

## 2018 Solidarity Team Series Week 2

### Rules

Events 3 and 4 must be done consecutively and in the same 1-hour session.  
Both workouts must be judged.

### Uncommon Behavior Clause

Anything uncommon to CrossFit workouts not explicitly stated in this document may disqualify your score.

### Event 3

Complete as many rounds as possible in 16:00 of:

- 20 Synchronized Hang Power Snatch
- 30 Synchronized Wall Balls

### Workout Description

The workout begins with athlete 1 and athlete 2 standing tall by their respective barbells. On the call of “3, 2, 1, go...!” the athletes will pick up their barbells and begin working on 20 synchronized (at top) hang power snatches. Once 20 reps have been completed, athlete 1 and athlete 2 will begin working on 30 synchronized (below parallel) wall balls. Once 30 reps have been completed, athlete 3 and athlete 4 will begin working on 20 synchronized hang power snatches. Once 20 reps have been completed, athlete 3 and athlete 4 will begin working on 30 synchronized wall balls. This pattern continues for 16:00. **Teams may not deviate from this pattern. Athletes 1 and 2 must alternate rounds with athletes 3 and 4.** Your score will be the total number of reps completed in 16:00. **Teams may receive assistance in changing weights at any time during the 16:00.**

### Movement Standards

#### Synchronized Hang Power Snatch

- This movement begins with the athlete deadlifting the barbell and stopping at full extension of the knees and hips prior to snatching.
- The athlete may not lower the bar below the knees after deadlifting the weight.
- This is not a ground-to-overhead; the barbell must be received in the overhead position in one motion. Only the feet may touch the ground during the lift.
- The barbell must come to full lockout overhead, with the hips, knees, and arms fully extended, and the bar directly over the middle of the body.
- **Both athletes must show lockout overhead at the same time for the rep to count** (one athlete may reach lockout first, as long as they wait for the second)
- **All four barbells must total 220lbs.**

- Athletes may not switch barbells between or during rounds. Each athlete is assigned a barbell weight at the beginning of the workout and must use that barbell for the entire workout.

### Synchronized Wall Balls

- The medicine ball must be taken from the bottom of the squat, hip crease below the knee, and thrown to hit the specific target.
- Athlete must both be below parallel at the same time at some point during each rep but do not have to be perfectly synched. (This allows a little wiggle room if one athlete's squat is deeper than another's).
- The center of the ball must hit the white SCF logo on the specified target height.
- If the ball hits low or does not hit the wall, the rep does not count.
- If the ball is dropped, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up to standing (reps cannot be started from the bottom, they must begin at extension and into a squat) to complete the next rep.
- Men will use a 10ft. target.
- Women will use a 9ft. Target.
- Teams may any combinations of wall ball weights within these parameters:
  - Total Medicine Wall Ball Weight Equal 60lbs
    - All team members must use a wall ball (you cannot have two athletes use 30lb)
    - Only Dynamax Wall Balls from Solidarity's inventory may be used
    - When calculating weight, all medicine balls are rounded to the nearest 5, so the numbers used to find 60 are:
      - 30lb
      - 20lb
      - 15lb (14 actual)
      - 10lb
      - 5lb (6 actual)
    - A couple of example ball combinations: 30,20,10,10; 20,20,14,6;
- Before the workout begins, each pair is assigned two wall balls that they must use for the entirety of the workout. Within their pair, the athletes may switch between their two wall balls at will at any point, including mid-round.

### Equipment

- 4 Wall Balls totaling 60lbs (all ball weights rounded to nearest 5)
- 2 Barbells totalling 220lbs

### Event 4

Complete as many reps as possible in 4:00 of:

- Synchronized Dumbbell Box Step Overs

## Workout Description

The workout begins with all four athletes standing tall and dumbbells on the ground. On the call of "3, 2, 1, go...!" the athletes will pick up the dumbbells and begin to work by stepping on top of and over the box. **Once all four athletes are on the ground on the other side of the box, the team may begin their next rep; they do not have to be synchronized at the top or at any other point.** Your score for this workout is the total number of reps completed in the 4 minutes.

## Movement Standards

### *Synchronized Dumbbell Box Step Overs*

- The rep starts with all four athletes on the same side of their respective boxes, each with two dumbbells in hand.
- **Both feet must touch the top of the box, but there is no requirement to stand tall. Only the feet may touch the box.**
- Each rep is counted when all four athletes step down with both feet on the opposite side of the box with dumbbells in hand, where they may begin their next rep.
- Synchronization is achieved when all four athletes have both feet on the ground. There is no requirement to synchronize on top of the box.
- If at any point one of the athletes begins their next rep before all four athletes have stepped down to the ground, that athlete must return to the ground before the team begins their next rep.
- **When resting, dumbbells must be set on the ground. Resting the dumbbells on top of the box will result in a 1 rep penalty administered to the team's final score for each occurrence.**
- Teams must use two 24" boxes and two 20" boxes and can be arranged in any order.
- All 8 dumbbells must total to 240lbs (120lbs / hand). Each individual athlete must be holding a matching pair of dumbbells.
- **Athletes may not switch dumbbells during the workout. Each athlete is assigned dumbbells at the beginning of the workout and he/she must use those dumbbells for the entire workout.**

## Equipment

- Two 24" boxes
- Two 20" boxes
- 4 Pairs of dumbbells totalling 120lbs / hand.