



# Qualifier 19.3

12:00 PM Thursday, 20. June until 10:00 PM Monday, 24. June

Qualifier presented by

**NOCCO**  
NO CARBS COMPANY

## Workout 19.3

For Time

10 - 8 - 6 - 4 - 2

Squat Snatches

2 - 4 - 6 - 8 - 10

Ring Muscle Ups

Men use 60kg barbell.

Women use 40kg barbell.

### NOTES

This workout begins with the athlete standing behind the barbell. At the call of "3, 2, 1... go!" the athlete will start performing the first 10 Squat Snatches. He or she then moves to the Rings to perform 2 Ring Muscle Ups. The athlete will alternate between both movements until all 60 repetitions are completed.

In each round the number of repetitions of the Squat Snatches will decrease, while the number of repetitions of the Ring Muscle Up will decrease. This workout ends when the athlete fully locks out his elbows and shows control during the ring muscle up on the final rep.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 60 repetitions. Time will be recorded in full seconds. Do not round up. If the athlete finishes in 8:32.7, their score is 8:32.

There is a 12-minute time cap. If they do not finish all 60 reps before the time cap, their score will be the number of reps completed.

### EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weight for your gender\*
- Collars
- Gymnastic Rings

\* The official weight is in kilograms. For your convenience, the minimum acceptable weights in kilograms are 60 kg and 40 kg.

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition

### VIDEO STANDARDS

Prior to starting, film the barbell and plates to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

We advise to use [WODProofApp](#) for the capturing of your Qualifier!



# Qualifier 19.3

12:00 PM Thursday, 20. June until 10:00 PM Monday, 24. June

Qualifier presented by



## MOVEMENT STANDARDS



In the **Squat Snatch** the barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

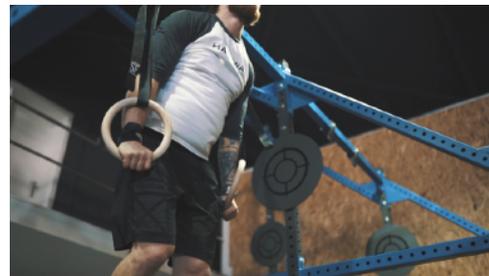
The athlete must pass through a full squat with hips below the knees. Catching the bar while above parallel will only be allowed if the athlete continues to drop below parallel in a smooth motion, without pausing or rising before achieving the required depth. A power snatch followed by an overhead squat will not be allowed.



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. This is not a ground-to-overhead any way.



In the **Muscle Up**, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The heels may not rise above the height of the rings during the kip.



The elbows must be fully locked out while in the support position above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.



# Qualifier 19.3

12:00 PM Thursday, 20. June until 10:00 PM Monday, 24. June

Qualifier presented by



## Workout 19.3

For Time

10-8-6-4-2

Squat Snatches

2-4-6-8-10

Ring Muscle Ups

Timecap 12 Minutes

Squat Snatches	<b>10</b>	10
Ring Muscle Ups	<b>2</b>	12
Squat Snatches	<b>8</b>	20
Ring Muscle Ups	<b>4</b>	24
Squat Snatches	<b>6</b>	30
Ring Muscle Ups	<b>6</b>	36
Squat Snatches	<b>4</b>	40
Ring Muscle Ups	<b>8</b>	48
Squat Snatches	<b>2</b>	50
Ring Muscle Ups	<b>10</b>	60

Men use a 60kg Barbell.  
Women use a 40kg Barbell.

Reps

Total Time



Athlete Name \_\_\_\_\_  
Print Name

Total Time \_\_\_\_\_  
or  
Reps \_\_\_\_\_

Affiliate \_\_\_\_\_ Judge \_\_\_\_\_  
Name of Affiliate Print Name

Initial \_\_\_\_\_  
Has Judge passed Yes / No  
Online Judges Course?

I confirm the information above accurately represents my performance  
for the workout.

\_\_\_\_\_  
Athlete Signature Date

Affiliate Copy



Athlete Copy

Athlete Name \_\_\_\_\_  
Print Name

Total Time \_\_\_\_\_  
or  
Reps \_\_\_\_\_

Affiliate \_\_\_\_\_ Judge \_\_\_\_\_  
Name of Affiliate Print Name

Initial \_\_\_\_\_  
Has Judge passed Yes / No  
Online Judges Course?