



EVENT 1 PULL PARTY

PRESENTED BY **TWL**

The TWL logo consists of a stylized 'X' inside a square, followed by the letters 'TWL' in a bold, italicized, sans-serif font.

Event 1 - AMRAP

3min Max Reps EITHER* Snatch | Clean | Deadlift

2min Max Reps Bar Facing Burpees

1min Max Reps EITHER* Snatch | Clean | Deadlift

same lift must be performed for entire workout

Weights

Open Male - 70kg | Open Female 45kg

Fitness Male - 50kg | Fitness Female 35kg

Masters Male - 50kg | Masters Female 35kg

Teen Male - 40kg | Teen Female 30kg

Scoring

Event 1 is scored by the total number of reps completed in the allocated time. For this workout the athlete will decide before commencing the workout whether they will snatch, clean or deadlift their divisions barbell weight - each lift is allocated a different rep value

Snatch = 4 reps

Clean = 2 reps

Deadlift = 1 rep

Eg - if an athlete snatches their barbell 10 times they will score 40 reps, if they were to deadlift it 10 times they will score 10 reps. Once the workout commences the athlete **cannot** change their nominated lift.

Each bar facing burpee counts for 1 rep.

Workout Flow

Athletes will start standing upright by their bar loaded to their divisions weight, once the timer starts they will have 3min to perform as many of their nominated lift (snatch, clean or deadlift) as possible - **once the workout commences the lift cannot be changed**. At the 3min mark athletes will then commence 2min of bar facing burpees (please pay careful attention to the movement standard for

these, it is very specific). At the 5min mark, athletes will then return to the bar for 1min to complete as many reps as possible of the **same lift** they used in the first 3min (snatch, clean or deadlift)

Movement Standards

Please view the video link for all the movement standards - note we have made every effort to make the movement standards very clear to keep a level playing field, any attempt to manipulate the movement standards to gain an advantage will result in scores being ruled invalid.

Snatch

If an athlete chooses to perform snatches - the bar must travel from the ground to overhead in one continuous motion - a hang snatch is not permitted, any sort of discernable press out will also not be counted. The athlete needs to be standing with hips and knees fully extended, feet in line, the bar clearly overhead and under control before the rep is counted. A muscle, power or squat snatch are all permitted, touch and go reps are permitted as long as there are not obvious attempts to "bounce" the bar

Clean

If an athlete chooses to perform cleans - the bar must travel from the ground to a rack position on the front of the shoulders in one continuous motion - a hang clean is not permitted. At the top of the movement the hips and knees must be fully extended with the elbows **clearly** in front of the bar. A muscle, power or squat clean are all permitted, touch and go reps are permitted as long as there are not obvious attempts to "bounce" the bar

Deadlift

If an athlete chooses to perform deadlifts - the hands must be outside of the legs (a sumo style deadlift is not permitted) at the top of the movement the hips and knees must be fully extended and the shoulders **clearly** behind the bar, touch and go reps are permitted as long as there are not obvious attempts to "bounce" the bar

Bar Facing Burpees

The athlete begins facing the barbell, from here they must get chest and thighs clearly touching the ground - in all divisions **except** Fitness and 50+ Masters athletes are required to jump in and out with 2 feet for the burpee

- they are required to have the feet **inline** for the jump over the bar
- they are required to land with the feet **inline** on the opposite side of the bar before starting to turn / rotate around for the next rep
- this means **NO stepping in or out, no staggered stance jumping or landing, no twisting or turning in the air**. The only time a step is permitted is once an athlete is standing with feet together they can step closer to the bar if needed for the jump over.

Please view the video for clarification of how it should look - it is only 2min worth of reps - we have put the standard in to ensure consistency.

Fitness Division athletes may step in and out for the burpee but are still required to do the two foot jump. **Masters 50+ Division** athletes may step in and out for the burpee and are permitted to step over the bar but still must have both feet in line either side of the bar.

Video Submission

Please video your performance in its entirety and attach a YouTube link when submitting your score to Throwdowns.

We are not looking for a cinematic masterpiece - we just want to see it is YOU doing the work and it matches the score entered. We recommend the WODProof app for recording your workouts, it will watermark the video with your name, workout name and a timer (it also does handy things like remind you to put your phone in flight mode...)

Set your camera up so you can see all the movements being performed, ideally from the side or 45degree to see the hips being opened on squatting movements and bar lock out overhead.

It doesn't matter if the workout is performed in a class setting and there are other people in the video - it just needs to verify it is you, doing the work and meeting the movement standards.

The video submission is there to ensure a fair competition for everyone - if there is any doubt about the validity of the movement meeting the standards, the equipment being used or any other witchcraft the most likely scenario is your score will be ruled invalid.

Its 2020 folks - everyone has a smartphone that can upload video easily to YouTube - if you don't know how to do it, get someone to upload it for you (or treat it as an exciting new skill to learn).



Score Card

Athlete Name _____

Division _____

Part A - 3min AMRAP (remember can only perform 1 lift)

Snatch (x 4 reps)			Clean (x 2 reps)			Deadlift (x 1)		
5	5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5	5
Total Reps _____			Total Reps _____			Total Reps _____		

Part B - 2min AMRAP

Bar Facing Burpees				
5	5	5	5	5
5	5	5	5	5
Total Reps _____				

Part C - 1min AMRAP (remember to perform same lift as part 1)

Snatch (x 4 reps)			Clean (x 2 reps)			Deadlift (x 1 reps)		
5	5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5	5
Total Reps _____			Total Reps _____			Total Reps _____		

Part A Score _____ + Part B Score _____ + Part C Score = Total _____

dont forget to multiple snatch x 4 and cleans x 2