

2022 NEW ZEALAND NATIONALS ONLINE QUALIFIER  
SCORECARD



**Workout 2 | Run with Rafiki.**

SCORE DUE 11:59 PM, 17<sup>th</sup> AUGUST 2022

**Workout 2**

3 Rounds for time:

18 Shuttles

10 Double Dumbbell Cleans

10 Double Dumbbell Hang to Oh

10 Double Dumbbell Stoh

18 Ttb

Cap: 16mins



**Flow**

The competitor starts standing behind the start line (a line clearly marked as the start of the five meter shuttle area). On the sound of 3,2,1... go, the competitor may begin their five meter shuttles. Every five meters is considered one repetition. At each end the competitor will touch the ground with both hands, past the line that denotes the five meter mark. There is no requirement to touch the ground as the competitor runs across the line for the 18th repetition. Once the shuttles are complete the competitor will move to and complete 10 Double Dumbbell Cleans. Once the 10th repetition is complete the competitor may then move to and complete 10 Double Dumbbell Hang to Overhead, completed as a Hang Snatch or a Hang Clean to Overhead. Note, if the competitor places the Dumbbells on the ground during the Hang to Overhead they must complete a Deadlift before continuing to accumulate reps when they next pick up the Dumbbells (i.e. **a Ground to Overhead is considered a no-rep**). Once the Hang to Overhead are complete the competitor will then complete 10 Double Dumbbell Shoulder to Overhead. Once complete the competitor will place the Dumbbells on the ground before moving to and completing 18 Ttb. Once complete the competitor will then complete a further two rounds in the same format.

	Round 1	Round 2	Round 3
18 Shuttles			
10 D. Dumbbell Cleans			
10 D. Dumbbell Hang to Oh			
10 D. Dumbbell Stoh			
18 Ttb			
Time _____			

Note: this workout will take place immediately following Workout 1.

## Scoring

The total time taken to achieve all three rounds. If the repetitions are not completed in the 16 minute time cap, each repetition not completed will be added to the 16 minute time as one second per incomplete repetition.

## Movement standards

### Shuttles:

Every five meters is considered one repetition. At each end of each repetition the competitor will touch the ground with both hands, past the line that denotes the five meter mark. There is no stipulation where the feet must be at each end. There is also no requirement to touch the ground as the competitor runs across the line for the 18th repetition.

### Double Dumbbell cleans:

With a Dumbbell held in each hand the competitor will Muscle clean, Power clean or Squat Clean the Dumbbells, at the same time from the ground to the front rack position. The repetition starts with both heads of the Dumbbell touching the ground and is complete when both heads of the Dumbbell have cleared the horizontal plain of the shoulder, the elbows are in front of the body, and the knees and hips are fully extended. Resting the Dumbbells on the shoulder/s is acceptable.

### Double Dumbbell Hang to Overhead (Oh):

With a Dumbbell held in each hand the competitor must first perform a Deadlift before beginning their first repetition (Unless they have held onto the Dumbbells after finishing the Double Dumbbell cleans). The Dumbbells are then moved from a hang position (blow the hip but above the ground, either between or outside the legs) to a locked out overhead, so that the feet, knees, hips, shoulders, elbows and hands are in line and locked out. The competitor may Hang Muscle Snatch, Hang Power Snatch or Hang Clean and Press or Hang Clean and Jerk the Dumbbells to achieve the repetition. **Bouncing the Dumbbells on the quads/thighs is NOT allowed.**

### Double Dumbbell Shoulder to Overhead (Stoh):

With a Dumbbell held in each hand, with the Dumbbells held in the front rack, the competitor will move the Dumbbells from the front rack to overhead. The competitor may choose to Strict Press, Push Press, Push Jerk or Split Jerk the Dumbbells overhead. The repetition is considered complete when the Dumbbells are held locked out overhead, so that the feet, knees, hips, shoulders, elbows and hands are in line and locked out.

### Toes to bar (Ttb):

The competitor will start hanging from the bar with their arms at full extension, the heels must then come from behind the vertical plain of the bar and up so that both feet make contact with the bar SIMULTANEOUSLY in between the hands. This will continue per repetition.

### Situps:

Each rep of the sit-up begins with the competitors back in contact with the floor, their knees locked out, and their hands touching the floor above their head. At the top, the competitor will raise their torso so that their chest is upright and their hands touch their toes, while their legs remain extended at the knees. AbMats are permitted.

## Variations by division

Elite, Rx, Teens(16-17), Masters(35-42), Masters(43-49):

Dumbbells @ 22.5 / 15kg

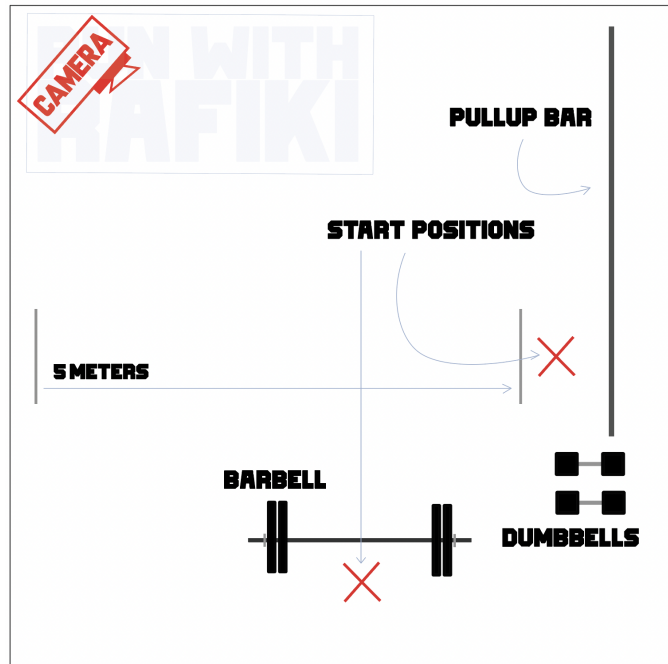
Teens(14-15), Masters(50+):

Dumbbells @ 15 / 10kg

### Scaled:

Dumbbells @ 15 / 10kg

Ttb replaced with Situps (same number of repetitions)



Competitor Name: \_\_\_\_\_ Score: \_\_\_\_\_

Judge Name: \_\_\_\_\_ Signed: \_\_\_\_\_