

WORKOUT 1

3 rounds for time of:

20 toes-to-bars

20 alternating dumbbell snatches

♀ 50-lb dumbbell

♂ 70-lb dumbbell

Time cap: 10 minutes

WORKOUT VARIATIONS

Teenagers 16-17, Masters 35-54, Occupational Games

♀ 50-lb (22.5-kg) dumbbell

♂ 70-lb (32.5-kg) dumbbell

Teenagers 14-15, Masters 55+

♀ 35-lb (15-kg) dumbbell

♂ 50-lb (22.5-kg) dumbbell

NOTES

Prior to starting, athletes must set up the competition area as shown in the floor plan.

This workout begins with the athlete standing next to the dumbbell facing the pull-up bar, behind the tape line. After the call of "3, 2, 1... go," the athlete will perform 20 toes-to-bars, then 20 alternating single-arm dumbbell snatches. The athlete will complete this sequence for 3 rounds. Time stops when the athlete has the dumbbell overhead in the finish position of the final dumbbell snatch.

The athlete's score will be the total time it takes to complete the workout or the total number of repetitions completed before the 10-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Tape to mark the floor
- Pull-up bar
- Dumbbell of appropriate weight for the athlete's division*

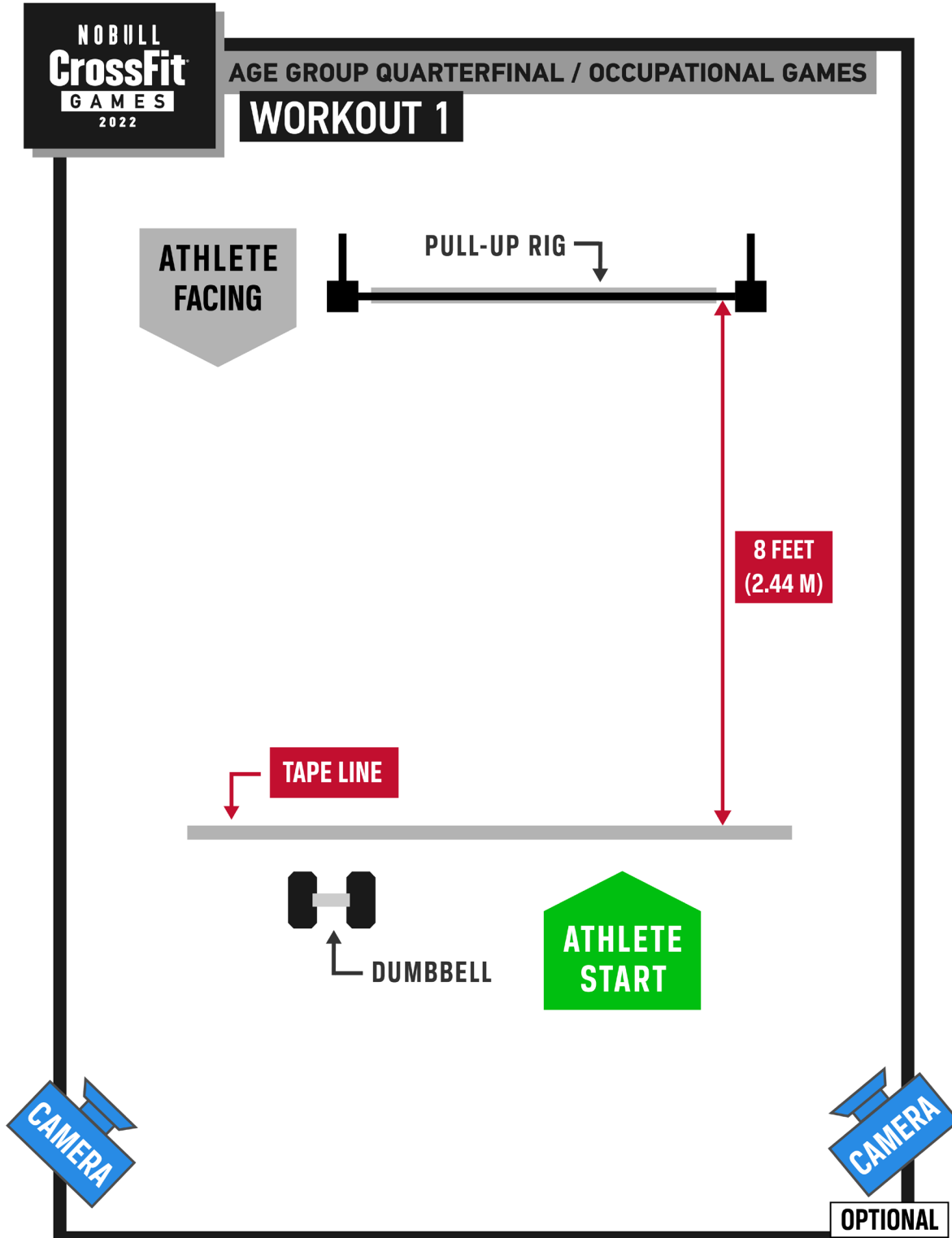
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb), 22.5 kg (50 lb), and 32.5 kg (70 lb).

Be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the event.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.



MOVEMENT STANDARDS

TOES-TO-BAR



- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.



- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

MOVEMENT STANDARDS

DUMBBELL SNATCH



- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed.
- Touch-and-go reps are permitted. Bouncing the dumbbell is not allowed.
- Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.
- The non-lifting hand or arm may **NOT** make contact with the legs or other parts of the body during the repetition.
- The rep is credited when:
 - the arm, hips, and knees are fully extended; and
 - the dumbbell is clearly over the middle of the athlete's body when viewed from profile.
- The athlete may choose to do a split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.
- Athletes may not receive assistance moving or resetting the dumbbell.



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	20 TOES-TO-BARS	20 ALTERNATING DUMBBELL SNATCHES
ROUND 1	20	40
ROUND 2	60	80
ROUND 3	100	120

Athlete Name _____
Print

Time or Reps at 10 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

AGE GROUP QUARTERFINAL / OCCUPATIONAL GAMES - WORKOUT 1

Athlete Name _____
Print

Time or Reps at 10 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date