

ONLINE QUALIFIER – SCALED

Friday, 3rd June 2022 (9am) until Saturday, 25th June 2022 (9pm)

This is a team workout with a running clock of 18 minutes. **Scores and videos must be submitted by Saturday 25th June 2022 at 9pm.**

„SNAIL“

Part A

5 minutes to complete the following complex for max load:

- 1 hang snatch
- 2 overhead squats
- 1 snatch

directly into

Part B

AMRAP in 13 minutes of:

- 12 sync. leg raises
- 9 sync. dumbbell snatches
- 12 pull-ups

NOTES

This workout is a two-part workout with a running clock of 18 minutes. Part A is scored for load, Part B is scored for repetitions.

Begin with both athletes standing tall, near their empty barbell, not touching any equipment, nor the wall or especially the ground with something else than your feet. The barbells must be unloaded at the start of the workout. At the call of "3, 2, 1 ... go!" the athletes will load the barbells and take as many attempts of the complex as desired. The order in which the athletes lift does not matter. But only one athlete is lifting at a time. **No assistance from anyone outside the team is allowed to load the bar.**

At the 5-minute mark, Part B of the workout starts. The athletes will do as many rounds and repetitions as possible within the remaining 13 minutes. One round consists of: 12 synchronized leg raises, 9 synchronized dumbbell snatches and 12 pull-ups (not synchronized).

EQUIPMENT

- Barbells (20 kg, 15 kg, 10 kg)
- Standard weight plates for the complex
- Collars
- Dumbbells 1 x 12.5 kg & 1 x 17.5 kg
- No grip enhancements straps

WEIGHTS

Women

- barbell and weight plates for the complex
- dumbbell snatch 1 x 12.5 kg

Men

- barbell and weight plates for the complex
- dumbbell snatch 1 x 17.5 kg

SCORES AND VIDEO

- The score for Part A will be the total weight in kilogram of your heaviest successful lifts of the complex combined as a team.
- The score for Part B will be the total rounds and repetitions completed.
- The team captain will be asked to submit two team scores and a video to competitioncorner.net.
- At the beginning of the video specify the equipment and the weights used during the workout (by showing them in the video).
- The weights of your heaviest successful lifts in the complex must be shown in the video after the workout.
- Use an app with an integrated timer to record your workouts, such as "WodProof" or "WeTime".
- All videos must be uncut and unedited.
- Use a 45° angle position to record your workout.

PART A - Complex for max load
FEMALE

Weight in kilogram

MALE

Weight in kilogram

PART B - AMRAP 13'

ROUND	12 sync. leg raises	9 sync. dumbbell snatches	12 pull-ups
1	12	21	33
2	45	54	66
3	78	87	99
4	111	120	132
5	144	153	165
6	177	186	198
7	210	219	231
8	243	252	264
9	276	285	297
10	309	318	330

 Total weight combined in kilogram
SCORE A

 Total repetitions
SCORE B

 If you have any difficulty submitting your score and video, please send an e-mail to:
mario@toughandrough.ch

MOVEMENT STANDARDS

Hang snatch

The complex starts in the hang position for the hang snatch. To get into the hang position, the barbell must first be deadlifted with hips and knees fully extended at the end. From there, the barbell can be lowered into the desired hang position. As a starting position in the hang, everything above the knees is allowed. Hang muscle snatch, hang power snatch, hang squat snatch, and hang split snatch are permitted. If the knee touches the floor during the attempt, the rep will not count. From the hang position move the barbell in one continuous motion overhead. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the barbell directly over or slightly behind the middle of the body.

Overhead squat

Following the hang snatch, the barbell must remain overhead to begin the overhead squats. In the bottom position, the hip crease must be below the top of the knee. In the top position, the barbell must remain overhead, with the athlete's hips, knees and arms fully extended, and the barbell directly over or slightly behind the middle of the body. If the athlete's get no-repped, reattempting the overhead squat is permitted, as long the barbell stays in the overhead position.

Snatch

Following the two overhead squats, lower the barbell to the ground. The barbell must touch the ground briefly after the athlete completes the overhead squats. No bouncing. Dropping the barbell from overhead is not permitted. Regripping in the hip crease is permitted but regripping or resting with the barbell on the floor is not permitted.

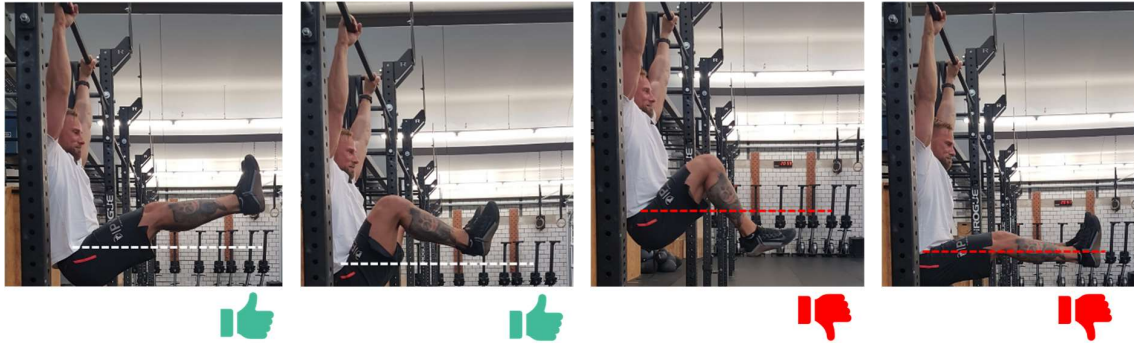
The snatch begins on the ground and must be lifted overhead in one continuous motion. Touch-and-go is permitted when coming down from the overhead squats. A muscle, power or squat snatch is permitted. If the knee touches the floor during the attempt, the rep will not count. The arms must come to full lockout with the barbell overhead, with the hips, knees and arms fully extended, and the barbell directly over or slightly behind the middle of the body.

About the complex

It is important to respect the order of the lifts. During the complex, the hands remain permanently on the barbell. If the athlete fails a lift during the complex or receives a no-rep, the lift can be reattempted as long as the hands remain on the bar. The complex is considered successful if all four lifts are completed consecutively and with the required standards.

Synchronized leg raise

The rep begins with hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Wrapping tape around the pull-up bar or wearing hand protection is permitted but taping the bar and wearing hand protection is not. Overhand, underhand, or mixed grips are all permitted. The rep is credited when both heels clearly pass the height of the athlete's hip flexor. During raising the feet, the legs do not have to be fully extended.



Synchronous means: The feet of both athletes must pass the required height at the same time. If one athlete arrives at the required position ahead of the other, he or she may hold that position and wait for the other athlete.

Synchronized dumbbell snatch

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, both heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one continuous motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count. A hang snatch is not permitted.

Synchronous means: Both athletes must be in that lockout position with the dumbbell overhead and the feet in line at the same time. If one athlete arrives at the required position ahead of the other, he or she may hold that position and wait for the other athlete.

Pull-up

This is a standard pull-up. Strict, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. Overhand, underhand or mixed grip are all permitted. The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar or wear hand protection, but they may not tape the bar and wear hand protection.

You can share the pull-ups as a team. **BUT: each team member must do at least one pull-up in each round.**

SCORE AND VIDEO SUBMISSION RULES

Teams who wish to qualify for and compete at the finals of TOUGH'N'ROUGH must upload a video link along with the workout score submission, whether they train in an affiliate or not. We will evaluate your video if your score is potentially in the top rankings of each division and workout. The TnR team reserves the right to correct the scores if needed.

Make sure your video is valid! Our recommendations to do so:

- Use an app with an integrated timer to record your workouts, such as "WodProof" or "WeTime".
- Read the workout flow and movement standards carefully and make sure you fully understand them.
- We recommend the use of a judge. Judging is not just counting reps. It is your judge's responsibility to inform you if you do not meet the movement standards and no-rep you.
- Take into account that we might review your videos.
- Upload the video on YouTube, Vimeo or to a similar platform. Whichever works best for you. Do not forget to set your video public when you publish it.
- Be aware of copyrights on music in the background. It is possible that you will not be able to publish a video or that is blocked after your upload.
- All videos must be uncut and unedited.
- At the beginning of each video specify your team name, the workout you are doing, the equipment and the weights used during the workout (by showing them in the video). It is your responsibility to position the camera correctly. This means: timer, athletes, equipment and movement must be clearly visible. Also, it must be possible to evaluate if the movement standards have been met.

We will be extremely rigorous in reviewing the videos and we expect athletes to uphold the highest standards in performing movements. There are four possible outcomes in the judging and scoring of online video submissions:

Good Video

The athlete meets the required movement standards on all repetitions in the workout, and the score they posted is correct. Their score will be accepted.

Valid with Minor Penalty

Over the course of the video, the athlete demonstrates a small number of "no-reps" (not more than or equal to 5% of the total rep count) that resulted in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made of the athlete's final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

Valid with Major Penalty

Over the course of the video, the athlete demonstrates a significant number of "no-reps" (all above 5% and lower or equal to 20% of the total rep count) that resulted in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting 15% from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

Invalid

Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no-reps” or the video does not contain the criteria listed in the video submission standards. The athlete’s and team’s score will be rejected. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout. It is the athlete’s responsibility to submit a new video and score as soon as possible. No late submissions will be accepted.