



WODdoc Tactical Challenge Coin - “Throttle”

Description & Complete Rules.

You can not simply buy a WDT challenge coin. What you are purchasing is the ability to “earn” a coin. Think of it as an event entry that you can attempt as many times as you want until you achieve it.

To receive your WDT challenge coin you must:

1. Place the desired coin into your cart and complete the checkout process.
2. Print out the PDF target.
3. Film and complete workout as instructed below.
4. Submit video for review.

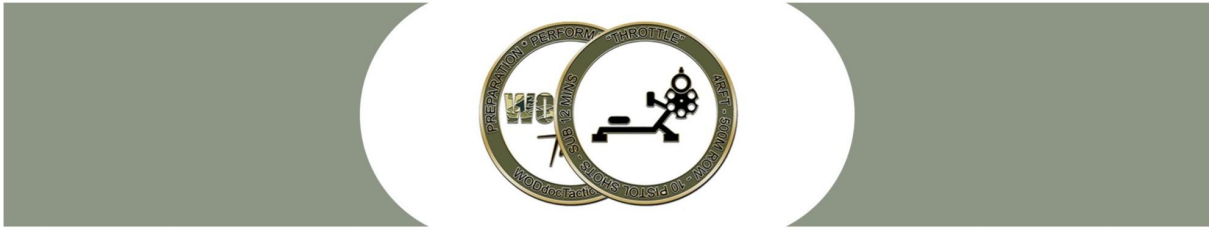
IMPORTANT

Please read carefully. It is your responsibility to complete, film, and submit the workout correctly. **If the workout is not completed correctly or the video is not filmed correctly then your video will be rejected** and you will need to resubmit to receive your WDT Challenge Coin.

Workout Details/Rules

Equipment needed:

1. Printed target - WDT Throttle Coin Target (or 8x11 printer paper)
2. Concept2 Rower
3. Pistol (9mm, 40s&w)
4. 4 magazines
5. Belt and Holster
6. Eye protection
7. Ear protection
8. Timer
9. Measuring Tape
10. Camera
11. Camera stand (optional)



Throttle - workout Details:

4 Rounds For Time:

- 500m Row
- 10 Standing Pistol Shots

Setup:

During set up make sure all targets are placed in a safe direction and proper safety backing is ensured. **WODdoc Tactical assumes no risk** and it is the applicant's sole responsibility to ensure safety.

Target Setup:

1. Take a printed Throttle Coin Target or 8x11 sheet of printer paper and split into 4 pieces. Split by first folding in half from top to bottom and make a tear. Take the remaining two pieces, fold in half widthwise and make a second tear on each. You will be left with 4 - $\frac{1}{4}$ sheets of paper ($4 \frac{1}{4} \times 5 \frac{1}{2}$ inches).
2. Take the 4 - $\frac{1}{4}$ sheets of paper and post them in a single side by side from left to right. Targets must be orientated in the portrait presentation (taller than wide). **There must be at least one target width between each target.**
3. Measure 20 yards from the front of the target to the front of the rower (60ft).

Rower Setup:

1. **Rower must be set to: Intervals: Distance, 500m, Undefined rest.** To do: (press menu > new workout > intervals:distance. Set distance: 500m, set rest: undefined rest max 10 min. Press the check mark in the bottom right of the screen and the rower will open to the workout display and there will be 500m displayed on the meter counter. *For additional information visit concept2.com and search "interval distance."

Workout Instructions:

1. Load 4 pistol magazines with 10 rounds each. (If you do not have 4 magazines you can reload your magazines during the workout or have someone else reload for you, but the timer can not be stopped during this process).



2. Athletes must be wearing appropriate belt/holster and pistol must be holstered at all times except during firing sequence.
3. Athletes are required to keep all loaded magazines on person during workout. Magazines do not have to be in magazine pouches, they can be in pockets if additional storage is necessary. Empty magazines do not have to be retained.
4. **Athletes will begin behind the rower, STANDING**, to begin the workout.
5. At the start of go, athletes will address the rower and begin their initial 500m row.
6. When the initial 500m row is complete athletes **MUST STAND UP** and move to either side of the front of their rower to complete their firing sequence. Athletes can not break the plane of the 20 yard mark at the front of their rower.
7. Athletes will engage the first target (far left) with 10 rounds.
8. Upon coming to slide-lock athletes will perform the following clearing sequence.
 - a. Eject magazine
 - b. Release slide forward
 - c. Pull trigger (while pointing at the birm)
 - d. Holster pistol
 - e. Raise both hands in the air and call "CLEAR"
9. Once clear, athletes can return to their rower and begin their second round of rowing.
10. Upon completing their second round of rowing athletes will stand, move to the side of their rower and engage the next target to the right (second from the left) with 10 rounds. Once finished athletes will perform the same clearing procedure as previously instructed before returning to their rower. **Athletes MUST CLEAR after each firing sequence.**
11. This sequence will continue for another 2 rounds.
12. **Time will stop at the end of the clearing procedure of the 4th round.** (when hands are in the air and the athlete calls "CLEAR.")

Scoring:

1. (Total time to complete the workout) + (Shooting penalties) = Net Score
2. 10 sec penalty for each missed shot.
3. There is a maximum of 10 hits per ¼ sheet of paper.
4. Athletes must have a **NET SCORE at or below 12mins** to receive a WDT Throttle challenge coin.

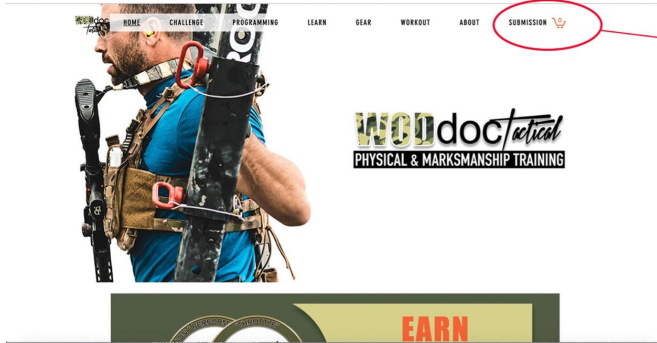


Filming Instructions:

1. **Video must be continuous** from start to finish of the workout including scoring.
2. To begin the video athletes must **state full name** and **name of challenge** completing (*"Hi, this is WODdoc and I am completing the Throttle coin challenge."*)
3. Athletes **must show the target setup** and tape measure validating the 60 foot mark (20yds) to the front of the rower.
4. Athletes must show **proper rower setup** (500m interval distance, undefined rest)
5. During the workout the **camera must be positioned to capture the entire workout** including the athlete, the rower, and the target. It is suggested to be quartered behind the rower.
6. Upon completion of the workout the athlete must grab the camera and walk up to the targets and count hits. **Each target must be clearly visible to be counted.** A close up of each target is suggested.
7. To close out the video the athlete will state **TIME** and **MISSES**.
8. Athletes will then submit their video for review.

Instruction for video submission:

1. Video submission details.
 - a. Upload video to your personal youtube channel and supply the video link via "submission" page on WODdocTactical.com
 - b. Upload your video to google drive and share drive folder to WODdocTactical.com



1. Go To WODdocTactical.com
2. Click on Submission in menu bar

3. Enter Full Name
4. Enter Email
5. Paste URL of your video
6. Submit

VIDEO SUBMISSION DROPBOX

Please fill out each field when submitting videos for validation

Full Name	<input type="text"/>
Email	<input type="text"/>
Paste Video URL here	<input type="text"/>
Submit	<input type="submit"/>



Once complete you will receive an email confirming your video submission. Validated video submissions with appropriate net scores will receive:

1. WDT challenge coin
2. WDT challenge coin sticker

Best of LUCK!
WODdoc