team

K3

WOD 1

SOUTHERN WARRIORS

FIELD B

TIME CAP: 4+4 MIN

FROM 0 TO 4 MIN

1 POWER SNATCH

1 SQUAT SNATCH

1 OVERHEAD SQUAT

COMPLEX SCORE A

FROM 4 TO 8 MIN

1 POWER CLEAN

1 FRONT SQUAT

1 SHOULDER TO OVERHEAD

COMPLEX SCORE B

SOUTHERN WARRIORS

At 3,2,1 go Athletes will move to the empty barbell, then they can start loading. They will have 4 minutes to find the heaviest complex made up by a Power Snatch, a Squat Snatch and a Overhead Squat. Each Athlete must find his/her heaviest complex. The weight lifted will be their first score.

Once 4 minutes have passed, Athletes will have 4 minutes to find the heaviest complex made up by a Power Clean, a Front Squat and a Shoulder to Overhead. Each Athlete must find his/her heaviest complex. The weight lifted will be their second score.

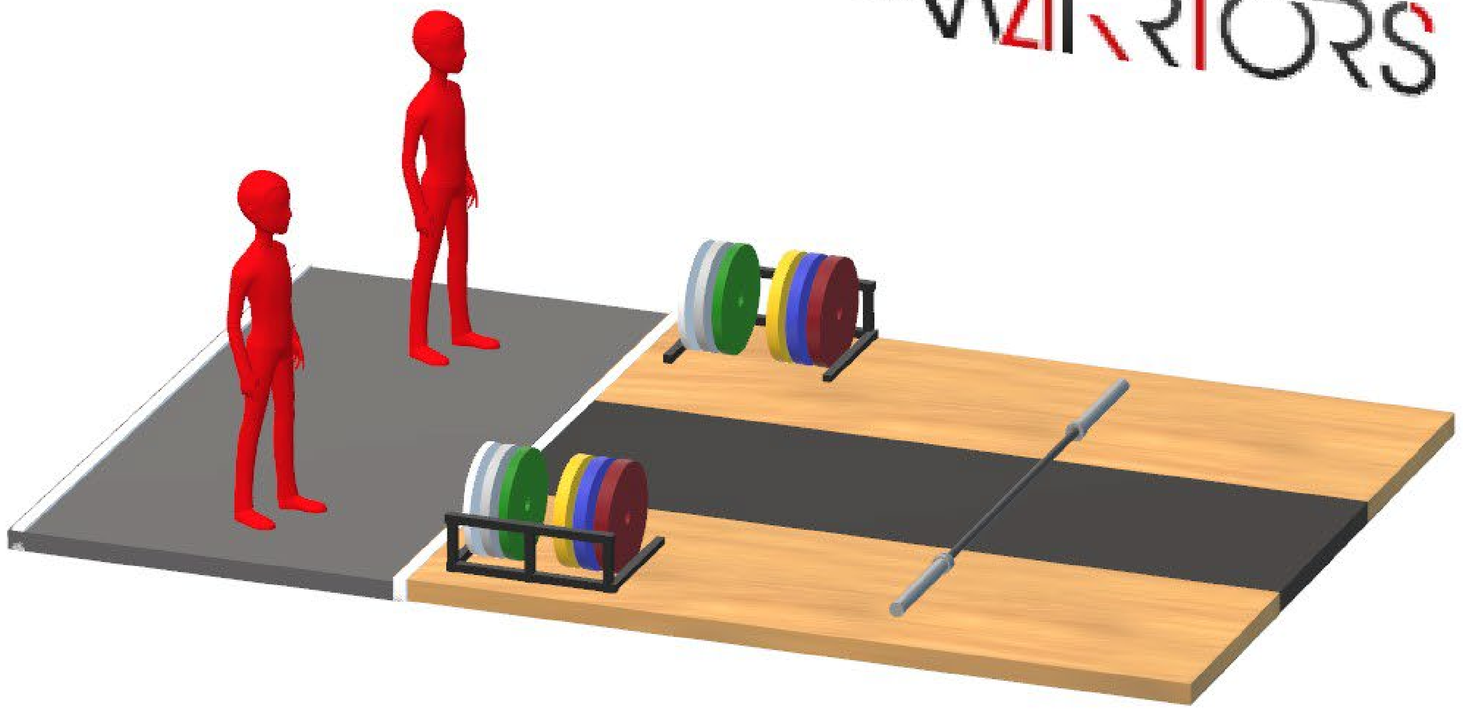
Athletes MUST declare the weight to their judge, before each attempt.

FLOW

SOUTHERN WARRIORS

CAMPO B

SOUTHERN WARRIORS



SOUTHERN WARRIORS

Power snatch

The barbell begins on the ground, then, in one fluid motion the athlete must bring the barbell directly overhead. Each repetition is counted when the athlete’s hips, knees, shoulders, and arms are extended, with the barbell directly over the athlete’s center of mass.

Squat snatch

The barbell begins on the ground , then, in one fluid motion the athlete must bring the barbell in Top Position, passing through a full squat position with hip crease below the top of the knee. Catching the Barbell while above parallel will only be allowed if the athlete continues to drop below parallel in a smooth motion, without pausing or rising before achieving the required depth.

STANDARD

SOUTHERN WARRIORS

Overhead squat

The barbell begins from overhead position (Top Position). The hip crease must be below the top of the knee in the bottom position. Once the hip crease has gone below parallel, the athlete can stand to full extension with feet in line, knees, hips and elbows fully extended and the barbell in an overhead position.

Power clean

The barbell begins on the ground. In TOP POSITION, Athletes MUST have their feet inline, and their hips and knees fully extended. Elbows needs to be in Front rack position.

STANDARD

SOUTHERN WARRIORS

Front squat

The barbell begins on the shoulders with feet in line, knees and hips fully extended. At the bottom of each rep the hip crease must pass below the top of the knee. At the top of each rep, the hips and knees must be fully extended. The barbell needs to be in Front Rack position.

Shoulder to overhead

The barbell begins on the shoulders and finishes with the weight fully locked out overhead. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in.

STANDARD

SOUTHERN WARRIORS

ATTENTION: EACH COMPLEX REQUIRES THREE DIFFERENT MOVEMENT.

PERFORMING A THRUSTER REPLACING A FRONT SQUAT AND A SHOULDER TO OVERHEAD, IS NOT ALLOWED

Athletes cannot drop the barbell before the last movent of the complex. If they drop the barbell before closing the last rep, the complex will not count.

ABOUT THE COMPLEX

SOUTHERN WARRIORS

ITALIAN VERSION

team

K3

WOD 1

SOUTHERN WARRIORS

FIELD B

TIME CAP: 4+4 MIN

DA 0 A 4 MIN

1 POWER SNATCH

1 SQUAT SNATCH

1 OVERHEAD SQUAT

COMPLEX SCORE A

DA 4 A 8 MIN

1 POWER CLEAN

1 FRONT SQUAT

1 SHOULDER TO OVERHEAD

COMPLEX SCORE B

SOUTHERN WARRIORS

Al 3,2,1 go gli atleti si porteranno al bilanciere scarico e inizieranno a caricare. Avranno 4 minuti di tempo per realizzare CIASCUNO il loro rm di complex di power snatch, squat snatch, overhead squat. Questo sarà il loro primo score

Terminati i primi 4 minuti, al CHANGE, saranno costretti a passare al secondo complex, composto da power clean, front squat, shoulder to overhead. Questo sarà il loro secondo score.

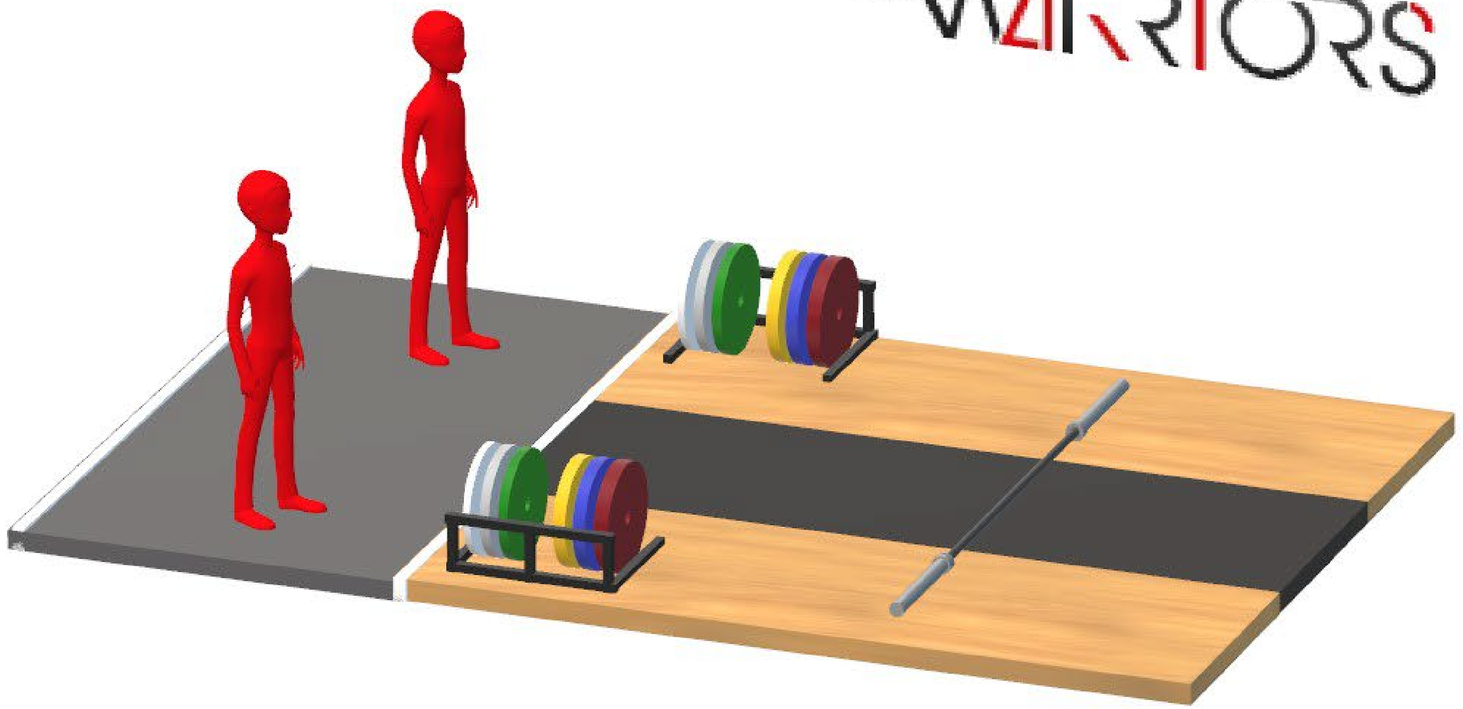
Gli atleti dovranno ogni volta dichiarare al giudice il peso.

FLOW

SOUTHERN WARRIORS

CAMPO B

SOUTHERN WARRIORS



SOUTHERN WARRIORS

Power snatch

Il bilanciere parte da terra ed attraverso una one fluid motion viene portato in overhead. In top position l'atleta dovrà avere piedi in linea, ginocchia bloccate, anche aperte, gomiti bloccati e bilanciere in midline sul corpo.

Squat snatch

Il bilanciere parte da terra e dovrà essere portato in overhead position attraverso un one fluid motion. In tutte le divisioni viene richiesto all'atleta di passare da una full squat position (cresta iliaca sotto il punto più alto del ginocchio). E' permesso effettuare il catching del bilanciere sopra il parallelo a condizione che l'atleta prosegua nella discesa sotto il parallelo con un movimento fluido, senza pause o risalita prima di aver raggiunto la profondità richiesta.

STANDARD

SOUTHERN WARRIORS

Overhead squat

Il bilanciere parte da una top position. In bottom position l'atleta dovrà trovarsi con la cresta iliaca sotto il punto più alto del ginocchio. In top position l'atleta dovrà trovarsi con piedi in linea, ginocchia bloccate, anche aperte, gomiti bloccati e bilanciere in midline sul corpo.

Power clean

Il bilanciere parte da terra. In top position l'atleta dovrà trovarsi con piedi in linea, ginocchia bloccate, anche aperte, gomiti oltre la perpendicolare del bilanciere (in front rack position).

STANDARD

SOUTHERN WARRIORS

Front squat

Il bilanciere parte in front rack. In bottom position l'atleta dovrà avere cresta iliaca sotto il punto più alto del ginocchio, in top position piedi in linea, ginocchia bloccate, anche aperte e bilanciere in front rack. La starting position è in full extension

Shoulder to overhead

La rep inizia con il bilanciere sulle spalle. Attraverso un press, push press, push jerk, split jerk l'atleta dovrà trovarsi in top position con piedi in linea, ginocchia bloccate, anche aperte, gomiti bloccati e bilanciere in midline sul corpo

STANDARD

SOUTHERN WARRIORS

ATTENZIONE: VENGONO RICHIESTI TRE MOVIMENTI SEPARATI NON CUMULABILI

(pertanto non è ammesso fare un thruster per cumulare front squat e stoh)

Qualora il bilanciere dovesse essere droppato all'interno dei tre movimenti, il complex sarà ritenuto nullo.

ABOUT THE COMPLEX

SOUTHERN WARRIORS