

EVENT 4: SNATCH GAME

For Time: 12 Mins Time Cap

25 Synchro Power Snatches (F-M1-M2)

100 ft Handstand Walk (Athlete 1)

20 Synchro Overhead Squats (F-M1-M2)

100 ft Handstand Walk (Athlete 2)

15 Synchro Squat Snatches (F-M1-M2)

100 ft Handstand Walk (Athlete 3)

All Barbell movements performed at 95 lbs for men and 65 lbs for women

Athlete 1

HSW intervals of 10 ft allowed

Athlete 2

HSW intervals of 25 ft allowed

Athlete 3

HSW interval only break every 50 ft allowed

NOTES:

- All 3 athletes must be performing all movements together
- Workout Starts with All 3 Athletes behind the designated line.
- After the call of “3,2,1...Go” the athletes will move to the barbells to start the first movement
- Athletes are responsible to manage their barbells

EQUIPMENT

RX & Scaled

2x20 kgs barbells

1x15 kg barbell

4x25 lbs plates

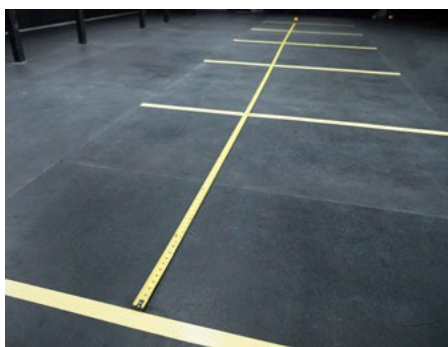
2x15 lbs plates

MOVEMENT STANDARDS

Power Snatches



- The barbell begins on the ground and must be lifted overhead in one motion. Only power snatch is permitted in stage 1 of the workout
- In each instance the athlete's feet must be brought back in line.
- This is not a ground-to-overhead any way. A clean & jerk is a no rep.
- Touch and go is permitted but deliberately bouncing the barbell is not.
- The bar cannot be dropped from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition.
- The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.
- Synchronization is in the overhead position



For athlete 1 the handstand walk area must be divided into 5-ft. segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 25-foot walk in one direction and a 25-foot walk back. Walking more than 25 feet in one direction without turning around is not allowed.

Athlete 2 can break every 25 ft segment once
Athlete 3 can only break at the 25ft mark

The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep.

If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 5-foot increment to earn credit for that distance. Each 5-foot section will count as 1 rep.

MOVEMENT STANDARDS

Squat Snatches



The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

In every division, the athlete must pass through a full squat with hips below the knees. For the Rx'd division, 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.

Scaled divisions and some masters divisions are not required to catch the bar below parallel and will be permitted to power snatch, pause or stand, and then proceed to the bottom of the overhead squat.

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. This is not a ground-to-overhead any way.

Synchronization must happen at the bottom of the squat and on the overhead position

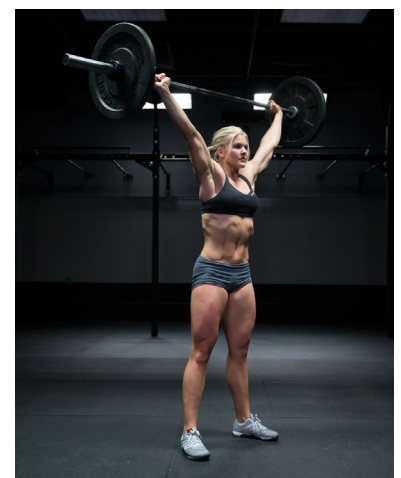
Overhead Squat



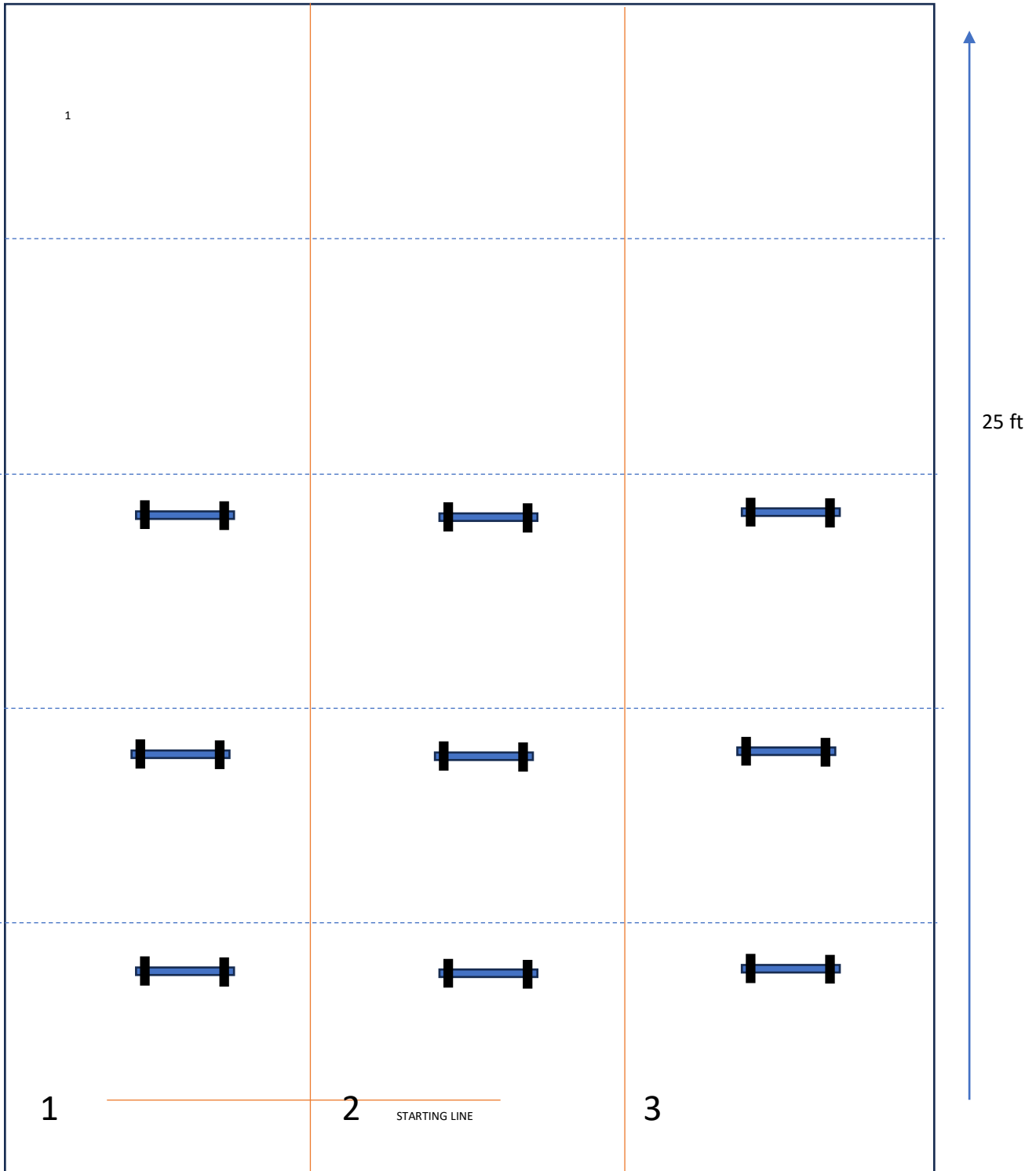
The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved.

The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. You may not use a rack.

Synchronization must be achieved both at the bottom of the squat and at the overhead position



FLOOR PLANS



SCORING CARD: EVENT 4

All Barbell movements performed at 95 lbs for men and 65 lbs for women

Athlete 1

HSW intervals of 10 ft allowed

Athlete 2

HSW intervals of 25 ft allowed

Athlete 3

HSW interval only break every 50 ft allowed

EVENT 4: SNATCH GAME

For Time: 12 Mins Time Cap

25 Synchro Power Snatches (F-M1-M2)

100 ft Handstand Walk (Athlete 1)

20 Synchro Overhead Squats (F-M1-M2)

100 ft Handstand Walk (Athlete 2)

15 Synchro Squat Snatches (F-M1-M2)

100 ft Handstand Walk (Athlete 3)

| | SCORE |
|----------------------------|-------------------------------|
| 25 Synchro Power Snatches | 25 |
| 100 ft HSW | 75 |
| 20 Synchro Overhead Squats | 95 |
| 100 ft HSW | 145 |
| 15 Synchro Squat Snatches | 160 |
| 100 ft HSW | 210 |
| TOTAL TIME | TOTAL REPS IF TIME CAP: _____ |

TEAM NAME: _____ RX: _____ SCORE: _____ TIME

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 4

TEAM NAME: _____ RX: _____ SCORE : _____ TIME

JUDGE NAME:

_____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____