

QUALIFIER
SW022



WORKOUT

1



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WORKOUT 1



AMRAP: 5 MIN

- 10 THRUSTER**
- 10 BAR FACING BURPEES**
- 10 POWER CLEAN**
- 10 BAR FACING BURPEES**
- 10 HANG POWER SNATCH**
- 10 BAR FACING BURPEES**

SCORE IS REP

WORKOUT 1



WEIGHT AND VARIATIONS M/F

DIVISION

BARBELL

**ALL THE
DIVISIONS**

40/30 KG

WORKOUT 1



READ MORE: VIDEO SUBMISSION STANDARDS

Before starting the video, frame CLEARLY:

- Barbell = correctly frame the weight of the barbell (make sure to focus the image) 20 kg man, 15 kg woman;
- Bumper used and collars (the use of collars is mandatory)

NB: PAY ATTENTION TO THE BACKGROUND MUSIC

Tips: remember that during the execution of your video there is music playing, when you go to upload it, youtube could censor it. Make sure that the video is visible otherwise it cannot be evaluated.

WORKOUT 1



HOW TO FILM THE VIDEO

In a live event it is possible to interact with the athlete, in the video test this does not exist. Therefore, make sure that your filming is thorough in order to facilitate the analysis of the reps.

There is no subjective interpretation of the movement because doing so would generate discrimination in performance. Therefore, it is of paramount importance that you use a few simple cautions.

Remember: what a judge cannot see, cannot be evaluated and therefore is no rep.

ALWAYS USE A $\frac{3}{4}$ FILMING SHOT AS IT ALLOWS A COMPLETE EVALUATION OF ALL CHECK POINTS.

WORKOUT 1



FLOW

AT 3, 2, 1, go the athlete takes the barbell and performs 10 thrusters.

The athlete then performs 10 bar facing burpees and once again takes the barbell he performs 10 power cleans.

Followed by another 10 bar facing burpees and then 10 hang power snatch. At the end of the hang power snatch the athlete will perform again 10 bar facing burpees and then resume from the thrusters and start the second round.

This workout is an amrap and then the score is given by the total number of repetitions that the athlete will perform.

WORKOUT 1



STANDARD

THRUSTER

Each set of thrusters begins with the barbell on the ground. The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. The rep is credited when the athlete reaches full lockout with the barbell overhead. The athlete's hips, knees, and arms must be fully extended, and the bar must be directly over, or slightly behind, the middle of their body. The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.

If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.

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STANDARD

POWER CLEAN

Each repetition of Power Clean begins with the barbell on the ground. The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position.

Hang cleans are not allowed. Touch and go permitted. No bouncing.

Pay attention to the top position! In the power clean hips and knees fully extended and elbows in front of the barbell's perpendicular.

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STANDARD

HANG POWER SNATCH

Begin the first rep with your hips and knees at full extension, and your head and shoulders in line vertically over your hips. From here the hang movement starts with the barbell staying above the knee line.

Muscle snatch, power snatch, split snatch are permitted. The rep is counted when the hips, knees, and arms are extended. The bar must be over the middle of the body, or slightly behind, when viewed from profile.

If a split snatch is used, the feet must return in line with each other before the bar is lowered.

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STANDARD

BAR FACING BURPEE

Must use a barbell with 18-inch plates.

Must be performed perpendicular to and facing the barbell. Athletes may step or jump into the bottom position of the burpee. In the bottom position, the athlete's torso must be perpendicular to the barbell. The athlete's hands and feet must also be placed inside the width of the plates on the barbell. The athlete must clearly jump over the barbell. Both feet must be off the ground at the same time as the athlete passes over the bar. Stepping over is NOT permitted.

The athlete does not need to use a two-foot takeoff. Each rep is counted when both feet land on the ground on the opposite side of the bar. Touching the bar during the jump is considered a norep and the entire movement will need to be repeated.

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ATHLETE'S RESPONSIBILITY

It is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards.

The judge can only validate or not the regularity of a movement, he is not required and must not go to interpret your movement or identify the loads.

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SCORING PROTOCOL

Good Video: the athlete performed the required movements correctly. the score is then validated.

Valid With Minor Penalty: the athlete performs from 1 to 4 no rep. These will be removed from your score.

Valid With Major Penalty: the athlete performs 5 or more no rep. In this case the score will be modified by subtracting 15% from the final result entered. If the number of no reps exceeds half of the reps of the specific movement, 15% plus the no reps performed will be awarded.

Invalid: The athlete did not complete the workout as required or performed an unacceptable number of no reps (the athlete fails to complete the workout as required, a significant and unacceptable number of repetitions performed is no rep. In this case the rating is remitted solely to the head judge and calculated on the proportion of no reps present in the workout) or the video does not meet the required requirements. The athlete's score will be rejected.

A rep correction per rep or a correction up to 4 no rep can be applied and with the fifth a dry application of 15%.

However, refer to the rulebook for any different scoring protocols.

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NOTES

Remember that if you play the video with background music, YouTube will tend to censor your video. This will make it impossible to evaluate it.

DO NOT use clouds to upload your video (drive, iCloud, Dropbox...) = **THEY WILL NOT BE CONSIDERED.**

The only links taken into consideration will be those uploaded to YouTube or similar platforms (eg Vimeo) where it is demonstrable to upload within the deadline indicated.

The judges may need to send you an email, so check your spam box regularly in case a communication ends up there incorrectly.



POWERBITE

