



Battle the Beach 2019  
Final

Event 1 Team MM+FF





### **Event 1 RX Team M+M / F+F**

For Time: TC 10min

Big Grace into Isabel

30 C&J Male: 90 kg / Female: 60 kg

30 Squatsnatch Male: 60 kg / Female 40 kg

### **NOTES**

This workout begins with the Team standing on the floor in front of the platform with the already set up bar.

After the call of “3, 2, 1... go,” the Teams may start with the 30 C&J. At every moment just one athlete of the Team stands on the platform and performs the repetitions. The Athletes can switch positions whenever they want. – one works / one rests.

After the Clean and Jerks, the Team rotates their bar by 90 degrees and changes the weights to the new target weight. The Team then performs 30 Squatsnatches. The same rules for the Athletes standing on the platform apply here. The workout is finished when the last valid Squatsnatch is finished.

The score is the time needed to fulfill the 60 repetitions. If a Team reaches the time cap, the number of invalid / not executed repetitions is added to the time of 10:00 minutes. 1 repetition is equal to 1 second.

### **Movement Standards**

#### Clean and Jerk

For the Clean and Jerk, the barbell begins on the ground. Touch-and-go is permitted. No bouncing. A Muscle Clean and Jerk, Power Clean and Jerk, Squat Clean and Jerk, Split Clean and Jerk or Cluster may be used, as long as the barbell comes up to the shoulders and is pushed fully locked out overhead and over the middle of the body. At the top, the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.

#### Squatsnatch

The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

In every division, the Athlete must pass through a full squat with hips below the knees. For the Rx'd division, catching the bar while above parallel will only be allowed if the Athlete continues to drop below parallel in a smooth motion, without pausing or rising before achieving the required depth. A power snatch followed by an overhead squat will not be allowed.

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to overhead any way