

ZRH GMS 024

Individual WODs

Day 1

Speed and Power

WOD 1a

For Time 3' TC

4-3-2-1 Snatch
♂ 65/70/75/85 kg
♀ 40/45/50/55 kg

WOD 1b

For Time 3' TC

4-3-2-1 Clean and Jerk
♂ 80/90/100/110 kg
♀ 60/65/70/75 kg

Score: Time to complete all four bars on the snatch and Clean & Jerk combined (Times from 1a and 1b will be added)

Workflow

Start position: behind line, next to the designated judge.

Start: After the "3, 2, 1... Go!" countdown, the athlete moves to the first loaded Barbell and performs 4 (Snatches/Clean and Jerk). Once completed he will move to the next bar to complete 3 (Snatches/Clean and Jerk). With the Next bar 2 (Snatches/Clean and Jerk) and on the last bar 1 (Snatches/Clean and Jerk). Once the last (Snatches/Clean and Jerk) is completed the athlete has to run over the finish line where the time will be stopped

Movement standards

Snatch:

- Each repetition starts with the barbell on the ground.
- Power, squat, and split snatches are permitted snatch variations.
- The repetition is counted when the athlete's hips, knees, and arms are fully extended.
- The barbell must be positioned over the middle of the body or slightly behind it when viewed from a side profile.
- If a split snatch is used, the athlete's feet must return to a lined position before the barbell is lowered
- Touch and Go is allowed
- If the bar is dropped, it has to be brought to a complete stoppage on the floor before the next lift can be done.

Clean and Jerk:

- Start each rep with the barbell on the ground.
- Power cleans, squat cleans, and split cleans are permitted.
- The lift must have two distinct phases: the clean and the jerk.
- The barbell must make contact with the shoulders.
- It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.
- The rep is credited when The barbell is locked out overhead, and arms, hips, and legs are extended. The bar is over or slightly behind the center of the body, with feet in line.
- A press, push-press, push jerk ,or split jerk are all permitted as long as the required finish position is achieved.
- Touch and Go is allowed
- If the bar is dropped, it has to be brought to a complete stoppage on the floor before the next lift can be done.

Day 1

The Sport of Cross Lifting

WOD 1c

For Load

1-1-1 Snatch

then

1-1-1 Clean and Jerk

Score: Heaviest successful Snatch and Clean & Jerk will be added together in one score.

Workflow

Start position: Standing ready in the designated lane by the loaded Bar. (Athletes will pre load the bar with the weight of the first attempt)

Start: After the "3, 2, 1... Go!" countdown, the athlete in lane 1 moves to the already loaded barbell and has 20 sec to perform the lift successfully. In the 20sec the Athlete is allowed to attempt as many times as necessary. The Lift has to be finished before the 20 sec runs out. After the attempt the athlete will have 3min and 40sec rest before the next attempt. During the rest period no attempts are allowed. If a lift wasn't successful, the same weight can be used in the next attempt or increase, but not reduced.

Immediately after the snatches (last athlete to snatch in the given heat), the Athletes on the field will be granted 4 min time to prepare for the Clean and Jerk. As soon as the time runs out all the, attempting lifts will not be permitted.

Note:

20sec/ 3min 40sec x 3

4 min Preparation for Clean

20sec/ 3min 40sec x 3

Movement standards

Snatch:

- Each repetition starts with the barbell on the ground.
- Power, squat, and split snatches are permitted snatch variations.
- A press out is not permitted (Bending the arm after catching the bar in the overhead position and pressing it back in to lock out)
- The repetition is counted when the athlete's hips, knees, and arms are fully extended with the feet in one line next to one another.
- The barbell must be positioned over the middle of the body or slightly behind it when viewed from a side profile.
- If a split snatch is used, the athlete's feet must return to a lined position before the barbell is lowered

Clean and Jerk:

- Start each rep with the barbell on the ground.
- Power cleans, squat cleans, and split cleans are permitted.
- The lift must have two distinct phases: the clean and the jerk.
- The barbell must make contact with the shoulders.
- It IS necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.
- The rep is credited when the barbell is locked out overhead, and arms, hips, and legs are extended the bar is over or slightly behind the center of the body, with feet in line.
- A press, push-press are NOT allowed,
- Push jerk, power jerk or split jerk has to be used to reach overhead.
- A press out is not permitted (Bending the arm after catching the bar in the overhead position and pressing it back in to lock out)

Day 1

The Sport of Weightlifting

WOD 1c Top 3

For Load

1-1-1 Snatches

then

1-1-1 Clean and Jerk

Score: Heaviest successful Snatch and Clean & Jerk will be added together in one score.

Workflow

Start position: Standing ready by the platform, waiting for his/her name to be called. There is one judge who determines if a lift is successful or not. A lift is successful if the judge gives a white light, signaling approval. A red light means the lift was unsuccessful.

Declaring the Initial Weight

Before the start of each lift (snatch or clean and jerk), lifters must declare the weight they wish to attempt for their first lift. This must be done during the weigh-in or shortly before the competition begins.

Changing the Weight

Up to Two Changes Allowed: Lifters are allowed to change the weight of their attempt up to two times before actually attempting the lift. For example, if a lifter initially declares 100 kg, they can change it to 102 kg, and then again to 104 kg, if desired.

Minimum Increase: The weight increase must be at least 1 kg. This means if you declare 100 kg, you cannot change it to 100.5 kg; the next valid attempt would be 101 kg or more.

Time Constraints: The changes must be made within the time limit. Once your name is called, you have one minute to begin your lift, or two minutes if you're following yourself. The changes need to be declared within this time frame.

Priority in Attempt Order

Order of Lifts: The lifter attempting the lowest weight always lifts first. If you change your weight to a higher one, and another lifter is still attempting a lower weight, they will lift before you. This could give you additional time if another lifter has not yet completed their attempt.

Attempting the Lift

Once the barbell is loaded with the new weight, and you've confirmed your choice, you must complete the attempt. If you fail, you cannot reduce the weight for your next attempt in the same lift. However, you can keep it the same or increase it further for your subsequent attempts

Declaring Subsequent Attempts

After each attempt, successful or not, you must declare the weight for your next attempt. The same rules about changing the weight apply.

Movement standards

Snatch:

see Snatch standard of WOD 1c

Cleans and Jerk:

see Clean and Jerk standard of WOD 1c

DAY 2 WOD 1

Endurance

For Time 30' TC

- A) 2 Rounds of
400/300M Air Runner
30 Toes to Bar
- B) 2 Rounds of
400/300M Air Runner
15 Box Step Over @2x 24 24"/16kg
20"
- C) 2 Rounds of
400/300M Air Runner
5/4 Rope Climb
- D) 2 Rounds of
400/300M Air Runner
30m Mixed KB front rack and
Overhead walking lunges @2x 24/16kg

Score: Time to complete the workout.

Workflow

Start position: behind line, next to the designated judge.

Start: After the "3, 2, 1... Go!" countdown, the athlete moves from the start line to the Assault-runner and is allowed to start the 400/300m Run. Athletes have to stay on the runner till the 400/300m is completed. Once that is done, the athlete will proceed to the Rig and perform the Toes to bar. Once that's completed the athlete moves to the Pull up bar and performs 30 Toes to bar. Once the toes to the bar are completed, he will perform a second round of this. Once part A is done the athlete to the Assault-runner and is allowed to start the 400/300m Run once that is done, the athlete will proceed to the Box to perform 15 Box step over. This round will also be performed two times. Once part B is done the athlete moves to the Assault-runner and

is allowed to start the 400/300m Run once that is done, the athlete will proceed to the Rig to perform 5/4 Rope climbs. This round will also be performed two times. Once part C is done the athlete moves to the Assault-runner and is allowed to start the 400/300m Run once that is done, the athlete will proceed to the Starting line for The Mixed KB front rack and Overhead walking lunges to perform 30m of those. This round will also be performed two times. Once done the Athlete has to cross the finish line where the time will be stopped.

Movement standards

Air Runner:

- The monitor starts on 0
- The athletes are required to reset the monitor every time they start the run.
- Athletes are allowed to use the hands in the the beginning of the run to help with the balance
- During the run, supporting on the side beams is only permitted with one hand.

Toes to Bar:

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when both feet touch the bar at the same time
- Any part of the feet may make contact with the bar.

Kettlebell Box step over:

- Athletes begin by standing on the floor holding both kb (front rack, Farmer)
- Stepping on the box can be sideways or forward
- Rep is granted when the athlete shows full extension on top of the box (ankle, knees, hips and shoulders)
- Only the feet of the athlete are allowed to touch the box during the step up.
- Kbs are not allowed to be supported by the thighs during the step up

- Both feet must be fully on the box (no heels sticking out)

Rope climb:

- Athletes start by hanging on the ropes.
- Jumping on to the rope is allowed.
- The rep is granted once the athlete touches with both hands over the top mark on the rope.
- Use of the feet are at any point allowed

Mixed Kettlebell front rack and overhead walking lunges:

- Each mkbfr&ohwl begins with one kettlebell on one shoulder and one kettlebell overhead, the feet together, and the athlete standing tall behind the line.
- The trailing knee must make contact with the ground at the bottom of each lunge
- The rep ends with the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep.
- If at any point the weight is dropped the athlete must restart from the last finished segment (2m)

Day 2 WOD 2

Sprint

For Time TC 5'

40/30 Cal Bike

30 Thruster @ 50kg/35kg

20/15 Cal Bike

10 Thruster @50kg/35kg

Score: Time to complete the workout.

Workflow

Start position: behind line, next to the designated judge.

Start: After the "3, 2, 1... Go!" countdown, the athlete moves to the air Bike for 40 cal. The athlete has to stay on the bike till the total amount of cal's are achieved. After that the athlete will move to the loaded bar and complete 20 Thrusters. After the thrusters the athlete will move back to the air bike for 20 cal's. After that the athlete will move to the loaded bar one more time for the last set of 10 thrusters once completed. Once the last rep is completed, the athlete has to cross the finish line for the time to be stopped.

Movement standards

Assault bike:

- The monitor starts on 0
- The athletes are required to reset the monitor every time they start the run.
- The monitor on the Assault Bike must be set to zero at the beginning on the Final calories Athlete has to be on the bike for it to be credited
- Bike has to be brought to a stop before getting off it.

Thruster:

- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.
- The rep is credited when the athlete's hips, knees, and arms are fully extended and the bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Dropping behind the head is not allowed

Day 3 WOD 1

Gymnastic

Round 1: 3' work 1 rest

Round 2: 3' work 1' rest

Round 3: 4' work

Handstand walk complex

- Start from HSPU wall
- Forward walk till crossing line
- Backwards walk back till crossing the finish line

12 SA DB Overhead Squats 30kg/22.5kg

->Tie break

Max Ring muscle up

Score: Number of completed Ring Muscle up

Workflow

Start position: behind line, next to the designated judge.

Start: After the "3, 2, 1... Go!" countdown, the athlete moves to the HSPU wall, where they will kick into a handstand, facing away from the wall, from where they will initiate the HSW. The athlete has to cross the designated line and then return backwards where they also have to cross the finish line from the HSW to be credited.

After the HSW the athlete will move to the DB to complete 12 DB OHS. Once completed the athlete will move to the Rings and start RMU till the time runs out.

Reset: in the 1min break the athlete will move back to the start line and get ready for the next round.

Movement standards

Handstand walk complex:

Athletes must begin each rep by kicking up into a handstand on the HSPU wall. From there athletes can initiate the Handstand

walk. Every part of the body is allowed to touch the wall.

Only the hands are allowed to touch the floor during the Handstand Walk

The athletes have to walk from the HSPU wall to the 10m line

After crossing the line athletes must handstand walk it back (face facing walking direction) till crossing the second line.

The entire complex must be done unbroken.

Single arm Db overhead squats:

Each set of DB OHS begins with the dumbbell on the ground.

The Dumbbell has to be brought up overhead with the DB, shoulders, hips, knees and ankles in one straight line (anyhow)

The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position with the DB over the shoulder

The rep is credited when the athlete's hips, knees, and arms are fully extended and the Db is directly over, or slightly behind, the middle of their body.

Dropping the DB is not permitted.

During the rep only one hand is permitted on the dumbbell.

Ring Muscle up:

Athletes must begin each rep hanging from the rings with arms fully extended and feet off the ground.

Kipping is allowed, but uprisers and swings/rolls to support are not permitted.

During consecutive kipping muscle-ups, a change of direction below the rings is required. No part of the foot may rise above the bottom of the rings during the kip.

The athlete must pass through some portion of a dip before reaching lockout.

The rep is credited when the elbows are fully locked out in the support position.

Reaching lockout while pushing or falling away from the rings will not count.

Day 3 WOD 2

Eliminator

Round 1

For time TC 5'

21 Hspu

10m Sandbag carry 70kg/45kg

21 Alt. Pistols

10m Sandbag carry 70kg/45kg

21 Chest to bar pull ups

10m Sandbag carry 70kg/45kg

Score: Time to complete the workout.

Round 2

For Time TC 5'

18 Deficit Handstand pushup

10m Sandbag carry 70kg/45kg

21 Alt. Pistols

10m Sandbag carry 70kg/45kg

21 Chest to bar pull ups

10m Sandbag carry 70kg/45kg

Score: Time to complete the workout.

Round 3

For Time TC 5'

15 Wall facing Handstand pushup

10m Sandbag carry 70kg/45kg

21 Alt. Pistols

10m Sandbag carry 70kg/45kg

21 Chest to bar pull ups

10m Sandbag carry 70kg/45kg

Score: Time to complete the workout.

Workflow

Start position: behind line, next to the designated judge.

Start: After the "3, 2, 1... Go!" countdown, the athlete moves to the wall and will perform 21 Hspu in the first round (18 Deficit hspu in the second round and 15 wall facing hspu in the third round) After the Hspu the Athlete will move to the Husafell Bag and carry it 10m across the field. Once that's done the Athlete will move to the area for the alt. pistols and will perform 21 of those. After the Alt. pistol, the Athlete will move to the Husafell Bag and carry it 10m across the field. Once that's done the Athlete will move to the Pull up bar and perform 21 Chest to bar pull ups. After the Chest to bar pull ups, the Athlete will move to the Husafell Bag and carry it 10m across the field one final time, where the time will be stopped.

Movement standards

Husafell Bag:

- Every 10m Husafell Bag carry begins with the sandbag on the floor behind the line.
- To initiate the carry the Husafell Bag has to be brought over the horizontal line of the hips. (Bearhug, on the shoulders...)
- Rep is granted when both feet cross the other line completely with the Husafell Bag still over the horizontal line of the hips.

Handstand push up:

- Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms
- At the bottom position of the hspu only the hands and head are allowed to be in contact with the floor.
- hands must stay in contact with the line marked on the floor

Deficit Handstand push up:

- Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms
- At the bottom position of the hspu only the head is allowed to be in contact with the floor.
- Hands must be on the plates

Wall facing Handstand push up:

- Every repetition of the WF handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in

contact with the wall, the hips open and the body in line with the arms

- The athlete must face the wall
- At the bottom position of the hspu only the hands and head are allowed to be in contact with the floor.
- hands must stay in contact with the line marked on the floor

Chest to bar pull ups:

- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.
- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.

Alternating Pistols:

- At the start and finish of each rep, the hips and knee of the working leg are extended.
- The non-working leg must remain in front of the body (cannot pass beyond profile).
- Holding onto the non-working leg is permitted
- At the bottom, the hip crease must pass below the top of the knee on the working leg.
- If any part of the body other than the support foot touches the floor before lockout, the rep will not count
- Must Alternate Legs After Every Successful Rep
- Must complete a successful rep on one side before alternating
- Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted