

Njoya League

7 - 8 May 2022



General rules

All crew members and athletes are treated with respect.

Keep in mind that a judge is there to ensure you perform at your best level, listen well to their comments and adjust your standard when they ask that of you. This way you make sure that your reps are being performed well and that you are not losing time and energy with missed reps.

Teams begin, end, and switch in the so-called startsection. A team's time is noted only when all athletes of that team are in the startsection.

Switching most of the time takes place in the start section. The working athlete has to be in the startsection before the next athlete may take off, the judge will send the new athlete back to the startsection before he/she can continue the workout.

When it's allowed to switch on the field it's mentioned clearly at the description of that workout.

When a team does not agree with a judge's scoring, this is notified to the organization (head judge / floor manager) BEFORE the next workout starts.

We hope you have a good last week of preparation and see you on the field with your A-game!

WORKOUT 1

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TOP DIVISION = page 6-7

Workout 1 ~ “Rusty Legs”

PREP DIVISION

AMRAP 8 MIN

AMRAP 8 MIN

BUDDY TEAMS

Assault Bike 10 - 20 - 30 - 40 - etc CAL

BB Thrusters 10 - 20 - 30 - 40 - etc REPS

FANTASTIC 4

Assault Bike 10 - 20 - 30 - 40 - etc CAL

BB SYNC Thrusters 10 - 20 - 30 - 40 - etc REPS

PREP Division:

Female: Barbell 15kg

Male: Barbell 20kg

Mixed/F4: Barbell 15 / Barbell 20kg

Notes Buddy Team: you can switch whenever you want in the start section, also during a “set” of a movement. 1 athlete is working and the other athlete is resting. The athletes are NOT allowed to touch the screen of the Assault Bike, the crew will reset the bike for each round.

Notes Fantastic 4: you can switch whenever you want in the start section, also during a “set” of a movement. 1 athlete is biking, 2 athletes are working on the SYN BB thrusters and 1 athlete is resting. The athletes are NOT allowed to touch the screen of the Assault Bike, the crew will reset the bike for each round.

Tie break:

The tie break is noted after each round of BB Thrusters.

Scoring:

The total amount of completed reps will be counted for your ranking.

Flow of the workout Buddy Teams:

- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts an athlete will start on the Assault Bike and perform as many calories as he/she can or until the 10 reps are done.*
- *Once the reps are done on the bike, an athlete will perform as many reps BB thrusters as he/she can or until the 10 reps are done.*
- *The next round goes exactly the same but you perform 20 reps of both, and so on.*

Flow of the workout Fantastic 4:

- *The workout starts with all 4 athletes standing in the start section.*
- *When the clock starts one athlete will start on the Assault Bike and perform as many calories as he/she can or until the 10 reps are done.*
- *At the same time two athletes are performing the SYNC BB Thrusters.*
- *Once the 10 calories are done on the bike AND two athletes performed 10 SYNC reps BB thrusters, your team completed the round of 10 repetitions.*
- *Only then you are allowed to continue as a team to the round of 20 reps, and so on.*

MOVEMENT STANDARDS PREP DIVISION:

Assault Bike

- Make sure your seat is positioned in the right height for your team before the workout starts.
- You have to stay seated on the bike until the judge sees the total reps on the screen and says you can go.

BB Thrusters (Buddy Team)

- The movement starts with the barbell on the ground.
- There are 2 ways correct for the first rep (BB from the floor), you are allowed to do a full Squat Clean the barbell and then directly continue with the press out.
- The other way is that you bring the barbell to your front rack position with a muscle/power clean and stand it up, then start the thruster from there.
- You have to squat below parallel, the hip crease must pass below the knees, then you bring the barbell to an overhead position in one fluent movement.
- The barbell must come to full lockout overhead with the knees, hips and arms fully extended, and the bar directly above the heels.
- Only when the judge gives the signal for a rep to count, bring it back to your shoulders to go into your next rep.
- You are NOT allowed to drop the barbell, from any level, if you do it's a no-rep, also when it's the last rep!

BB SYNC Thrusters (Fantastic 4)

- Performed as above but a female and male athlete will both be working at the same time, each athlete has his/her own barbell.
- The SYNCHRONIZED part is when you both have the barbell overhead in full lockout, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the overhead position. Only then you can continue with the next rep.
- Only when the judge gives the signal for a rep to count brings it back to your shoulders to go into your next rep.
- You are not allowed to drop the barbell, from any level, if you do it's a no-rep, also when it's the last rep!

Workout 1 ~ “Rusty Legs”

MAIN / MASTER DIVISION

AMRAP 8 MIN

AMRAP 8 MIN

BUDDY TEAMS

Assault Bike 10 - 20 - 30 - 40 - etc CAL

BB Thrusters 10 - 20 - 30 - 40 - etc REPS

FANTASTIC 4

Assault Bike 10 - 20 - 30 - 40 - etc CAL

BB SYNC Thrusters 10 - 20 - 30 - 40 - etc REPS

Main / Master Division:

Female: Barbell 30kg

Male: Barbell 40kg

Mixed/F4: Barbell 30 / Barbell 40kg

Notes Buddy Team: you can switch whenever you want in the start section, also during a “set” of a movement. 1 athlete is working and the other athlete is resting. The athletes are NOT allowed to touch the screen of the Assault Bike, the crew will reset the bike for each round.

Notes Fantastic 4: you can switch whenever you want in the start section, also during a “set” of a movement. 1 athlete is biking, 2 athletes are working on the SYN BB thrusters and 1 athlete is resting. The athletes are NOT allowed to touch the screen of the Assault Bike, the crew will reset the bike for each round.

Tie break:

The tie break is noted after each round of BB Thrusters.

Scoring:

The total amount of completed reps will be counted for your ranking.

Flow of the workout Buddy Teams:

- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts an athlete will start on the Assault Bike and perform as many calories as he/she can or until the 10 reps are done.*
- *Once the reps are done on the bike, an athlete will perform as many reps BB thrusters as he/she can or until the 10 reps are done.*
- *The next round goes exactly the same but you perform 20 reps of both, and so on.*

Flow of the workout Fantastic 4:

- *The workout starts with all 4 athletes standing in the start section.*
- *When the clock starts one athlete will start on the Assault Bike and perform as many calories as he/she can or until the 10 reps are done.*
- *At the same time two athletes are performing the SYNC BB Thrusters.*
- *Once the 10 calories are done on the bike AND two athletes performed 10 SYNC reps BB thrusters, your team completed the round of 10 repetitions.*
- *Only then you are allowed to continue as a team to the round of 20 reps, and so on.*

MOVEMENT STANDARDS MAIN / MASTER DIVISION:

Assault Bike

- Make sure your seat is positioned in the right height for your team before the workout starts.
- You have to stay seated on the bike until the judge sees the total reps on the screen and says you can go.

BB Thrusters (Buddy Team)

- The movement starts with the barbell on the ground.
- There are 2 ways correct for the first rep (BB from the floor), you are allowed to do a full Squat Clean the barbell and then directly continue with the press out.
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Workout 1 ~ “Rusty Legs”

TOP DIVISION

AMRAP 8 MIN

AMRAP 8 MIN

BUDDY TEAMS

Assault Bike 10 - 20 - 30 - 40 - etc CAL
BB Thrusters 10 - 20 - 30 - 40 - etc REPS

FANTASTIC 4

Assault Bike 10 - 20 - 30 - 40 - etc CAL
BB SYNC Thrusters 10 - 20 - 30 - 40 - etc REPS

Top Division:

Female: Barbell 35kg
Male: Barbell 50kg
Mixed/F4: Barbell 35 / Barbell 50kg

Notes Buddy Team: you can switch whenever you want in the start section, also during a “set” of a movement. 1 athlete is working and the other athlete is resting. The athletes are NOT allowed to touch the screen of the Assault Bike, the crew will reset the bike for each round.

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- *The next round goes exactly the same but you perform 20 reps of both, and so on.*

Flow of the workout Fantastic 4:

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- *At the same time two athletes are performing the SYNC BB Thrusters.*
- *Once the 10 calories are done on the bike AND two athletes performed 10 SYNC reps BB thrusters, your team completed the round of 10 repetitions.*
- *Only then you are allowed to continue as a team to the round of 20 reps, and so on.*

MOVEMENT STANDARDS TOP DIVISION:

Assault Bike

- Make sure your seat is positioned in the right height for your team before the workout starts.
- You have to stay seated on the bike until the judge sees the total reps on the screen and says you can go.

BB Thrusters (Buddy Team)

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