

!!! Attention !!! !!! Attention !!!!! Attention !!!

**Athletes Must Perform Clearing Procedures Correctly
or will be disqualified!!!**

**Submission Videos Must be Continuous
or Scores will not be validated!!!**

WORKOUT 2: Be Quick About It

(Read Set-up, Review Clearing Procedure, Review Submission and Filming Instructions)

Sponsored By: Jacked Rabbit Plates

For Time:

Sprint

5 Rifle

Sprint

5 Pistol

Sprint

Target Distance:

Pistol: 15 yrds (45ft)

Rifle: 25 yrds (75ft)

*Must use official FAFO targets or your scores will not be validated and you will not be eligible for any of the prizes in the FAFO prize pool.

*****You need 1 copy rifle / 1 copy pistol*****

Loadout:

Pistol: 1x5

Rifle 1x5

(Magazines can only be loaded to 5 rounds!!)

Loading more than prescribed round count into a magazine = scores will not be verified)

Box Height: No Box

Dumbbell Weight: **2 NEEDED**

70lbs - Mens Elite

50lbs - Mens Intermediate/Masters

50lbs - Womens Elite

35lbs - Womens Intermediate Intermediate/Master

Setup:

1. Place rifle and pistol targets at shoulder height at downrange berm.
4. Rifle and pistol target must be oriented horizontally.
3. Rifle and pistol target can be on the same backer, can be stacked vertically or horizontally, but cannot be overlapping.
5. Measure from targets up range 45 feet --> Make Pistol Firing line.
6. Measure from targets up range 75 feet --> Make Rifle Firing line.
6. Place pistol at pistol firing line, unloaded (can be on table or box)
6. Place rifle at firing line, unloaded (can be on table or box)
7. Place both dumbbells in front of pistol firing line (side closer to targets)
9. Athlete starts behind rifle firing line.
10. **Firearms START UNLOADED.**

Instructions:

1. This workout is for time. You are to complete it as fast as possible and record the time it took you to finish.
2. **Athlete start/finish position:** Start standing behind the rifle firing line.
3. On GO: Athlete sprints down range, grabs **1 dumbbell**, and returns it to the start/finish position.
4. Athlete repeats the cycle by sprinting down range and grabbing their **second dumbbell** and returning it to the start/finish position.
5. Once second weight is placed in the start finish position, the athlete sprints to the pistol firing line, loads pistol and completes 5 pistol shots.

Shooting Position: Standing Unsupported.

6. Following course of fire the athlete **MUST PERFORM COMPLETE CLEARING PROCEDURE!!!**

7. Following clearing procedure, the athlete sprints up range, grabs 1 dumbbell and returns it to **in front of the pistol firing line.**

8. Athlete repeats cycle by sprinting up range, grabbing their second dumbbell and returning it in front of the pistol firing line.

9. Once second weight is placed in front of the pistol firing line, the athlete sprints to the rifle firing line, loads rifle and completes 5 rifle shots.

Shooting Position: Standing Unsupported.

10. Following course of fire the athlete **MUST PERFORM COMPLETE CLEARING PROCEDURE!!!**

11. Upon finishing clearing procedure, the athlete sprints downrange, grab **BOTH dumbbells (must carry both dumbbells)** and sprints across the rifle firing line.

12. Time stops once the athlete and both dumbbells cross the rifle firing line.

13. Record completion time and **keep video running continuously while you go down range to record target hits/misses.**

****Dumbbells can be carried in any way desired****

****Dumbbells can not be rolled or drug****

Clearing Procedure

1. Remove magazine

2. Close bolt /Slide closed
 3. Pull trigger with rifle/pistol facing downrange berm.
 4. Place rifle/pistol down
 5. Raise both athlete's hands in the air and yell out loud "clear!"
- **Failure to perform clearing procedure will result in DQ.****
- ** Failure to have continuous video will result in rejected score.**

Example Clearing Procedure. [CLICK HERE](#)

Scoring:

All misses are +3 secs.

Record time to complete. = Raw Time

Add 3 seconds for any miss.

RAW Time Converted to Seconds + Misses = Score

How to Score Targets:

Bullet hole/grease ring has to be inside or touching any part of the boarder of the target to count as hit.

Filming Instructions:

1. **Video must be continuous from start to finish** of the workout including counting hits on target.
2. To begin the video athletes must state full name and name of workout completing ("Hi, this is WODdoc and I am completing Workout ? of Fitness and Firearms Online Competition)

3. Athletes must show the target setup and cleans targets
4. Show tape measure validating distance to the firing line.
5. Show Box height and weights to validate if applicable.

6. During the workout the camera must be positioned to capture the entire workout including the athlete, and the target, and clock. It is suggested to be quartered behind the workout space.

7. Upon completion of the workout the athlete must grab the camera and walk down to the targets and count hits. Target must be clearly visible to be counted. A close up of each target is REQUIRED on video.

9. Athletes will then submit their score and video URL for review.

Submit at FitnessandFirearmONLINE.com → “Submissions”

Instruction for video submission:

1. Upload video to your personal Youtube channel and supply the video link via “submission” page with workout score on FitnessandFirearmONLINE.com