

# **BIG DAWGS**

**2020 WINTER CLASSIC**

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## 2020 Winter Classic Events

# ELITE Division

### Event 1

0:00-10:00

For Time:

8 Clean to OH - Power or Squat

26 T2B

6 Clean to OH - Power or Squat

26 T2B

4 Clean to OH - Power or Squat

26 T2B

2 Clean to OH - Power or Squat

Working Loads:

8's - 155/225lb

6's - 185/245lb

4's - 205/275lb

2's - 225/315lb

\*10 minute Time Cap

10:00-20:00

REST

### Event 2

20:00-30:00

AMRAP in 10:00

3 Ring Muscle Up \*increasing by 1 rep each round

6 Alternating Pistols \*increasing by 2 reps each round

9 Box Jump Step Down @ 20/24"

30:00-45:00

REST

### Event 3

45:00-60:00

AMRAP in 15:00\*

Rowing for Calories

\*Every 2:30 min, stop and perform:

10 Power Snatch @ 55/75#

10 Bar Facing Burpees

# Standards

## General:

Big Dawgs Winter Classic is 3 events performed within a 60 minute clock. Each workout is performed in a given slot within the 60 minutes. It is mandatory to observe these precise work/ rest intervals as specified below.

## Event 1:

Begins with the clock at 0:00, ends when the clock reaches 10:00. If the workout is completed in its entirety, record time. If the athlete is time capped, record total reps completed.

### Clean to OH

The barbell starts on the ground, plates loaded, CLAMPS ON. The athlete may not be in contact with the barbell before the clock starts. Upon the start of the clock, the barbell will be taken to the shoulders, via Power or Squat Clean. It must be in clear contact and resting on the shoulders/ rack position for at least a moment. It is then taken overhead by means of a strict press, push press, push jerk, or split jerk. A repetition point is credited when the barbell is fully overhead, aligned with the ears, elbows fully locked, and feet parallel to each other. The athlete is responsible for weight changes, clamps must be used.

### Toes to Bar

The movement starts with the athlete hanging from the bar, elbows extended, heels breaking the pullup bar's vertical plane. A repetition point is credited when both toes are touching the bar simultaneously, inside the width of the hands. Each repetition requires that arms are fully extended and that heels break that vertical plane.

From 10:00 to 20:00 the athlete will be resting. If workout 1 is completed before 10:00, the athlete is still required to wait until the clock reads 20:00 to commence workout 2.

## Event 2:

Begins when the clock reads 20:00. Score will be reported as total reps performed within the allotted 10:00.

### Ring Muscle Ups:

Each repetition begins with the athlete suspended from the rings, arms fully extended, heels breaking the vertical plane set by the rings. It is required that the athlete's torso goes through said vertical plane at the top of the repetition and a point is awarded when the repetition is clearly marked at the top of the dip with arms fully extended before initiating transition into the next

swing. To reset and begin another repetition, arms need to be once again extended in the hang, heels breaking the vertical plane.

#### Pistols:

Each repetition begins with knees and hips fully extended. The athlete will proceed to perform a single leg/ pistol squat. Hip crease must dip below the top of the knee. Non working foot must remain in front of the body and may not touch the ground at any point. The athlete may grab the non working foot/ leg throughout the repetition. A point is awarded when the athlete establishes control at the top of the squat, one the one single leg, with knee and hip extended.

#### Box Jump (Step Down):

Each repetition begins with the athlete standing on the ground with both feet. The athlete will be required to jump onto the box, off a 2 foot take off, facing the front face of the box. A point is awarded when the athlete lands with both feet at top of box and demonstrates total control with knees and hips extended. Step Down is mandatory. An effective step down means that on the way down from the box, there is a point when there is one foot in contact with the ground while the other is still in contact with the box. The athlete may NOT step up or use a cornered setup.

From 30:00-45:00 the athlete will be resting. The athlete may not begin work on workout 3 until the clock hits 45:00.

#### Event 3:

Workout 3 begins when the clock reads 45:00. When the clock reads 45:00 athletes will commence rowing. Every 2 minutes and 30 seconds, the athlete will come off the rower to perform 10 Power Snatches and 10 Bar Facing Burpees, then back onto the rower. The monitor will not be reset at any point throughout the workout. Assistance may be used to ensure the monitor never enters sleep mode. The process will repeat every 2 minutes and 30 seconds. Score will be recorded as total calories displayed when the clock reaches 60:00. To be clear, athletes will get off the rower for snatches and burpees when the clock reads:

47:30  
50:00  
52:30  
55:00  
57:30

After the last round of Snatch and Burpees, athletes will move back to the rower to accumulate calories until clock reaches 60:00

#### Row:

Athlete begins seated on the rower without touching the handle. Monitor may be on, set to 0, in "Just Row" setting.

#### Power Snatch:

Barbell will be resting on the ground, plates loaded, clamps on. The athlete is required to take the barbell to the overhead position in one single motion. The barbell may not come to a stop at any point before reaching said over head position, aligned with the ears, arms fully extended, and feet aligned. A point will be awarded when the aforementioned conditions have been met. To begin another repetition, both plates must come back into contact with the ground.

#### Bar Facing Burpees:

Each repetition starts with the athlete standing by the barbell. The athlete then proceeds to perform a burpee, chest to deck, perpendicular to the barbell. The athlete will then jump over the barbell via a 2 foot takeoff. The athlete's feet may not touch the barbell in the jump. Any landing is permitted before initiating the next burpee. If the athlete meets the requirements for the burpee, but fails to meet any of the requirements for the jump, ONLY the jump will have to be completed effectively for the repetition to count. A point will be awarded as soon as the athlete lands on the other side of the barbell

## Cash Price Eligibility:

Big Dawgs will be awarding cash prizes to the top 3 male and top 3 female athletes of the ELITE division, as follows:

1st Place: \$300  
2nd Place: \$200  
3rd Place: \$100

There will NOT be cash prizes for the Open division.

To be eligible for prizes, athletes must film and submit their ENTIRE 60:00 video. This includes the 3 events as well as the 2 rest intervals in between. The following requirements must be met:

- Athlete introduces his/herself on camera.
- A running clock / timer must be on screen for the ENTIRE 60:00 duration. A video timing app such as WODProof or WeTime is preferred.
- During the 3 workouts, the athlete must remain within the video at all times.
- Video should be recorded at an angle that allows for all movement repetitions to be validated. Athletes may use assistance to move the video around as per his/ her movements in the gym, so long as the athlete remains within the frame at all times.

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## OPEN Division

### Event 1

0:00-10:00

EMOM x 10 minutes:

6 T2B + 1 Clean to OH

\*score is total load lifted

\*power or squat

10:00-20:00

REST

## Event 2

20:00-30:00

AMRAP in 10:00

3 Burpee C2B Pull Ups \*increasing by 1 rep each round

6 WB @ 14/20# to 9/10' \*increasing by 2 reps each round

9 BJSD @ 20/24"

30:00-45:00

REST

## Event 3

45:00-60:00

AMRAP in 15:00

Rowing for Calories

\*every 2:30 min, stop and perform:

10 Alt DB Snatch @ 35/50#

5 Burpees over DB - facing the DB

# Standards

## General:

Big Dawgs Winter Classic is 3 events performed within a 60 minute clock. Each workout is performed in a given slot within the 60 minutes. It is mandatory to observe these precise work/ rest intervals as specified below.

## Event 1:

Begins with the clock at 0:00, ends when the clock reaches 10:00. Results will be recorded as the total amount of weight lifted. For each set to count, the 6 T2B must be completed AFTER the Clean to OH, WITHIN that round's 0:60.

## Clean to OH:

The barbell starts on the ground, plates loaded, CLAMPS ON. The athlete may not be in contact with the barbell before the clock starts. Upon the start of the clock, the barbell will be taken to the

shoulders, via Power or Squat Clean. It must be in clear contact and resting on the shoulders/rack position for at least a moment. It is then taken overhead by means of a strict press, push press, push jerk, or split jerk. A repetition point is credited when the barbell is fully overhead, aligned with the ears, elbows fully locked, and feet parallel to each other. The athlete is responsible for weight changes, clamps must be used.

#### Toes to Bar:

The movement starts with the athlete hanging from the bar, elbows extended, heels breaking the pullup bar's vertical plane. A repetition point is credited when both toes are touching the bar simultaneously, inside the width of the hands. Each repetition requires that arms are fully extended and that heels break that vertical plane.

From 10:00 to 20:00 the athlete will be resting.

#### Event 2:

Begins when the clock reads 20:00. Score will be reported as total reps performed within the allotted 10:00.

#### Burpee Chest to Bar Pullups:

Each repetition begins with the athlete standing, hips and knees extended. For the burpee portion, chest to deck is required. The athlete then proceeds to perform a chest to bar. Any type of swing or hand position is permitted. A point will be awarded when the athlete's chest clearly touches the bar.

#### Wall Ball Shots:

Each repetition begins with the medicine ball dead on the ground. The athlete then picks it up and performs the squat portion. Hip crease must dip below the top of the knees, before tossing the ball to the target. A point will be awarded when the top 50% of the medicine ball makes contact with the target, above the specified height. The athlete may catch the ball before each subsequent rep. Should the athlete decide to let the ball drop, it must come to a dead stop before picking it up again. To be clear, it is not allowed to pick it up from a bounce.

#### Box Jump (Step Down):

Each repetition begins with the athlete standing on the ground with both feet. The athlete will be required to jump onto the box, off a 2 foot take off, facing the front face of the box. A point is awarded when the athlete lands with both feet at top of box and demonstrates total control with knees and hips extended. Step Down is mandatory. An effective step down means that on the way down from the box, there is a point when there is one foot in contact with the ground while the other is still in contact with the box. The athlete may NOT step up or use a cornered setup.

From 30:00-45:00 the athlete will be resting. The athlete may not begin work on workout 3 until the clock hits 45:00.

#### Event 3:

Workout 3 begins when the clock reads 45:00. When the clock reads 45:00 athletes will commence rowing. Every 2 minutes and 30 seconds, the athlete will come off the rower to perform 10 Power

Snatches and 10 Bar Facing Burpees, then back onto the rower. The monitor will not be reset at any point throughout the workout. Assistance may be used to ensure the monitor never enters sleep mode. The process will repeat every 2 minutes and 30 seconds. Score will be recorded as total calories displayed when the clock reaches 60:00. To be clear, athletes will get off the rower for snatches and burpees when the clock reads:

47:30  
50:00  
52:30  
55:00  
57:30

After the last round of DB Snatch and Burpees, athletes will move back to the rower to accumulate calories until clock reaches 60:00

Row:

Athlete begins seated on the rower without touching the handle. Monitor may be on, set to 0, in "Just Row" setting.

DB Snatch:

DB will be resting on the ground. The athlete will bring the DB overhead with one fluid motion. The DB's trajectory may not be interrupted at any point. It MAY NOT rest on the shoulder before going overhead. The non working arm/ hand will have to be completely unsupported when the DB is moving overhead. A repetition point will be awarded when the DB is overhead, with arm, hips, knees fully extended, feet aligned.

DB Facing Burpees:

Each repetition starts with the athlete standing by the DB. The athlete then proceeds to perform a burpee, chest to deck, perpendicular to the DB. The athlete will then jump over the DB via a 2 foot takeoff. The athlete's feet may not touch the DB in the jump. Any landing is permitted before initiating the next burpee. If the athlete meets the requirements for the burpee, but fails to meet any of the requirements for the jump, ONLY the jump will have to be completed effectively for the repetition to count. A point will be awarded as soon as the athlete lands on the other side of the DB.

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