

# 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 3**

**PREP DIVISION = page 2-4**

**MAIN / MASTER DIVISION = page 5-7**

**TOP DIVISION = page 8-10**

## Workout 3 ~ “Chip Chip Ahoy” PREP DIVISION

For Time (cap 10 min)

### **BUDDY TEAMS**

40m OH plate lunge  
4 Rope Climbs  
15 SB over the SH tosses  
30 SYNC line facing burpees  
15 SB over the SH tosses  
4 Rope Climbs  
40m OH plate lunge

For Time (cap 10 min)

### **FANTASTIC 4**

40m SYNC OH plate lunge (M/F)  
6 Rope Climbs  
15 SYNC SB over the SH tosses (M/F)  
30 SYNC line facing burpees (MM/FF)  
15 SYNC SB over the SH tosses (M/F)  
6 Rope Climbs  
40m OH plate lunge (M/F)

### **Prep Division:**

Female: 10kg plate / 25kg Sandbag  
Male: 15kg plate / 40kg Sandbag  
Mixed/F4: 10/15kg plate / 25/40kg Sandbag

**Notes Buddy Team:** you can switch whenever you want in the start section, also during a “set” of a movement. One athlete is working and one athlete is resting, except with the burpees then you both are working synchronized.

**Notes Fantastic 4:** you can switch whenever you want in the start section, also during a “set” of a movement. Two athletes are working and two athletes are resting, except with the burpees then you are all four working synchronized.

### **Tie break:**

The tie break is noted after the 30 SYNC line facing burpees.

### **Scoring:**

The total time to complete the workout will be counted for your ranking, if you don’t manage to complete it all, the total finished reps will be used.

### ***Flow of the workout Buddy Teams:***

- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will pick up the plate and start with the OH walking lunges.*
- *Once the 40 meters are done, one athlete continues to the 4 rope climbs.*
- *Then one athlete continues to the 15 Sandbag over the shoulder tosses.*
- *Once they are done, both the athletes perform together the 30 SYNCHRONIZED burpees.*
- *Then one athlete continues to the 15 Sandbag over the shoulder tosses.*
- *Once they are done, one athlete continues to the 4 rope climbs.*
- *Then one athlete continues with the OH walking lunges.*
- *Once the 40 meters are done you have finished your workout and your time is noted.*

#### **Flow of the workout Fantastic 4:**

- The workout starts with the 4 athletes standing in the start section.
- When the clock starts two athletes (M/F) will pick up the plates and start with the SYNC OH walking lunges.
- Once the 40 meters are done, two athletes continue to the 6 rope climbs (one athlete is working at the time).
- Then two athletes (M/F) continue to the 15 SYNC Sandbag over the shoulder tosses.
- Once they are done, all four athletes perform together the 30 SYNCHRONIZED burpees.
- Then two athletes (M/F) continue to the 15 SYNC Sandbag over the shoulder tosses.
- Once they are done, two athletes continue the 6 rope climbs (one athlete is working at the time).
- Then two athletes (M/F) continue with the SYNC OH walking lunges.
- Once the 40 meters are done you have finished your workout and your time is noted.

#### **MOVEMENT STANDARDS PREP DIVISION:**

##### **Plate Overhead Lunges**

- The movement starts with the plate on the floor.
- You pick up the plate and bring the plate to an overhead position, it cannot touch your head.
- Then you start with the walking lunges.
- For a rep to count the knee has to touch the ground and when you stand up the hips and knees are fully extended, the plate is above the head at all times.
- Stepping through is NOT permitted, you have to stand tall (knees & hips extended) and bring both feet together under the hips, before you can start the next rep.
- Only when the judge gives the signal for a rep to count, you continue your next rep.
- You are NOT allowed to drop the plate from any level. If you do it's a no-rep, also when it's the last rep! When both feet pass the line, the plate can be lowered.
- The SYNCHRONIZED parts are when both athletes have the plate in overhead position while both athletes are standing tall (knees & hips extended) and with both feet together under the hips, before they continue to the next rep. (F4 only)
- 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)
- 

##### **Rope Climbs**

- The movement starts from the floor.
- You may reach up or jump up to start the climb.
- You can use your legs to perform the rope climb, of course leg less is also allowed.
- At the top, one hand must touch the beam of the rig, if your judge is not sure it will be a no-rep.
- On the descent you are also allowed to use your feet or legs.
- You are NOT allowed to jump down to the floor, you can only let go of the rope when both feet are touching the floor. If you do it's a NO-rep.
- Both feet must touch the floor between reps.
- *PREP division only; If nobody in the team can do the rope climbs, you are allowed to switch to "from ground to stand" version, but then you will have a zero score on your ranking.*

### **SB over the shoulder tosses**

- The movement starts with the sandbag in front of the athlete on the floor.
- You pick up the sandbag with 2 hands and toss the bag over your shoulder.
- You are allowed to hug the sandbag, before you toss it over the shoulder.
- For a rep to count the hips are fully extended and the sandbag has to go over the shoulder, not beside it, nor can it fall down next to your arm.
- Make sure the bag stays in your own lane, if it lands outside of your lane it's a no-rep.
- After each 5 reps you need to move the sandbag to the next section, you may toss your last rep directly into that section. If you don't then you need to pick it up and be with both feet in the next section before you can toss it over your shoulder.
- The SYNCHRONIZED part is when both athletes are picking up the sandbag, only when both sandbags are tossed correctly and back on the floor you can start the next rep. (F4 only)

### **SYNC line facing Burpees**

- Buddy team set up; the movement starts with both athletes on one side of the line, facing the line.
- Fantastic 4 set up; the movement starts with 2 athletes on both sides of the line, taking a staggered position facing the line.
- You bring yourself down to the floor, with chest and thighs touching the ground.
- Then you jump back up and jump over the line.
- How you go down and up is up to you, jumping or stepping, but you MUST jump over the line with a two feet takeoff.
- The SYNCHRONIZED part is when everybody is on the ground at the same time, with chest and thighs touching the floor.
- So when an athlete is not there yet, the other athlete(s) has/have to wait until all athletes have reached that position. Only then you can continue with the next rep.

## Workout 3 ~ “Chip Chip Ahoy” MAIN / MASTER DIVISION

For Time (cap 10 min)

### **BUDDY TEAMS**

40m OH plate lunge  
6 Rope Climbs  
20 SB over the SH tosses  
30 SYNC line facing burpees  
20 SB over the SH tosses  
6 Rope Climbs  
40m OH plate lunge

For Time (cap 10 min)

### **FANTASTIC 4**

40m SYNC OH plate lunge (M/F)  
8 Rope Climbs  
20 SYNC SB over the SH tosses (M/F)  
30 SYNC line facing burpees (MM/FF)  
20 SYNC SB over the SH tosses (M/F)  
8 Rope Climbs  
40m OH plate lunge (M/F)

### **Main / Master Division:**

Female: 15kg plate / 25kg Sandbag  
Male: 20kg plate / 40kg Sandbag  
Mixed/F4: 15/20kg plate / 25/40kg Sandbag

**Notes Buddy Team:** you can switch whenever you want in the start section, also during a “set” of a movement. One athlete is working and one athlete is resting, except with the burpees then you both are working synchronized.

**Notes Fantastic 4:** you can switch whenever you want in the start section, also during a “set” of a movement. Two athletes are working and two athletes are resting, except with the burpees then you are all four working synchronized.

### **Tie break:**

The tie break is noted after the 30 SYNC line facing burpees.

### **Scoring:**

The total time to complete the workout will be counted for your ranking, if you don't manage to complete it all, the total finished reps will be used.

### ***Flow of the workout Buddy Teams:***

- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will pick up the plate and start with the OH walking lunges.*
- *Once the 40 meters are done, one athlete continues to the 6 rope climbs.*
- *Then one athlete continues to the 20 Sandbag over the shoulder tosses.*
- *Once they are done, both the athletes perform together the 30 SYNCHRONIZED burpees.*
- *Then one athlete continues to the 20 Sandbag over the shoulder tosses.*
- *Once they are done, one athlete continues to the 6 rope climbs.*
- *Then one athlete continues with the OH walking lunges.*
- *Once the 40 meters are done you have finished your workout and your time is noted.*

#### **Flow of the workout Fantastic 4:**

- The workout starts with the 4 athletes standing in the start section.
- When the clock starts two athletes (M/F) will pick up the plates and start with the SYNC OH walking lunges.
- Once the 40 meters are done, two athletes continue to the 8 rope climbs (one athlete is working at the time).
- Then two athletes (M/F) continue to the 20 SYNC Sandbag over the shoulder tosses.
- Once they are done, all four athletes perform together the 30 SYNCHRONIZED burpees.
- Then two athletes (M/F) continue to the 20 SYNC Sandbag over the shoulder tosses.
- Once they are done, two athletes continue the 8 rope climbs (one athlete is working at the time).
- Then two athletes (M/F) continue with the SYNC OH walking lunges.
- Once the 40 meters are done you have finished your workout and your time is noted.

#### **MOVEMENT STANDARDS MAIN / MASTER DIVISION:**

##### **Plate Overhead Lunges**

- The movement starts with the plate on the floor.
- You pick up the plate and bring the plate to an overhead position, it cannot touch your head.
- Then you start with the walking lunges.
- For a rep to count the knee has to touch the ground and when you stand up the hips and knees are fully extended, the plate is above the head at all times.
- Stepping through is NOT permitted, you have to stand tall (knees & hips extended) and bring both feet together under the hips, before you can start the next rep.
- Only when the judge gives the signal for a rep to count, you continue your next rep.
- You are NOT allowed to drop the plate from any level. If you do it's a no-rep, also when it's the last rep! When both feet pass the line, the plate can be lowered.
- The SYNCHRONIZED parts are when both athletes have the plate in overhead position while both athletes are standing tall (knees & hips extended) and with both feet together under the hips, before they continue to the next rep. (F4 only)
- 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)

##### **Rope Climbs**

- The movement starts from the floor.
- You may reach up or jump up to start the climb.
- You can use your legs to perform the rope climb, of course leg less is also allowed.
- At the top, one hand must touch the beam of the rig, if your judge is not sure it will be a no-rep.
- On the descent you are also allowed to use your feet or legs.
- You are NOT allowed to jump down to the floor, you can only let go of the rope when both feet are touching the floor. If you do it's a NO-rep.
- Both feet must touch the floor between reps.
- *PREP division only; If nobody in the team can do the rope climbs, you are allowed to switch to "from ground to stand" version, but then you will have a zero score on your ranking.*

### **SB over the shoulder tosses**

- The movement starts with the sandbag in front of the athlete on the floor.
- You pick up the sandbag with 2 hands and toss the bag over your shoulder.
- You are allowed to hug the sandbag, before you toss it over the shoulder.
- For a rep to count the hips are fully extended and the sandbag has to go over the shoulder, not beside it, nor can it fall down next to your arm.
- Make sure the bag stays in your own lane, if it lands outside of your lane it's a no-rep.
- After each 5 reps you need to move the sandbag to the next section, you may toss your last rep directly into that section. If you don't then you need to pick it up and be with both feet in the next section before you can toss it over your shoulder.
- The SYNCHRONIZED part is when both athletes are picking up the sandbag, only when both sandbags are tossed correctly and back on the floor you can start the next rep. (F4 only)

### **SYNC line facing Burpees**

- Buddy team set up; the movement starts with both athletes on one side of the line, facing the line.
- Fantastic 4 set up; the movement starts with 2 athletes on both sides of the line, taking a staggered position facing the line.
- You bring yourself down to the floor, with chest and thighs touching the ground.
- Then you jump back up and jump over the line.
- How you go down and up is up to you, jumping or stepping, but you **MUST** jump over the line with a two feet takeoff.
- The SYNCHRONIZED part is when everybody is on the ground at the same time, with chest and thighs touching the floor.
- So when an athlete is not there yet, the other athlete(s) has/have to wait until all athletes have reached that position. Only then you can continue with the next rep.

## Workout 3 ~ “Chip Chip Ahoy”

For Time (cap 10 min)

### **BUDDY TEAMS**

20m HS walk  
6 Legless Rope Climbs  
25 SB over the SH tosses  
30 SYNC line facing burpees  
25 SB over the SH tosses  
6 Legless Rope Climbs  
20m HS walk

For Time (cap 10 min)

### **FANTASTIC 4**

20m SYNC HS walk (2p.)  
8 Legless Rope Climbs  
25 SYNC SB over the SH tosses (M/F)  
30 SYNC line facing burpees (MM/FF)  
25 SYNC SB over the SH tosses (M/F)  
8 Legless Rope Climbs  
20m SYNC HS walk (2p.)

### **Top Division:**

Female: 25kg Sandbag  
Male: 40kg Sandbag  
Mixed/F4: 25/40kg Sandbag

**Notes Buddy Team:** you can switch whenever you want in the start section, also during a “set” of a movement. One athlete is working and one athlete is resting, except with the burpees then you both are working synchronized.

**Notes Fantastic 4:** you can switch whenever you want in the start section, also during a “set” of a movement. Two athletes are working and two athletes are resting, except with the burpees then you are all four working synchronized.

### **Tie break:**

The tie break is noted after the 30 SYNC line facing burpees.

### **Scoring:**

The total time to complete the workout will be counted for your ranking, if you don’t manage to complete it all, the total finished reps will be used.

### ***Flow of the workout Buddy Teams:***

- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will start with the handstand walk.*
- *Once the 20 meters are done, one athlete continues to the 6 legless rope climbs.*
- *Then one athlete continues to the 25 Sandbag over the shoulder tosses.*
- *Once they are done, both the athletes perform together the 30 SYNCHRONIZED burpees.*
- *Then one athlete continues to the 25 Sandbag over the shoulder tosses.*
- *Once they are done, one athlete continues to the 6 rope climbs.*
- *Then one athlete continues with the handstand walk.*
- *Once the 20 meters are done you have finished your workout and your time is noted.*



**Flow of the workout Fantastic 4:**

- *The workout starts with the 4 athletes standing in the start section.*
- *When the clock starts two athletes will start with the handstand walk.*
- *Once the 20 meters are done, two athletes continue to the 8 rope climbs (one athlete is working at the time).*
- *Then two athletes (M/F) continue to the 25 SYNC Sandbag over the shoulder tosses.*
- *Once they are done, all four athletes perform together the 30 SYNCHRONIZED burpees.*
- *Then two athletes (M/F) continue to the 25 SYNC Sandbag over the shoulder tosses.*
- *Once they are done, two athletes continue the 8 rope climbs (one athlete is working at the time).*
- *Then two athletes continue with the handstand walk.*
- *Once the 40 meters are done you have finished your workout and your time is noted.*

**MOVEMENT STANDARDS TOP DIVISION:****Handstand walk**

- The movement starts with your feet behind the line.
- You place your hands before the line while kicking up your feet to a handstand position.
- Then you start with the 2 x 10 meter handstand walk.
- The lane is divided into 2-meter sections. When both hands have crossed a 2-meter line, you're allowed to lower your feet down and start with your next 2-meter handstand walk. You always start with both hands and feet behind the 2-meter line.
- The SYNCHRONIZED part is when both athletes have reached the 10 meter line (under the rig), only then both athletes can start on the return 10 meter. (F4 only)
- *If nobody in the team can do the handstand walk, you are allowed to switch to the plate overhead lunges, but then you will have a zero score on your ranking.*

**Leg less rope climbs**

- The movement starts from the floor.
- You may reach up or jump up to start the climb.
- You have to perform the rope climb legless, so your feet and legs are NOT allowed to be used while climbing up, nor when touching the beam.
- At the top, one hand must touch the beam of the rig clearly, if your judge is not sure it will be a no-rep.
- On the descent you are allowed to use your feet or legs.
- You are NOT allowed to jump down to the floor, you can only let go of the rope when both feet are touching the floor. If you do it's a NO-rep.
- Both feet must touch the floor between reps.
- *If nobody in the team can do the leg less rope climbs, you are allowed to switch to using the legs, but then you will have a zero score on your ranking.*

### **SB over the shoulder tosses**

- The movement starts with the sandbag in front of the athlete on the floor.
- You pick up the sandbag with 2 hands and toss the bag over your shoulder.
- You are allowed to hug the sandbag, before you toss it over the shoulder.
- For a rep to count the hips are fully extended and the sandbag has to go over the shoulder, not beside it, nor can it fall down next to your arm.
- Make sure the bag stays in your own lane, if it lands outside of your lane it's a no-rep.
- After each 5 reps you need to move the sandbag to the next section, you may toss your last rep directly into that section. If you don't then you need to pick it up and be with both feet in the next section before you can toss it over your shoulder.
- The SYNCHRONIZED part is when both athletes are picking up the sandbag, only when both sandbags are tossed correctly and back on the floor you can start the next rep. (F4 only)

### **SYNC line facing Burpees**

- Buddy team set up; the movement starts with both athletes on one side of the line, facing the line.
- Fantastic 4 set up; the movement starts with 2 athletes on both sides of the line, taking a staggered position facing the line.
- You bring yourself down to the floor, with chest and thighs touching the ground.
- Then you jump back up and jump over the line.
- How you go down and up is up to you, jumping or stepping, but you MUST jump over the line with a two feet takeoff.
- The SYNCHRONIZED part is when everybody is on the ground at the same time, with chest and thighs touching the floor.
- So when an athlete is not there yet, the other athlete(s) has/have to wait until all athletes have reached that position. Only then you can continue with the next rep.