

# Njoya League

25/26 November 2022

Prep/Main/Master/Top division



## 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 2-3**

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## Workout 2 ~ Hang in there

## PREP DIVISION

FOR TIME (CAP '8 MIN)

### **BUDDY TEAMS**

2x50 jump rope (each athlete does 1 set)  
30 ring rows + buddy hang hold  
50 TEAM BB deadlift (both, with 1 BB)  
30 leg raises + buddy hang hold  
50 SYNC burpees o/t bar (both)

Female: 35 kg barbell  
Male: 70 kg barbell  
Mixed: 35 kg barbell  
F4: 35 / 70 kg barbells

**Notes Buddy Team:** each athlete will have to do and finish the jump rope set, with the BB movement both athletes are working at the same time with the same barbell, with all the other movements you can switch whenever you want.

**Notes Fantastic 4:** each athlete will have to do and finish the jump rope set, with the BB movement all 4 athletes are working at the same time with the two barbells, with all the other movements you can switch whenever you want.

### **Tie break:**

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

### **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 go to the jump rope and perform his/her 50 reps, then the athlete runs back to the start section to switch with the second athlete.*
- *Only when both athletes have done the jump rope you can both move on to the rig for the ring rows.*
- *When 30 reps are done you both move on to the barbell, where you perform 50 deadlifts together.*
- *When 50 reps are done you both move on to the rig for the leg raises.*
- *When 30 reps are done you both move on to the barbell, where you perform the 50 SYNC burpees over the barbell.*

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

- *The workout starts with the 4 athletes standing in the start section.*
- *When the clock starts one athlete will go to the jump rope and perform his/her 50 reps, then the athlete runs back to the start section to switch with the second / third / fourth athlete.*
- *Only when all 4 athletes have done the jump rope, 2 athletes can move on to the rig for the ring rows.*
- *When 50 reps are done all 4 athletes move on to the barbells, where you perform 50 deadlifts together.*
- *When 50 reps are done 2 athletes move on to the rig for the leg raises.*
- *When 50 reps are done all 4 athletes move on to the barbell, where you perform the 50 SYNC burpees over the barbell.*

## **MOVEMENT STANDARDS PREP DIVISION:**

### **Jump rope (Single Unders)**

- The single unders are performed with a rope provided by the organization
- It starts with the athlete picking up the rope from the floor.
- The athlete jumps in the air, the rope passes under the feet and the athlete lands, only then a rep counts.
- Whenever the athlete lands on the rope it's a no-rep and you have to repeat that rep, also when it's the last one.
- NO speed steps are allowed! Both feet have to get off the floor at the same time.

### **Ring Rows + Buddy hang hold**

- It starts with athlete 1 hanging in the rig, only then athlete 2 can start to perform the required Ring Rows, when athlete 1 comes down during the movement the rep will not count.
- The ring row starts with the athlete holding on to the rings with the arms fully extended and with the heels behind the line (straight under the rig).
- You pull yourself up till your chest is touching the rings.
- For a rep to count when you come back your arms have to fully extended before you can pull back up again, otherwise it's a NO-rep.
- Overhand, underhand or mixed grip are all permitted.
- The rings are exactly 1m above the floor, measured from the bottom side of the rings. This is for each athlete the same, no matter your height.

### **Team Deadlift**

- It starts with 2 athletes standing on the same side of the barbell, F4 will work with two barbells.
- Both athletes grab hold of the same barbell, the hands have to be outside of their own knees. You can cross arms, reverse the grip, it's up to you.
- For a rep to count ALL knees & hips have to be fully extended and the shoulders behind the bar, at the same time.
- 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!

### **Leg Raises + Buddy hang hold**

- It starts with athlete 1 hanging in the rig, only then athlete 2 can start to perform the required leg raises. When athlete 1 comes down during the movement the rep will not count.
- The leg raises 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 the athlete brings their feet behind the hips and then pulls/swings their legs up till their feet are clearly above the hip crease.
- Overhand, underhand or mixed grip are all permitted.

### **SYNC Burpees over the bar**

- Buddy team set up; the movement starts with 1 athlete on each side of the barbell, lateral to the barbell.
- Fantastic 4 set up; the movement starts with 1 athlete on each side of the barbell - 2 barbells are in use, taking a staggered position and lateral to the barbell.
- You bring yourself down to the floor, with chest and thighs touching the ground.
- Then you get back up and jump over the barbell.
- How you go down and up is up to you, jumping or stepping, but you **MUST** jump over the barbell 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 2 ~ Hang in there

## MAIN / MASTER DIVISION

FOR TIME (CAP '8 MIN)

### **BUDDY TEAMS**

2x50 jump rope (each athlete does 1 set)  
30 pull ups + buddy hang hold  
50 TEAM BB deadlift (both, with 1 BB)  
30 Toes 2 Bar + buddy hang hold  
50 SYNC burpees o/t bar (both)

Female: 50 kg barbell  
Male: 90 kg barbell  
Mixed: 50 kg barbell  
F4: 50 / 90 kg barbells

FOR TIME (CAP '8 MIN)

### **FANTASTIC 4**

4x50 jump rope (each athlete does 1 set)  
50 pull ups + buddy hang hold  
50 SYNC BB Deadlift (all 4, with 2 BB)  
50 Toes 2 bar + buddy hang hold  
50 SYNC burpees o/t bar (all 4)

**Notes Buddy Team:** each athlete will have to do and finish the jump rope set, with the BB movement both athletes are working at the same time with the same barbell, with all the other movements you can switch whenever you want.

**Notes Fantastic 4:** each athlete will have to do and finish the jump rope set, with the BB movement all 4 athletes are working at the same time with the two barbells, with all the other movements you can switch whenever you want.

### **Tie break:**

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

### **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 go to the jump rope and perform his/her 50 reps, then the athlete runs back to the start section to switch with the second athlete.*
- *Only when both athletes have done the jump rope you can both move on to the rig for the pull ups.*
- *When 30 reps are done you both move on to the barbell, where you perform 50 deadlifts together.*
- *When 50 reps are done you both move on to the rig for the Toes 2 Bar.*
- *When 30 reps are done you both move on to the barbell, where you perform the 50 SYNC burpees over the barbell.*

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

- *The workout starts with the 4 athletes standing in the start section.*
- *When the clock starts one athlete will go to the jump rope and perform his/her 50 reps, then the athlete runs back to the start section to switch with the second / third / fourth athlete.*
- *Only when all 4 athletes have done the jump rope, 2 athletes can move on to the rig for the pull ups.*
- *When 50 reps are done all 4 athletes move on to the barbells, where you perform 50 deadlifts together.*
- *When 50 reps are done 2 athletes move on to the rig for the Toes 2 Bar.*
- *When 50 reps are done all 4 athletes move on to the barbell, where you perform the 50 SYNC burpees over the barbells.*

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

### **Jump rope (Single Unders)**

- The single unders are performed with a rope provided by the organization
- It starts with the athlete picking up the rope from the floor.
- The athlete jumps in the air, the rope passes under the feet and the athlete lands, only then a rep counts.
- Whenever the athlete lands on the rope it's a no-rep and you have to repeat that rep, also when it's the last one.
- NO speed steps are allowed! Both feet have to get off the floor at the same time.

### **Pull Ups (Chin over bar) + Buddy hang hold**

- It starts with athlete 1 hanging in the rig, only then athlete 2 can start to perform the required pull ups. When athlete 1 comes down during the movement the rep will not count.
- The pull up 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.
- Before you can start the next rep your arms need to be fully extended, your feet behind 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.

### **Team Deadlift**

- It starts with 2 athletes standing on the same side of the barbell, F4 will work with two barbells.
- Both athletes grab hold of the same barbell, the hands have to be outside of their own knees. You can cross arms, reverse the grip, it's up to you.
- For a rep to count ALL knees & hips have to be fully extended and the shoulders behind the bar, at the same time.
- 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!

### **Toes 2 Bar + Buddy hang hold**

- It starts with athlete 1 hanging in the rig, only then athlete 2 can start to perform the required toes 2 bar. When athlete 1 comes down during the movement the rep will not count.
- The Toes to Bar 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 the athlete brings their feet behind the hips and then pulls/swings their feet up to the bar, both feet must come in contact with the bar at the same time, inside the hands.
- Overhand, underhand or mixed grip are all permitted.

### **SYNC Burpees over the bar**

- Buddy team set up; the movement starts with 1 athlete on each side of the barbell, lateral to the barbell.
- Fantastic 4 set up; the movement starts with 1 athlete on each side of the barbell - 2 barbells are in use, taking a staggered position and lateral to the barbell.
- You bring yourself down to the floor, with chest and thighs touching the ground.
- Then you get back up and jump over the barbell.
- How you go down and up is up to you, jumping or stepping, but you **MUST** jump over the barbell 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 2 ~ Hang in there

## TOP DIVISION

FOR TIME (CAP '8 MIN)

### **BUDDY TEAMS**

2x50 jump rope (each athlete does 1 set)  
30 C2B pull ups + buddy hang hold  
50 TEAM BB deadlift (both, with 1 BB)  
30 Toes 2 Bar + buddy hang hold  
50 SYNC burpees o/t bar (both)

Female: 80 kg barbell  
Male: 110 kg barbell  
Mixed: 80 kg barbell  
F4: 80 / 110 kg barbells

**Notes Buddy Team:** each athlete will have to do and finish the jump rope set, with the BB movement both athletes are working at the same time with the same barbell, with all the other movements you can switch whenever you want.

**Notes Fantastic 4:** each athlete will have to do and finish the jump rope set, with the BB movement all 4 athletes are working at the same time with the two barbells, with all the other movements you can switch whenever you want.

### **Tie break:**

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

### **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 go to the jump rope and perform his/her 50 reps, then the athlete runs back to the start section to switch with the second athlete.*
- *Only when both athletes have done the jump rope you can both move on to the rig for the C2B pull ups.*
- *When 30 reps are done you both move on to the barbell, where you perform 50 deadlifts together.*
- *When 50 reps are done you both move on to the rig for the Toes 2 Bar.*
- *When 30 reps are done you both move on to the barbell, where you perform the 50 SYNC burpees over the barbell.*

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

- *The workout starts with the 4 athletes standing in the start section.*
- *When the clock starts one athlete will go to the jump rope and perform his/her 50 reps, then the athlete runs back to the start section to switch with the second / third / fourth athlete.*
- *Only when all 4 athletes have done the jump rope, 2 athletes can move on to the rig for the C2B pull ups.*
- *When 50 reps are done all 4 athletes move on to the barbells, where you perform 50 deadlifts together.*
- *When 50 reps are done 2 athletes move on to the rig for the Toes 2 Bar.*
- *When 50 reps are done all 4 athletes move on to the barbell, where you perform the 50 SYNC burpees over the barbells.*

## **MOVEMENT STANDARDS TOP DIVISION:**

### **Jump rope (Single Unders)**

- The single unders are performed with a rope provided by the organization
- It starts with the athlete picking up the rope from the floor.
- The athlete jumps in the air, the rope passes under the feet and the athlete lands, only then a rep counts.
- Whenever the athlete lands on the rope it's a no-rep and you have to repeat that rep, also when it's the last one.
- NO speed steps are allowed! Both feet have to get off the floor at the same time.

### **Chest 2 Bar Pull Ups + Buddy hang hold**

- It starts with athlete 1 hanging in the rig, only then athlete 2 can start to perform the required pull ups. When athlete 1 comes down during the movement the rep will not count.
- The C2B pull up 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)
- Before you can start the next rep your arms need to be fully extended, your feet behind the bar.
- 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.

### **Team Deadlift**

- It starts with 2 athletes standing on the same side of the barbell, F4 will work with two barbells.
- Both athletes grab hold of the same barbell, the hands have to be outside of their own knees. You can cross arms, reverse the grip, it's up to you.
- For a rep to count ALL knees & hips have to be fully extended and the shoulders behind the bar, at the same time.
- 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!

### **Toes 2 Bar + Buddy hang hold**

- It starts with athlete 1 hanging in the rig, only then athlete 2 can start to perform the required toes 2 bar. When athlete 1 comes down during the movement the rep will not count.
- The Toes to Bar 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 the athlete brings their feet behind the hips and then pulls/swings their feet up to the bar, both feet must come in contact with the bar at the same time, inside the hands.
- Overhand, underhand or mixed grip are all permitted.

### **SYNC Burpees over the bar**

- Buddy team set up; the movement starts with 1 athlete on each side of the barbell, lateral to the barbell.
- Fantastic 4 set up; the movement starts with 1 athlete on each side of the barbell - 2 barbells are in use, taking a staggered position and lateral to the barbell.
- You bring yourself down to the floor, with chest and thighs touching the ground.
- Then you get back up and jump over the barbell.
- How you go down and up is up to you, jumping or stepping, but you **MUST** jump over the barbell 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.