



WOD 3 INDIVIDUAL

THE SACRIFICE OF ISAAC

WOD 3

TIME CAP:EMOM 4 MIN

- 1 ROPE CLIMB
- 1 SQUAT SNATCH



Tie break

- 1 ROPE
- 1 SQUAT SNATCH



Tie break

- 1 ROPE
- 1 SQUAT SNATCH



Tie break

- 1 ROPE
- 1 SQUAT SNATCH



Tie break

Score: TOTAL KG



WEIGHT AND VARIATIONS

	ROPE CLIMB M/F	SNATCH – PESI DI INGRESSO
ELITE	LEGLESS / ANY STYLE	60/70/80/MAX WEIGHT KG 40/50/55/MAX WEIGHT KG
MASTER 35	LEGLESS / ANY STYLE	60/70/80/MAX WEIGHT KG 40/50/55/MAX WEIGHT KG
JUNIOR	LEGLESS / ANY STYLE	60/70/80/MAX WEIGHT KG 40/50/55/MAX WEIGHT KG
SCALED	LEGLESS / ANY STYLE Fall series rule for men	50/60/70/MAX WEIGHT KG 35/40/45/MAX WEIGHT KG
MASTER 40	LEGLESS / ANY STYLE	50/60/70/MAX WEIGHT KG 35/40/45/MAX WEIGHT KG



WEIGHT AND VARIATIONS

	ROPE CLIMB	SNATCH – PESI DI INGRESSO
MASTER 45	LEGLESS / ANY STYLE	40/50/60/MAX WEIGHT KG 30/35/40/MAX WEIGHT KG
TEEN	LEGLESS / ANY STYLE	40/50/60/MAX WEIGHT KG 30/35/40/MAX WEIGHT KG
MASTER 50	LEGLESS / ANY STYLE Fall series rule for men	40/45/50/MAX WEIGHT KG 25/30/35/MAX WEIGHT KG
EXPERIENCE	ANY STYLE	40/45/50/MAX WEIGHT KG 25/30/35/MAX WEIGHT KG

FOR MASTER 50 AND EXPERIENCE DIVISION (MAN/WOMAN): SNATCH IS ANY STYLE



WEIGHT AND VARIATIONS

- For every round you have a starting weight. You can use a weight heavier than all the starting weights, in this case it is your choice to use for every round that weight or changing it with a major weight.
- You can choose to use the starting weight or a weight heavier than tha, if you'll miss the snatch you can decrease the weight but you can't go under the starting weight.

FALL SERIES RULE:

For SCALED MAN E MASTER 50 MAN: you can use the fall series rule, in this case if you haven't got the skill rope climb legless you can scaled it into rope climb any style. In this case EVEN IF YOUR TOTAL WEIGHT IS HIGHER , your ranking in this wod will be under the athlete that performed 1 single rope climb legless.



SCORE

- This is an emom wod. You must perform into every minute 1 rope climb legless and 1 squat snatch. If you perform the squat snatch before the end of the minute you can load the barbell
- If you miss the squat snatch you must repeat the round that you've failed.
- The score is: total weight
- In case of:
 - same weight: we'll take the best tie break
 - same tie break: the second best tie break



FLOW

- The athlete is waiting at the rig. At the 3,2,1 go he performs the first rope climb. Then he goes to the barbell for the squat snatch and the first tie break.
- The athlete moves the chess piece into the next section and if he needs he can load the barbell. In the remaining time he goes to the rope to prepare for the successive round.



STANDARDS



ROPE CLIMB

The athlete ascends the rope to touch any part of the crossbeam at the top. The legs may not be used to assist in the ascent. Jumping up to begin each ascent is permitted. On the descent the athlete can drop. The athlete may use their legs on the descent, but must touch the placard at the top and return both hands to the rope before engaging their legs or the ascent will not count.



SQUAT SNATCH

The barbell begins on the ground and must be lifted overhead in one motion. In every division, the athlete must pass through a full squat with hips below the knees. Catching the bar 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. A power snatch followed by an overhead squat will not be allowed. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.

Master 50 and Experience divisions can do a snatch any style.

