



WODdoc Tactical Challenge Coin - “Hit The Deck”

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 Hit The Deck Target
2. Pistol (9mm, 40s&w)
3. 1 magazine + 15 rounds of ammunition. (can use 2 mags if limited capacity)
4. Eye protection
5. Ear protection
6. Timer
7. Table
8. Measuring Tape
9. Camera
10. Camera stand (optional)

Hit The Deck - workout Details:



5 Rounds For Time:

- 10 Burpee
- 3 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 "Hit The Deck" WDT target printed on a full sheet of 8x11 printer paper and hang it at approximate shoulder height.
2. Target can be found on WODdocTactical.com labeled "Hit The Deck" target or by clicking [here](#).
3. Measure 12 yards (36 feet) from the front of the target and mark firing line.
4. A table/bench/chair can be used and set at the firing line to rest your pistol on but is not required.

Workout Instructions:

1. Load 1 pistol magazine with 15 rounds. (If you have round restricted magazines you may load 2 magazines however you like to make the required 15 round loadout.
2. Place the loaded pistol on safe, pointing down range, on the table/bench/chair set up at the firing line.
3. No belt, holster, or additional equipment is required to be on-person.
4. Athletes will start standing behind the firing line and table/bench/chair, to begin the workout.
5. At the call of of go, athletes will compete 10 burpees (**See Burpee Standard).
6. Following initial 10 burpees the athlete will grab their pistol off the table/bench/chair and perform 3 pistol shots at the printed target.
7. Shooting position is **Free Standing NO Support**. Athlete can not be touching the table/bench/chair or supporting pistol in any way.
8. The athlete will then place their pistol on safe and return the pistol to the table/bench/chair. **Pistol must be facing down range.**



9. The athlete will repeat this cycle for another 4 rounds (5 rounds total = 50 burpees / 15 pistol shots)
10. **Time will stop when the athlete places their pistol on the table/bench/chair following their final firing sequence.**

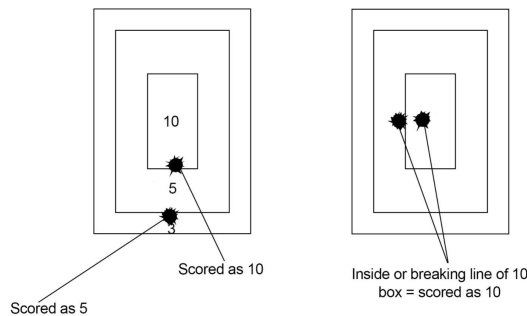
Burpee Standard:

One complete burpee starts with the athlete standing. The athlete must then touch their chest to the ground. The athlete can reach the ground in any fashion (stepping back one leg at a time or jumping back 2 legs a time). Once their chest has touched the ground the athlete must return to a standing position in any fashion (stepping up one leg at a time or jumping up 2 legs a time). Once standing the athlete must jump off the ground high enough that both feet visibly leave the ground. Simultaneously the athlete is required to clap both hands together above their head. This is the completion of one burpee repetition.

Scoring:

1. (Total time to complete the workout in seconds) - (Shooting score from target) = Net Score [Example: 180 secs raw time - 150 shooting score = 30 secs net time]
2. There are 3 rectangle boxes on the “Hit The Deck” target (10 box, 5 box, 3 box). If any part of the bullet hole mark touches the box outline it is counted toward the highest numbered box. See example below. Shots that miss the printed target completely receive a score of 0.
3. There is a maximum of 15 hits and a maximum score of 150.
4. **NET SCORE Standards to receive WDT “Hit The Deck” Challenge coin are as follows:**

- GOLD :40 seconds
- SILVER :60 seconds
- BRONZE :90 seconds



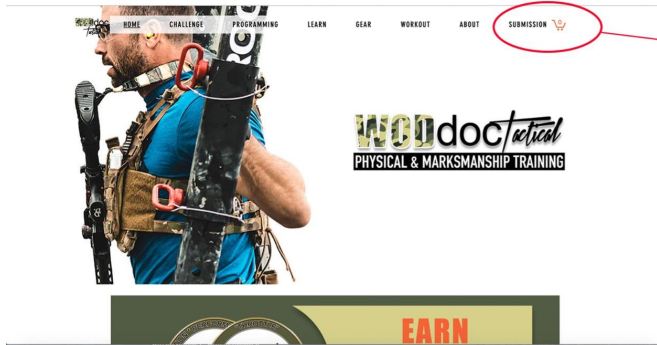


Filming Instructions:

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 Hit The Deck Challenge - Gold Standard."*)
3. Athletes **must show the target setup** and tape measure validating the 36 foot mark (12yds) to the firing line.
4. During the workout the **camera must be positioned to capture the entire workout** including the athlete, and the target. It is suggested to be quartered behind the workout space.
5. Upon completion of the workout the athlete must grab the camera and walk up to the targets and count hits. **Target must be clearly visible to be counted.** A close up of each target is suggested.
6. To close out the video the athlete will state **TIME** and **Target Score**.
7. Athletes will then submit their video for review.
8. Submit at WODdocTactical.com → "Submissions" on menu bar.

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 |
| Email |
| Paste Video URL here |
| 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