

EVENT 6 - JUST TAP IT IN

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20 ALTERNATING ROUNDS FOR TIME:

- PARTNER 1 - 3 SNATCHES + 4 BOX JUMP OVERS (STEP DOWN)
- PARTNER 2 - 3 CLEAN & JERKS + 4 BOX JUMP OVERS (STEP DOWN)

TIME CAP - 9:00

WEIGHTS/MOVEMENTS PER DIVISION

RX: BARBELL - 135LBS/95LBS | BOX HEIGHT - 24"/20"

INTERMEDIATE: 95LBS/65LBS | BOX HEIGHT - 24"/20"

NOVICE/NOVICE MASTERS: 75LBS/55LBS | BOX HEIGHT - 24"/20" (OPTION TO STEP OVER)

FLOW

This workout begins with athletes standing at the wall. At the call of 3,2,1, GO!... Athlete 1 will move to the barbell and perform 3 Snatches. Once the Snatches are complete, Athlete 1 will move to the box and perform 4 Box Jump Overs (stepping down is required, Novice Divisions have the option of stepping over). Once Athlete 1 completes the Box Jump Overs, Athlete 1 will go to Athlete 2 to tag them in. Athlete 2 will now move to the barbell and perform 3 Clean + Jerks. Once the Clean + Jerks are complete, Athlete 2 will move to the box and perform 4 Box Jump Overs.

This format will continue until 20 total alternating rounds (10 each athlete) are complete. Athlete 1 MUST do all 10 rounds of the Snatch and Box Jump Over couplet. Athlete 2 MUST do all 10 rounds of the Clean + Jerk and Box Jump Over couplet.

Time will be called when Athlete 2 crosses the pull up bars on the pull up rig. If a team does not complete the reps under the given time cap, the score will be the time cap plus the reps not completed within the time cap. Score is TOTAL time of the workout.

GENERAL/EQUIPMENT STANDARDS

- When dropping the barbell, it must be done in full control and not bounce into the lane beside you. This applies to touch and go reps and single reps.
- First Box Jump Over must be performed facing the crowd. The last Box Jump Over rep will end on the floor in between the box and the barbell.
- Box Jump Overs must be stepped down between reps except for the last rep of the set.
- Athletes are required to step or jump over the barbell to tag their partner.
- Athlete 2 is required to step or jump over the barbell to cross the finish line to end the workout.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

SNATCH (ALL DIVISIONS)

Each rep starts with the bar on the ground. The barbell must be lifted overhead in one motion (no clean and jerks). Any style of snatch is permitted, except a hang snatch. The rep is counted when the hips, knees, and arms are extended. At the top of the rep the bar is over the middle of, or slightly behind, the body when viewed from profile and the feet are in line.

CLEAN + JERK (ALL DIVISIONS)

Each rep starts with the bar on the ground. The bar must be lifted to the shoulders, then locked out overhead (no snatches). Any style of clean, except a hang clean, is permitted. Full extension of the hips and legs is NOT required after receiving the clean before starting the overhead lift. Any style of overhead lift is acceptable (press, push press, or jerk/split jerk). The rep is credited when the hips, knees, and arms are extended and the feet are in line. At the top of the rep the bar is over or behind the middle of the body when viewed from the side.

BOX JUMP OVERS (ALL DIVISIONS)

A two-foot takeoff MUST be used. A two-foot landing is NOT required. Only the feet may make contact with the box. There is no hip or knee extension requirement on top of the box. Alternatively, you may jump completely over the box. The rep is credited when both feet are on the opposite side of the box. Athletes MUST step down from the top of the box unless they choose to jump completely over the box. The last rep of the set does not require a step down.

BOX STEP OVERS (NOVICE DIVISION, OPTIONAL)

When stepping over the box, both feet must be on top of the box at the same time before stepping down. Only the feet may make contact with the box. There is no hip or knee extension requirement on top of the box. The rep is credited when both feet are on the opposite side of the box. The last rep of the set does not require a step down.