



WOD BB19.2 TEAM

BEACH BREAK 2K19 - ONLINE QUALIFIER

From Monday 6th May 2019 (0h00)

To Monday 13th May 2019 (23h59)

Presented by :



WORKOUT 19.2 - Team

Ladder 10 min

20 Double-Unders

2 Clean & Jerk 60/40kg

2 Toes-to-Bar

then, 40, 4, 4 - 60, 6, 6, ...

NOTES

The workout begins with the rope in the hands of one of the two athletes, the other is waiting. After the call of "3, 2, 1 ... go," the athlete will perform 20 double-unders, then 2 Clean & Jerk, then 2 Toes-to-Bar.

When the round is done, the athlete increases the repetitions to 40 DU, 4 C&J, 4 TTB, ...

Only one athlete realizes the workout, the other recuperates. Change can happen at any time. If two athletes perform movements at the same time, this will cancel both repetitions.

EQUIPMENT

- Jump rope
- 2 Barbells & Collars
- Standard bumper plates to load to the appropriate weights for your gender
- Pull-up bar

The official weight is in kg (lb). For your convenience, the minimum acceptable weights in pounds for the deadlift are 60 kg (132 lb), 40 kg (88 lb). If the athlete does not have the equipment in the specified weight (kg/lb) he will have to use the higher weight in his possession (135lb, 90lb).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show the weight of the dumbbells. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Be careful when recording your video, music can block the loading on Internet. You can use the platform of our partner <http://wodproofapp.com/>



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SCORSCARD

WORKOUT 19.2 - Team

Ladder 10 min

20 Double-Unders

2 Clean & Jerk 60/40kg

2 Toes-to-Bar

then, 40, 4, 4 - 60, 6, 6, ...

ROUND		
Round 1		
20 DU	20	
2 C&J	2	24
2 TTB	2	
Round 2		
40 DU	40	
4 C&J	4	72
4 TTB	4	
Round 3		
60 DU	60	
6 C&J	6	144
6 TTB	6	
Round 4		
80 DU	80	
8 C&J	8	240
8 TTB	8	
Round 5		
100 DU	100	
10 C&J	10	360
10 TTB	10	
Round 6		
120 DU	120	
12 C&J	12	504
22 TTB	12	

Total Reps _____

DIVISION

RX

SCALED

TEAM H/F

MASTERS [35+]

MASTERS [45+]

Athlete Name

Athlete Signature

Judge Name

Judge Signature



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MOVEMENT STANDARDS

CLEAN & JERK

The barbell begins on the ground. Touch and go is permitted. No bouncing. 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.

A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes 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.



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. At the start of each rep, the arms must be fully extended and the heels must be brought back behind the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics style grips, gloves, etc.), but they may not tape the bar and wear hand protection. Overhand, underhand, or mixed grip are all permitted.



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The rep is credited when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.



SIGLE UNDER

This is the standard single under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.

DOUBLE-UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

