

Workout description:

At the call of 3-2-1-GO, the athlete begins workout from standing position with 9 repetitions of Clean and Jerk (with their specific weight for category).

Then moving forward to 12 Box Jump Overs.

The athlete must continue this cycle until end of 4 minutes. Workout 1a score is total number of reps completed in 4 minutes.

Then with running clock and no rest between

(if last movement from 1a is C&J, the athlete may start Front Squat from front rack position), the athlete begins workout 1b with 9 Front Squats using same barbell and weight as in first part.

Then moving forward to 12 reps of Burpee Over Bar.

The athlete must continue this cycle until end of 4 minutes. Workout 1b score is total number of reps completed in 4 minutes.

There must be separate scores for each part – for 1a and for 1b

Both parts will be as separate scores and workouts in SCOREBOARD.

Movement standards:

Clean & Jerk

In first movement the barbell starts on the ground. The barbell must make contact with the shoulders, such that the lift is in two distinct phases, the clean, and then the jerk. Snatching is not permitted. Movement finishes with the elbow, shoulder, hips and knees fully extended, and the bar directly over the body with the feet in line.

If the jerk is missed but brought back to the front rack, the athlete may re-attempt the jerk from there without taking the barbell back to the floor.

Touch and go is permitted. No bouncing.

Muscle clean, power clean, squat clean combined with shoulder press, push press, push jerk or split jerk may be used.

Box Jump Over

Each rep begins with a two-footed jump. The athlete must land on top of the box before jumping off to the other side. Full extension on the box is not necessary.

One-footed jumps and step-ups are not permitted.

Each rep ends on the opposite side of the box from where it began. The next rep will begin from there and return to the first side. Stepping down from the box and single-foot landings are permitted.

Front Squat

In first movement the bar starts on the ground *or may be on front rack position if the athlete finishes part 1a with Clean & Jerk.*

The athlete must go down to a full squat where the crease of the hip is lower than the top of the knee and then stand back to full extension - the knees and the hips fully extended and the bar racked on the shoulders, for the rep to count.

Squat Clean into the Front Squat is allowed if the bar is on the ground.

Burpee Over Bar

Each Burpee must be performed parallel to the barbell. The chest and the thighs clearly touch the ground in the beginning of the movement. You must jump over the barbell from both feet and land on both feet. Full extension on top position is not necessary. One-footed jumping or stepping over barbell is not permitted.

If jump is failed, You must re-do all movement beginning with Burepee and then Jump Over Bar.

**Be sure to meet movement standards and correct sequence during workout. All movements that will not be completed correctly may be penalized with minused repetitions from Your submitted score.*

Equipment and area:

- Barbell (standard 20kg or 15kg olympic bar)
- Collars
- Plates to load to the appropriate weight for your division (standard sized)
- Box (appropriate hight for Your division)
- Timer (phone or tablet may be used)
- Measuring tape (to measure height of Box)
- Weighing machine (if barbell and plates are not marked with KG`s or LBS)

**For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.*

Notes:

**In submission you must write down 2 scores - total completed repetitions in 4 minutes for part 1a and total completed repetitions in 4 minutes for part 1b.*

***You must use standard sized olympic bumper plates and barbell for all clases to avoid difference between athletes in height of bar during Burpees over Bar.*

****Remember – submission deadline is: 09.02.2018, 23:59 (UTC+2)*

SUBMISSION GUIDELINES and RULES:

Video and Basic Guidelines

Videos must be uploaded on a Youtube and the athlete must provide the link to the video in section - „Submit score“. **We recommend to check if submitted video statuss is not private.**

It is the sole responsibility of the athlete to ensure the timely and successful submission of their workout each week. Submissions that are incomplete or not in time will not be accepted.

Below are some guidelines and suggestions on video production. Please note this is just a guide, it is the responsibility of the athlete to produce a video that is of

sufficient quality and clearly shows the athlete adhering to the rules and movement standards.

- **The athlete must state name, division and name workout (i.e. WOD 1a & 1b).**
- **All equipment used must be shown and recorded (measures, weights).**
- **A timer must be in sight at all times (tip: if gym timer not available use a tablet or phone. There's several no-cost apps)**
- **Its not certainly necessary but we recommend to have judge who can help to count „reps” and „no-reps”. If in submitted video will be disregard rules and movement standards organizers have the right to minuse reps or even disqualify submission.**
- **Any assistance from 3rd person (i.e. moving equipment) is not allowed unless it`s for safety reasons.**

How do I submit my score?

To submit score You must click on „Submit score” button in www.battleofriga.com homepage (or if You visit www.wodbattles.net then log in system, click on „Events”, choose „Battle of Riga 2018 qualifiers”) then find „Submit Score” button there, paste Your Youtube link and write down Your score (finished reps: **part 1a; part 1b**), finishing with click on „Submit”. Then You must wait for approval – it may take some time while our judges will validate your score (up to 11.02.2018, 23:59 UTC+2) You are able to do workout multiple times but once You have submitted score - it`s not possible to change anymore.

How the final standings will be calculated?

For each of qualification workouts will be separated table of scores. For 1st place in current workout You will get 1 point, for 2nd place - 2 points etc. After 2nd workout Your points will be counted together and lowest sum of points will obtain a higher place (Workout 1a + Workout 1b + Workout 2).

If sum of points is equal for 2 or more athletes after WOD1a, WOD1b and WOD2 (only if qual. spots decides) tie-breaker is WOD2 - so who wins 2nd one that qualifies!

FINAL SPOTS from Qualifiers:

20 ELITE Class MEN

12 ELITE Class WOMEN

16 SPORT Class MEN

8 35+ Class MEN

16 SPORT Class WOMEN