

BRITISH TEENS & MASTERS CHAMPIONSHIPS 2022

WOD 3 – CLUSTERELLA

12 Minute AMRAP
30 Chest to Bar Pull-Ups
25 Dumbbell Clusters
20 Box Jump Overs
15 Handstand Push-Ups

Tiebreak: at the end of each round, when the final rep of each set of Handstand Push-Ups has been completed, the time should be marked.

WEIGHTS & VARIATIONS

All age groups and divisions will perform the same workout as detailed above, but there will be the following variations and scaled movements.

Variations: Rx 13-15 and Master 55+ - replace Chest to Bar Pull-Ups with Pull-Ups. You are allowed to replace box jump overs with box step overs.

All Scaled Divisions - replace Chest to Bar Pull-Ups with Jumping Pull-Ups and replace Handstand Push-Ups with Dumbbell Push Press. You are allowed to replace box jump overs with box step overs.

All prescribed weights are detailed below.

WORKOUT DESCRIPTION

This workout is for reps, with a 12-minute time cap. The athlete starts under the rig. On the call of 3,2,1, go... the athlete begins the set of 30 Chest to Bar Pull-Ups. The athlete then completes 25 Dumbbell Clusters into 20 Box Jump Overs then into 15 Handstand Push-Ups, which completes the first round and a tie break time is recorded. The athlete then moves back onto 30 Chest to Bar Pull-ups and continues as above until the time cap of 12 minutes is reached.

SCORING

The athlete's score will be the number of reps completed at the end of 12 minutes. The tie break time to officially submit will be the one furthest into workout.

EQUIPMENT LIST

- 2x Dumbbells of appropriate weight for your division.
- Box at appropriate height for your division.
- Wall & level floor surface to bring head to for handstand push up.
- Check the floor plan for set up.



MOVEMENT STANDARDS

Box Heights Rx	Inch	cm
Female 13-15	20	50
Male 13-15	24	60
Female 16-54	20	50
Male 16-54	24	60
Female 55-64	20	50
Male 55-64	24	60
Female 65+	20	50
Male 65+	24	60

Box Heights Scaled	Inch	cm
Female 12-16	20	50
Male 12-16	24	60
Female 30-54	20	50
Male 30-54	24	60
Female 55+	20	50
Male 55+	24	60

Double Dumbbell Rx	kg	lbs
Female 13-15	10	20
Male 13-15	15	35
Female 16-54	15	35
Male 16-54	22.5	50
Female 55-64	10	20
Male 55-64	15	35
Female 65+	10	20
Male 65+	15	35

Double Dumbbell Scaled	kg	lbs
Female 12-16	5	10
Male 12-16	10	20
Female 30-54	8	17
Male 30-54	12	25
Female 55+	5	10
Male 55+	10	20

Movement	
Chest to Bar Pull-Up	<ul style="list-style-type: none"> ● This is a standard chest-to-bar pull-up. ● Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. ● The arms must be fully extended at the bottom, with the athlete's feet off the ground. ● Overhand, underhand, or mixed grip are all permitted. ● The rep is credited when the chest CLEARLY comes into contact with the bar below the collarbone. ● Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.
Double Dumbbell Cluster	<ul style="list-style-type: none"> ● This movement starts with both dumbbells on the floor, the athlete standing tall. ● The athlete will perform a squat clean into a thruster in one fluid movement. ● A power clean followed by a thruster is NOT permitted. The clean from the floor must continue in one smooth motion down to the squat position of the thruster. ● The athlete must pass through a full squat with hips clearly below the knees. ● The dumbbells must come to full lockout overhead with the hips, knees and arms fully extended and the dumbbells directly over the heels, where the Rep will be credited. ● Re-dipping during the press (i.e., performing a jerk) will result in a "no rep." ● A deadlift followed by a hang squat clean is not allowed. ● Touch and go is permitted. Bouncing or dropping the dumbbells is NOT permitted ● Only one head of each dumbbell is required to touch the floor between reps
Box Jump Overs	<ul style="list-style-type: none"> ● A two-foot take off is always required, and only the athlete's feet may touch the box. The athlete must jump on top of the box using a two-foot landing and then jump or step off to the other side. ● Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep. ● There is no requirement to stand tall while on top of the box. ● If any other body part touches the box, the athlete must restart the rep from the same side. ● Rebounding the box jumps IS allowed.

<p>HSPU</p>	<ul style="list-style-type: none"> • Prior to starting, a box that is 36 inches wide and 24 inches deep must be marked on the floor. The measurements must meet the INSIDE LINE of the taped box. • Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. • The feet must remain inside the width of the hands throughout the entire repetition. • At the bottom, the athlete's head makes contact with the ground or target. • If the head and hands are on different surfaces, the surfaces must be level. • For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates. • The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall. • At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms and heels touching the wall. • Kipping is allowed. • The palms of the hands must stay within the INSIDE LINE of the taped dimensions of the box marked on the ground, but the fingers may extend past the line.
<p>Pull Ups (Rx Teen 13-15 and Master 55+)</p>	<ul style="list-style-type: none"> • This is a standard chin-over-bar pull-up. • Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. • The arms must be fully extended at the bottom with the feet off the ground. • At the top of the movement, the chin must break the horizontal plane of the bar. • Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.
<p>Jumping Pull Ups (Scaled only)</p>	<ul style="list-style-type: none"> • For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. • At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. • At the top, the chin must break the horizontal plane of the bar. • Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.
<p>Box Step Overs</p>	<ul style="list-style-type: none"> • When stepping up and over, both feet must make contact with the top of the box.

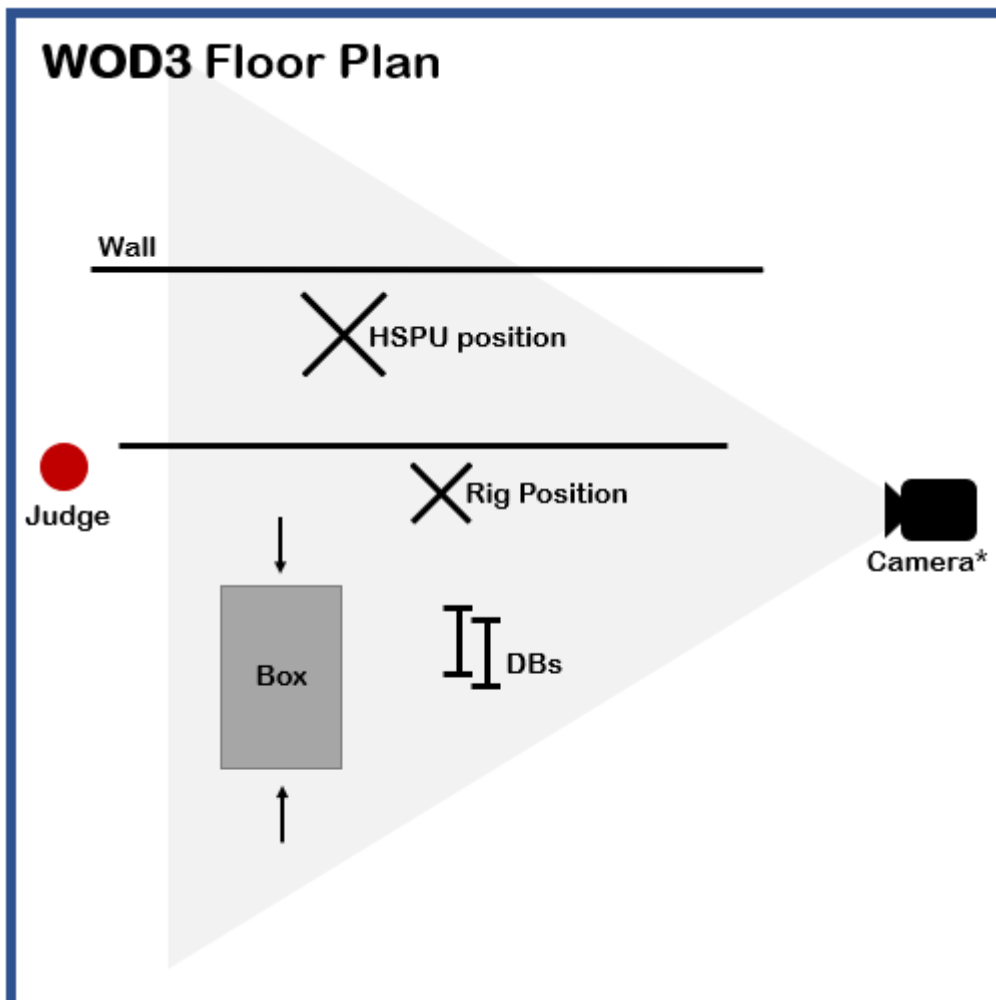


<p>(Scaled, Teens 13-15 & Masters 55+)</p>	<ul style="list-style-type: none"> • There is no requirement to stand tall while on top of the box. • The rep will be counted when both of the athlete's feet touch the ground on the other side of the box. • If any other body part touches the box, the athlete must restart the rep from the same side.
<p>Dumbbell Push Press (Scaled only)</p>	<ul style="list-style-type: none"> • Taking the dumbbells from the floor, the movement begins with the dumbbells at the shoulders. • Dip and drive with the legs while the weight is on the shoulders • Once the dumbbells leave the shoulders, the hips and knees must remain straight until the weight is locked out overhead. • No re-dip of the legs is allowed (i.e., a push jerk or split) • The rep is credited when arms, hips, and knees are fully extended and the dumbbells are directly over or slightly behind the middle of the body, with feet in line.

VIDEO STANDARDS

1. Athlete must state name and division at START of video.
2. Athlete must clearly show (in-focus) close-up of the weight of both dumbbells and the measurement of box height at START of video.
3. Show measurement of handstand push up box, clearly using tape measure (in focus) at START of video.
4. Have all equipment, athlete and judge within frame from start to finish.
5. Ensure camera angle allows for all reps to be clearly seen, including handstand push up lockout.
6. Have a judge present at all times.
7. Your judge must be confident enough to no-rep you, if necessary.
8. Clock in screen at all times, ideally use the WOD Proof App, which has our workouts ready for you to use (search BMC/ BTC).

FLOOR PLAN



* If gym layout does not allow for stationary camera, it is permitted for someone to move the camera, ensuring all movements and judge are visible at all times.

WOD 3 – CLUSTERELLA

SCORECARD (Rx'd 16-54)

12 Minute AMRAP
30 Chest to Bar Pull-Ups
25 Dumbbell Clusters
20 Box Jump Overs
15 Handstand Push-Ups

Tiebreak: at the end of each set of Handstand Push-ups the time should be marked.

30 C2B	30
25 DB Clusters	55
20 BJO	75
15 HSPU	90
	Tiebreak Time:
30 C2B	120
25 DB Clusters	145
20 BJO	165
15 HSPU	180
	Tiebreak Time:
30 C2B	210
25 DB Clusters	235
20 BJO	255
15 HSPU	270
	Tiebreak Time:
30 C2B	300
25 DB Clusters	325
20 BJO	345
15 HSPU	360

Time or Reps at 12 minutes:



WOD 3 – CLUSTERELLA

SCORECARD (Rx'd 13-15 & 55+)

12 Minute AMRAP
30 Pull-Ups
25 Dumbbell Clusters
20 Box Jump Overs
15 Handstand Push-Ups

Tiebreak: at the end of each set of Handstand Push-ups the time should be marked.

30 Pull-Ups	30
25 DB Clusters	55
20 BJO	75
15 HSPU	90
	Tiebreak Time:
30 Pull-Ups	120
25 DB Clusters	145
20 BJO	165
15 HSPU	180
	Tiebreak Time:
30 Pull-Ups	210
25 DB Clusters	235
20 BJO	255
15 HSPU	270
	Tiebreak Time:
30 Pull-Ups	300
25 DB Clusters	325
20 BJO	345
15 HSPU	360

Time or Reps at 12 minutes:



WOD 3 – CLUSTERELLA

SCORECARD (Scaled)

12 Minute AMRAP
30 Jumping Pull-Ups
25 Dumbbell Clusters
20 Box Jump Overs
15 Dumbbell Push Press

Tiebreak: at the end of each set of Handstand Push-ups the time should be marked.

30 Jumping Pull-Ups	30
25 DB Clusters	55
20 BJO	75
15 DB Push Press	90
	Tiebreak Time:
30 Jumping Pull-Ups	120
25 DB Clusters	145
20 BJO	165
15 DB Push Press	180
	Tiebreak Time:
30 Jumping Pull-Ups	210
25 DB Clusters	235
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15 DB Push Press	270
	Tiebreak Time:
30 Jumping Pull-Ups	300
25 DB Clusters	325
20 BJO	345
15 DB Push Press	360

Time or Reps at 12 minutes:



