Male - 50 single unders / 6kg Wall Ball to 3m / 10ft

Fitness Female - 50 single unders / 6kg Wall Ball to 2.7 / 9ft

Masters Male (40-50) - 30 double under / 15 wall balls - 9kg to 3m / 10ft

Masters Female (40-50) - 30 double under / 15 wall balls - 6kg to 2.7m / 10ft

Masters Male 50+ - 50 single unders / 15 wall balls - 6kg to 3m / 10ft

Masters Female 50+ 50 single unders / 15 wall balls - 4kg to 2.7m . 9ft

Teen Male - 50 single unders / 15 wall balls - 6kg to 3m / 10ft

Teen Female - 50 single unders / 15 wall balls - 4kg to 2.7m . 9ft

Scoring

This workout is scored by reps completed + kgs lifted, if you are not very proficient with a skipping rope there is no guarantee you will get to the barbell each round, you will however still get credit for the reps completed of double unders and wall balls.

Workout Flow

Athletes may have the barbell loaded to starting weight before the workout commences.

Once the timer starts athletes will have 2min to complete 50 double unders, 20 wall balls and a single clean and jerk, when the timer reaches 2min athletes must commence a new round - regardless of whether they completed all the reps from the previous round.

If an athlete does not complete a successful clean and jerk, they may reattempt the lift as many times as they like as long as its within the 2min window. Athletes are permitted to increase or decrease the weight of the bar throughout the workout. Only whole kg increments are acceptable

Movement Standards

Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts. For divisions completing single unders, the rope only needs to pass under the feet once with each jump - it must however be a two footed jump (not a single foot / alt feet running over the rope)

Wall Ball

In the wall-ball, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Clean and Jerk .

The barbell begins on the ground The barbell must make contact with the shoulders, such that the lift is in two distinct phases, the clean, and then the jerk. Snatching is not permitted

A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the jerk is missed but brought back to the front rack, the Athlete may re-attempt the jerk from there without taking the barbell back to the floor.

Please view the video link for clarification on all the movement standards - note we have made every effort to make the movement standards very clear to keep a level playing field, any attempt to manipulate the movement standards to gain an advantage will result in scores being ruled invalid.

Video Submission

Please video your performance in its entirety and attach a YouTube link when submitting your score to Throwdowns.

We are not looking for a cinematic masterpiece - we just want to see it is YOU doing the work and it matches the score entered. We recommend the WODProof app for recording your workouts, it will watermark the video with your name, workout name and a timer (it also does handy things like remind you to put your phone in flight mode...)

Set your camera up so you can see all the movements being performed, ideally from the side or 45degree to see the hips being opened on squatting movements and bar lock out overhead.

It doesn't matter if the workout is performed in a class setting and there are other people in the video - it just needs to verify it is you, doing the work and meeting the movement standards.

The video submission is there to ensure a fair competition for everyone - if there is any doubt about the validity of the movement meeting the standards, the equipment being used or any other witchcraft the most likely scenario is your score will be ruled invalid.



EVENT 5 THROWBACK

PRESENTED BY 

Scorecard

Athlete Name _____

Division _____

*Note numbers in *italics* are for Masters / Fitness please ensure that you complete the correct rep scheme for your division*

Round #	Double Unders	Wall Balls	Clean and Jerk (kg)	Reps + KG
1	50 / 30	20 / 15		
2	50 / 30	20 / 15		
3	50 / 30	20 / 15		
4	50 / 30	20 / 15		
5	50 / 30	20 / 15		

Total Score (Reps + KG)

Example Score - an athlete completes the double unders and wall balls every round and successfully clean and jerks - 80,80,85,90,90 their score for each round would be

$$50+20+80 = 150$$

$$50+20+80 = 150$$

$$50+20+85 = 155$$

$$50+20+90 = 160$$

$$50+20+90 = 160$$

Giving them a Total score (which gets entered to the leaderboard) of - 775