



SUPER VEL



2026 FAFO Competition

Week 1

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

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

Submission Videos Must be Contneous
or Scores will not be validated!!!

WORKOUT 1: Hold On

Sponsored by: Super Vel

For Time:

**42-30-18 Alternating Dumbbell Snatch
12 Rifle**

Women's Intermediate/Masters Division Only

22-16-10

Target Distance: 20 yards (60ft.)

You need 3 copies of this target

*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.

Loadout: 3 x 12

(3 rifle magazines with 12 rounds ONLY!! in each magazine)

Loading more than 12 rounds a single magazine = scores will not be verified)

If you do not have 3 magazines, have a friend reload them during your work but do not overload mags.

Dumbbell Weights:

50lbs - Mens Elite/Mens Intermediate/Masters

35lbs - Womens Elite/Womens Intermediate Intermediate/Master

Setup:

This workout requires 3 printed targets

Place targets at shoulder height at downrange berm.

Targets can be oriented vertically or horizontally but cannot overlap.
They do not have to be on separate target stands.

Measure 20 yards (60 ft.) up range from targets and mark firing line.

Your workout area can be anywhere behind the firing line But all work must be done in video frame at all times.

You can use a table as shown in the sample video but it is not required.
Firearm must remain at firing line at all times.

Movement Standard:

Alternating Dumbbell Snatch

1. Dumbbell begins on ground.
2. Athlete raises dumbbell directly overhead in one sweeping motion with a single arm.
3. Rep is complete when dumbbell is locked out directly overhead.
3. Dumbbell must be returned to the ground to start the next rep.

****Athlete can switch hands when the dumbbell is returned to ground or anytime during the decent to the ground.**

****Clean and Jerks are NOT allowed.**

Instructions:

1. Start with firearm on table/ground at firing line **UNLOADED !!!**
2. Athlete in the workout area behind the firing line.
3. On Go: Athlete performs 42 (22 WIM only) alternating dumbbell snatches as described above.
4. When finished the athlete approaches the firing line, loads firearm and performs 12 rifle shots.

Firing position is free standing unsupported.

5. Athlete can choose any target but must switch each iteration. Max 12 rounds in each target.
6. Once firing sequence is complete perform Clearing Procedure.

****IF you do not properly perform clearing procedure you will be disqualified and eliminated from all prize eligibility !!!! Safety violations have zero tolerance.**

6. Once hands are raised and athlete announces clear they can turn around and return to the workout area to perform their next round of work.
7. Repeat for round of 30 and 18 (16 and 10 for WIM division)

8. Time stops following final clearing procedure when athlete raises hands and announces "clear."

9. Record completion time (time when athlete hands are raised in the air) and **keep video running continuous while you go down range to record target hits/misses.**

Clearing Procedure: Example [CLICK HERE](#)

1. Remove magazine
2. Rack Slide
3. Pull Trigger with firearm facing downrange berm.
4. Place firearm on table
5. Raise hands in air and announce clear!

Scoring:

All misses are +10 secs.

Time to complete. = Raw Time

Add 10 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 border 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 athlete 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



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WORKOUT 2: Burp and Bang

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

Sponsored By: Vortex Optics

Win a Vortex Enclosed Defender ST in this Work out!!!

Instructions on how to win below.

For Time:

28 - 22 - 16 - 10 Hand Release Burpee Box Over

12 Pistol

Target Distance:

Pistol: 40 ft

*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 4 copies of target 2A and 2B*****

Loadout:

Pistol: 4x12

(4 pistol magazines with 12 rounds ONLY!!)

Loading more than 12 rounds a single magazine = scores will not be verified)

If you do not have 4 magazines have a friend reload a magazine during your work but do not over load mags!!!

Box Height:

All Male Divisions 24"

All Female Divisions 20"

Setup:

1. Place targets at shoulder height at downrange berm.
2. Place all 2A targets in a group. Make a square (2 rows of 2, stacked)
3. Place all 2B targets in a group. Make a square (2 rows of 2, stacked)

4. 2A targets and 2B targets need to be **separated by a minimum of 3 feet. 2A targets on the left, 2B targets on the right.**

5. Measure from targets up range 40 feet --> Make Pistol Firing line.

6. Place pistol at firing line (can be on table or box)

7. Make work area anywhere behind firing line but still in frame.

8. Place box in work area.

9. All work must be done behind associated firing line.

10. **Firearms START UNLOADED.**

Movement Standard: MUST READ !!!

Hand Release Burpee Over Box

1. Athlete starts standing next to box.

2. On one side of the box athlete performs burpee HAND RELEASE

Hand Release = with chest on ground in bottom of push up position. **Hands are raised off ground.**

3. Following hand release the athlete stands and steps up and over to the opposite side of the box.

4. When both feet are on the ground 1 rep is completed.

5. Process repeats for total reps.

****Both feet must make contact with the top side of the box to be considered up and over****

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 position:** Start standing next to box.
3. On GO: athlete performs 28 hand release Burpees over box as described in the movement standard above.
4. Once finished the athlete steps to rifle firing line, loads pistol and completes 12 pistol shots.

IMPORTANT!!! IMPORTANT!!! IMPORTANT!!!

Athletes must start each firing sequence by engaging a 2A target. The smaller target to the left.

Athletes must continue engaging the 2A target until they get a hit.

Once they have successfully made a hit on the 2A target they can engage the corresponding larger 2B target with their remaining rounds in that firing sequence.

Hitting the 2A target is a buy-in to access the larger 2B target.

In orientation, the top left 2A target matches with the top left 2B target,

the top right 2A target matches with the top right 2B target and,

the bottom left 2A target matches with the bottom left 2B target and

the bottom right 2A target matches with the bottom right 2B target.

*During any firing sequence, if you fail to make a hit on that rounds 2A target or if you incorrectly move to the corresponding 2B target without first hitting the 2A target all shots in that firing sequence are counted as misses.

IMPORTANT!!! IMPORTANT!!! IMPORTANT!!!

Shooting Position: Standing Unsupported.

5. Following course of fire athlete **MUST PERFORM CLEARING PROCEDURE.**
- 6.. Following clearing procedure athlete returns to work area for next rounds work.

7. Athlete will repeat cycle for rounds of 22 - 16 - 10.
8. Upon finishing final clearing procedure time stops when athletes hands are in the air and athlete announces CLEAR!
9. Record completion time (time when athletes hands are raised in the air) and **keep video running continuous while you go down range to record target hits/misses.**

How to win a Vortex Enclosed Defender ST

Hit all 2A Targets with your 1st shot in each firing sequence!

Anyone who goes 1 for 1 on all 4 2A targets will automatically be entered to win!

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 +10 secs.

Record time to complete. = Raw Time

Add 10 seconds for any miss.

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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:

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