



## THE GLASGOW CLASSIC

# INDY EVENT 2

## SKILL TEST

### For Time:

**50x TTB**

**20m Sprint**

**20m DB OH Lunge 22.5/15kg**

**50x DB Snatch 22.5/15kg**

**20m DB OH Lunge 22.5/15kg**

**20m HSW**

**20m Sprint to finish**

### Equipment

- 1x Pull Up Bar
- 1x DB 22.5/15kg

### General Notes

The athletes will begin the workout stood on the green start mat opposite the rig. At the start of timer clock, and not before, the athletes will enter the field of play and sprint to the rig to begin the toes to bar repetitions. Once all of the TTB repetitions have been completed, the athlete may advance to the dumbbell.

The athlete lifts the dumbbell to the overhead position and lunges down their lane passing both heels over each 2m increment on the lane to complete the repetitions for scoring.

At the end of the lane, the athlete passes both heels over the end line (white) to complete the lunge. They may then immediately begin alternating dumbbell snatches up to the target total of fifty.

Once the snatches are complete, the athlete lunges back down the lane with the dumbbell overhead as per the first lunge.

After the second lunge is completed, the DB is moved out of play at the end of the lane and the athlete turns to progress back up the lane away from the rig in a handstand walk.

**FINALS 2019**

**Saturday 21st September**

Athletes progress along their lane passing both hands clearly over the tape marking each 2m increment for scoring. A repetition is given for every 2m successfully completed.

At the end of the handstand walk, when the hands have clearly passed over the tape marking the end of the lane, the athlete may drop to their feet and sprint to the red finish mat to conclude the workout.

### Time Cap

The athlete will have 12 minutes to complete the workout.

### Scoring

The score is given by the number of repetitions completed at the end of the workout (from a total of 151 reps; including 1 rep for reaching the finish mat within the time cap). Individuals completing all repetitions will be separated by their total time to completion.

### Penalties

Athletes drifting outside of the marked parameters of their lane will be stopped and brought back to the last successfully completed increment of the lane before being allowed to progress further.

Movements that do not meet the stated standards will be considered invalid and must be repeated in order for the athlete to progress.



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#### **Movement Guidance**

##### **Toes to Bar**

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition begins in this position and ends with both feet touching the pull-up bar.

Both feet must be in contact with the bar at the same time, inside the hands. 'Hooking' the feet is not permitted. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before the next rep.

##### **Dumbbell Overhead Lunge**

The movement begins with athlete stood at extension, feet together, with the dumbbell supported overhead and the elbow, hip and knees fully extended and under control. The lunge route is completed by passing through 2 metre increments marked on the field of play.

Throughout the lunge, the dumbbell must remain over the athlete's body on a locked elbow. The trailing knee must make contact with the ground at the bottom of each lunge and dumbbell must be held by enclosing the handle with the palm and fingers - the athlete may not support the rubber head of the dumbbell with an open palm.

The movement ends with the dumbbell still supported overhead and 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. Shuffle steps between reps are not permitted. The non-supporting arm may not contact the body.

If the athlete fails to meet any standard during a lunge, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the dumbbell overhead for the entire rep, the athlete must restart from behind the last 2 metre increment that they successfully crossed. Similarly, if at any time during the lunge the dumbbell is lowered from overhead, the athlete must restart from behind the last 2 metre increment that they successfully crossed.

A lunge rep will count when both heels are past the line, the athlete is standing tall with the dumbbell overhead and all standards for the repetition have been met.

Athletes may use either arm to support the dumbbell and may switch without penalty after they have successfully crossed a lane increment.

##### **Dumbbell Snatch**

The dumbbell begins at the floor. From there, the athlete may perform a muscle snatch, power snatch, squat snatch or split snatch, so long as the dumbbell does NOT make contact with the shoulder before progressing overhead. The dumbbell must be moved from the floor to lockout overhead in one motion. The non-working hand may not come into contact with the body or the dumbbell during the lift. Athletes may use two hands when lowering the dumbbell between reps and only a single head needs touch the floor.

The dumbbell must come to a full lockout overhead, with the hips, knees and elbows fully extended, the feet aligned under the hips, and the dumbbell directly over the middle of the athlete's body when viewed in profile.

The dumbbell should be locked out over the body: dumbbells locked out at an angle to the side of the body away from the vertical plane will not be permitted.

Athletes must perform snatches on alternating arms and may switch the hands at any position once the previous repetition is completed.

##### **Handstand Walk**

When kicking up, the athlete's hands (entire hand, including palm and fingers) must start BEHIND the line of any lane increment. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If any part of the hand makes contact with the marked line when kicking up into the handstand, this will also constitute a no rep.

If at any time the athlete comes down from the hands or faults on the walk, he or she must restart from the end of the last successfully completed increment. Both hands, including palms and fingers, must fully cross the lane marking for the repetition to be valid.

##### **Sprint**

Athletes must remain in their lane for the duration of the sprint.