

# STRENGTH IN DEPTH ORIGINS

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## STRENGTH IN DEPTH ORIGINS 2019 ONLINE QUALIFIER 3



PRESENTED BY  
**ELEIKO**  
RAISE THE BAR

## WORKOUT 3: SUB TEAMS OF 4

### Workout 3a

In 6 minutes complete:

#### 1-rep-max Clean

0:00-06:00 (rolling clock)

### 1 minute transition

06:00-07:00

### Workout 3b

For time:

**100 snatch (50kg/35kg)**

**100 chest-to-bar pull-ups**

**75 snatch (50kg/35kg)**

**75 chest-to-bar pull-ups**

**50 snatch (50kg/35kg)**

**50 chest-to-bar pull-ups**

07:00-25:00

*Time cap for 3b is 18 minutes  
(25:00 on rolling clock)*

*1 second penalty to be added for every rep not completed*

*Total Time cap – 25 minutes (rolling clock)*

## EXECUTION

- > It is a mandatory requirement that all 3 sub teams of 4 must have video evidence of their workout (see below judging and video requirements for further details)
- > This workout is to be completed in 3 sub teams, consisting of 4 athletes
- > Teams can be any age/sex combination
- > Workout 3a and 3b must be completed with a continuously running clock
- > Each exercise needs to be completed before advancing to the next movement
- > Working athletes must tag non-working athletes on each transition
- > No minimum work requirement
- > There are no scaled options

## SCORING

Although completed at the same time, workout 3a and workout 3b are scored separately. The team score is the total weight lifted in kilogrammes (3a) and the total time completed (3b) by all 3 teams of 4 (team composition 7 males, 5 females and a master of each sex, one of which 40+ and the other 35+).

## EQUIPMENT

MMMM team - 1x 20kg barbell, plates to load to the appropriate weight for your division, multiple pull-up stations.

FFFF team - 1x 15kg barbell, plates to load to the appropriate weight for your division, multiple pull-up stations.

FFMM or FFFM or MMMF team – 1x 20kg barbell, 1x 15kg barbell, plates to load to the appropriate weight for your division, multiple pull-up stations.

## PRIZE

There is a separate prize for the winning team(s) of Qualifier 3a of £250 and 3b of £250  
**Please note the video submission requirement to be eligible for this prize.**

## JUDGING AND VIDEO SUBMISSION

It is a mandatory requirement that ALL Teams MUST video all 3 sub teams of 4 completing their 3a and 3b workout to record a valid Qualifier 3a/b score submission. Videos should be uploaded to teams Competition Corner accounts in line with the Qualifier deadline, Sunday 29 September 22:00hrs. Team captains (who submit the team scores) must personally ensure that movement standards are adhered to and all submitted scores are legitimate.

Videos should be filmed to the following standard. Prior to starting, film the plates and barbells being used so the loads can be clearly seen. Videos should be uncut and unedited. A stopwatch display should be in the frame throughout the entire workout. Shoot the video from such an angle that the movement standard is clear to see and be sure you have enough battery life and memory to record your video.



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## DETAILED WORKOUT DESCRIPTION

Workout 3a and 3b must be completed with a continuously running clock. This workout begins with the empty barbell resting on the floor and the team standing tall. After the call of “3, 2, 1 ... go,” the team may load the barbell and attempt a 1-rep-max clean. Only one barbell may be used per sex for workout 3a. Only one athlete may attempt a lift at any one time.

The clean must be performed with a barbell, and the plates must be secured with collars. The athletes may complete as many attempts as they like until the time cap is reached but will only receive credit for the heaviest successful lift(s).

Plates smaller than 0.5kg may not be used and the minimum acceptable weight increase will be 1 kilogramme or (2.5lbs). The team may not receive assistance from the judge or from loaders to help load the barbell between lifts.

Once the clock reaches 6 minutes there will be a 1 minute transition for the athletes to load their barbell(s) to the appropriate weight. Any clean attempts during this 1 minute transition will not contribute to the scoring for the workout. Attempts in process when the time cap is reached will not contribute to the scoring for the workout.

When the clock reaches 7 minutes the team can then begin workout 3b. Team's may use separate, pre-loaded bars for workout 3b, but only one bar per sex. Teams should not reset the clock between workouts.

Workout 3b begins with the team standing tall. After the call of “3, 2, 1 ... go,” they may begin to complete 100 snatches. The team members may complete the workout in any order and there is no minimum work requirement. Only one athletes can be working at one time and athletes must always tag one another between every transition. Once all 100 snatches have been completed, the team may advance to the pull-up bar to complete 100 chest-to-bar pull-ups, remembering to tag one another between every transition. Teams may use multiple pull-up bars. Once 100 chest-to-bar pull-ups have been completed, the team will advance back to the barbell(s) to complete 75 snatches. Once 75 snatches have been completed, the team will complete 75 chest-to-bar pull-ups. Once 75 chest-to-bar pull-ups have been completed, the team will complete a final set of 50 snatches before advancing back to the pull-up bar to complete 50 chest-to-bar pull-ups. Once the final chest-to-bar pull-up has been completed, or the time cap is reached, the workout ends.

The sub-team's score for workout 3a will be the heaviest combined weight successfully cleaned, in kilograms. The team's score for workout 3b will be the total time it takes to complete all 450 reps. In the eventuality a team does not complete the workout within the time cap, the team captain must add 1 second to the time cap for every rep not completed. For example, if the team only completes 400 reps during workout 3b, their total time for submission would be 18:00 time cap + 00:50 secs = 18:50.



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## MOVEMENT STANDARDS

### CLEAN

The barbell begins on the ground. The rep is complete when the athlete's hips and knees are fully extended, the feet aligned under the hips and the bar resting on the shoulders in the front-rack position with the athlete's elbows clearly in front of the bar. Power cleans, squat cleans and split cleans are permitted. Hang cleans are not permitted.

### SNATCH

The barbell must begin on the floor. The bar must then travel from the floor to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet together.

### CHEST TO BAR PULL-UP

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all of the requirements are met. The athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Overhand, underhand or mixed grip are all permitted. At the top, the chest must clearly come into contact with the bar below the collarbone.

Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

## SiD ORIGINS 2019 RULEBOOK

For further details on workout formats, approved equipment/attire and judging requirements please revert to the SiD Origins 2019 Rulebook, which can be found on our website at [www.strengthindepth.com](http://www.strengthindepth.com)



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### SCORE CARD 3A SUB TEAM OF 4

MAX CLEAN	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4
ATTEMPT 1				
ATTEMPT 2				
ATTEMPT 3				
ATTEMPT 4				
MAX LIFT				
<b>TOTAL</b>				

### SCORE CARD 3B SUB TEAM OF 4

MOVEMENT	REPETITION COUNT										COMPLETE
100 SNATCH 50/35KG	10	20	30	40	50	60	70	80	90	100	
100 CHEST TO BAR PULL UPS	10	20	30	40	50	60	70	80	90	100	
75 SNATCH 50/35KG	10	20	30	40	50	60	70	75			
75 CHEST TO BAR PULL UPS	10	20	30	40	50	60	70	75			
50 SNATCH 50/35KG	10	20	30	40	50						
50 CHEST TO BAR PULL UPS	10	20	30	40	50						

ATHLETE NAME (print)

MALE

FEMALE

ATHLETE NAME (print)

MALE

FEMALE

ATHLETE NAME (print)

MALE

FEMALE

ATHLETE NAME (print)

MALE

FEMALE

AFFILIATE / TEAM

3A TOTAL WEIGHT

3B TIME / REPS IF NOT COMPLETE

JUDGE NAME (print)

I confirm the information above accurately represents my performance for the workout (athletes signature)

Date