

SPLIT DECISIONS

12 MIN TIME CAP			
ADVANCED	INTERMEDIATE/MASTERS	ELEVATE	HYBRID
SINGLE FILE: 1 ROUND EACH • 30m Sandbag Carry • 10 DB hang split snatch left arm • 10 DB hang split snatch right arm • 30m OH dumbbell walking lunge • 10 DB hang split snatch left arm • 10 DB hang split snatch right arm • 30m Sandbag Carry	SINGLE FILE: 1 ROUND EACH • 30m Sandbag Carry • 10 DB hang split snatch left arm • 10 DB hang split snatch right arm • 30m OH dumbbell walking lunge • 10 DB hang split snatch left arm • 10 DB hang split snatch right arm • 30m Sandbag Carry	SINGLE FILE: 1 ROUND EACH • 30m Sandbag Carry • 20 DB alternating hang snatch • 30m dumbbell walking lunge • 20 DB alternating hang snatch • 30m Sandbag Carry <i>(teammates can lift and hand the sandbag to the working athlete)</i>	SINGLE FILE: 1 ROUND EACH • 30m Plate Carry • 20 DB alternating hang snatch • 30m dumbbell walking lunge • 20 DB alternating hang snatch • 30m Plate Carry
WEIGHTS: SANDBAG – 45KG DUMBBELL – 1 X 22.5KG	WEIGHTS: SANDBAG – 35KG DUMBBELL – 1 X 15KG	WEIGHTS: SANDBAG – 35KG DUMBBELL – 1 X 15KG	WEIGHTS: BUMPER PLATE– 25KG DUMBBELL – 1 X 10KG

WORKOUT FLOW

Time Cap: 12 minutes

At the call of “**3, 2, 1, go,**” Athlete 1 will begin and complete the following sequence:

- **30m sandbag/plate carry** (held in any manner).
- **10 dumbbell hang split snatches (left arm)**
- **10 dumbbell hang split snatches (right arm)**
 - Both feet must return together under control before the rep is counted.
 - A marked box will indicate where both feet must finish to meet judging standards.
 - *Elevate and Hybrid divisions will perform alternating hang snatches.*
- **30m overhead dumbbell walking lunge**
 - The dumbbell to be held with one hand only and may be held in either arm. Athletes may switch arms at any time.
 - *Elevate and Hybrid divisions will perform standard walking lunges and may hold the dumbbell in any position in accordance with movement standards.*
- **10 dumbbell hang split snatches (left arm)**
- **10 dumbbell hang split snatches (right arm)**
 - *Elevate and Hybrid divisions will perform alternating hang snatches.*
- **30m sandbag carry** to finish the round.

Once Athlete 1 completes the final sandbag carry, they will **tag Athlete 2.**

Athlete 2 will complete one full round of the same sequence before **tagging Athlete 3.**

Athlete 3 will then complete the final round.

Time is recorded when Athlete 3 completes the final sandbag carry.

If a team does not finish within the **12-minute time cap**, their score will be the total number of repetitions completed.

MOVEMENT STANDARDS

SANDBAG/PLATE CARRY – All divisions

The athlete walks the prescribed distance with the sandbag/Plate held in any manner they choose – front carry shoulder carry, bear hug. The athlete may switch the hold at any time.

Elevate teammates are able to pick the bag up and hand to the working athlete if required

Both feet must cross the designated finish line to complete the distance.

OVERHEAD DUMBBELL WALKING LUNGE - Advanced, Intermediate and Masters:

The athlete begins standing with one dumbbell held overhead **in one hand**, with the arm fully extended, elbow locked out, and the dumbbell positioned directly over the shoulder. The free hand may be used for balance but must not assist the dumbbell. Athletes can change hands as desired.

Each repetition starts with the athlete stepping forward and lowering the trailing knee until it makes contact with the ground. The athlete then stands up to full hip and knee extension while maintaining the dumbbell overhead.

The dumbbell must remain overhead with the arm fully locked out for the duration of the movement. Both feet must pass the finish line or marker to complete the prescribed distance. If the dumbbell is dropped the athlete must return to the last completed rep or distance marker before continuing.

DUMBBELL WALKING LUNGE - Elevate and Hybrid

The athlete begins standing upright holding one dumbbell. The dumbbell may be held either on the shoulder (hand around the handle) or in the goblet position.

Each repetition starts when the athlete steps forward into a lunge, lowering the trailing knee until it makes contact with the ground or passes below the height of the front knee. The athlete then stands up until the hips and knees are fully extended, completing the repetition.

Repetitions are counted each time the athlete reaches full extension at the top of the lunge. The athlete must alternate legs with each repetition. Both feet must pass the designated distance marker to complete the prescribed distance.

If the athlete drops the dumbbell or fails to reach full hip and knee extension, the repetition will not be counted. If the dumbbell is dropped, the athlete must resume from the last completed repetition or distance marker.

MOVEMENT STANDARDS

DUMBBELL HANG SPLIT SNATCH – Advanced, Intermediate and Masters

The athlete begins standing with one dumbbell held at the hang position, with the dumbbell below the hips and above the knees.

The athlete must move the dumbbell in one continuous motion from the hang position to a fully locked-out overhead position. A split of the feet is required during the movement.

At the completion of each repetition, both feet must return together into the marked box, with the athlete standing tall and the hips and knees fully extended before the repetition is counted.

The elbow must be locked out with the dumbbell directly overhead. The non-working hand may not assist the dumbbell. If the dumbbell is dropped, or the feet fail to split and return together at the top, the repetition will be considered a no-rep.

DUMBBELL HANG SNATCH – Elevate and Hybrid

The movement starts from the **hang position** (just above or just below the knees) and finishes with the dumbbell directly overhead. The dumbbell must be lifted overhead in one motion. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.