



**Finals 21.7a & 21.7b
Masters & Teens Throwdown 2021**

Saturday 8 May 07:00hrs till
Sunday 16 May 23:59hrs (CET)

Powered by:

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21.7a – “Lift a lot”

4 minute EMOM
Find your 1 RM Squat Snatch

Rest 2 minutes

21.7b – “Lift some more”

1 min AMRAP
Squat snatch, pick load

Variations

Rx'd Teens 12-13 / Rx'd Masters 55+ / all
Scaled divisions:

Hang Power Snatch

Equipment preparation

- 1 barbell & plates of your choice

Video submissions

- All athletes
- See requirements in separate document

Scoring

21.7a

Score = highest weight achieved at one of
the 4 attempts Squat Snatch

21.7b

Score = weight x number of reps

Note:

Weight = barbell + plates (not collars)
Weights need to be logged in kilograms, if
you have access to Lbs plates only,
please use the following formula:
Lbs to kilograms: multiply by 0.454

Workout notes*

Workout 21.7a

Before starting the clock the athlete
prepares the bar, load weights to be
ready for the first attempt. Clearly show
the weights in front of the camera.

The bar is on the floor with the athlete
standing tall. On the count of 3, 2, 1,
GO... the athlete starts at 0:00 and has 1
minute for **one single attempt**.

After this attempt, the athlete has to wait
until the next minute to start another
attempt, also if the attempt failed.

The athlete has to make one single
attempt each minute. **It is not allowed
to skip an attempt.**

Minute 0:00 – 0:59 – attempt 1

Minute 1:00 – 1:59 – attempt 2

Minute 2:00 – 2:59 – attempt 3

Minute 3:00 – 4:00 – attempt 4

During the wait, the athlete can increase
or lower weight for the next attempt. Help
of judge is allowed. Clearly show on
camera which weights are added or
removed.

Minute 4:00 – 6:00 Rest & change load.
Pick & prepare your load before starting.
Clearly show chosen weights on camera.

Workout 21.7b

The barbell starts on the floor with the
athlete standing tall. On the count of 3, 2,
1, Go...the workout starts. Within 1
minute perform as many reps of squat
snatches. Changing plates on the barbell
during the workout is not allowed. Your
score WOD B: weight x number of reps.

So be smart! :-)



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Variations

Rx'd Teens 12-13 / Rx'd Masters
55+ / all Scaled divisions:
Hang Power Snatch

Find your 1 RM Snatch	
Minute 0:00 – 0:59 attempt 1	Weight of attempt 1
Minute 1:00 – 1:59 attempt 2	Weight of attempt 2
Minute 2:00 – 2:59 attempt 3	Weight of attempt 3
Minute 3:00 – 4:00 attempt 4	Weight of attempt 4
Rest 2 minutes & change load minute 4:00 – 5:59	
AMRAP Squat snatch Minute 6:00 – 7:00	Number of reps

Athlete name _____

Judge name _____

I confirm the scores accurately represent the athlete's performance for this workout.

Athlete's signature

Date

Score 21.7a 1RM weight (in kilos)

Score 21.7b number of reps x weight (in kilos)

Movement standards

Squat Snatch

- Watch the YouTube video here:
<https://www.youtube.com/watch?v=9xQp2sldyts>
- The barbell begins on the ground and must be lifted overhead in **one motion**.
- The athlete must pass through a **full squat** with **hips below the knees, hip crease below parallel**.
- **Receiving the barbell in the bottom of the squat is required**. This is not a ground-to-overhead. A power snatch followed by a OHS squat is therefore not allowed
- The rep is credited when the barbell is at **full lockout** overhead, with the **hips, knees and arms fully extended**, and the bar directly over or slightly behind the **middle of the body with the feet in line**.
- Touch and go is permitted but deliberately bouncing the barbell is not.
- The bar can be dropped from overhead. If a barbell is dropped, the barbell must **settle** on the ground before the athlete begins the next repetition.
- If you begin with an empty barbell, or a barbell that has (fractional) plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees; mid shin. Use plates or low weightlifting box for elevation off the ground to create a similar height

Hang Power Snatch

- Watch the YouTube video here:
<https://www.youtube.com/watch?v=-mLzQdVAwlw>
- The barbell begins on the ground and must first be deadlifted & lowered to hang position before starting the 1st repetition.
- Receiving the barbell in a shallow overhead squat is required. This is not a ground-to-overhead.
- The rep is credited when the barbell is at **full lockout** overhead, with the **hips, knees and arms fully extended**, and the bar directly over or slightly behind the **middle of the body with the feet in line**.
- The bar can be dropped from overhead. If a barbell is dropped, the barbell must **settle** on the ground before the athlete begins the next repetition.
- Each time the barbell is dropped the **1st rep of the next set needs to start with a deadlift into hang position**