



TIRANA

THROWDOWN 2024

ATHLETES & JUDGES

BRIEFING

CATEGORY

ELITE MEN/

ELITE WOMEN

EVENT 1

ELITE MEN/ELITE WOMEN

SATURDAY APRIL 27

FOR TIME
10-8-6-4-2

TOES TO BAR
THRUSTERS (70/45)

(TIME CAP 5:00 MIN)

MOVEMENT STANDARTS

1. TOES TO BAR

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Only overhand grip is permitted.
- The rep is credited when **both feet contact the bar between the hands at the same time.**
- Any part of the feet may make contact with the bar.
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

2. THRUSTERS

- Each set of thrusters begins with the barbell on the ground. Collars must be placed outside the plates.
- A full squat clean into the thruster is allowed when the bar is taken from the floor but not required.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- **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 is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.

WORKOUT STANDARTS

- Workout consists in 5 rounds of toes to bar and thrusters, by decreasing numbers from 10 to 2.
- Athlete start from the line and when the time starts, they go under the bar to start the first round of toes to bar.
- After performing first round by 10 reps they go to the weightlifting platform and start performing first round of thrusters by 10 reps.
- After finishing first round, athletes return to bar to start second round by 8 reps, initially with toes to bar and then again with thrusters.
- Athletes repeats this again with rounds of 6, 4 and 2 reps.
- After performing last round by 2 thrusters, athletes run to the finish line.
- The score is the time when athlete pass the finish line.
- If athlete doesn't finish the rounds in the window time, the score has to be total reps performing in 5 minutes cap time.
- Only reps, that have been fully completed within the workout window time, will be counted as rep

EVENT 2

ELITE MEN/ELITE WOMEN

SATURDAY APRIL 27

IN A TOTAL TIME OF 10 MIN

A. FOR TIME

50 PISTOL SQUATS

***B) IN THE REMAINING TIME OF 10 MIN, FIND
MAX WEIGHT OF OLYMPIC TOTAL***

B' - MAX SNATCH

B'' - MAX CLEAN & JERK

SCORE 1 : TIME OF A

SCORE 2 : WEIGHT B' + B''

MOVEMENT STANDARDS

1. PISTOL SQUATS

- 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 on to 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.

2. SNATCH

- Each rep starts with the bar on the ground. Collars must be placed outside the plates.
- Power, squat, and split snatches are permitted.
- Hang snatches are NOT permitted.
- The rep is counted when the athlete's hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind, when viewed from profile.
- If a split snatch is used, the feet must return in line before the bar is lowered.

3. CLEAN & JERK

- Start each rep with the barbell on the ground. Collars must be placed outside the plates.
- Power cleans, squat cleans, and split cleans are permitted.
- The lift must have two distinct phases: the clean and the jerk.
- Snatching is not permitted.
- 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.

WORKOUT STANDARTS

The workout consists in 2 Parts, performing in a total time of 10 minutes.

PART A

- Part A of the workout consists in performing firstly 50 alternated pistol squats in the fastest possible time.
- Athlete start in the line and when the time starts, athlete have to perform 50 alternated pistol squats.
- Athletes must finish 50 pistols to move to the next part of the workout.
- If for any reason, athlete doesn't finish the 50 reps of Pistol Squats, judge score the number of reps and the athlete can start the part B of the Workout.
- Score for the part A is the time of performing 50 alternated pistol squats.

PART B

- Part B of the workout start immediately after Part A.
- In the remaining time of 10 minutes, athlete have to find Max Weight of Snatch and then Max weight of Clean & Jerk.
- The barbells at every heat will be at a minimum weight and every athlete have the right to increase the weight of the barbell.
- Once Clean & Jerk is started, you cannot attempt Snatch again.
- The use of collars is mandatory.
- The athletes have the choice to increase the weight after every attempt
- The athletes have the choice to decrease the weight of barbell after every failing attempt.
- There is no limit number for attempting
- Athletes have the right to stop attempting anytime within total time of 10 minutes.
- Any successful attempt where the bar leaves the ground before the total time of 10 minutes, will count.
- Score for the part B is the total weight of snatch and clean & jerk.

EVENT 3

ELITE MEN/ELITE WOMEN

SUNDAY APRIL 28

AMRAP X 8 MIN

5 WALL WALKS

15 BURPEES BOX JUMP OVERS

30 DOUBLE UNDERS

MOVEMENT STANDARTS

1. WALL WALKS

- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).
- Both hands must remain on the tape until both feet are on the wall.
- At the top of the movement, both hands must touch the tape line at the 25 cm mark before the athlete may descend.
- Any part of the hand may touch the tape line.
- On the descent, the feet must remain on the wall until both hands are touching the first line.
- The rep is credited when the athlete returns to the starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground.
- Any part of the hand may make contact with the tape line.
- Distance of the first tape line near the wall is 25 cm from the wall
- For women, the distance of the second tape line from the wall is 140 cm.
- For men, the distance of the second tape line from the wall is 150 cm

2. BURPEE BOX JUMP OVERS

- Every rep starts with the athlete facing the box while touching chest and thighs to the ground and finishes with the athlete jumping over the box.
- In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.
- There is no requirement to stand tall while on top of the box.
- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- The athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.
- Jumping or stepping off the box is permitted.
- Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

3. DOUBLE UNDERS

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

WORKOUT STANDARTS

- The Workout consist in 8 min Amrap of 5 Wall Walks, 15 Burpees Box Jump Overs and 30 Double Unders.
- Athletes have to stay in the line and when the time starts, they have to start performing 5 Wall Walks, then have to run to the box and start performing 15 Burpees Box Jumps Overs.
- When they finish, athletes have to go to the jump rope and start performing 30 Double Unders
- After performing 30 DU, athlete has to return to Wall Walks and start over again the second round.
- Athletes have to perform as many reps as possible in 8 Minutes.
- The score is the number of reps performed in a total time pf 8 minutes.
- Only reps, that have been fully completed within the workout window, will be counted as rep

EVENT 4/

ELITE MEN

SUNDAY APRIL 28

FOR TIME

20 RMU
10 M HS WALK
20 M SANDBAG LUNGES*
10 M HS WALK

10 RMU
10 M HS WALK
20 M SANDBAG LUNGES
10 M HS WALK

5 RMU
10 M HS WALK
20 M SANDBAG LUNGES
10 M HS WALK

*SANDBAG WEIGHT WILL BE REVEAL ONSITE

(TIME CAP 10 MIN)

MOVEMENT STANDARTS

1. RING MUSCLE UPS

- Athletes must begin each rep hanging from the rings with arms fully extended and feet off the ground.
- Kipping is allowed, but uprises 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.

2. HAND STAND WALK

- Before starting, the handstand walk area will be marked in 5 m segments.
- The lane will have two consecutive segments, allowing a 10m walk in one direction.
- Kick up with both hands (entire hand, including palm and fingers) BEHIND the mark of the segment being attempted.
- Stepping over the line or landing with the hands on or over the line is a “no rep.”
- Must walk forward.
- Coming down from the hands at any time requires a restart from behind the last line successfully crossed.
- A rep is credited when both hands, including palms and fingers, cross the line before the feet touch the ground.
- Each 5m section will count as 1 rep.
- Must handstand walk across the line. Jumping both hands over the line to finish a section is not allowed

3. SANDBAG LUNGES

- The movement starts with the sandbag in the ground.
- Athletes can pick up the sandbag by gripping it with both hands from underneath and lifting it from the ground and making a clean movement.
- Is in athlete choice if can hold the sandbag over the shoulder or in the back.
- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.
- The athlete may start each 10m section with either leg.
- The rep is credited when the feet are together and the hips and legs are fully extended.
- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- Rep is credited when both feet are clearly behind the line.
- In the event of a no rep for any reason, the athlete have to complete 10m distance besides the line.

WORKOUT STANDARTS

- The workout consists in 3 Rounds of Ring Muscle Ups, Hand Stand Walks and Sandbag Lunges
- Athletes have to stay in the line and when the time starts, they have to go under the rings and start performing 20 Ring Muscle Ups
- After that, athletes have to run to the field and in the area of Hand Stand Walk have to start walking, 10 meters to the second line.
- In the second line, they have to grab the sandbag and do clean movement, to hold it in the back or shoulders and then start lunges back and forth 10 m+10 m.
- When they come back to the starting point of lunges, athletes have to drop the sandbag and start second part of 10m Hand Stand Walk.
- After crossing the line, athletes must run to the rings to start the second round, this time performing 10 Ring Muscle Ups
- After that, athletes repeat the same with 10m Hand Stand Walk, 20 m Sandbag Lunges back and forth and then again 10 m Hand Stand Walk.
- After this round, athletes return to the rings and start performing the last round of 5 Ring Muscle Ups, and after that again with 10m Hand Stand Walk, 20 m Sandbag Lunges back and forth and then again 10 m Hand Stand Walk.
- After last round of Hand Stand Walk, athletes must run to the finish line.
- The score is the time that athlete finish 3 Rounds of the workout and running to the finish line.
- If athlete doesn't finish the rounds in the window time of 10 Minutes, the score have to be total reps performing in 10 minutes time.
- Only reps, that have been fully completed within the workout window, will be counted as rep

EVENT 4/ ELITE WOMEN

SUNDAY APRIL 28

FOR TIME

50 PULL UPS
10 M PULL SLED (WEIGHT 1)*
20 M SANDBAG LUNGES**
10 M PULL SLED (WEIGHT 1)

30 PULL UPS
10 M PULL SLED (WEIGHT 2)
20 M SANDBAG LUNGES
10 M PULL SLED (WEIGHT 2)

10 PULL UPS
10 M PULL SLED (WEIGHT 3)
20 M SANDBAG LUNGES
10 M PULL SLED (WEIGHT 3)

*SLED INCREASING WEIGHT - WILL BE REVEAL ONSITE

**SANDBAG WEIGHT WILL BE REVEAL ONSITE
(TIME CAP 10 MIN)

MOVEMENT STANDARTS

1. PULL UPS

- The athlete must start each rep with arms fully extended and feet off the ground.
- Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met.
- The arms must be fully extended at the bottom, with the athlete's feet off the ground.
- Only Overhand grip is permitted.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

2. PULL SLED

- The sled will be equipped with a rope attachment for the athlete to grip securely.
- The sled will be behind the first line and the athlete must grab the rope and start the movement in front of the sled.
- The athlete must pull the sled using all the possible methods for the distance of 10 meters.
- Pull with the hand, pull with the body moving forward or backward or any other method of pull, are all permitted.
- Sled will be filled with a starting weight for the first round and athlete must put plates for second and third round.
- The athlete's feet must remain within their lane or area during the movement. Any foot movement outside of this area may result in penalties.
- The pull is considered complete when the sled clearly crosses the second line after 10 meters.
- Athlete must complete pull sled movement to have the right to pass to next exercise.

3. SANDBAG LUNGES

- The movement starts with the sandbag in the ground.
- Athletes can pick up the sandbag by gripping it with both hands from underneath and lifting it from the ground and making a clean movement.
- Is in athlete choice if can hold the sandbag over the shoulder or in the back.
- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.
- The athlete may start each 10m section with either leg.
- The rep is credited when the feet are together and the hips and legs are fully extended.
- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- Rep is credited when both feet are clearly behind the line.
- In the event of a no rep for any reason, the athlete have to complete 10m distance besides the line.

WORKOUT STANDARTS

- The workout consists in 3 Rounds of Pull Ups, Pull Sleds and Sandbag Lunges
- Athletes have to stay in the line and when the time starts, they have to go under the bar and start performing 50 Pull Ups.
- After that, athletes have to run to the field, grab the rope of the sled and start pulling to the second line.
- All types of pulling are allowed
- Athletes have to pass the sled after the second line and then they have to grab the sandbag.
- With a clean movement, athlete have to hold it in the back or shoulders and then start lunges back and forth 10 m+10 m.
- When they come back to the starting point of lunges, athletes have to drop the sandbag and grab again the rope to start the second part of Pull Sled.
- After crossing the first line with the sled, athletes must run to the bar to start the second round, this time performing 30 Pull Ups
- After that, athletes repeat the same with 10m Pull Sled, 20 m Sandbag Lunges back and forth and then again 10 m Pull Sled.
- This round, weight of Sled will be heavier and athlete can choose adding weights before or after second round of 30 Pull Ups
- After this round, athletes return to the bar and start performing the last round of 10 Pull Ups, and after that again with 10m Pull Sled, 20 m Sandbag Lunges back and forth and then again 10 m Pull Sled.
- This round, weight of Sled will be heavier then 2 past rounds and athlete can choose adding weights before or after third round of 10 Pull Ups
- After last round of Pull Sled, athletes must run to the finish line.
- The score is the time that athlete finish 3 Rounds of the workout and running to the finish line.
- If athlete doesn't finish the rounds in the window time of 10 Minutes, the score has to be total reps performing in 10 minutes time.
- Only reps, that have been fully completed within the workout window, will be counted as rep