



WITH A RUNNING CLOCK...

WORKOUT 2 (2A & 2B)

SKOLL & HATI

FROM 0' TO 5'

2A. FOR ALL CATEGORIES

1 RM SNATCH (any style)

FROM 5' TO 15'

2B. 4 ROUNDS OF:

10 POWER SNATCH 60/40KG

7 BAR MU

VARIATIONS AND WEIGHTS

CATEGORY	POWER SNATCH (MAN / WOMAN)	GYMNASTIC VARIATIONS (MAN / WOMAN)
ELITE	60/40 KG	7 BAR MU / 7 BAR MU
INTERMEDIATE	60/40 KG	7 BAR MU / 7 BAR MU
MASTER 35	60/40 KG	7 BAR MU / 7 BAR MU
MASTER 40	60/40 KG	7 BAR MU / 7 BAR MU
JUNIOR	60/40 KG	7 BAR MU / 7 BAR MU
MASTER 45	60/40 KG	7 BAR MU / 12 CHEST TO BAR
MASTER 50	50/35 KG	12 CHEST TO BAR / 12 PULL UP
EXPERIENCE	40/30 KG	12 PULL UP / 12 KNEE RAISES

EQUIPMENT

- MEN'S BARBELL (20KG) / WOMAN'S BARBELL (15KG)
[barbells that do not belong to your gender cannot be used]
- BUMPER
- COLLARS
- RIG
- YOU CAN USE TWO DIFFERENT BARBELLS BY SHOWING THE LOADS AT THE BEGINNING OR AT THE END OF THE WOD

IF AN ATHLETE IN ANY WAY HAS ALTERED THE EQUIPMENT, THE PRESCRIBED MOVEMENTS OR THE SEQUENCE OF THE SAME, HE WILL BE DISQUALIFIED.

THE ATHLETE CAN USE TAPE OR HAND GRIPS ON THE BAR, THE JOINT USE OF HAND GRIPS AND TAPE IS NOT ALLOWED.

VIDEO SUBMISSION STANDARDS

- BEFORE YOU START, VIDEO RECORD THE BARBELL AND CORRECTLY SHOW ITS WEIGHT. THEN SHOW THE BUMPERS AND THEIR WEIGHT.
- IF YOU ARE USING HAND GRIPS, SHOW THE RIG'S BAR ON VIDEO WHERE YOU WILL BE PERFORMING THE BAR MU/C2B/PULL UP/KNEE RAISES.
- CUT VIDEOS WILL NOT BE ACCEPTED.
- USE A TIMER TO HIGHLIGHT THE FLOW OF THE WORKOUT TIME.
- REMEMBER THAT IF DURING THE EXECUTION OF YOUR VIDEO THERE IS MUSIC IN THE BACKGROUND, WHEN YOU GO TO LOAD IT, YOUTUBE COULD CENSOR IT. MAKE SURE THEN THAT THE VIDEO IS VISIBLE, OTHERWISE IT CANNOT BE EVALUATED.
- IN THE EVENT THAT YOU DO NOT FINISH THE WOD IN THE TIME INDICATED, YOUR SCORE IS:
TIME CAP + MISSING REPS IN SECONDS.

STANDARDS

o SNATCH (ANY STYLE) IN 2A

THE BARBELL STARTS FROM THE GROUND AND IN ONE FLUID MOTION MUST REACH A TOP POSITION WHERE WE MUST FIND FEET IN LINE, KNEES IN LOCK OUT, HIPS OPEN, ELBOWS IN LOCK OUT AND THE BARBELL IN MIDLINE WITH THE BODY.

YOU CAN PERFORM A MUSCLE SNATCH, A POWER SNATCH, A SQUAT SNATCH, ANY STYLE.

o POWER SNATCH 2B

THE BARBELL STARTS FROM THE GROUND AND IN ONE FLUID MOTION MUST REACH A TOP POSITION WHERE WE MUST FIND FEET IN LINE, KNEES IN LOCK OUT, HIPS OPEN, ELBOWS IN LOCK OUT AND THE BARBELL IN MIDLINE ON THE BODY.

THE RECEIVING POSITION OF THE BARBELL MUST BE ABOVE THE PARALLEL.

o BAR MU

THE ATHLETE STARTS IN HANG POSITION, HANGING ON THE BAR, ARMS OUTSTRETCHED AND FEET OFF THE GROUND.

PASSING FROM A DIP PHASE, THE ATHLETE WILL HAVE TO REACH THE TOP POSITION TAKING CARE TO HAVE HIS ELBOWS LOCKED AND HIS SHOULDERS OVER THE PERPENDICULAR OF THE BAR OR OVER IT.

DURING THE EVENTUAL PHASE OF KIPPING THE FEET CANNOT GO BEYOND THE BAR.

o CHEST TO BAR

DEAD HANG, KIPPING OR BUTTERFLY PULL UPS ARE ALLOWED AS LONG AS THE REQUIREMENTS ARE MET.

THE ARMS MUST BE FULLY EXTENDED AT THE BOTTOM, WITH THE ATHLETE'S FEET OFF THE GROUND. OVERHAND, UNDERHAND OR MIXED GRIP ARE ALL PERMITTED.

THE REPS ARE CREDITED WHEN THE CHEST CLEARLY COMES INTO CONTACT WITH THE BAR BELOW THE COLLARBONE.

ATHLETES MAY WRAP TAPE AROUND THE PULL UP BAR OR WEAR HAND PROTECTION (GYMNASTICS STYLE GRIPS, GLOVES, ETC.), BUT THEY MAY NOT TAPE THE BAR AND WEAR HAND PROTECTION.

WHEN RETURNING (IN ARCH POSITION) THE FEET MUST PASS BEHIND THE BAR LINE PERPENDICULAR TO THE GROUND.

o PULL UP

DEAD HANG, KIPPING OR BUTTERFLY PULL UPS ARE ALLOWED AS LONG AS THE REQUIREMENTS ARE MET.

THE ARMS MUST BE FULLY EXTENDED AT THE BOTTOM, WITH THE ATHLETE'S FEET OFF THE GROUND. OVERHAND, UNDERHAND OR MIXED GRIP ARE ALL PERMITTED.

THE REP IS CREDITED WHEN THE CHIN BREAKS THE HORIZONTAL PLANE OF THE BAR. ATHLETES MAY WRAP TAPE AROUND THE PULL UP BAR OR WEAR HAND PROTECTION (GYMNASTICS STYLE GRIPS, GLOVES, ETC.), BUT THEY MAY NOT TAPE THE BAR AND WEAR HAND PROTECTION.

WHEN RETURNING (IN ARCH POSITION) THE FEET MUST PASS BEHIND THE BAR LINE PERPENDICULAR TO THE GROUND.

REMEMBER THAT THE CHECK POINT IS “CHEST IN CONTACT WITH THE BAR” OR “CHIN OVER THE BAR”. IF YOU DO THE VIDEO WITH YOUR BACK TO THE CAMERA OR PREVENTING THE EVALUATION OF THE MOVEMENT THE JUDGE WILL NOT BE ABLE TO VERIFY IF YOUR CHEST IS IN THE CONTACT WITH THE BAR OR IF YOUR CHIN PASSEES THE BAR, AND YOUR VIDEO WILL BE JUDGED INVALID AS IT CANNOT BE EVALUATED FOR THE ENTIRE MOVEMENT.

o KNEE RAISES

IN BOTTOM POSITION THE ARMS MUST BE FULLY EXTENDED AT THE BOTTOM, WITH THE ATHLETE’S FEET OFF THE GROUND.

AT THE TOP OF THE REPETITION THE ATHLETE MUST RAISE THE KNEES ABOVE THE HEIGHT OF THE KNEES.

ATHLETES MAY WRAP TAPE AROUND THE PULL UP BAR OR WEAR HAND PROTECTION (GYMNASTICS STYLE GRIPS, GLOVES, ETC.), BUT THEY MAY NOT TAPE THE BAR AND WEAR HAND PROTECTION.

WHEN RETURNING (IN ARCH POSITION) THE FEET MUST PASS BEHIND THE BAR LINE PERPENDICULAR TO THE GROUND.

ATHLETE’S RESPONSIBILITY

REMEMBER THE GENERAL RULE SET OUT IN PARAGRAPH 1.13 OF THE OPEN:

“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 THE REGULARITY OF A MOVEMENT OR NOT, IT IS NOT REQUIRED FOR HIM TO, AND MUST NOT, GO TO INTERPRET YOUR MOVEMENT OR IDENTIFY THE LOADS.

SCORING PROTOCOL

GOOD VIDEO: THE ATHLETE HAS PERFORMED THE REQUIRED MOVEMENTS CORRECTLY. THE SCORE IS VALIDATED.

VALID WITH MINOR PENALTY: THE ATHLETE PERFORMS 1 TO 4 NO REP. THESE WILL BE REMOVED FROM YOUR SCORE (IN CASE OF REP / TIME CONVERSION EACH REP IS WORTH 2 SECONDS).

VALID WITH MAJOR PENALTY: THE ATHLETE PERFORMS 5 OR MORE NO REPS. IN THIS CASE THE SCORE WILL BE MODIFIED BY SUBTRACTING 15% FROM THE FINAL RESULT ENTERED. IF THE SCORE IS IN TIME, THE SWITCHING WITH THE REP / TIME CONVERSION ALREADY HIGHLIGHTED WILL BE PERFORMED.

INVALID: THE ATHLETE HAS NOT COMPLETED THE WOD AS REQUESTED OR HAS PERFORMED AN UNACCEPTABLE NUMBER OF NO REPS (THE ATHLETE FAILS TO COMPLETE THE WORKOUT AS REQUIRED, A SIGNIFICANT NUMBER OF REPS PERFORMED ARE "NO REPS,") OR THE VIDEO DOES NOT MEET THE REQUIREMENTS. THE ATHLETE'S SCORE WILL BE REJECTED.

CUT VIDEOS CANNOT BE ACCEPTED.

NOTES

REMEMBER THAT IF YOU SHOOT THE VIDEO WITH BACKGROUND MUSIC, YOUTUBE MIGHT CENSOR YOUR VIDEO. THIS WILL MAKE IT IMPOSSIBLE TO EVALUATE IT.

DO NOT USE THE CLOUD TO UPLOAD YOUR VIDEO (DRIVE, ICLOUD, DROPBOX ...) IT WILL NOT BE TAKEN INTO CONSIDERATION.

THE ONLY LINKS TAKEN INTO CONSIDERATION WILL BE THOSE UPLOADED ON YOUTUBE OR SIMILAR PLATFORMS (EG VIMEO) WHERE LOADING IN TERMS OF THE INDICATED DEADLINES CAN BE DEMONSTRATED.

THE JUDGES MAY NEED TO SEND YOU AN EMAIL, SO CHECK YOUR SPAM BOX REGULARLY IF A COMMUNICATION ENDS UP THERE MISTAKENLY.