

## **Workout 2 description:**

At the call of 3-2-1-GO, the athlete begins workout from standing position with 3 Snatches using their specific weight for each category. Then moving to 3 Toes to Bar.

After completing full round of 3 reps for each movement, the athlete should move back to the Snatch and start the next round of the 6 reps now.

Every next round the athlete must add 3 repetitions to each movement until end of the 7 minutes.

Workout score is total number of reps completed in 7 minutes.

**Remember that Workout 2 is the tie breaker (if final spots decides).**

## **Movement standards:**

### **Snatch**

In every first movement barbell starts on the ground and must be lifted overhead in one smooth motion. 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. This is not a ground-to-overhead any way. A Clean and Jerk, where the bar is lifted to the shoulders and then lifted overhead is a "no rep.". No part of the body other than the feet may touch the ground during the repetition. Touch and go is permitted. No bouncing.

Muscle Snatch, Power Snatch and Squat Snatch is permitted, as long as all requirements are met.

### **Toes to Bar**

In the Toes to Bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands.

In hang position athletes arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

### **Feets up – used by Sport Class Women**

Feets up begins with arms and hips fully extended at the bottom and the feet brought back behind the bar and behind the body. At the end of the movement, the athlete must clearly raise their feet above the height of their hip. Knees may be bended during movement.

*\*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)
- Appropriate height pull-up bar.
- Timer (phone or tablet may be used)
- 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 total completed repetitions in 7 minutes.

\*\*Standard sized olympic bumper plates and barbell should be used.

\*\*\*Remember – submission deadline is: 16.02.2018, 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 status 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 2).**
- **All equipment used must be shown and recorded (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](http://www.battleofriga.com) homepage (or if You visit [www.wodbattles.net](http://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 in 7min), 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 18.02.2018, 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**