

Tribe Athletics Presents: The Double Down Throwdown

June 8, 2024

Workout Description and Movement Standards

Workout 1 - Pocket Rockets

RX / MASTERS / SCALED

4min to find: Max Hang Snatch (Part A)

-1min Rest-

BE PRESENT AT 7:15AM FOR ATHLETE BRIEFING AND WORKOUT 1 REVEAL

WORKOUT FLOW:

- Before Workout
 - Ensure both athletes are aware of the workout and movement standards.
 - Teams may set up their barbell to the opening weight before the workout starts.
- During Workout
 - **Part A:** Teams cannot touch equipment until 3, 2, 1, GO! Both athletes must log a successful lift. Partners can lift as many times as they like, but only the heaviest lift from each partner will count. Both lifts will be combined for a total score.
- After Workout:
 - Teams must verify and sign score card then clear their lanes of any belongings for the next heat.

MOVEMENT STANDARDS:

HANG SNATCH

- The athlete must deadlift the bar up to a standing position. The barbell begins resting at the hips and must be lifted overhead in one motion.
- Power, squat and split snatches are all permitted.
- The rep is credited when the barbell is at full **lockout** overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the body with the feet in line.
 - Athlete must show control before dropping the barbell (refer to judge for confirmation).
- **NO REP:**
 - If the barbell does not clearly stop at the hips before the athlete begins the snatch, it is a no rep.
 - If the athlete does not demonstrate a full **lockout** OR control in the lockout position (ie. If the feet are still shuffling when the barbell is dropped).
- **JUDGES:**
 - Speak with your athletes before the workout and tell them that you will notify them when the lift is good by showing a down gesture and yelling "GOOD!"
 - If the athlete drops the barbell before your call you can give a no rep.
- **SCORE:**

- The score is the heaviest successful weight lifted from athlete A plus the heaviest successful weight lifted from athlete B.

Workout 2 - Gutshot

RX / MASTERS

7min AMRAP:

50 Double DB Clean & Jerks (50s/35s)

50 Burpee Box Jump Overs (24/20)

SCALED

7min AMRAP:

50 Double DB Clean & Jerks (35s/25s)

50 Burpee Box Step Overs (20)

WORKOUT FLOW:

- Before Workout:
 - Ensure both athletes are aware of the workout and movement standards.
- During Workout:
 - Teams cannot touch equipment until workout starts.
 - At 3, 2, 1, GO! One partner will begin the DB C&J. Teams can share reps as desired. Once all 50 reps are completed, teams will move on to the Burpee Box Jump Overs (or Burpee Box Step Overs for Scaled Divisions).
 - Teams may share reps as desired for the BBJO. The rep is credited after both feet touch the ground on the opposite side of the box.
 - If time remains after the team completes all 50 BBJO, they will return to the DB C&J until time expires.
- After Workout:
 - Teams must verify and sign score card then clear their lanes of any belongings for the next heat.

SCORE:

- Total reps completed within the 7 minutes.
- One full round = 100 reps (50 DB C&J + 50 BBJO)

MOVEMENT STANDARDS

DOUBLE DB CLEAN & JERKS

- Dumbbells may be lifted from between the feet or outside of the feet.
- The athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the dumbbells make contact with the shoulder before being lifted overhead.
- Once at the shoulder, the athlete may get the dumbbells overhead any way he or she chooses.
 - Shoulder press, push press, push jerk and split jerk are all permitted.
- At the top: the arm, hips and knees must be **fully locked out** with the dumbbell clearly over the middle of the athlete's body with the athlete showing complete control.
- Once the athlete has reached lockout, the repetition will count.
- During Touch and Go reps, only one head of each DB must contact the ground from rep to rep.

BURPEE BOX JUMP OVERS/STEP OVERS

- The burpee box jump over starts with the athlete facing the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box.

- Any burpee is permitted, jump back/jump up, step back/step up, lateral or box facing.
- Chest and thighs must clearly make contact with the floor.
- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may jump or step off to the other side.
- Alternatively, the athlete may jump completely over the box.
 - If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing.
- There is no requirement to stand tall while on top of the box.
- SCALED: same criteria as above except athletes may step up to get over the box.
- Each rep is counted when the athlete plants both feet on the ground on the opposite side of the box.
- **NO REP:**
 - Judges may call no rep if they don't see chest to floor contact.
 - When switching partners, if one partner drops to the floor to start the burpee BEFORE the other partners feet have touched the ground on the opposite side, the athlete must restart the burpee.

Workout 3 - Squeeze

RX / MASTERS

12min AMRAP:

15 Toes To Bar

15 Wall Balls (20/14)

*1500m Row For Time

****Partners can switch anytime. Score A is rounds completed. Score B is time for row.**

SCALED

12min AMRAP:

15 Hanging Knee Raises

15 Wall Balls (14/10)

*1500m Row For Time

****Partners can switch anytime. Score A is rounds completed. Score B is time for row.**

WORKOUT FLOW:

- Before Workout:
 - Ensure both athletes are aware of the workout and movement standards.
 - Ensure the Rower is on and counting down from 1500m
 - **Once monitor is on, select "Select Workout", then "ReRow", then "ReRow" on the previous 1500m workout.**
 - Teams can set the foot straps and damper setting.
- During Workout
 - Teams cannot touch equipment until the call of 3, 2, 1, GO!
 - Once the workout starts, one partner will begin on the row and the other partner will begin the Toes To Bar or Hanging Knee Raises (Scaled). Partners may switch places at any time and as frequently as they like, or not at all.
 - Teams will continue to accumulate Toes To Bar/Wall Ball Rounds while the 1500m row is in play. Once the 1500m Row is completed, both partners can then continue the couplet together, splitting reps as desired.
- After Workout:

- Teams must verify and sign score card then clear their lanes of any belongings for the next heat.

SCORE:

- Score A: The total number of rounds and reps of the Toes To Bar and Wall Balls.
- Score B: The total time to complete the 1500m Row.

MOVEMENT STANDARDS:

ROW

- The monitor must be set to 1500m For Time at the beginning of the workout.
- Any damper setting can be used.
- If the monitor turns off at any point due to not being used, any Meters accumulated before that moment will be lost.
- Teams can switch as often as they like or not at all.
- The score will be logged directly from the monitor in the form of 00:00.0

TOES TO BAR

- Bars will all be set to a standard 90" from the ground to be fair for all athletes. Boxes will be provided to athletes that request it.
- Athletes begin by hanging from the pull-up bar with arms extended and feet off the ground.
- Heels must be brought back behind the vertical plane of the bar.
- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.
- **NO REPS:**
 - Only one foot contacting the pull-up bar or both feet not contacting at the same time.
 - Not contacting the pull-up bar with the feet.
 - Heels remaining in front of the vertical plane of the pull-up bar at the start of the rep.
 - Contacting the pull-up bar outside the hands.

HANGING KNEE RAISE

- Athletes begin by hanging from the pull-up bar with arms extended and feet off the ground.
- Heels must be brought back behind the vertical plane of the bar.
- The rep is credited when the athlete brings both knees above the height of the hips at the same time.
- **NO REPS:**
 - Heels not brought back behind the vertical plane of the bar.
 - Both knees are not brought above the height of the hips at the same time.
 - Only one knee is raised above the height of the hips.

WALL BALLS

- Athletes can pick up the med ball to a standing position, then squat, or alternatively, athletes can squat clean the first rep so long as full squat depth is obtained (hip crease below the knee cap).
- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce in a squat.
- **NO REPS:**
 - Full squat depth is not obtained (hip crease not below knee cap).
 - The ball hits low or does not hit the wall.