

Lane:

PIUPID25 E1 Pairs

4 Rounds (3:00 On / 1:00 Off)

200m Run (each athlete)

400m Bike (each athlete)

Max Synchro Alternating Single-Arm Devil Press (22.5/15kg DBs)

Score: Total Synchro Devil Press reps across all 4 rounds.

Time Cap per Round: 3 minutes work + 1 minute rest.

Equipment:

Running track or measured 200m course

Assault Bike / Echo Bike / C2 BikeErg

Male RX: 22.5kg

Female RX: 15kg

Male Scaled: 15kg

Female Scaled: 10kg

Movement Standards:

Run

Each athlete must individually complete 200m. (Whilst partner bikes)

Bike

Each athlete must individually complete 400m bike. (Whilst partner runs)

Console must display completion before athletes can move on.

The bike and run are completed simultaneously. Both athletes will complete run and bike.

Synchro Alternating Single-Arm Devil Press

Start position: Both athletes standing, Dumbbells on the floor.

Burpee phase: Chest and thighs must touch the floor. Both athletes must reach this point together before standing up.

DB swing & press: From floor, athletes bring DB to overhead in one motion (ground-to-overhead).

Lockout standard: Knees, hips, and arms locked; DB overhead in full control.

Synchro standard: Reps count when BOTH athletes are locked out overhead simultaneously.

Alternating requirement: Athletes must switch arms every rep.

DBs must be placed down under control (no dropping from overhead, rep will not count if dropped)

If athletes are not synchronized at lockout, rep does not count.

Reps are only scored after both athletes complete the run + bike each round.

Scoring

Primary: Total synchro Devil Press reps across 4 rounds.

Scorecard

Team Name: _____

Division: RX ☐ Scaled ☐

Round Run (200m Each) Bike (400m Each) Synchro Devil Press

1 ☐ Completed ☐ Completed _____

2 ☐ Completed ☐ Completed _____

3 ☐ Completed ☐ Completed _____

4 ☐ Completed ☐ Completed _____

Total Synchro Reps: _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____

Team Captain: _____ Signature: _____

PIUPID25 E1 Teams

Lane:

4 Rounds (3:00 On / 1:00 Off)

12 Worm Clean & Jerk

12 Synchro Burpee Over Worm

Max Rope Climbs (any athlete, one at a time, with worm off the ground at shoulder level)

Score: Total Rope Climbs completed across all 4 rounds.

Time Cap per Round: 3 minutes work + 1 minute rest.

Equipment:

Worm (competition standard weight)

15ft climbing rope (or designated comp height)

Movement Standards:

Worm Clean & Jerk

All team members must lift the worm from ground to shoulders (clean).

From shoulders, worm must be driven overhead (jerk) - RX only

Rep is credited when worm is fully overhead with arms, hips, and knees locked, in control.

All athletes must be synchronised at lockout.

Worm must be in control on the shoulder before it is dropped

If whole team doesn't pass the worm over head the rep will not count

Synchro Burpee Over Worm

Athletes to in pairs each side of the worm (male/female)

Chest & thighs to floor.

Athletes must perform burpee simultaneously (synchronised chest to ground).

Two-foot takeoff over worm required (Scaled can step over)

Rep credited when all team members land on opposite side.

Members must burpee inside their designated lane, if part of any team is outside of the lane, the rep will not count

Rope Climb (Scaled - Lay To Stand)

One athlete climbs at a time.

Start from standing position.

Rep credited when athlete touches designated marker at the top with one hand.

Must descend under control (Hands below marker to show control)

Rope climb attempts are only valid once worm work is fully complete in the round.

4 Lay to stand = 1 Rep (scaled can complete RX rope climbs instead)

All athletes must clean worm before Rope Climbs

Worm must be on the shoulders under control before an athlete leaves to complete rope climbs

No reps if worm dropped mid-rep or not synchronized at lockout.

No reps if burpee or jump not performed in synchro.

Rope climbs only count once team finishes worm + burpees each round.

Scoring

Primary: Total rope climbs across 4 rounds.

Scorecard

Team Name: _____

Division: RX ☐ Scaled ☐

Round Worm C&J (12) Synchro Burpee Over Worm (12) Rope Climbs

1 ☐ Completed ☐ Completed _____

2 ☐ Completed ☐ Completed _____

3 ☐ Completed ☐ Completed _____

4 ☐ Completed ☐ Completed _____

Total Rope Climbs: _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____

Team Captain: _____ Signature: _____

Lane:

PIUPID25 E2 Pairs

For Time (10 Minute Time Cap)

3 Rounds

30/25 Cal Row OR 50 Double Unders

25 Box Jump Overs @ 30"

Score: Time to complete all 3 rounds (Or reps completed at 10 minutes)

Equipment:

Concept2 Rower

Speed Rope

30" Plyometric Box

Movement Standards:

Row 30/25 Cal (Scaled 20/15)

Monitor must start at zero before each attempt.

Calories must be fully displayed on the monitor before athlete dismounts.

RX Male athletes: 30 cals, RX Female athletes: 25 cals.

Scaled Male athletes: 20 cals, Scaled Female athletes: 15 cals.

Double Unders 50 (Single Unders 75)

Rope must clearly pass under feet twice for one rep. (once for singles)

Only successful double/single rotations count toward the total.

Rope must begin with athlete in a stationary position.

Box Jump Overs 25 @ 30" (25 @ 24")

Athletes can jump onto the box with two feet (step-ups/partner assistance allowed)

Athletes may clear the box fully, or land on top before stepping down

Athletes MUST step down each rep (rep will not count if any athlete jumps off)

Rep credited when both feet land on the far side of the box

Hands may not be used on the box or leg to assist

Box must be 30" for RX and 24" for Scaled

Each time an athlete completes a rep that will accumulate to the total

Athletes may alternate between row and skipping each round (e.g. if Athlete A rows Round 1, they can do DU's in Round 2, etc.)

Both calories and skipping must be completed before moving to the next element.

Scoring

Primary: Time to complete all 3 rounds or reps completed at 10 minutes

Scorecard

Team Name: _____

Division: RX ☐ Scaled ☐

Round Row / DU Box Jump Overs (25)

1 ☐ Completed ☐ Completed _____

2 ☐ Completed ☐ Completed _____

3 ☐ Completed ☐ Completed _____

Final Time: _____

If Cap Reached: Completed rounds + reps = _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____

Team Captain: _____ Signature: _____

Lane:

PIUPID25 E2 Teams

For Time (10 Minutes Time Cap)

600m Banded Run
25 DB Sync Shoulder-to-Overhead (Right)
25 DB Sync Shoulder-to-Overhead (Left)
200m Banded Run
25 DB Sync Shoulder-to-Overhead (Right)
25 DB Sync Shoulder-to-Overhead (Left)

Dumbbell Load:

RX Male: 22.5kg RX Female: 15kg
Scaled Male: 15kg Scaled Female: 10kg

Score: Time to complete workout (Or reps completed at 10 minutes)

Equipment:

Resistance band for tethered run
Measured 200m running course
Dumbbells (per division standards)

Movement Standards:

Banded Run

All athletes must remain connected via resistance band for the entire run.
Athletes may not let go the band until the distance is completed.

Dumbbell Shoulder-to-Overhead (STO)

DB starts at shoulder in front rack position.
Movement finishes with DB locked out overhead: arms, hips, and knees fully extended, DB stacked over body.
Any variation permitted (strict press, push press, push jerk).
Reps must be completed with designated arm (25 right arm, then 25 left arm).
Synchro standard: Reps count when ALL athletes are locked out overhead simultaneously.
Athletes may divide STO reps as desired but must respect the R/L order.
DB must be placed down under control (no dropping).
Judge will confirm correct arm use and lockout on each rep.

Scoring

Primary: Time is taken after team has completed all reps and crossed the finish line or reps completed at 10 minutes

Scorecard

Team Name: _____
Division: RX ☐ Scaled ☐

600m Run ☐ Completed
Right STO – ☐ 25 Reps, Left STO – ☐ 25 Reps
200m Run ☐ Completed
Right STO – ☐ 25 Reps, Left STO – ☐ 25 Reps

Final Time Or Completed Reps (Run = 1 Rep): _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____
Team Captain: _____ Signature: _____

PIUPID25 E3 & 4 Pairs

Lane:

For Time (Scored in two parts)

0:00 – 5:00 (Relay)

4 Rope Climbs
8 Burpee Over Bar
12 Hang Snatch (60/40kg)

5:00 – 10:00 (Relay)

12 Toes-to-Bar
8 Burpee Over Bar
6m Overhead Lunge (60/40kg)

Format: Complete all or as much of the workload in Part 1 before moving on. At 5:00, begin Part 2.
Score: Time to complete both parts. If not completed, score = total reps completed within each 5 minute block

Equipment

Barbell (60/40kg RX; 40/25kg Scaled)
Pull-up bar for Toes-to-Bar
6m marked lane for overhead lunge
Rope climb station

Movement Standards:

Rope Climb (Lay-to-stand)

Start from standing (Laying down)
Rep credited when athlete touches designated marker at the top with one hand.
Controlled descent required (Hands below marker to show control)
4 Lay to stand = 1 Rep (scaled can complete RX rope climbs instead)
All athletes must clean worm before Rope Climbs

Burpee Over Bar

Chest & thighs touch ground
Must jump over bar with two feet (Scaled can step over)

Hang Snatch

Deadlift Bar then lower bar to above knee (Hang)
Barbell must travel overhead in one motion (no clean & jerk).
Lockout overhead with arms, hips, and knees extended (Bars at 25kg cannot be dropped from overhead)

Toes-to-Bar (Knee Raises)

Rep credited when both feet contact bar between hands at same time (When knees are above hip height)
Feet must break vertical plane behind body each rep.

Overhead Lunge (Front Rack Lunge)

Barbell held overhead in lockout (Front Rack position)
Rear knee touches floor each step and finished feet together
Rep credited when both feet fully cross 6m line stood up with bar overhead (Front Rack position)
Time is completed when second athlete completes final lunge, or time cap is reached.

Scoring

Primary: Time to complete entire workout (both athletes finish).
If Cap Reached: Combined reps completed (Athlete 1 + Athlete 2).

Scorecard

Team Name: _____
Division: RX ☐ Scaled ☐

Part 1 Athlete A (0–5 min) Rope Climb (4) ☐ Burpee (8) ☐ Snatch (12) ☐
Part 1 Athlete B (0–5 min) Rope Climb (4) ☐ Burpee (8) ☐ Snatch (12) ☐ Time/Reps Completed _____

Part 2 Athlete A (5–10 min) TTB ☐ Burpee ☐ OHL ☐
Part 2 Athlete B (5–10 min) TTB ☐ Burpee ☐ OHL ☐ = Time/Reps Completed _____

Part 1 (Time/Reps) Completed: _____
Part 2 (Time/Reps) Completed: _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____
Team Captain: _____ Signature: _____

PIUPID25 E3 Teams

Lane:

AMRAP10

In Pairs – You Go, I Go (YGIG)

1 Synchro Sandbag Clean + Synchro Sandbag Carry

Add +1 Clean each round

Load:

RX Male: 60kg (TBC)

RX Female: 40kg

Scaled Male: 40kg

Scaled Female: 30kg

Score: Total completed rounds + reps within 10 minutes.

Equipment

Competition-standard sandbag (60kg / 40kg / 30kg)

Marked lane for sandbag carry (distance set by event layout)

Movement Standards:

Sandbag Clean

Sandbag starts on the ground.

Athlete must lift sandbag from ground to shoulder

Full extension of hips and knees at top required

Rep credited when athlete is standing tall with sandbag resting securely on shoulder with both hands on the bag

Synchro standard: Reps count when BOTH athletes have the bag on their shoulder and are locked out simultaneously.

Sandbag Carry

Athlete must carry the sandbag along the marked lane (distance set by competition).

Athlete must remain in control of sandbag for the full carry distance in a bear hug carry.

Both feet must cross the line at the end of the lane.

Rep credited when sandbag is back on the start line of designated carry zone.

Synchro standard: Reps count when BOTH athletes have the bag back on the start line simultaneously.

You Go, I Go (YGIG)

Pairs alternate after completed rounds.

Example: Male/Female Pair 1: completes 1 clean + carry,

Male/Female Pair 2: then does the same.

Next round, each must complete 2 cleans + carry, and so on.

Athletes may not assist each other during the work.

Reps are only credited if both the clean(s) and carry are completed.

Belts can be used but athletes CANNOT rest sandbag on the belt

Scoring

Primary: Total rounds + reps completed in 10 minutes.

Scorecard

Team Name: _____

Division: RX ☐ Scaled ☐

1	1 Clean + Carry _____	1 Clean + Carry _____
2	2 Cleans + Carry _____	2 Cleans + Carry _____
3	3 Cleans + Carry _____	3 Cleans + Carry _____
4	4 Cleans + Carry _____	4 Cleans + Carry _____
5	5 Cleans + Carry _____	5 Cleans + Carry _____
6	6 Cleans + Carry _____	6 Cleans + Carry _____
7	7 Cleans + Carry _____	7 Cleans + Carry _____
8	8 Cleans + Carry _____	8 Cleans + Carry _____
9	9 Cleans + Carry _____	9 Cleans + Carry _____
10	10 Cleans + Carry _____	10 Cleans + Carry _____

Additional Rounds:

Total Rounds + Reps: _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____

Team Captain: _____ Signature: _____

Lane:

PIUPID25 E5 Pairs

AMRAP8

You Go, I Go (YGIG)

1 Sandbag Clean + Sandbag Carry

Add +1 Clean each round

Load:

RX Male: 60kg (TBC)

RX Female: 40kg

Scaled Male: 40kg

Scaled Female: 30kg

Score: Total completed rounds + reps within 10 minutes.

Equipment

Competition-standard sandbag (60kg / 40kg / 30kg)

Marked lane for sandbag carry (distance set by event layout)

Movement Standards:

Sandbag Clean

Sandbag starts on the ground.

Athlete must lift sandbag from ground to shoulder

Full extension of hips and knees at top required

Rep credited when athlete is standing tall with sandbag resting securely on shoulder with both hands on the bag

Sandbag Carry

Athlete must carry the sandbag along the marked lane (distance set by competition).

Athlete must remain in control of sandbag for the full carry distance in a bear hug carry.

Both feet must cross the line at the end of the lane.

Rep credited when sandbag is back on the start line of designated carry zone.

You Go, I Go (YGIG)

Athletes alternate after completed rounds.

Example: Athlete 1: completes 1 clean + carry,

Athlete 2: then does the same.

Next round, each must complete 2 cleans + carry, and so on.

Athletes may not assist each other during the work.

Scoring

Primary: Total rounds + reps completed in 10 minutes.

Each clean counts as 1 rep to the total and each half carry counts as 1 rep

Example: At round 5, athlete A completes 5 cleans and their carry and athlete B completes 5 cleans and half the carry, they will score 4 rounds and 13 reps

Scorecard

Team Name: _____

Division: RX ☐ Scaled ☐

1	1 Clean + Carry _____	1 Clean + Carry _____
2	2 Cleans + Carry _____	2 Cleans + Carry _____
3	3 Cleans + Carry _____	3 Cleans + Carry _____
4	4 Cleans + Carry _____	4 Cleans + Carry _____
5	5 Cleans + Carry _____	5 Cleans + Carry _____
6	6 Cleans + Carry _____	6 Cleans + Carry _____
7	7 Cleans + Carry _____	7 Cleans + Carry _____
8	8 Cleans + Carry _____	8 Cleans + Carry _____
9	9 Cleans + Carry _____	9 Cleans + Carry _____
10	10 Cleans + Carry _____	10 Cleans + Carry _____

Additional Rounds:

Total Rounds + Reps: _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____

Team Captain: _____ Signature: _____

Lane:

PIUPID25 E4 & 5 Teams

Part A – AMRAP 4 (Pairs YGIG)

5 Synchro Hang Snatch
5 Synchro Toes-to-Bar

Part B – Immediately into AMRAP4

5 Bar Muscle-Ups (team total, partition as desired)
12m Handstand Walk (team total, partition as desired)
Max Team Burpees (until 4:00)

Score

Part A = Total rounds + reps completed in 4 minutes
Part B = Total team burpees completed including BMU + HSW

Equipment

Barbell (RX: 60/40kg; Scaled: weight TBC)
Pull-up bar for Toes-to-Bar & BMU
6m marked handstand walk lane

Movement Standards:

Synchro Hang Snatch

Barbell begins from hang (above knees).
Must move to overhead in one motion.
Rep credited when both athletes in working pair are locked out overhead (hips, knees, and arms extended).
Synchro standard: both athletes at lockout together.

Synchro Toes-to-Bar (Scaled Knee Raises)

Both feet must touch bar between hands simultaneously. rep will not count if feet pass under the bar (Knees above hips)
Synchro standard: both athletes' feet touch bar at the same time.

Bar Muscle-Ups (Scaled Jumping BMU)

Athletes may partition as desired. (Scaled will jump from high box and complete 2 reps total)
Rep credited when athlete passes through the dip and reaches support position above bar with arms locked out.
No kipping beyond CF standards (glide kip)

Handstand Walk (Scaled Partner Carry)

Athlete must begin with both hands clearly behind start line.
Forward progress only valid if both hands cross the 6m finish line.
Partial distance not credited.
Partner can be carried in any way
Athletes may break into sections; only full 6m counts (total 12m)

Team Burpees

Chest and thighs must touch the ground.
Two-foot jump required at top with hands on heads.
Reps credited once full burpee standard is completed.
Athletes must perform burpee simultaneously (synchronised chest to ground).
For Part A, athletes alternate (YGIG), but each must complete full 5+5 before tagging other pair
For Part B, athletes CAN share BMU and HSW volume before starting burpees.
Team may only perform burpees once BMU + HSW are completed.

Scoring

Part A (AMRAP 4): Rounds + reps of 5 snatches + 5 TTB.
Part B (4:00 cap): Total burpees after required work.
Final Score: Part A result + Part B burpee total (record separately).

Scorecard

Team Name: _____
Division: RX ☐ Scaled ☐

Part A – AMRAP 4 (YGIG)

Round Hang Snatch (5) TTB (5)

1 _____
2 _____
3 _____

Additional rounds:

Total Rounds + Reps (Part A): _____

Part B – AMRAP4

Movement Requirement Completed

BMU 5 Reps _____
HSW 12m _____
Burpees MAX _____

Total Team Burpees (Part B): _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____
Team Captain: _____ Signature: _____

Lane:

PIUPID25 E6 Pairs

"Synchro Fran"

For Time – 21-15-9

Synchro Thrusters 40/30kg (30/15kg)

Synchro Pull-Ups

Score: Time to complete workout (cap = TBD).

Equipment

Barbell

Pull-up rig

Movement Standards

Synchro Thruster (Front Squat Scaled)

Barbell begins on the ground.

Athlete must clean bar to front rack, then perform a full squat and drive into press overhead.

Hip crease must pass below knee at bottom.

Rep credited when bar is overhead with arms, hips, and knees fully locked out. (No overhead for scaled)

Synchro standard: both athletes must reach bottom of squat together, and lockout overhead together. (No overhead for scaled)

Synchro Pull-Up (Jumping Pull Ups Scaled)

Athletes begin from full hang (Scaled - standing on the ground)

Chin must clearly pass over the bar.

Rep credited when both athletes' chins clear the bar simultaneously.

Kipping and butterfly variations allowed.

Synchro standard: both athletes must achieve chin over bar at the same time.

Athletes must finish all thrusters before moving to pull-ups in each set.

Reps must follow the 21-15-9 scheme exactly.

No advancing early to the next movement or rep range.

Scoring

Primary: Time to complete workout.

If Cap Reached: Total reps completed.

Scorecard

Team Name: _____

Division: RX ☐ Scaled ☐

Round Thrusters Pull-Ups

Round Worm Thrusters Pull-Ups

21 Thrusters/Pull Ups ☐ 21 Reps ☐ 21 Reps

15 Thrusters/Pull Ups ☐ 15 Reps ☐ 15 Reps

9 Thrusters/Pull Ups ☐ 9 Reps ☐ 9 Reps

Final Time: _____

If Cap Reached: Completed reps = _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____

Team Captain: _____ Signature: _____

PIUPID25 E6 Teams

Lane:

"Synchro Fran"

For Time: (Time Cap 10 Minutes)

21 – 15 – 9

Synchro Worm Thrusters
Synchro Pull-Ups (In Pairs)

Score: Time to complete workout

Equipment

Worm (competition standard)
Pull-up rig

Movement Standards

Synchro Worm Thruster (Front Squat Scaled)

Worm begins on the ground.

Athletes must clean worm to front rack, then perform full squat and press overhead in one motion. (Squat only for scaled)

Hip crease must clearly pass below knee at bottom of squat.

Synchro standard: all athletes must reach bottom of squat together, and have hips and knees locked out after the worm has been passed overhead resting on the opposite shoulder (Full lockout only after the squat for scaled)

Synchro Pull-Up In Pairs (Jumping for scaled)

Athletes begin from full hang (Scaled - standing on the ground)

Chin must clearly pass over the bar.

Rep credited when both athletes' chins clear the bar simultaneously.

Kipping and butterfly variations allowed.

Synchro standard: both athletes must achieve chin over bar at the same time.

Pairs can change but must come back to worm to change

Additional Standards

Athletes must complete the thrusters before moving to pull-ups in each set.

Reps must follow the 21-15-9 scheme strictly.

No advancing to next movement until required reps are completed synchro.

Scoring

Primary: Time to complete workout.

If Cap Reached: Total reps completed.

Scorecard (Teams RX & Scaled)

Team Name: _____

Division: RX ☐ Scaled ☐

Round Worm Thrusters Pull-Ups

21 Thrusters/Pull Ups ☐ 21 Reps ☐ 21 Reps

15 Thrusters/Pull Ups ☐ 15 Reps ☐ 15 Reps

9 Thrusters/Pull Ups ☐ 9 Reps ☐ 9 Reps

Final Time: _____

If Cap Reached: Completed reps = _____

Confirmation

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Name: _____ Signature: _____

Team Captain: _____ Signature: _____