

QUALIFIER
SW022 



WORKOUT 2

DIVISION *EXPERIENCE*



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WORKOUT 2



TIME CAP: 10 MIN

- 15** WALL WALK
- 9** DOUBLE DUMBBELL HANG
CLEAN AND JERK
- 10** WALL WALK
- 15** DOUBLE DUMBBELL HANG
CLEAN AND JERK
- 5** WALL WALK
- 21** DOUBLE DUMBBELL HANG
CLEAN AND JERK

SCORE IS TIME

WORKOUT 2



WEIGHT AND VARIATIONS M/F

DIVISION

BARBELL

EXPERIENCE

**10/15 KG
DOUBLE DUMBBELL**

WORKOUT 2



READ MORE: VIDEO SUBMISSION STANDARDS

Before starting the video, frame CLEARLY:

- Double dumbbell
- 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 moves to the wall and performs the 15 wall walks. He/she then moves to the dumbbells to perform the 9 double dumbbell hang clean and jerk.

Back to the wall for 10 wall walk followed by 15 double dumbbell hang clean and jerk.

The athlete will then go for the last time to perform the 5 wall walk and finally the 21 hang clean and jerk with the double dumbbell.

WORKOUT 2



STANDARD

MEASURING WALL WALK

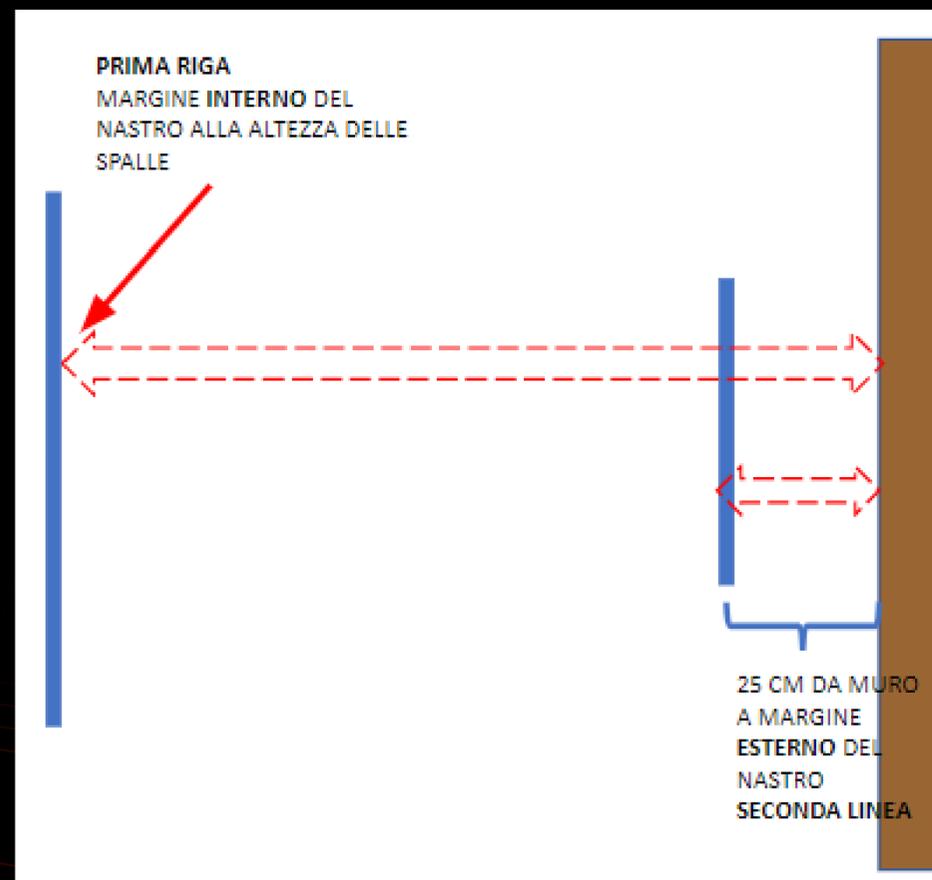
The athlete lies on the ground bringing chest and thighs to the ground. Legs should be fully extended and feet together touching the wall.

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

HANG CLEAN AND JERK

After the dumbbells are lifted off the floor, the athlete must pause with the dumbbells at the hang position, either at his or her side or between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the dumbbells come up and make contact with the shoulder before being lifted overhead. Once at the shoulder, the athlete may get the dumbbells overhead any way he or she chooses. Shoulder press, push press, push jerk and split jerk are all permitted. At the top, the arms, hips and knees must be fully locked out with the dumbbells clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. If a split jerk is performed, both feet must return and be in line under the athlete's body while the dumbbells are locked out overhead.

WARNING: The dumbbells during the clean phase must be in front rack position, therefore not resting vertically on the shoulders.

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.

