

# Q 18.1



## WORKOUT DESCRIPTION

Set a timer to 7 minutes, complete as many reps as possible of:

3 Clean & Jerk

3 Chest to Bar

6 Clean & Jerk

6 Chest to Bar

9 Clean & Jerk

9 Chest to Bar

12 Clean & Jerk

12 Chest to Bar

Etc., adding 3 reps to the C&J and C2B each round.

## NOTES

This workout begins with the athlete standing tall and not touching any equipment.

At the call of “3-2-1 ... go,” the athlete will perform 3 C&J followed by 3 C2B. Once the athlete performed 3 reps of C&J and C2B, they will move on to do 6 C&J and 6 C2B. Each round, the number of repetition for C&J and C2B will increase by 3.

Athletes will continue following this pattern for as many reps as possible within the 7 minutes.

## SCORE

The score will be the total number of reps completed before the 7-min time cap.

The scoring for this workout includes a tiebreak. At the end of each set of C2B, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last set of C2B. In the case where 2 athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

### **Team Score**

The team score will be the sum of the two females and two male results of this workout. The tiebreak will be the sum of the four tiebreak times of these athletes.

## **EQUIPMENT**

### Mandatory:

- Barbell with weights
- Collars
- Pull-Up Bar

### Allowed:

- Collars for the barbell
- Tape
- Gloves or leather straps to protect the hand
- Knee sleeves
- Wristbands
- Weightlifting belt
- Training or weightlifting shoes
- Magnesia/Chalk
- Abmat or something similar

### Forbidden:

- Any kind of grip enhancement strap

## **SCALING**

### Elite (Male/Female)

### Master 35-44 (Male/Female)

### Team (Male/Female)

- Clean and Jerk (60kg/40kg)
- Chest to Bar

### Intermediate (Male/Female)

### Master+ 45+ (Male/Female)

- Clean and Jerk (50kg/35kg)
- Female: Pull-Up

#### Teens (Male/Female)

- Clean and Jerk (40kg/30kg)
- Female: Pull-Up

#### Scaled (Male/Female)

#### Scaled Master 35-44 (Male/Female)

#### Scaled Master+ 45+ (Male/Female)

- Clean and Jerk (35kg/25kg)
- Jumping-Pull Up

## **MOVEMENT STANDARDS**

### Chest-to-Bar Pull-Up:

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed and any style of grip, as long as all the requirements are met. The arms must be fully extended at the bottom.

At the top, the chest must clearly come into contact with the bar below the collarbone.

### Chin-over-bar pull-up:

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed and any style of grip, as long as all the requirements are met. The arms must be fully extended at the bottom.

At the top, the chin must be clearly above the bar.

### Jumping chin-over-bar pull-up:

For the jumping chin-over-bar pull-up, the bar should be at least six inches above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom, the athlete must lower himself or herself so the arms are fully extended. At the top, the chin must be clearly above the bar.

### No Rep:

- Athlete begun repetition without full extension of their arms
- Athlete did not reach the described position at the top.

### Clean and Jerk:

The barbell begins on the ground. 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 beginning the next repetition. A collar is mandatory.

The athlete can perform a squat clean, power clean, split clean or muscle clean to get the bar on the shoulders. A shoulder press, push press, push jerk or split jerk may be used to get the weight overhead.

The rep is complete when the athlete's hips and knees are fully extended and the bar comes to full lockout overhead and the bar directly over the middle of the body.

### No Rep:

- Athlete dropped the bar and didn't wait until the bar settled on the ground
- Athlete did not reach full lockout before dropping barbell

## **VIDEO SUBMISSION STANDARDS**

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

### **Remember:**

- You must submit a valid video link of your video with your submission of your score
- You must make sure that the video can be watched (e.g. copyright issues on YouTube)
- Teams must submit all individual scores and the respective video links to each score
- You must make sure to read the description to be aware of details
- You must make sure that your video is good enough that your score can be judged

## **SCORE SUBMISSION DEADLINE**

Please make sure to read the full workout description, especially the tiebreak rules and to submit your score in time.

Scores must be submitted before the 19<sup>th</sup> of August 2018, 23:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact [info@germanthrowdown.de](mailto:info@germanthrowdown.de)