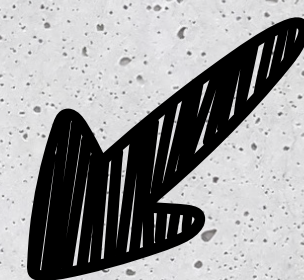


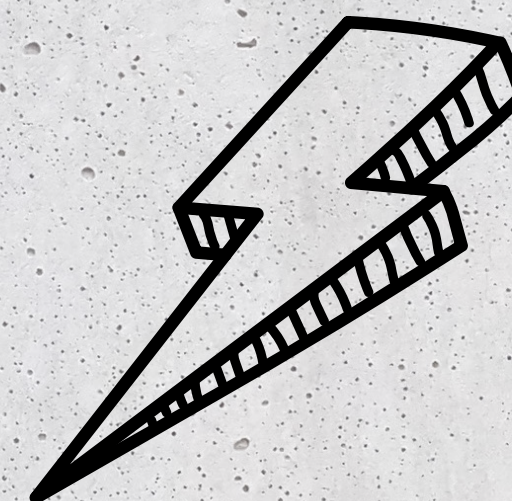


WOD 01
JANUARY 2025



LEAGUE

STANDARDS



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01 RULEBOOK



BRIEFING

Athletes and teams will be informed about workouts through official social media accounts, the website, and the distribution of the standards document to all participants.

It is the responsibility of each athlete and team to review this document and familiarize themselves with the standards.

The organizer reserves the right to make any changes to the disciplines, organizational plan, or the competition day's schedule.

All barbells must be equipped with collars throughout the entire workout.

The organizer reserves the right to determine the success or failure of a video, even retroactively, based on the submitted video or other available materials for evaluation.

Permitted Equipment for Athletes During the Workout:

- Weightlifting belt
- Wraps
- Chalk
- A mat for head support during HSPU, both under the head and hands (the mat must be level).
- Prohibited Equipment Includes (but is not limited to): straps.
- The organizer or Head Judges reserve the right to prohibit the use of certain equipment for a specific workout.

02

RESERVED
RIGHTS



LEAGUE STANDARDS

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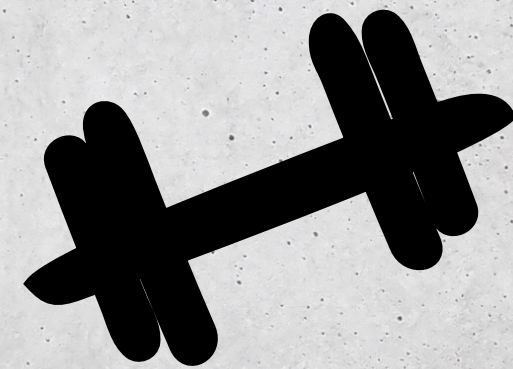
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03

WORKOUTS

+

FLOWS



LEAGUE

STANDARDS

CATEGORY

WOD 1
IRON WILL 25

ELITE

25 ROUND FOR TIME

- 5 Wall Balls
- 3 Strict Handstand Push-Ups
- 1 Power Clean

Medicinal 9/6 kg, Barbell: 90/60 kg
Time Cap: 20 min



FLOW:

This workout is designed for a fast pace and precise technique. The goal is to complete all 25 rounds as quickly as possible within the 20-minute time cap.

The workout begins with 5 Wall Balls. Athletes use a medicine ball weighing 9 kg (men) or 6 kg (women) and throw it to a target height according to the standard (Men: 3 meters, Women: 2.7 meters). Proper execution of the squat and accurate hits on the target are essential for each repetition.

After the Wall Balls, athletes move on to 3 Strict Handstand Push-Ups. These exercises require upper body strength and precise control. Athletes must maintain strict form without using kipping. The head must touch the surface, and arms must fully extend at the top position.

The final part of each round is 1 Power Clean with a barbell weighing 90 kg (men) or 60 kg (women). The Power Clean demands proper technique and explosive power. Athletes must lift the barbell from the ground and bring it to the front rack position, fully extending their legs at the top. The movement must be performed without a full squat.

Upon completing each round, athletes immediately transition to the next, continuing until all 25 rounds are finished or the time cap is reached. If the workout is not completed within the time cap, the number of completed rounds and repetitions will be counted.

Proper pacing and maintaining technique are key to success in this workout. Start with a consistent pace and avoid unnecessary breaks between movements.



CAMERA PLACEMENT

The camera should be positioned at a sufficient distance to clearly capture the athlete's full body during all exercises.

The frame must include:

The full range of motion (e.g., squat depth for Wall Balls, position during Handstand Push-Ups, and the lift during Power Clean).

The target for Wall Balls (target or mark on the wall).

The weight of the barbell and medicine ball before starting the workout.

VIDEO INTRODUCTION

Before starting the workout, the athlete must:

Introduce themselves (first and last name).

Announce their category (e.g., men/women, ELITE/ADVANCED/SPORT).

Specify the workout number (e.g., WOD #1).

Clearly display the weights used on the barbell and the medicine ball.

DURING THE WORKOUT

The athlete must remain visible in the frame throughout the entire recording.

Every repetition must be clearly performed to allow verification of proper execution according to the standards (e.g., squat depth for Wall Balls, head contact during Handstand Push-Ups, and controlled movement during Power Clean).

If an interruption occurs (e.g., the medicine ball drops), the camera must not be turned off or moved.

END OF THE VIDEO

After completing the workout, the athlete must reappear in the frame to confirm completion and optionally announce their time or the number of repetitions completed.

Show the final weight of the barbell and medicine ball, if relevant.

TECHNICAL DETAILS

The video must be uploaded to YouTube as either public or unlisted (accessible via link).

The video quality must be high enough (recommended resolution: at least 720p) to ensure all details are clearly visible.

Ensure the space is well-lit so movements can be accurately assessed.

Following these rules will ensure your video is considered valid and your results will be included in the scoring.

CATEGORY

WOD 1
IRON WILL 25

ADVANCED, MASTERS

25 ROUND FOR TIME

- 5 Wall Balls
- 3 Handstand Push-Ups
- 1 Power Clean

- medicinbal 9/6 kg, Barbell: 70/45 kg
- Time Cap: 20 min



FLOW:

This workout is designed for a fast pace and precise technique. The goal is to complete all 25 rounds as quickly as possible within the 20-minute time cap.

The workout begins with 5 Wall Balls. Athletes use a medicine ball weighing 9 kg (men) or 6 kg (women) and throw it to a target height according to the standard (Men: 3 meters, Women: 2.7 meters). Proper execution of the squat and accurate hits on the target are essential for each repetition.

After the Wall Balls, athletes move on to 3 Handstand Push-Ups. These exercises require upper body strength and precise control. Athletes must maintain proper technique, and kipping is allowed. The head must touch the surface, and arms must fully extend at the top position.

The final part of each round is 1 Power Clean with a barbell weighing 70 kg (men) or 45 kg (women). The Power Clean demands proper technique and explosive power. Athletes must lift the barbell from the ground and bring it to the front rack position, fully extending their legs at the top. The movement must be performed without a full squat.

Upon completing each round, athletes immediately transition to the next, continuing until all 25 rounds are finished or the time cap is reached. If the workout is not completed within the time cap, the number of completed rounds and repetitions will be counted.

Proper pacing and maintaining technique are key to success in this workout. Start with a consistent pace and avoid unnecessary breaks between movements.



CAMERA PLACEMENT

The camera should be positioned at a sufficient distance to clearly capture the athlete's full body during all exercises.

The frame must include:

The full range of motion (e.g., squat depth for Wall Balls, position during Handstand Push-Ups, and the lift during Power Clean).

The target for Wall Balls (target or mark on the wall).

The weight of the barbell and medicine ball before starting the workout.

VIDEO INTRODUCTION

Before starting the workout, the athlete must:

Introduce themselves (first and last name).

Announce their category (e.g., men/women, ELITE/ADVANCED/SPORT).

Specify the workout number (e.g., WOD #1).

Clearly display the weights used on the barbell and the medicine ball.

DURING THE WORKOUT

The athlete must remain visible in the frame throughout the entire recording.

Every repetition must be clearly performed to allow verification of proper execution according to the standards (e.g., squat depth for Wall Balls, head contact during Handstand Push-Ups, and controlled movement during Power Clean).

If an interruption occurs (e.g., the medicine ball drops), the camera must not be turned off or moved.

END OF THE VIDEO

After completing the workout, the athlete must reappear in the frame to confirm completion and optionally announce their time or the number of repetitions completed.

Show the final weight of the barbell and medicine ball, if relevant.

TECHNICAL DETAILS

The video must be uploaded to YouTube as either public or unlisted (accessible via link).

The video quality must be high enough (recommended resolution: at least 720p) to ensure all details are clearly visible.

Ensure the space is well-lit so movements can be accurately assessed.

Following these rules will ensure your video is considered valid and your results will be included in the scoring.

CATEGORY

WOD 1
IRON WILL 25

SPORT

25 ROUNDS FOR TIME

- 5 Wall Balls
- 3 Deadlift
- 2 Power Clean
- 1 Shoulder to Overhead

Medicinal 9/6 kg, Barbell: 50/35 kg
TC: 20 min



FLOW:

This workout is designed to test endurance, strength, and movement efficiency. The goal is to complete all 25 rounds as quickly as possible within the 20-minute time cap.

The workout begins with 5 Wall Balls. Athletes use a medicine ball weighing 9 kg (men) or 6 kg (women). Each Wall Ball starts in a deep squat, with the hips dropping below knee level, and the ball must hit the target at the prescribed height (Men: 3 meters, Women: 2.7 meters).

Following the Wall Balls are 3 Deadlifts. Athletes must start with the barbell (50 kg for men/35 kg for women) on the ground. The lift ends in an upright position with hips and knees fully extended, and shoulders behind the bar. The barbell must return to the ground before each rep begins.

Next are 2 Power Cleans. The athlete lifts the barbell from the ground to the front rack position without performing a full squat. The movement must be fluid and controlled, with a clear stop in the front rack position at the top.

The final movement in each round is 1 Shoulder to Overhead. From the front rack position, the athlete presses the barbell overhead. Variations such as strict press, push press, push jerk, or split jerk are allowed, but the movement must finish with arms fully extended and the barbell stabilized overhead.

Upon completing each round, the athlete immediately returns to the Wall Balls to start the next round. The workout continues until all 25 rounds are completed or the 20-minute time cap is reached. If the workout is not completed within the time cap, the number of completed rounds and reps will be counted.

CAMERA PLACEMENT

The camera must be positioned to clearly capture all movements and the athlete's full body during each exercise.

The barbell and medicine ball must be visible throughout the entire workout.

The target for Wall Balls (mark or target) must be in the frame and clearly identifiable.

VIDEO INTRODUCTION

Before starting the workout, the athlete must:

Introduce themselves (first and last name).

Announce the workout number (e.g., „WOD 25 Rounds for Time“) and their category.

Clearly display:

The medicine ball with its weight (9 kg/6 kg).

The barbell with the weight plates (50 kg/35 kg).

DURING THE WORKOUT

The athlete must remain visible in the frame for the entire duration of the recording.

Each movement must be performed according to the prescribed standards:

Wall Balls: A clear squat below knee level and the target hit at the correct height.

Deadlift: Fully extended hips and knees at the top position; the barbell must touch the ground after each repetition.

Power Clean: The barbell must reach the front rack position without a full squat, and the movement must be controlled.

Shoulder to Overhead: The barbell must be overhead with fully extended arms and stable control at the top position.

Movements must be smooth and uninterrupted to allow for proper verification of standards.

END OF THE VIDEO

After completing the workout, the athlete must remain in the frame and announce their final time (if the workout is completed within the time cap).

If the time cap expires, the athlete must show the state of the barbell and medicine ball to confirm the current condition of the equipment.

TECHNICAL DETAILS

The video must be uploaded to YouTube as either public or unlisted (accessible via a link).

The recommended resolution for the video is at least 720p to ensure every movement is clearly visible.

The space must be well-lit so movements and equipment are easily recognizable.

Proper lighting is essential to allow clear assessment of movements.

Adhering to these guidelines will ensure your video is considered valid and your results will be included in the scoring.

ADDITIONAL RECOMMENDATIONS

Before starting the recording, ensure the camera is correctly positioned and the frame includes all necessary elements.

During the workout, avoid unnecessary transitions out of the camera frame or any adjustments to the camera.

Following these standards will ensure your video is valid and facilitate a smooth evaluation of your performance.

CATEGORY

WOD 1
SYNCHRO GRIND

MIX ADVANCED

SYNCHRO GRIND

- 10 Burpee Box Jump overs
- 10 Alternating DB Snatch
- 10 Alt. DB Hang Clean and Jerk
- 20 Burpee Box Jump overs
- 20 Alt. DB Snatch
- 20 Alt. DB Hang Clean and Jerk
- 30 Burpee Box Jump overs
- 30 Alt. DB Snatch
- 30 Alt. DB Hang Clean and Jerk

No time cap.

60/50 cm box, 22,5/15 kg DB



FLOW:

This workout focuses on teamwork, synchronization, and endurance for a pair of athletes.

The goal is to complete all repetitions in the prescribed order, with all movements performed in sync. The workout has no time cap.

First Part: 10 Burpee Box Jump Overs

The workout starts with synchronized Burpee Box Jump Overs. Both athletes perform a burpee in front of the box and then jump over to the other side together. Synchronization is valid when both athletes land on the other side of the box at the same time.

Next: 10 Alternating Dumbbell Snatches

Each athlete alternates hands while performing the DB Snatch. Synchronization is counted at the top position when both athletes have the dumbbell fully extended overhead with straight arms. The movement must be controlled to ensure clear synchronization.

Continuation: 10 Alternating DB Hang Clean and Jerks

From the hang position (at hip level), the athlete performs a Clean followed by a Jerk, alternating hands. Synchronization is counted at the top position of the Jerk, where both athletes have the dumbbell overhead with fully extended arms and a stable stance.

Second Part: 20 Burpee Box Jump Overs

The pair once again performs synchronized Burpee Box Jump Overs. The synchronization principle remains the same—both athletes must land on the other side of the box simultaneously.

Next: 20 Alternating Dumbbell Snatches

The same rules as in the previous DB Snatches apply. Athletes alternate hands, and synchronization is counted at the top position.

Followed by: 20 Alternating DB Hang Clean and Jerks

The pair performs synchronized Hang Clean and Jerks, focusing on synchronization at the top position.

Third Part: 30 Burpee Box Jump Overs

The increased number of repetitions demands focus on maintaining pace and consistent synchronization.

Next: 30 Alternating Dumbbell Snatches

The pair continues in the same manner—synchronization at the top position, with controlled transitions between hands.

Final Part: 30 Alternating DB Hang Clean and Jerks

The workout concludes with the final set of Hang Clean and Jerks. Emphasis is placed on precision and proper synchronization at the top position of the movement.

Key to Success: Consistent communication and a steady pace are essential throughout the workout to maintain synchronization and complete all repetitions efficiently. □

KEY POINTS

Synchronization:

Burpee Box Jump Overs: Both athletes must land on the other side of the box simultaneously.

DB Snatch: Synchronization is achieved at the top position with fully extended arms.

DB Hang Clean and Jerk: Synchronization occurs at the top position of the Jerk, with the dumbbell controlled overhead.

Strategy:

Plan pacing and transitions based on the fitness level of both athletes to avoid overexertion of one partner.

Communication:

Continuous communication between partners is essential to maintain synchronization and minimize errors.

Team Challenge:

This workout tests the pair's ability to work as a team, maintaining precision and synchronization even as the number of repetitions increases.

CAMERA PLACEMENT

The camera must be positioned to clearly capture both athletes throughout the entire workout.

The frame must include:

The box for Burpee Box Jump Overs.

The dumbbell throughout its full range of motion during DB Snatch and DB Hang Clean and Jerk.

The full bodies of both athletes during all movements.

VIDEO INTRODUCTION

At the beginning of the video, both athletes must:

Introduce themselves (first and last name).

Announce the workout number (e.g., „WOD 1“) and their category.

Clearly display:

The height of the box (60 cm for men, 50 cm for women).

The weight of the dumbbells (22.5 kg for men, 15 kg for women).

DURING THE WORKOUT

The camera must remain stable and must not be moved during the workout.

Both athletes must be visible performing synchronized movements throughout:

Burpee Box Jump Overs: Synchronization is valid when both athletes land on the other side of the box simultaneously.

DB Snatch: Synchronization is counted at the top position, with the dumbbell fully extended overhead and arms locked out.

DB Hang Clean and Jerk: Synchronization is counted at the top position of the Jerk, with arms fully extended and the dumbbell stable overhead.

Movements must be smooth and clearly visible to assess proper execution and synchronization.

END OF THE VIDEO

After completing the workout, both athletes must reappear in the frame and confirm they have completed the workout.

If an interruption occurs or the time expires (though this should not be relevant in a no-time-cap workout), athletes must show the current state of the equipment (e.g., dumbbell weight).

TECHNICAL DETAILS

The video must be uploaded to YouTube as either public or unlisted (accessible via a link).

The recommended resolution is at least 720p to ensure all movements and synchronization are clearly visible.

The space must be well-lit so every exercise can be easily observed.

ADDITIONAL RECOMMENDATIONS

Ensure the frame captures the full range of motion for all exercises. If you move during the workout, position the camera to maintain a constant view.

Verify that the box, dumbbell, and athletes' bodies are fully visible throughout the entire workout.

Adhering to these standards will ensure the video is valid for review, and your results will be recognized.

CATEGORY

WOD 1
SYNCHRO GRIND

MIX SPORT

SYNCHRO GRIND

- 10 Burpee Box Jump overs
- 10 DB Hang Snatch
- 10 DB Hang Clean and Jerk
- 15 Burpee Box Jump overs
- 20 DB Hang Snatch
- 20 DB Hang Clean and Jerk
- 20 Burpee Box Jump overs
- 30 DB Hang Snatch
- 30 DB Hang Clean and Jerk

No time cap.

60/50 cm box, 22,5/15 kg DB



FLOW:

This workout focuses on teamwork, synchronization, and endurance for a pair of athletes.

The goal is to complete all repetitions in the prescribed order, with all movements performed in sync. The workout has no time limit.

First Part: 10 Burpee Box Jump Overs

The workout begins with synchronized Burpee Box Jump Overs. Both athletes perform a burpee in front of the box and then jump over to the other side together. Synchronization is valid when both athletes land on the other side of the box simultaneously.

Next: 10 Alternating Dumbbell Snatches

Each athlete alternates hands while performing the DB Snatch. Synchronization is counted at the top position, where both athletes have the dumbbell fully extended overhead with straight arms. The movement must be controlled to ensure clear synchronization.

Continuation: 10 Alternating DB Hang Clean and Jerks

From the hang position (at hip level), the athlete performs a Clean followed by a Jerk, alternating hands. Synchronization is counted at the top position of the Jerk, where both athletes have the dumbbell overhead with fully extended arms and a stable stance.

Second Part: 15 Burpee Box Jump Overs

The pair once again performs synchronized Burpee Box Jump Overs. The synchronization principle remains the same—both athletes must land on the other side of the box simultaneously.

Next: 20 Alternating Dumbbell Snatches

The same rules apply as in the previous DB Snatches. Athletes alternate hands, and synchronization is counted at the top position.

Followed by: 20 Alternating DB Hang Clean and Jerks

The pair performs synchronized Hang Clean and Jerks, focusing on synchronization at the top position.

Third Part: 20 Burpee Box Jump Overs

The increased number of repetitions requires maintaining a steady pace and consistent synchronization.

Next: 30 Alternating Dumbbell Snatches

The pair continues in the same manner—synchronization at the top position, with controlled transitions between hands.

Final Part: 30 Alternating DB Hang Clean and Jerks

The workout concludes with the final set of Hang Clean and Jerks. Emphasis is placed on precision and proper synchronization at the top position of the movement.

KEY POINTS

Synchronization:

Burpee Box Jump Overs: Both athletes must land on the other side of the box simultaneously.

DB Snatch: Synchronization is achieved at the top position with fully extended arms.

DB Hang Clean and Jerk: Synchronization is counted at the top position of the Jerk, with the dumbbell controlled overhead.

Strategy:

Plan pacing and transitions according to the fitness level of both athletes to avoid exhausting one partner.

Communication:

Continuous communication between partners is essential to maintain synchronization and minimize errors.

Team Challenge:

This workout tests the pair's ability to work as a team, maintaining precision and synchronization even as the number of repetitions increases.

CAMERA PLACEMENT

The camera must be positioned to clearly capture both athletes throughout the entire workout.

The frame must include:

The box for Burpee Box Jump Overs.

The dumbbell throughout its full range of motion during DB Snatch and DB Hang Clean and Jerk.

The full bodies of both athletes during all movements.

VIDEO INTRODUCTION

At the beginning of the video, both athletes must:

Introduce themselves (first and last name).

Announce the workout number (e.g., „WOD 1“) and their category.

Clearly display:

The height of the box (60 cm for men, 50 cm for women).

The weight of the dumbbells (22.5 kg for men, 15 kg for women).

DURING THE WORKOUT

The camera must remain stable and must not be moved during the workout.

Both athletes must be visible performing synchronized movements throughout:

Burpee Box Jump Overs: Synchronization is valid when both athletes land on the other side of the box simultaneously.

DB Snatch: Synchronization is counted at the top position, with the dumbbell fully extended overhead and arms locked out.

DB Hang Clean and Jerk: Synchronization is counted at the top position of the Jerk, with arms fully extended and the dumbbell stabilized overhead.

Movements must be smooth and clearly visible to assess proper execution and synchronization.

END OF THE VIDEO

After completing the workout, both athletes must reappear in the frame and confirm they have finished the workout.

If an interruption occurs or the workout ends prematurely (though this should not apply in a no-time-cap workout), athletes must show the current state of the equipment (e.g., dumbbell weight).

TECHNICAL DETAILS

The video must be uploaded to YouTube as either public or unlisted (accessible via a link).

The recommended resolution is at least 720p to ensure all movements and synchronization are clearly visible.

The space must be well-lit so every exercise can be easily observed.

ADDITIONAL RECOMMENDATIONS

Ensure the frame covers the full range of motion for all exercises.

If there is movement during the workout, position the camera to maintain a consistent view.

Verify that the box, dumbbell, and both athletes' bodies are fully visible throughout the entire workout.

Following these standards will ensure the video is valid for review and the results will be accepted.

05 STANDARDS ✓

WALL BALL

The athlete begins the movement with the medicine ball held with both hands at chest level. Each repetition begins with a full squat with the hips dropping below knee level (depth below parallel). After performing the squat, the athlete throws the medicine ball to a set target on the wall (men: 3 meters, women: 2.7 meters). The ball must hit the target for the repetition to be valid. If the ball does not reach the target, the squat is not deep enough or the ball is not under control, the repetition does not count. The entire movement must be fluid and executed in its entirety, with the medicine ball always returned to the starting position before the next

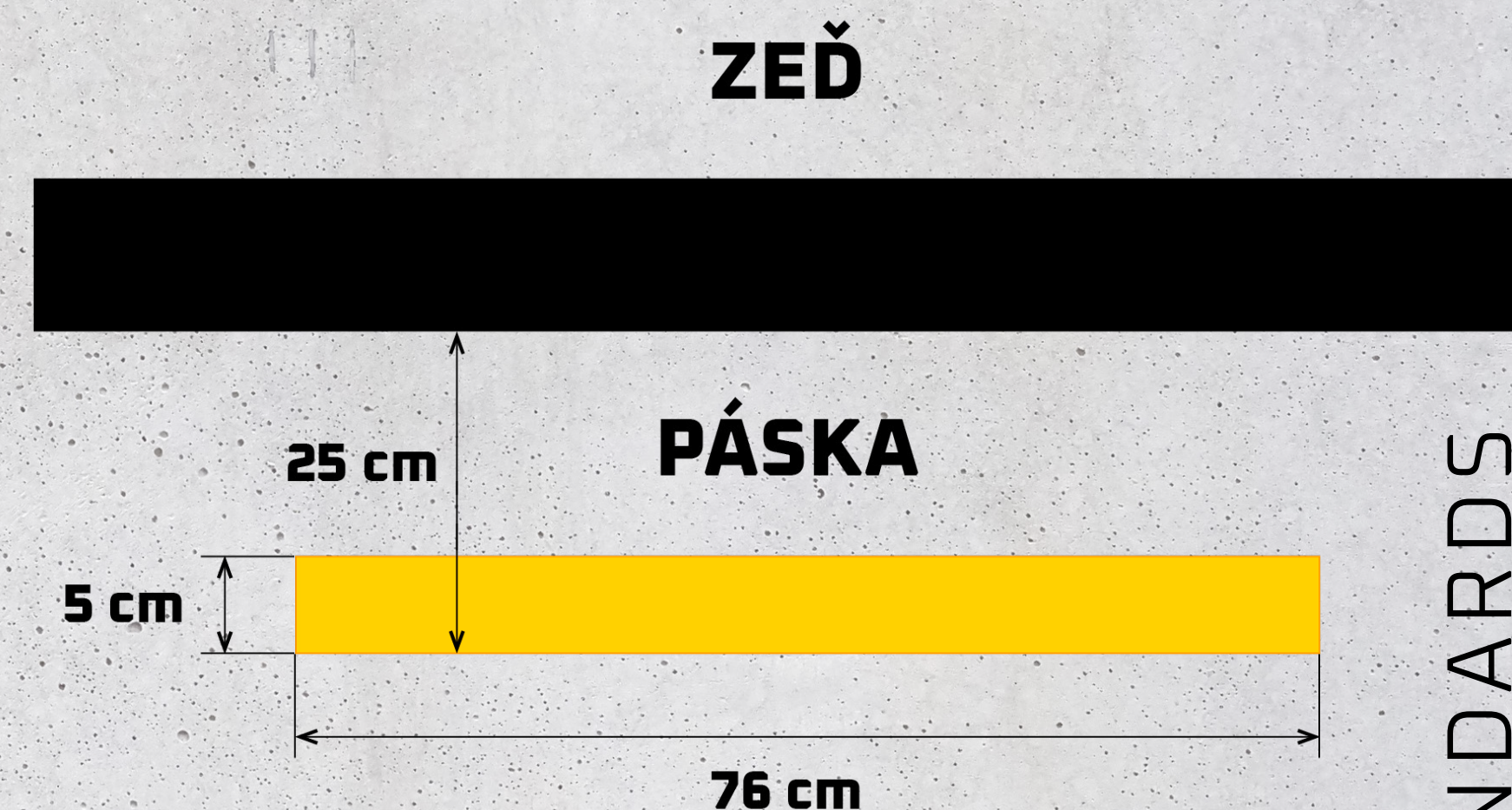
HSPU

The athlete begins the movement in a stable handstand position with elbows locked out, heels in contact with the wall, and the body in a straight line. No part of the body other than the heels may touch the wall in the top position. The athlete then starts the repetition by touching their head to the mat (not just the hair!). Only after this can the athlete initiate the shoulder press to return to the handstand position. During the descent or ascent, the heels do not need to remain in contact with the wall.

A repetition is completed when the athlete returns to the handstand position with locked elbows, heels in contact with the wall, and the body in a straight line. No part of the body other than the heels may touch the wall in the top position. The head must be positioned between the hands.

It is prohibited to shorten the range of motion beyond the standard for the given category by placing objects under the head, such as a towel. Unless specified otherwise, both strict and kipping techniques may be used.

Both hands must remain on the designated tape line. • If one or both hands is not touching the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position. Games standards 23.3.



POWER CLEAN

The athlete starts with the barbell on the ground. The movement begins by lifting the dumbbell with a deadlift, where the athlete brings the dumbbell to a front rack position on the shoulders in one fluid motion. The elbows must be in the top position clearly in front of the dumbbell, the knees and hips fully extended and the dumbbell controlled. No full squat is allowed during the movement (the clean must be performed as a „power“). The dumbbell must return to the floor before the next repetition. If the movement is not executed smoothly, the dumbbell is not stable in the top position or does not reach the prescribed starting and ending positions, the repetition does not count

DEADLIFT

The athlete starts with the barbell on the ground, and the barbell must be equipped with discs on both sides. The movement begins with simultaneous lifting of the dumbbell with active engagement of the legs, hips and back. Repetition is valid if the athlete reaches a fully upright position where the knees and hips are fully extended, the shoulders are behind the dumbbell and the dumbbell is controlled. When returning to the ground, the dumbbell must be lowered under control. If the dumbbell is not fully controlled, the hips or knees are not fully extended, or the dumbbell does not reach the desired starting and finishing position, the repetition does not count.

STOH

If no provision is made to perform the exercise from the rack, the athlete must get the dumbbell into the initial position of the front rack with full extension of the knees and hips. The athlete then uses any technique to get the barbell overhead (Strict Press, Push Press, Push Jerk, Split Jerk). For a valid repetition, the athlete in the overhead position must have full extension in the elbows, knees and hips with both feet side by side. The axis must be controlled in a straight line of the body. The athlete may then proceed to the next repetition. The athlete can use the touch and go technique. If the athlete breaks and drops the axis, the next repetition starts again in the front rack. When performing the exercise from the ground, the first repetition of the Squat Clean Thruster is not allowed, while the Thruster technique is not allowed between repetitions.

BURPEE BOX JUMP OVERS

- Both athletes start in an upright position in front of the box. The movement begins with a synchronized burpee where the chest and thighs of each athlete must clearly touch the ground. Then both athletes perform a box jump. Full straightening of the body at the top of the box is not necessary. After jumping or crossing the box, both athletes must land on the other side of the box at the same time for the repetition to be valid. Synchronisation counts only when both athletes land on the other side. If one of the athletes lands later, the repeat does not count. The movement must be fluid and each athlete must be in the frame at all times if the workout is filmed.

DB HANG SNATCH

Both athletes must work synchronously. The movement starts with the dumbbell in the hang position, where the dumbbell hangs at hip level (the dumbbell must not start on the ground). The athlete lifts the dumbbell in one smooth motion overhead, with the arm fully extended and the dumbbell stable in the top position. Synchronization is valid when both athletes reach the top position simultaneously.

After each repetition, the dumbbell must return to the hang position before initiating the next repetition. The movement must be controlled, and it is crucial for both athletes to maintain smooth synchronization. If one athlete reaches the top position before the other, the repetition does not count. Every movement must be clearly visible for verification.

ALT DB SNATCH

Each athlete alternates hands while performing the DB Snatch, with both athletes required to work in sync. The movement begins with the dumbbell on the ground. The athlete lifts the dumbbell in one smooth motion overhead, with the arm fully extended and the dumbbell stable in the top position. Synchronization is valid when both athletes reach the top position simultaneously.

After each repetition, the athlete must switch hands and return the dumbbell to the ground before initiating the next repetition. The movement must be controlled, and it is crucial for both athletes to maintain smooth synchronization. If one athlete reaches the top position before the other, the repetition does not count. Every movement must be clearly visible for verification.

DB HANG CLEAN AND JERK

Both athletes must work in sync. The movement starts in the hang position, where the dumbbell hangs at hip level (the dumbbell must not start on the ground). The athlete performs a clean, bringing the dumbbell to the front rack position, followed by a jerk, lifting the dumbbell overhead. Synchronization is valid when both athletes simultaneously reach the top position of the jerk, with the arm fully extended, the dumbbell stable overhead, and the body in a controlled stance (hips, knees, and elbows fully extended).

After each repetition, the athlete must return the dumbbell to the hang position before starting the next repetition. The movement must be controlled and fluid. If one athlete fails to achieve synchronization in the top position or if the hang position at the start of the repetition is not maintained, the repetition will not count. Both athletes' bodies must be clearly visible at all times.

ALT DB HANG CLEAN AND JERK

Each athlete alternates hands while performing the DB Hang Clean and Jerk, with both athletes required to work in sync. The movement starts in the hang position, where the dumbbell hangs at hip level (the dumbbell must not start on the ground). The athlete performs a clean, bringing the dumbbell to the front rack position, followed by a jerk, lifting the dumbbell overhead.

Synchronization is valid when both athletes simultaneously reach the top position of the jerk, with the arm fully extended, the dumbbell stable overhead, and the body in a controlled stance (hips, knees, and elbows fully extended).

After each repetition, the athlete must switch hands and return the dumbbell to the hang position before initiating the next repetition. The movement must be controlled and fluid. If one athlete fails to achieve synchronization in the top position or if the hang position at the start of the repetition is not maintained, the repetition does not count. Both athletes' bodies must remain clearly visible at all times.

