



ARE YOU READY TO #EARNIT

Q 17.2
DESCRIPTION

Q 17.2 WORKOUT



WORKOUT

AMRAP / TIMECAP: 14 minutes

Your score will be the total reps completed in 14 minutes.

INDIVIDUAL				MASTER				TEAM	TEEN								
M A L E																	
ELITE 18-99 years		INTERMEDIATE 18-99 years		SCALED 18-99 years		35-44 years		45-99 years		SCALED 35-44 years		SCALED 45-99 years		18-99 years		up to 18 years	
15 Toes-to-bar		15 Toes-to-bar		15 Hanging Kneeraise		15 Toes-to-bar		15 Toes-to-bar		15 Hanging Kneeraise		15 Hanging Kneeraise		15 Toes-to-bar		15 Toes-to-bar	
15 Snatches	40 kg	15 Snatches	30 kg	15 Snatches	30 kg	15 Snatches	40 kg	15 Snatches	30 kg	15 Snatches	25 kg	15 Snatches	20 kg	15 Snatches	40 kg	15 Snatches	25 kg
15 Toes-to-bar		15 Toes-to-bar		repeat		15 Toes-to-bar		15 Toes-to-bar		repeat		repeat		15 Toes-to-bar		15 Toes-to-bar	
12 Snatches	50 kg	12 Snatches	35 kg			12 Snatches	50 kg	12 Snatches	35 kg			12 Snatches	50 kg	12 Snatches	50 kg	12 Snatches	30 kg
15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar		15 Toes-to-bar	
9 Snatches	60 kg	9 Snatches	40 kg			9 Snatches	60 kg	9 Snatches	40 kg			9 Snatches	60 kg	9 Snatches	60 kg	9 Snatches	35 kg
15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar		15 Toes-to-bar	
6 Snatches	80 kg	6 Snatches	50 kg			6 Snatches	80 kg	6 Snatches	50 kg			6 Snatches	80 kg	6 Snatches	80 kg	6 Snatches	40 kg
15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar		15 Toes-to-bar	
3 Snatches	90 kg	3 Snatches	60 kg			3 Snatches	90 kg	3 Snatches	60 kg			3 Snatches	90 kg	3 Snatches	90 kg	3 Snatches	45 kg
15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar		15 Toes-to-bar	
AMRAP Snatches	100 kg	AMRAP Snatches	70 kg			AMRAP Snatches	100 kg	AMRAP Snatches	70 kg			AMRAP Snatches	100 kg	AMRAP Snatches	100 kg	AMRAP Snatches	50 kg

F E M A L E																	
ELITE 18-99 years		INTERMEDIATE 18-99 years		SCALED 18-99 years		35-44 years		45-99 years		SCALED 35-44 years		SCALED 45-99 years		18-99 years		up to 18 years	
15 Toes-to-bar		15 Toes-to-bar		15 Hanging Kneeraise		15 Toes-to-bar		15 Toes-to-bar		15 Hanging Kneeraise		15 Hanging Kneeraise		15 Toes-to-bar		15 Toes-to-bar	
15 Snatches	35 kg	15 Snatches	20 kg	15 Snatches	25 kg	15 Snatches	35 kg	15 Snatches	20 kg	15 Snatches	20 kg	15 Snatches	15 kg	15 Snatches	35 kg	15 Snatches	15 kg
15 Toes-to-bar		15 Toes-to-bar		repeat		15 Toes-to-bar		15 Toes-to-bar		repeat		repeat		15 Toes-to-bar		15 Toes-to-bar	
12 Snatches	40 kg	12 Snatches	25 kg			12 Snatches	40 kg	12 Snatches	25 kg			12 Snatches	40 kg	12 Snatches	40 kg	12 Snatches	20 kg
15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar		15 Toes-to-bar	
9 Snatches	45 kg	9 Snatches	30 kg			9 Snatches	45 kg	9 Snatches	30 kg			9 Snatches	45 kg	9 Snatches	45 kg	9 Snatches	25 kg
15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar		15 Toes-to-bar	
6 Snatches	50 kg	6 Snatches	35 kg			6 Snatches	50 kg	6 Snatches	35 kg			6 Snatches	50 kg	6 Snatches	50 kg	6 Snatches	30 kg
15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar		15 Toes-to-bar	
3 Snatches	55 kg	3 Snatches	40 kg			3 Snatches	55 kg	3 Snatches	40 kg			3 Snatches	55 kg	3 Snatches	55 kg	3 Snatches	35 kg
15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar				15 Toes-to-bar		15 Toes-to-bar		15 Toes-to-bar	
AMRAP Snatches	60 kg	AMRAP Snatches	45 kg			AMRAP Snatches	60 kg	AMRAP Snatches	45 kg			AMRAP Snatches	60 kg	AMRAP Snatches	60 kg	AMRAP Snatches	40 kg

Stand: 17.08.2017

A service of myBOXLOG Leaderboard



VIDEO:



Q 17.2 DESCRIPTION

GERMAN
THROWDOWN
2017

WORKOUT

AMRAP 14 MINUTES

15 Toes-to-bar
15 Snatches
15 Toes-to-bar
12 Snatches
15 Toes-to-bar
9 Snatches
15 Toes-to-bar
6 Snatches
15 Toes-to-bar
3 Snatches
15 Toes-to-bar
AMRAP Snatches

NOTES

This workout begins with the athlete standing tall and not touching any equipment. At the call of "3, 2, 1 ... go," the athlete will perform 15 TTB followed by 15 snatches. Every round starts with 15 TTB, while the reps of the snatches decrease by 3 reps with increasing weights. In round 6 the athlete performs as many reps as link in the remaining time of 14 minutes. For the snatches other athletes are allowed to load the barbell.

SCORE

Your score will be the total reps completed in 14 minutes.

There will be another field in which you will enter the elapsed time at which you completed your last set of snatches. In the case where 2 athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

Team Score: The team score will be the sum of the best two female and best two male results of this workout.

EQUIPMENT

- One barbell per athlete
- Collars
- Pull-up bar
- Plates to load to the appropriate weight for your division

VIDEO:



Q 17.2 DESCRIPTION

GERMAN
THROWDOWN
2017

MOVEMENT STANDARDS

TOES-TO-BAR

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. Both feet must come into contact with the bar at the same time, inside the hands.

HANGING KNEERAISE

The arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. At the top of the repetition, the athlete must raise the knees above the height of the hips.

SNATCH

The barbell begins on the ground and must be lifted overhead in one smooth 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. No part of the body other than the feet may touch the ground during the repetition. For divisions that use an empty barbell, or if plates smaller in diameter than standard bumper plates are used, each repetition must begin with the barbell clearly below the knees. 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. This is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a "no rep". A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met. For the snatches other athletes are allowed to load the barbell.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Team videos must be submitted as a playlist link (no editing)!

SCORE SUBMISSION DEADLINE

Please make sure to read the full workout description and to submit your score in time. Scores must be submitted before the 03rd of September 2017, 23:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact orga@germanthrowdown.de

VIDEO:





ARE YOU READY TO #EARNIT

Scorecards

Q 17.2

Q 17.2

SCORECARD

DIVISIONS
 Individual Elite (male/female)
 Individual Intermediate (male/female)
 Masters & Masters+ (male/female)
 Team & Teen (male/female)



Name:

Affiliate:

Division:

Judge:

AMRAP /// 14 MINUTES

Please note to the different weights for each division!

Your score will be the total reps completed in 14 minutes. There please fill in the elapsed time at which you completed your last set of snatches. All tiebreak times must be reported in elapsed time, not in time remaining.

		complete	reps	Tiebreak
15 Toes-to-bar	3 6 9 12 15	<input type="checkbox"/> 15	reps	↓
15 Snatches	3 6 9 12 15	<input type="checkbox"/> 30	reps	min.
15 Toes-to-bar	3 6 9 12 15	<input type="checkbox"/> 45	reps	↓
12 Snatches	3 6 9 12	<input type="checkbox"/> 57	reps	min.
15 Toes-to-bar	3 6 9 12 15	<input type="checkbox"/> 72	reps	↓
9 Snatches	3 6 9	<input type="checkbox"/> 81	reps	min.
15 Toes-to-bar	3 6 9 12 15	<input type="checkbox"/> 96	reps	↓
6 Snatches	3 6	<input type="checkbox"/> 102	reps	min.
15 Toes-to-bar	3 6 9 12 15	<input type="checkbox"/> 117	reps	↓
3 Snatches	3	<input type="checkbox"/> 120	reps	min.
15 Toes-to-bar	3 6 9 12 15	<input type="checkbox"/> 135	reps	total reps
AMRAP Snatches	3 6 9 12 15 18 21 24	<input type="checkbox"/>	reps	

We confirm the completeness and correctness of the above mentioned details and that the workout is correctly performed.

signature JUDGE

signature ATHLETE



Please sign in to your myBoxLog account and type in the correct result until 03rd of September 2017, 23:59 CET. Don't forget to enter the valid link to your video evidence (teams: playlist link) into the intended line.

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Stand: 17.08.2017

DEADLINE
03.09.2017

Q 17.2

SCORECARD

DIVISIONS

Individual Scaled (male/female)
Masters Scaled (male/female)



Name:

Affiliate:

Division:

Judge:

AMRAP /// 14 MINUTES

Please note the different weights for each division!

Your score will be the total reps completed in 14 minutes. There please fill in the elapsed time at which you completed your last set of snatches. All tiebreak times must be reported in elapsed time, not in time remaining.

		complete	reps	Tiebreak
15 Hanging Kneerise	3 6 9 12 15	<input type="checkbox"/> 15	reps	↓
15 Snatches	3 6 9 12 15	<input type="checkbox"/> 30	reps	min.
15 Hanging Kneerise	3 6 9 12 15	<input type="checkbox"/> 45	reps	↓
15 Snatches	3 6 9 12 15	<input type="checkbox"/> 60	reps	min.
15 Hanging Kneerise	3 6 9 12 15	<input type="checkbox"/> 75	reps	↓
15 Snatches	3 6 9 12 15	<input type="checkbox"/> 90	reps	min.
15 Hanging Kneerise	3 6 9 12 15	<input type="checkbox"/> 105	reps	↓
15 Snatches	3 6 9 12 15	<input type="checkbox"/> 120	reps	min.
15 Hanging Kneerise	3 6 9 12 15	<input type="checkbox"/> 135	reps	↓
15 Snatches	3 6 9 12 15	<input type="checkbox"/> 150	reps	min.
15 Hanging Kneerise	3 6 9 12 15	<input type="checkbox"/> 165	reps	total reps
15 Snatches	3 6 9 12 15	<input type="checkbox"/> 180	reps	

Scaled Divisions: No video evidence required, affiliate owners have to confirm each score online.

To register as an affiliate owner please visit: <https://gtd17.myboxlog.com/register/volunteer> and select boxowner as your desired category

We confirm the completeness and correctness of the above mentioned details and that the workout is correctly performed.

signature JUDGE

signature ATHLETE



Please sign in to your myBoxLog account and type in the correct result until 03rd of September 2017, 23:59 CET. No video evidence required (please see the note above for more details).

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Q 17.2

SCORECARD

Teams / final score all athletes
To judge single team members please use
the elite scorecard!



Team name:

Affiliate:

Division: TEAM

Judge:

FINAL CALCULATION TEAM RESULT

The team score will be the sum of the best two female and best two male results of this workout.

	Best MALE athlete <input type="text"/> total reps
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	Best MALE athlete <input type="text"/> : <input type="text"/> min. last Tiebreak time
--	--

	Second best MALE athlete <input type="text"/> total reps
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	Second best MALE athlete <input type="text"/> : <input type="text"/> min. last Tiebreak time
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	Best FEMALE athlete <input type="text"/> total reps
--	--

	Best FEMALE athlete <input type="text"/> : <input type="text"/> min. last Tiebreak time
--	--

	Second best FEMALE athlete <input type="text"/> total reps
--	---

	Second best FEMALE athlete <input type="text"/> : <input type="text"/> min. last Tiebreak time
--	---

Sum of all reps <input type="text"/> = FINAL TEAM SCORE REPS
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Sum of all Tiebreaks <input type="text"/> : <input type="text"/> min. = FINAL TEAM SCORE TIME



Please sign in to your myBoxLog account and type in the correct result
until 03rd of September 2017, 23:59 CET. Don't forget to enter the valid
link to your video evidence (teams: playlist link) into the intended line.

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