

EVENT 3A



EVENT 3A

7 Rounds For Time of:
7 Deadlifts
7 Front Squats
7 Shoulder to Overhead

Timecap: 10 minutes

EQUIPMENT

- Barbell
- Plates
- Collars

Event 3A and 3B don't have to be performed on the same day.

In case of a tie, 3B is decisive for the prizes.

DESCRIPTION

The workout starts with the athlete standing tall behind the barbell. The athlete is not allowed to touch the barbell yet. On the count of 3-2-1-GO the athlete may start the workout and touch the barbell. The athlete performs 7 deadlifts, followed by 7 front squats, followed by 7 shoulder to overheads. After this round, the athlete performs 6 more rounds. There is no tiebreak. The workout is finished when the athlete as performed all 7 rounds, or when the timecap of 10 minutes is hit.

The score for this workout is the total time it took the athlete to perform all 147 repetitions OR the total number of repetitions completed within the 10 minute window.

It is the responsibility of the athlete to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

VIDEOSTANDARDS

Start the video with stating your full name and box. Then film the weight of the barbell and all plates used.

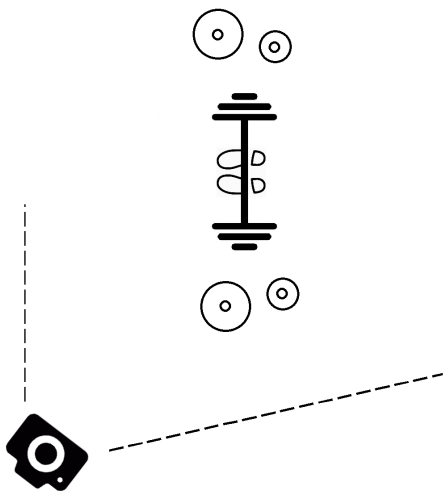
The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (0 -> 10) must be visible during the whole workout.

The athlete must be in the frame during the whole workout.

Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count.

Use the setup stated in the picture on the left.



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7 Front Squats
7 Shoulder to Overhead

Your score on event 3A is the total time OR the number of reps completed in 10 minutes. Enter your score in The Nationals App

Weights
 Platinum: 70/45kg
 Gold: 60/40kg
 Silver: 50/35kg
 Bronze: 40/30kg
 Iron: 30/25kg
 Teens: 30/25kg

	7 Deadlifts	7 Front Squats	7 STO H	Total reps
Round 1				21
Round 2				42
Round 3				63
Round 4				84
Round 5				105
Round 6				126
Round 7				147
Total time OR reps				

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



EVENT 3A



MOVEMENT STANDARDS

GENERAL RULES

- The collars do always need to be put on the outside of all plates.
- The barbell may never be dropped behind.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- Blocks or a rack is not allowed. The bar needs to be moved from the floor for all movements.
- In doubt about a standard? Contact us at info@thenationals.nl

DEADLIFT

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts).

The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition.

Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed.

FRONT SQUAT

The movement starts with the athlete standing tall with the barbell at the front rack position, where the elbows are in front of the bar, and hips and knees fully extended. The athlete squats down until below parallel, where the hip crease is clearly below the kneecap.

The rep is credited when the hips and knees are fully extended, the bar is in the front rack position, with elbows in front of the bar.

A (hang) squat clean is a no-rep and does not count. The athlete needs to extend in the top position first.

SHOULDER TO OVERHEAD

The movement starts with the athlete standing tall with the barbell in the front rack position, and hips and knees fully extended.

The athlete gets the bar overhead, where the bar is straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the bar. This may be a strict press, push press, push jerk or split jerk as long as the standards are met. In the split jerk, both feet need to move back under the hips before the bar is lowered.

