

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 3

PREP DIVISION = page 2-5

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Workout 3 ~ Double Trouble PREP DIVISION

For Time & Load (cap 11 min)

BUDDY TEAMS

A) FOR LOAD '5 min

COMPLEX:

BB Clean

BB Double Front Squat

BB Hang Clean

BB Jerk

- 1 MIN RUST -

B) 5 min AMRAP:

5-10-15-20 etc. SB over shoulder

5-10-15-20 etc. Calories Airbike

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

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

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

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

Female: 25 kg sandbag

Male: 40 kg sandbag

Mixed / F4: 25 / 40 kg sandbag

Notes Buddy Team:

FOR LOAD: one athlete at the time is lifting, you can alternate the lifts, the weight can only go up per attempt. Switch in the start section.

AMRAP: you can switch whenever you want on the floor, and also during a "set" of a movement.

Athlete 1 starts on the bike and athlete 2 starts with the Sandbag Over the Shoulder.

Notes Fantastic 4:

FOR LOAD: two athletes (MF) at the time are lifting (sync), you can alternate the lifts with the other pair, or one person switches, the weight can only go up per attempt. Switch in the start section

AMRAP: the working athletes can switch whenever they want on the floor, the resting athlete can only switch the start section, also during a "set" of a movement. Three athletes are working and one athlete is resting. The 2 athletes working on the SB need to be a male / female pair.

Tie break:

The tie break is noted after each round of the Assault Bike.

Scoring:

There will be 2 rankings for this workout; A (total load) and B (total reps), the final ranking will be the average of both. For part A: each athlete needs to have a completed complex for your score. The highest accomplished weight per person counts, the total combined weight is your score for part A..

Flow of the workout Buddy Teams:

- *Before the workout starts you can load the barbell with the starting weight of your choice.*
- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will go to the barbell and perform the complex.*
- *Then you can choose if the second athlete will go or you perform another complex.*
- *You can make as many attempts as you want.*
- *When the 5 minutes are done you have 1 minute of rest to get ready for part B.*
- *When the time hits 6 minutes athlete 1 starts on the bike and athlete 2 starts with the Sandbag over the Shoulder.*
- *Only when for both movements the 5 reps are done, you can start with the 10 reps (wait for each other to finish), and so on.*

Flow of the workout Fantastic 4:

- *Before the workout starts you can load both barbells with the starting weight of your choice.*
- *The workout starts with the 4 athletes standing in the start section.*
- *When the clock starts two athletes (M/F) will go to the barbells and perform the complex synchronized (by each movement) .*
- *Then you can choose if the second pair will go or you perform another complex.*
- *You can make as many attempts as you want.*
- *When the 5 minutes are done you have 1 minute of rest to get ready for part B.*
- *When the time hits 6 minutes athlete 1 starts on the bike and athlete 2 picks up the sandbag and holds it in front of them, then athlete 3 starts with the Sandbag over the Shoulder (athlete 2&3 is a MF pair).*
- *Only when for both movements the 5 reps are done, you can start with the 10 reps (wait for each other to finish), 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 are allowed to change this during the workout if you need to.
- You have to stay seated on the bike until the judge sees the total calories on the screen and says you can go.

SB over the shoulder

- 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.

SB hold - Fantastic 4 only

- One athlete needs to hold the sandbag in front of them, only then the other athlete can perform the sandbag tosses.
- The sandbag can be picked up by all athletes, but only one athlete will hold a sandbag.
- The sandbag must be held in front of you, in your arms, it CANNOT be placed on the shoulders and it may NOT rest on your legs.

Complex

- The complex must be performed in the prescribed order. If you miss an element or the barbell touches the ground during the complex, it is a no-rep for the whole complex.
- You have to stay in your lane at all times, if you step out of your lane, it is a no-rep. Safety first!
- You are NOT allowed to drop the barbell from any level. If you do, it's a no-rep!!
- The judges will give you a signal when an element is completed so you can move on to the next element of the complex.
- The Fantastic 4 teams need to work in Male / Female pairs and need to be synchronized with each element. If one athlete is a bit faster in the movement of an element, he or she needs to wait for the other athlete to also be in the required position before you can both move on to the next element. (F4 only!)

Clean

- This is a standard clean from the ground to the shoulders.
- The barbell begins on the ground.
- The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.
- It's up to you if you perform a muscle-, power- or a squat clean (if you do perform a squat clean this will not count as the first front squat).
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Front Squat

- The athlete performs a squat till below parallel, the hip crease must clearly pass the knees in the bottom position (hips below knees).
- The athlete stands back up, with the hips and knees fully extended and the shoulders above the hips (stand tall & straight).
- The elbows are not allowed to touch the legs.
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Hang Clean

- The athlete brings the barbell down to a hang position and makes sure it's above the knee. Then the athlete performs a hang clean.
- The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.
- It's up to you if you perform a muscle-, power- or a squat clean, as long as it starts from a hang position.
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Jerk

- The athlete brings the barbell in an overhead position with a jerk or a split jerk.
- At the top the barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.
- For the rep to count make sure you step your feet back together under your body, before you bring the barbell down!
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- You are NOT allowed to drop the barbell from any level. If you do, it's a no-rep!!
- F4 only SYNCHRONIZED standard = when both athletes have their barbell in the overhead position, arms fully locked, feet under the body and both athletes showing control. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you bring the barbell down! (F4 only!)

Workout 3 ~ Double Trouble

MAIN / MASTER DIVISION

For Time & Load (cap 11 min)

BUDDY TEAMS

A) FOR LOAD '5 min

COMPLEX:

BB Clean

BB Double Front Squat

BB Hang Clean

BB Jerk

- 1 MIN RUST -

B) 5 min AMRAP:

5-10-15-20 etc. SB over shoulder

5-10-15-20 etc. Calories Airbike

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

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

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

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

Female: 40 kg sandbag

Male: 65 kg sandbag

Mixed / F4: 40 / 65 kg sandbag

Notes Buddy Team:

FOR LOAD: one athlete at the time is lifting, you can alternate the lifts, the weight can only go up per attempt.

AMRAP: you can switch whenever you want in the start section, and also during a "set" of a movement. Athlete 1 starts on the bike and athlete 2 starts with the Sandbag Over the Shoulder.

Notes Fantastic 4:

FOR LOAD: two athletes (MF) at the time are lifting (sync), you can alternate the lifts with the other pair, or one person switches, the weight can only go up per attempt. Switch in the start section

AMRAP: the working athletes can switch whenever they want on the floor, the resting athlete can only switch the start section, also during a "set" of a movement. Three athletes are working and one athlete is resting. The 2 athletes working on the SB need to be a male / female pair.

Tie break:

The tie break is noted after each round of the Assault Bike.

Scoring:

There will be 2 rankings for this workout; A (total load) and B (total reps), the final ranking will be the average of both. For part A: each athlete needs to have a completed complex for your score. The highest accomplished weight per person counts, the total combined weight is your score for part A..

Flow of the workout Buddy Teams:

- *Before the workout starts you can load the barbell with the starting weight of your choice.*
- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will go to the barbell and perform the complex.*
- *Then you can choose if the second athlete will go or you perform another complex.*
- *You can make as many attempts as you want.*
- *When the 5 minutes are done you have 1 minute of rest to get ready for part B.*
- *When the time hits 6 minutes athlete 1 starts on the bike and athlete 2 starts with the Sandbag over the Shoulder.*
- *Only when for both movements the 5 reps are done, you can start with the 10 reps (wait for each other to finish), and so on.*

Flow of the workout Fantastic 4:

- *Before the workout starts you can load both barbells with the starting weight of your choice.*
- *The workout starts with the 4 athletes standing in the start section.*
- *When the clock starts two athletes (M/F) will go to the barbells and perform the complex synchronized (by each movement) .*
- *Then you can choose if the second pair will go or you perform another complex.*
- *You can make as many attempts as you want.*
- *When the 5 minutes are done you have 1 minute of rest to get ready for part B.*
- *When the time hits 6 minutes athlete 1 starts on the bike and athlete 2 picks up the sandbag and holds it in front of them, then athlete 3 starts with the Sandbag over the Shoulder.*
- *Only when for both movements the 5 reps are done, you can start with the 10 reps (wait for each other to finish), 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 are allowed to change this during the workout if you need to.
- You have to stay seated on the bike until the judge sees the total calories on the screen and says you can go.

SB over the shoulder

- 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.

SB hold - Fantastic 4 only

- One athlete needs to hold the sandbag in front of them, only then the other athlete can perform the sandbag tosses.
- The sandbag can be picked up by all athletes, but only one athlete will hold a sandbag.
- The sandbag must be held in front of you, in your arms, it CANNOT be placed on the shoulders and it may NOT rest on your legs.

Complex

- The complex must be performed in the prescribed order. If you miss an element or the barbell touches the ground during the complex, it is a no-rep for the whole complex.
- You have to stay in your lane at all times, if you step out of your lane, it is a no-rep. Safety first!
- You are NOT allowed to drop the barbell from any level. If you do, it's a no-rep!!
- The judges will give you a signal when an element is completed so you can move on to the next element of the complex.
- The Fantastic 4 teams need to work in Male / Female pairs and need to be synchronized with each element. If one athlete is a bit faster in the movement of an element, he or she needs to wait for the other athlete to also be in the required position before you can both move on to the next element. (F4 only!)

Clean

- This is a standard clean from the ground to the shoulders.
- The barbell begins on the ground.
- The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.
- It's up to you if you perform a muscle-, power- or a squat clean (if you do perform a squat clean this will not count as the first front squat).
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Front Squat

- The athlete performs a squat till below parallel, the hip crease must clearly pass the knees in the bottom position (hips below knees).
- The athlete stands back up, with the hips and knees fully extended and the shoulders above the hips (stand tall & straight).
- The elbows are not allowed to touch the legs.
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Hang Clean

- The athlete brings the barbell down to a hang position and makes sure it's above the knee. Then the athlete performs a hang clean.
- The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.
- It's up to you if you perform a muscle-, power- or a squat clean, as long as it starts from a hang position.
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Jerk

- The athlete brings the barbell in an overhead position with a jerk or a split jerk.
- At the top the barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.
- For the rep to count make sure you step your feet back together under your body, before you bring the barbell down!
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- You are NOT allowed to drop the barbell from any level. If you do, it's a no-rep!!
- F4 only SYNCHRONIZED standard = when both athletes have their barbell in the overhead position, arms fully locked, feet under the body and both athletes showing control. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you bring the barbell down! (F4 only!)

Workout 3 ~ Double Trouble TOP DIVISION

For Time & Load (cap 11 min)

BUDDY TEAMS

A) FOR LOAD '5 min

COMPLEX:

BB Clean

BB Double Front Squat

BB Hang Clean

BB Jerk

- 1 MIN RUST -

B) 5 min AMRAP:

5-10-15-20 etc. SB over shoulder

5-10-15-20 etc. Calories Airbike

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

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

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

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

Female: 40 kg sandbag

Male: 65 kg sandbag

Mixed / F4: 40 / 65 kg sandbag

Notes Buddy Team:

FOR LOAD: one athlete at the time is lifting, you can alternate the lifts, the weight can only go up per attempt.

AMRAP: you can switch whenever you want in the start section, and also during a "set" of a movement. Athlete 1 starts on the bike and athlete 2 starts with the Sandbag Over the Shoulder.

Notes Fantastic 4:

FOR LOAD: two athletes (MF) at the time are lifting (sync), you can alternate the lifts with the other pair, or one person switches, the weight can only go up per attempt. Switch in the start section

AMRAP: the working athletes can switch whenever they want on the floor, the resting athlete can only switch the start section, also during a "set" of a movement. Three athletes are working and one athlete is resting. The 2 athletes working on the SB need to be a male / female pair.

Tie break:

The tie break is noted after each round of the Assault Bike.

Scoring:

There will be 2 rankings for this workout; A (total load) and B (total reps), the final ranking will be the average of both. For part A: each athlete needs to have a completed complex for your score. The highest accomplished weight per person counts, the total combined weight is your score for part A..

For Time & Load (cap 11 min)

FANTASTIC 4 (MF / MF)

A) FOR LOAD '5 min

COMPLEX:

SYNC BB Clean

SYNC BB Double Front Squat

SYNC BB Hang Clean

SYNC BB Jerk

- 1 MIN RUST -

B) 5 min AMRAP

5-10-15-20 etc. SB over shoulder + SB Hold

5-10-15-20 etc. Calories Airbike

Flow of the workout Buddy Teams:

- *Before the workout starts you can load the barbell with the starting weight of your choice.*
- *The workout starts with the 2 athletes standing in the start section.*
- *When the clock starts one athlete will go to the barbell and perform the complex.*
- *Then you can choose if the second athlete will go or you perform another complex.*
- *You can make as many attempts as you want.*
- *When the 5 minutes are done you have 1 minute of rest to get ready for part B.*
- *When the time hits 6 minutes athlete 1 starts on the bike and athlete 2 starts with the Sandbag over the Shoulder.*
- *Only when for both movements the 5 reps are done, you can start with the 10 reps (wait for each other to finish), and so on.*

Flow of the workout Fantastic 4:

- *Before the workout starts you can load both barbells with the starting weight of your choice.*
- *The workout starts with the 4 athletes standing in the start section.*
- *When the clock starts two athletes (M/F) will go to the barbells and perform the complex synchronized (by each movement) .*
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- *You can make as many attempts as you want.*
- *When the 5 minutes are done you have 1 minute of rest to get ready for part B.*
- *When the time hits 6 minutes athlete 1 starts on the bike and athlete 2 picks up the sandbag and holds it in front of them, then athlete 3 starts with the Sandbag over the Shoulder.*
- *Only when for both movements the 5 reps are done, you can start with the 10 reps (wait for each other to finish), 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 are allowed to change this during the workout if you need to.
- You have to stay seated on the bike until the judge sees the total calories on the screen and says you can go.

SB over the shoulder

- 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.

SB hold - Fantastic 4 only

- One athlete needs to hold the sandbag in front of them, only then the other athlete can perform the sandbag tosses.
- The sandbag can be picked up by all athletes, but only one athlete will hold a sandbag.
- The sandbag must be held in front of you, in your arms, it CANNOT be placed on the shoulders and it may NOT rest on your legs.

Complex

- The complex must be performed in the prescribed order. If you miss an element or the barbell touches the ground during the complex, it is a no-rep for the whole complex.
- You have to stay in your lane at all times, if you step out of your lane, it is a no-rep. Safety first!
- You are NOT allowed to drop the barbell from any level. If you do, it's a no-rep!!
- The judges will give you a signal when an element is completed so you can move on to the next element of the complex.
- The Fantastic 4 teams need to work in Male / Female pairs and need to be synchronized with each element. If one athlete is a bit faster in the movement of an element, he or she needs to wait for the other athlete to also be in the required position before you can both move on to the next element. (F4 only!)

Clean

- This is a standard clean from the ground to the shoulders.
- The barbell begins on the ground.
- The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.
- It's up to you if you perform a muscle-, power- or a squat clean (if you do perform a squat clean this will not count as the first front squat).
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Front Squat

- The athlete performs a squat till below parallel, the hip crease must clearly pass the knees in the bottom position (hips below knees).
- The athlete stands back up, with the hips and knees fully extended and the shoulders above the hips (stand tall & straight).
- The elbows are not allowed to touch the legs.
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Hang Clean

- The athlete brings the barbell down to a hang position and makes sure it's above the knee. Then the athlete performs a hang clean.
- The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.
- It's up to you if you perform a muscle-, power- or a squat clean, as long as it starts from a hang position.
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- F4 SYNCHRONIZED standard = when both athletes have their barbell in the front rack position, legs and hips fully locked. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you start with the next element. (F4 only!)

Jerk

- The athlete brings the barbell in an overhead position with a jerk or a split jerk.
- At the top the barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.
- For the rep to count make sure you step your feet back together under your body, before you bring the barbell down!
- No knee or other body part besides the feet may touch the floor, and you need to stay within your lane, if you step out it's a no-rep.
- You are NOT allowed to drop the barbell from any level. If you do, it's a no-rep!!
- F4 only SYNCHRONIZED standard = when both athletes have their barbell in the overhead position, arms fully locked, feet under the body and both athletes showing control. Wait for the judge his/her signal to be sure that the rep is correctly completed, before you bring the barbell down! (F4 only!)