

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 2

PREP DIVISION = page 2-4

MAIN / MASTER DIVISION = page 5-7

TOP DIVISION = page 8-10

Workout 2 ~ “Up or under?”

PREP DIVISION

FOR TIME & LOAD (cap 10 min)

FOR TIME & LOAD (cap 10 min)

BUDDY TEAMS

20 Leg Raises
30 BB Shoulder 2 Overhead
20 Leg Raises
30 BB Clean
20 Leg Raises
30 BB Ground 2 Overhead

FANTASTIC 4

20 SYNC Leg Raises
30 SYNC BB Shoulder 2 Overhead
20 SYNC Leg Raises
30 SYNC BB Clean
20 SYNC Leg Raises
30 SYNC BB Ground 2 Overhead

Prep Division:

Female: 15kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
Male: 20kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
Mixed: 15kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
F4: 15 & 20kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available

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.

All Buddy Teams (MM - FF - MF): will be using one barbell for both athletes, with 1 fixed weight for the whole workout.

Notes Fantastic 4: you can switch whenever you want in the start section, also during a “set” of a movement. 2 athletes are always working SYNC on the movements, gymnastic can be done by pairs of your choice, BB work has to be M/F pair.

The F4 team: uses 2 barbells, male and female BB, each BB has a fixed weight for the whole workout.

Tie break:

The tie break is noted after the last rep of the BB Clean.

Scoring:

There will be 2 rankings for this workout; A (for time) and B (for load = 90 reps X weight), the final ranking will be the average of both.

The workout is time capped at 10 minutes, if you don't manage to complete it all, the total finished reps will be used.

Flow of the workout Buddy Teams:

- *Before the workout starts you can load your barbell with the weight of your choice.*
- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will run to the rig and perform as many leg raises as he/she can.*
- *Once the 20 leg raises are done, one athlete continues to the barbell shoulder to overhead.*
- *Once those 20 reps are done, one athlete continues to the rig and performs as many leg raises as he/she can, and so on.*
- *The rest of the workout goes exactly the same but the barbell movements change.*

- Once the workout is completed or the time cap is met, you have to empty the barbell before you leave the competition field.

Flow of the workout Fantastic 4:

- Before the workout starts you can load both barbells with the weight of your choice.
- The workout starts with the 4 athletes standing in the start section.
- When the clock starts two athletes will run to the rig and perform as many SYNC leg raises as they can.
- Once the 20 SYNC leg raises are done, two athletes continue to the barbell shoulder to overhead.
- Once those 20 reps are done, two athletes continue to the rig and perform as many SYNC leg raises as they can.
- The rest of the workout goes exactly the same but the barbell movements change.
- Once the workout is completed or the time cap is met, you have to empty the barbells before you leave the competition field.

MOVEMENT STANDARDS PREP DIVISION:

Leg Raises

- The movement starts by hanging in the rig, with the feet of the floor and the arms fully extended. You can use a box to step up and get in the rig.
- Then you bring your feet behind the bar and hips and then pull your legs up till your feet are clearly above the hip crease.
- For the next rep to start the athlete needs to bring the feet behind the bar/body.
- Overhand, underhand or mixed grip are all permitted.
- The SYNCHRONIZED part is when you both have your legs and feet above the hip crease, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached that position. Only then you can continue with the next rep. (F4 only)

BB Shoulder 2 Overhead

- The movement starts with the barbell on the shoulder.
- You push the barbell up to an overhead position.
- For a rep to count the arms have to be fully locked out (elbow straight) and in one line with the body (arms are next to the ear). So your knees, hips and arms are fully extended, and the barbell is directly above the heels.
- Strict press, a push press or a push jerk are permitted.
- 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!
- The SYNCHRONIZED part is when both athletes 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 full lock out overhead position. Only then you can continue with the next rep. (F4 only)

BB Clean

- It starts with the barbell on the floor.
- You clean the barbell to a front rack position.
- For a rep to count the barbell must be on the shoulders, with the hips and knees fully extended and the elbows in front of the barbell.
- Muscle clean, power clean and squat clean are all permitted.
- Only when the judge gives the signal for a rep to count, bring it back down to go into your next rep.
- Touch and go repetitions are permitted, but bouncing the barbell is NOT permitted.
- 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!
- The SYNCHRONIZED part is when both athletes have the barbell in front rack position, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the front rack position. Only then you can continue with the next rep. (F4 only)

BB Ground 2 Overhead

- It starts with the barbell on the floor.
- You bring the barbell to an overhead position, clean & press/jerk or snatch are permitted.
- For a rep to count the arms have to be fully locked out (elbow straight) and in one line with the body and the feet are under your hips. So your knees, hips and arms are fully extended, and the barbell is directly above the heels.
- Only when the judge gives the signal for a rep to count, bring it back down to go into your next rep.
- Touch and go repetitions are permitted, but bouncing the barbell is NOT permitted.
- 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!
- The SYNCHRONIZED part is when both athletes have the barbell in overhead position, with the feet under the hips, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the front rack position. Only then you can continue with the next rep. (F4 only)

Workout 2 ~ “Up or under?”

MAIN / MASTER DIVISION

FOR TIME & LOAD (cap 10 min)

FOR TIME & LOAD (cap 10 min)

BUDDY TEAMS

20 Pull Ups
30 BB Shoulder 2 Overhead
20 Pull Ups
30 BB Clean
20 Pull Ups
30 BB Ground 2 Overhead

FANTASTIC 4

20 SYNC Pull Ups
30 SYNC BB Shoulder 2 Overhead
20 SYNC Pull Ups
30 SYNC BB Clean
20 SYNC Pull Ups
30 SYNC BB Ground 2 Overhead

Main / Master Division:

Female: 15kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
Male: 20kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
Mixed: 15kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
F4: 15 & 20kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available

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.

All Buddy Teams (MM - FF - MF): will be using one barbell for both athletes, with 1 fixed weight for the whole workout.

Notes Fantastic 4: you can switch whenever you want in the start section, also during a “set” of a movement. 2 athletes are always working SYNC on the movements, gymnastic can be done by pairs of your choice, BB work has to be M/F pair.

The F4 team: uses 2 barbells, male and female BB, each BB has a fixed weight for the whole workout.

Tie break:

The tie break is noted after the last rep of the BB Clean.

Scoring:

There will be 2 rankings for this workout; A (for time) and B (for load = 90 reps X weight), the final ranking will be the average of both.

The workout is time capped at 10 minutes, if you don't manage to complete it all, the total finished reps will be used.

Flow of the workout Buddy Teams:

- *Before the workout starts you can load your barbell with the weight of your choice.*
- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will run to the rig and perform as many pull ups as he/she can.*
- *Once the 20 pull ups are done, one athlete continues to the barbell shoulder to overhead.*
- *Once those 20 reps are done, one athlete continues to the rig and performs as many pull ups as he/she can, and so on.*
- *The rest of the workout goes exactly the same but the barbell movements change.*

- Once the workout is completed or the time cap is met, you have to empty the barbell before you leave the competition field.

Flow of the workout Fantastic 4:

- Before the workout starts you can load both barbells with the weight of your choice.
- The workout starts with the 4 athletes standing in the start section.
- When the clock starts two athletes will run to the rig and perform as many SYNC pull ups as they can.
- Once the 20 SYNC pull ups are done, two athletes continue to the barbell shoulder to overhead.
- Once those 20 reps are done, two athletes continue to the rig and perform as many SYNC pull ups as they can.
- The rest of the workout goes exactly the same but the barbell movements change.
- Once the workout is completed or the time cap is met, you have to empty the barbells before you leave the competition field.

MOVEMENT STANDARDS MAIN / MASTER DIVISION:

Pull Ups (Chin over bar)

- The movement starts by hanging in the rig, with the feet of the floor and the arms fully extended. You can use a box to step up and get in the rig.
- You pull yourself up till your chin is clearly above the bar.
- Strict, kipping or butterfly pull ups are allowed as long as the requirements are met.
- Overhand, underhand or mixed grip are all permitted.
- The SYNCHRONIZED part is when you both have your chins over the bar, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached that position. Only then you can continue with the next rep. (F4 only)

BB Shoulder 2 Overhead

- The movement starts with the barbell on the shoulder.
- You push the barbell up to an overhead position.
- For a rep to count the arms have to be fully locked out (elbow straight) and in one line with the body (arms are next to the ear). So your knees, hips and arms are fully extended, and the barbell is directly above the heels.
- Strict press, a push press or a push jerk are permitted.
- 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!
- The SYNCHRONIZED part is when both athletes 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 full lock out overhead position. Only then you can continue with the next rep. (F4 only)

BB Clean

- It starts with the barbell on the floor.
- You clean the barbell to a front rack position.
- For a rep to count the barbell must be on the shoulders, with the hips and knees fully extended and the elbows in front of the barbell.
- Muscle clean, power clean and squat clean are all permitted.
- Only when the judge gives the signal for a rep to count, bring it back down to go into your next rep.
- Touch and go repetitions are permitted, but bouncing the barbell is NOT permitted.
- 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!
- The SYNCHRONIZED part is when both athletes have the barbell in front rack position, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the front rack position. Only then you can continue with the next rep. (F4 only)

BB Ground 2 Overhead

- It starts with the barbell on the floor.
- You bring the barbell to an overhead position, clean & press/jerk or snatch are permitted.
- For a rep to count the arms have to be fully locked out (elbow straight) and in one line with the body and the feet are under your hips. So your knees, hips and arms are fully extended, and the barbell is directly above the heels.
- Only when the judge gives the signal for a rep to count, bring it back down to go into your next rep.
- Touch and go repetitions are permitted, but bouncing the barbell is NOT permitted.
- 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!
- The SYNCHRONIZED part is when both athletes have the barbell in overhead position, with the feet under the hips, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the front rack position. Only then you can continue with the next rep. (F4 only)

Workout 2 ~ “Up or under?”

TOP DIVISION

FOR TIME & LOAD (cap 10 min)

FOR TIME & LOAD (cap 10 min)

BUDDY TEAMS

20 C2B Pull Ups
30 BB Shoulder 2 Overhead
20 C2B Pull Ups
30 BB Clean
20 C2B Pull Ups
30 BB Ground 2 Overhead

FANTASTIC 4

20 SYNC C2B Pull Ups
30 SYNC BB Shoulder 2 Overhead
20 SYNC C2B Pull Ups
30 SYNC BB Clean
20 SYNC C2B Pull Ups
30 SYNC BB Ground 2 Overhead

Top Division:

Female: 15kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
Male: 20kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
Mixed: 15kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available
F4: 15 & 20kg Barbell + 1set of plates of 1,25 / 2,5 / 5 / 10 / 15 / 20 kg available

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The F4 team: uses 2 barbells, male and female BB, each BB has a fixed weight for the whole workout.

Tie break:

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Scoring:

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The workout is time capped at 10 minutes, if you don't manage to complete it all, the total finished reps will be used.

Flow of the workout Buddy Teams:

- *Before the workout starts you can load your barbell with the weight of your choice.*
- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will run to the rig and perform as many Chest to Bar pull ups as he/she can.*
- *Once the 20 Chest to Bar pull ups are done, one athlete continues to the barbell shoulder to overhead.*
- *Once those 20 reps are done, one athlete continues to the rig and performs as many Chest 2 Bar pull ups as he/she can, and so on.*
- *The rest of the workout goes exactly the same but the barbell movements change.*
- *Once the workout is completed or the time cap is met, you have to empty the barbell before you leave the competition field.*

Flow of the workout Fantastic 4:

- *Before the workout starts you can load both barbells with the weight of your choice.*
- *The workout starts with the 4 athletes standing in the start section.*
- *When the clock starts two athletes will run to the rig and perform as many SYNC Chest to Bar pull ups as they can.*
- *Once the 20 SYNC Chest 2 Bar pull ups are done, two athletes continue to the barbell shoulder to overhead.*
- *Once those 20 reps are done, two athletes continue to the rig and perform as many SYNC Chest to Bar pull ups as they can.*
- *The rest of the workout goes exactly the same but the barbell movements change.*
- *Once the workout is completed or the time cap is met, you have to empty the barbells before you leave the competition field.*

MOVEMENT STANDARDS TOP DIVISION:

Chest 2 Bar Pull Ups

- The movement starts by hanging in the rig, with the feet of the floor and the arms fully extended. You can use a box to step up and get in the rig.
- You pull yourself up till your chest is clearly touching the bar (bar touches you below your collarbone)
- Strict, kipping or butterfly chest to bar pull ups are allowed as long as the requirements are met.
- Overhand, underhand or mixed grip are all permitted.
- The SYNCHRONIZED part is the moment when you both have your chests touching the bar, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached that position. Only then you can continue with the next rep. (F4 only)

BB Shoulder 2 Overhead

- The movement starts with the barbell on the shoulder.
- You push the barbell up to an overhead position.
- For a rep to count the arms have to be fully locked out (elbow straight) and in one line with the body (arms are next to the ear). So your knees, hips and arms are fully extended, and the barbell is directly above the heels.
- Strict press, a push press or a push jerk are permitted.
- 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!
- The SYNCHRONIZED part is when both athletes 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 full lock out overhead position. Only then you can continue with the next rep. (F4 only)

BB Clean

- It starts with the barbell on the floor.
- You clean the barbell to a front rack position.
- For a rep to count the barbell must be on the shoulders, with the hips and knees fully extended and the elbows in front of the barbell.
- Muscle clean, power clean and squat clean are all permitted.
- Only when the judge gives the signal for a rep to count, bring it back down to go into your next rep.
- Touch and go repetitions are permitted, but bouncing the barbell is NOT permitted.
- 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!
- The SYNCHRONIZED part is when both athletes have the barbell in front rack position, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the front rack position. Only then you can continue with the next rep. (F4 only)

BB Ground 2 Overhead

- It starts with the barbell on the floor.
- You bring the barbell to an overhead position, clean & press/jerk or snatch are permitted.
- For a rep to count the arms have to be fully locked out (elbow straight) and in one line with the body and the feet are under your hips. So your knees, hips and arms are fully extended, and the barbell is directly above the heels.
- Only when the judge gives the signal for a rep to count, bring it back down to go into your next rep.
- Touch and go repetitions are permitted, but bouncing the barbell is NOT permitted.
- 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!
- The SYNCHRONIZED part is when both athletes have the barbell in overhead position, with the feet under the hips, so when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the front rack position. Only then you can continue with the next rep. (F4 only)