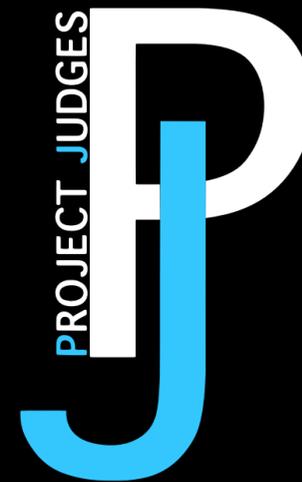


**QUALIFIER**  
*SW022*



# WORKOUT 2

**ELITE - REGULAR - TEAM**



I contenuti della presente brochure sono stati sviluppati da Project Judges®

# WORKOUT 2



**TIME CAP: 10 MIN**

**FOR TIME:**

**21 WALL WALK**      **SCORE IS TIME**

**THEN**

**1 RM CLEAN AND JERK**      **SCORE IS WEIGHT**

# WORKOUT 2



## WEIGHT AND VARIATIONS M/F

<b>DIVISION</b>	<b>BARBELL</b>
<b>MAN</b>	<b>20 KG</b>
<b>WOMAN</b>	<b>15 KG</b>

# WORKOUT 2



## READ MORE: VIDEO SUBMISSION STANDARDS

**Before starting the video, frame CLEARLY:**

- Barbell = correctly frame the weight of the barbell (make sure you focus the image) 20 kg man, 15 kg woman;
- The bumper used and collars (the use of collars is mandatory)
- Wall walk measurement

**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 2



## 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 2



## FLOW

At *3, 2, 1, go* the athlete takes to the wall and performs the 21 wall walks. The time taken to perform the 21 reps is his first score in this workout 2.

Once the wall walks are over the athlete will take to the barbell and in the remaining time he will go to find their clean and jerk rm. The second score will then be given by the weight.

**ATTENTION: AT THE END OF THE LIFT SHOW IN DETAIL THE BUMPER USED. ALWAYS FRAME THE LOAD INCREASES.**

# WORKOUT 2



# STANDARD

## MEASURING WALL WALK

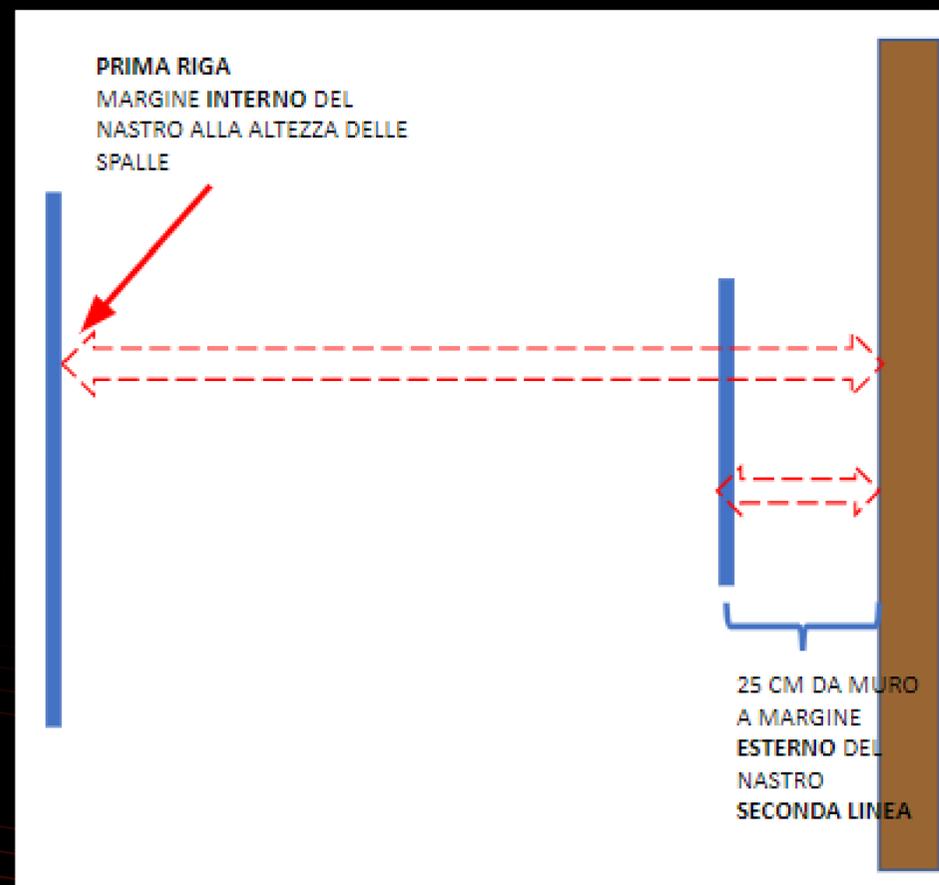
The athlete lies on the ground bringing chest and thighs to the ground. Legs should be fully extended and feet together touching the wall.

**FIRST LINE:** A line should be drawn exactly above shoulder height.

The edge of the tape closest to the wall should be in line with the shoulders.

This first line drawn is the beginning and the end of each repetition

Then draw a second line. From the outer edge of the tape to the wall there should be 25 cm



# WORKOUT 2



## STANDARD

### WALL WALK

Each repetition begins with the athlete lying on the ground, chest and thighs in contact with the floor. Beginning and end of each repetition require both hands (any part of the hands, including fingers) of the athlete to touch the first row. Both feet of the athlete at the beginning and end of each repetition shall touch the ground.

**WARNING:** STARTING: Both hands must remain on the tape until both feet are on the wall. Only then can you move your hands.

**BOTTOM POSITION:** first the hands touch the line, then the feet touch the ground.

In top position the athlete must have both hands (any part of the hands) in contact with the second line drawn 25 cm from the wall.

The rep is correctly performed when the athlete returns to starting position, with chest and thighs on the ground, hands touching the first line and feet on the ground in contact with the wall.

Both feet must be on the ground before starting the next rep.

# WORKOUT 2



## STANDARD

### CLEAN AND JERK

Each repetition starts with the barbell on the ground. Touch and go permitted. No bouncing or dropping and catching the barbell on the rebound. If dropped, the barbell must settle on the ground before the start of the next rep. Power cleans, squat cleans, and split cleans are permitted. Hang cleans are not allowed. The lift must have two distinct phases: the clean and the jerk. Snatching is not permitted. The barbell must make contact with the shoulders. It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead. The rep is credited when:

- The barbell is locked out overhead, and arms, hips, and legs are extended.
- The bar is over or slightly behind the center of the body, with feet in line.

A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.

**WARNING:** In order to evaluate correctly the weight, we ask you to show the bumper's weight used AT THE END OF THE LIFTS (not at the beginning!).

# WORKOUT 2



## 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.

# WORKOUT 2



## 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.

# WORKOUT 2



## 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.



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