



Barbells for Bullies: Raleigh- Satellite Comp

Standards

This document will serve as a rubric for the standards of movement we expect, and how workouts will flow.

Please read the document in its entirety, and should you have any questions, please email alex@barbellsforbullies.org

Competition Format: Pairs competition of either MM or FF pairs, with RX and Scaled Divisions.

WOD #1 -

Athletes will have 8 Minutes to establish heaviest complex of:

3 RM Thruster from the ground

Once the weight goes on the bar, it cannot come off!

This complex must be completed from the floor. Each pair will be given 1 bar to share between them. There is an element of strategy in this workout. Once the weight goes on the bar, it cannot come off. Meaning, if you are stronger than your partner, you need to ensure they get some good lifts in before you go loading up the bar. Score is assessed on total team weight. If for whatever reason, more weight is loaded on than 1 partner can successfully perform 3 thrusters with, that athlete scores a 0.

Thrusters - For all divisions, we will want to see a good rep for the thruster. The hip crease must be below the knee at the bottom of the squat, and the bar immediately pressed overhead without hesitation or a redip-drive (ie a thrustajerk) A good rep will be called when the bar is locked out overhead, hips open, knees locked out and the head is through the window. Failure to lock out, hit depth, or push head through the window will be a no rep. Athletes may squat clean the first rep and go immediately into a thruster, so long as they hit depth. Once the bar comes off the ground, you have as many attempts as you like to obtain 3 good reps ie if you miss on reps 2 and 3, you can continue with a 4 and 5 and have them count. However, if the bar touches the ground, the sequence is over.

Partner WOD #2

10 Minute Cap

21-15-9

RX:

Syncro Pull Ups

Burpee Box Jumpover (24/20)

Overhead Squats (95/65)

Scaled:

Jumping Pull Ups

Burpee Box Step Overs

Overhead Squats (75/35)

For this workout, athletes will set up in front of the respective pull up areas, and perform 21 reps of pull ups (synchro or jumping). Then 21 reps of burpee box jumpovers/step overs, then 21 OHS. They will then continue to the 15s, and eventually to the 9s. Clock stops when the final Overhead Squat in the set of 9 is completed, score is based on fastest time, or most reps if DNF.

Syncro Pullups (RX) - Athletes will take up two pull ups bars, and proceed to do pullups in unison. A good rep is assessed when both athletes chin crosses the plane of the bar when viewed from the side. They will then both return to a full hang with the arms fully extended and hit another rep. You may do these strict, kipping, or butterfly. **We expect athletes to be reasonably in sync, and should you fall out of pattern, your judge will warn you once, then start no repping you. COMMUNICATE!**

Jumping Pull-Ups- For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. At the top, the chin must break the horizontal plane of the bar.

Burpee Box Jump Overs - Athletes will start from standing, perform a burpee, ensuring the hips and chest contact the deck, pop up and move to clear the box. A clap does not need to be initiated, and the hips don't need to open fully before a box jump over is attempted. Athletes can move over the box however they see fit, so long as the ankles/feet cross the vertical plane over the box - whether they box jump - duck hop over, jump-stand-and-step, or clear the box entirely by hopping over it without making contact. If you have a different strategy, please clear it with the judge beforehand, or shoot us an email to find out if we will legally allow it. If you intend to do anything than the aforementioned, PLEASE CLEAR IT WITH YOUR JUDGE. We will no rep you if you attempt to do something other than outlined in the movement briefing.

Burpee Box Step Overs (Scaled) - Athletes will start from standing, perform a burpee, ensuring the hips and chest contact the deck, pop up and move to clear the box. A clap does

not need to be initiated, and the hips don't need to open fully before a box stepover is attempted. Athletes can move over the box however they see fit, so long as the ankles/feet cross the vertical plane over the box - whether they leap up or step up and bound over to the other side. Once on the other side, another burpee must be done before you can step over the box and accumulate another rep.

Overhead Squats - Athletes will either snatch or clean and jerk the bar overhead, ensuring the arms are locked out with the bar in a stable position overhead. They will then squat to below parallel, ensuring the hip crease is below the knee, and then stand, keeping the arms locked out, opening hips, and locking out knees. A good rep is called if all these points are hit.

Partner WOD #3

16 Minute Cap

50 Deadlifts (225/185, 185/125)
40 Synchro Toes to Bar (RX), 40 Synchro Situps Scaled
30 Cleans (135/95, 95/65)
20 Shoulder to Overhead (135/95, 95/65)
10 Thrusters (135/95, 95/65)

This is a chipper with a 16 minute cap. Athletes will start at deadlifts and continue through the movements until all reps are complete. Athletes may share the work, no tag out required, except for the synchro movements - those must be done as a unit. Clock stops when the 10th thruster is completed. Score is based off fastest time or most reps if DNF.

Deadlifts - for all deadlifts we want to see GOOD FORM. Athlete will set up on the bar, however stance they see fit - sumo, conventional, narrow - with whatever grip they choose. The bar must come from the ground to the hips, with hips open, shoulders back, and knees locked out. Failure to do any of the above will be a no rep. Also, NO BOUNCING. Singles are allowed.

Synchro T2B (RX) - Athletes will take up two pull ups bars, and proceed to do toes to bar in unison. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted. Both feet of both athletes must come into contact with the bar at the same time, inside the hands. **We expect athletes to be reasonably in sync, and should you fall out of pattern, your judge will warn you once, then start no repping you. COMMUNICATE!**

Synchro Abmat Sit Ups – Athletes will lay on the floor, abmat in the small of the back, and touch the hands to the floor above their head. They will then do a sit up, in unison, and cross the plane of their ankles with the hands at the same time for a good rep to be called. Athletes must wait for their partner to cross hands over plane of ankles before they lay back down for another rep. **We expect athletes to be reasonably in sync, and should you fall out of pattern, your judge will warn you once, then start no repping you. COMMUNICATE!**

Clean - The clean for this maybe a squat, power, or muscle clean, so long as the bar starts on the ground, and is resting on the shoulder shelf, with knees locked out, hips open, and control of the bar demonstrated with the elbows as far forward as mobility allows. The bar must touch the ground in between each rep - IE no hang cleans. Cycling or singles are permitted.

Shoulder to Overhead - This can be a push jerk, split jerk, squat jerk, push press, or strict press. They must lock out elbows, knees, and open hips between each rep for a good rep to be called. Then will then bring the bar back to the shoulder shelf, and hit another lift. If they fail on any of the reps, they may keep attempting so long as the bar doesn't touch the ground.

Thrusters - For all divisions, we will want to see a good rep for the thruster. The hip crease must be below the knee at the bottom of the squat, and the bar immediately pressed overhead without hesitation or a redip-drive (ie a thrustajerk) A good rep will will be called when the bar is locked out overhead, hips open, knees locked out and the head is through the window. Failure to lock out, hit depth, or push head through the window will be a no rep.