



TIRANA

THROWDOWN 2024

ATHLETES & JUDGES

BRIEFING

CATEGORY

SCALED

MEN/WOMEN

EVENT 1

SCALED MEN/ SCALED WOMEN

SATURDAY APRIL 27

FOR TIME
10-8-6-4-2

BURPEES OVER BAR
THRUSTERS (40/25)

(TIME CAP 5:00 MIN)

MOVEMENT STANDARTS

1. BURPEES OVER BAR

- Athletes must stay lateral to the bar to perform the burpees.
- Athletes must touch the chest and thighs to the ground at the bottom of each burpee.
- At the top of each burpee, the athlete **MUST** clearly jump over the barbell.
- Both feet must be off the ground as the athlete passes over the bar.
- Stepping over is **NOT** permitted.
- The athlete does **NOT** need to use a two-foot takeoff.
- Touching the barbell on the jump or step over is a no rep.
- Athletes may jump or step back to reach the bottom position.
- Stepping and/or jumping back to the starting position are both permitted.
- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- There is no requirement to land with both feet at the same time.
- If the athlete receives a no rep for any reason, the entire rep must be repeated.

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 burpees over bar and thrusters, by decreasing numbers from 10 to 2.
- Athlete start from the line and when the time starts, they go near the barbell to start the first round of burpees over bar.
- After performing first round by 10 reps they grab the barbell and start performing first round of thrusters by 10 reps.
- After finishing first round, athletes start second round by 8 reps, initially with burpees over 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 have to be total reps performing in 5 minutes time.
- Only reps, that have been fully completed within the workout window, will be counted as rep

EVENT 2

SCALED MEN/ SCALED WOMEN

SATURDAY APRIL 27

IN A TOTAL TIME OF 10 MIN

A. FOR TIME

50 BACK SQUATS (40/25)

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

B' - MAX HANG CLEAN

B'' - MAX DEADLIFT

SCORE 1 : TIME OF A

SCORE 2 : WEIGHT B' + B''

MOVEMENT STANDARTS

1. BACK SQUATS

- The bar starts on the ground and athlete must put it on the shoulders behind the neck with a clean & jerk or snatch movement.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The rep is credited when: - the athlete's hips and knees are fully extended, - the bar is resting on the athlete's shoulders; and - the athlete's feet are in line with one another when the athlete is viewed from profile.

2. CLEAN

- Each rep starts with the bar on the ground. Collars must be placed outside the plates.
- Athletes must perform a deadlift movement before going to the hang position.
- All Hang positions, below or above the knee are permitted.
- Hang Power Clean, Hang Squat Clean, or Hang Split Clean are also all permitted.
- The rep is credited when the athlete's hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the hands.
- If the bar is lowered from the rack position before the hips and knees reach full extension, the rep will not count..

3. DEADLIFT

- The barbell starts on the ground. Collars must be placed outside the plates
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.
- The rep is credited when: the athlete's hips and knees reach full extension, and the athlete's head and shoulders are behind the bar.
- Receiving any assistance with the barbell is not permitted unless safety is an immediate concern.
- Athletes may NOT wear gymnastics grips during this workout.

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 Back Squats in the fastest possible time.
- Athlete start with the barbell on the ground and when time starts, must perform 50 back squats.
- Athletes must finish 50 Back Squats to move to the next part of the workout.
- If for any reason, athlete doesn't finish the 50 reps of Back 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 Back 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 Hang Clean and then Max Weight of Deadlift.
- The barbells at every heat will be at a minimum weight (weight of the squats) and every athlete have the right to increase the weight of the barbell.
- It is mandatory to perform 3 Reps Deadlift with the max weight of hang clean, before starting the attempt of Max Deadlift.
- Once Deadlift is started, athlete cannot attempt Hang Clean 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 hang clean and deadlift.



EVENT 3

SCALED MEN/ SCALED WOMEN

SUNDAY APRIL 28

AMRAP X 8 MIN

3 WALL WALKS
6 SHUTTLE RUNS
12 BURPEES BOX JUMP OVERS

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. SHUTTLE RUNS

- Athlete have to start running immediately after Wall Walks so the counting of run start in the direction of the box to the sign pads
- At each turnaround, athlete must pass the sign pad with the respective number and come back again to pass the box.
- Each rep of shuttle runs is credited when athlete comes again at starting position (the box)
- It is not mandatory to touch the ground with the hand at the turning point or in the starting point.

3. BURPEES 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.

WORKOUT STANDARTS

- The Workout consist in 8 min Amrap of 3 Wall Walks, 6 Shuttle Runs and 12 Burpees Box Jump Overs.
- Athletes have to stay in the line and when the time starts, they have to start performing 3 Wall Walks, then have to run to the direction of box, and pass the box toward the direction of the sign pad.
- Athletes pass the sign around and turn towards the box passing the box around and doing the same movement 5 other times
- When finish the last shuttle run, athlete must be in the front side of box and starts performing 12 burpees box jumps over.
- After burpees box jump, athlete run again to the wall to start again with wall walk and repeat the same exercises for 8 minutes.
- 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

SCALED MEN/ SCALED WOMEN

SUNDAY APRIL 28

FOR TIME

30 ALT DB SNATCHES (20/12.5)

10 M PULL SLED (WEIGHT 1)*

20 M SANDBAG LUNGES**

10 M PULL SLED (WEIGHT 1)

20 ALT DB SNATCHES (20/12.5)

10 M PULL SLED (WEIGHT 2)

20 M SANDBAG LUNGES

10 M PULL SLED (WEIGHT 2)

10 ALT DB SNATCHES (20/12.5)

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. DB SNATCH

- Each rep starts with both heads of the dumbbell on the ground.
- Lift the dumbbell overhead in one motion.
- A partial squat in the receiving position is allowed but NOT required.
- The rep is credited when: - Knees, hips, and elbow of the working arm are fully extended. - The middle of the dumbbell is in line with, or behind, the body when viewed from the side
- Must alternate arms after every successful rep.

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 Db Snatches, Pull Sleds and Sandbag Lunges
- Athletes have to stay in the line and when the time starts, they have to go to the dumbbell and start performing 30 Alternating Db Snatches.
- 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 shoulder 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 Pull Sled.
- After crossing the first line with the sled, athletes must run to the dumbbell to start the second round, this time performing 20 Alternating Db Snatches
- 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 20 Alternating Db Snatches
- After this round, athletes return to the dumbbell and start performing the last round of 10 Alternating Db Snatches, 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 Alternating Db Snatches
- 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 pass 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.