



INDIVIDUAL SEEDING WORKOUT

WARRIOR WORKOUT

Individual Workout

For Weight x Reps:

5 Minutes Snatch

3 Minute Rest, then:

5 Minutes Back Squat

3 Minutes Rest, then:

5 Minutes Bench

NOTES

Prior to starting, consider setting up the floor plan as shown.

This test begins with the athlete stood with the barbell loaded as desired at their feet. After "3, 2, 1 ... go," The athlete has 5 minutes to achieve the most reps at the chosen weight in snatch. Once the weight has been chosen the athlete may not change the weight on the bar during any of the 5-minute working sections. At minute 5, the athlete must rest for 3 minutes. During this rest time, the athlete may reposition and/or change weights as necessary for the next work phase. At minute 8, the athlete commences back squat scored as before, until the rest period at minute 13. Between minute 16 and 21 the athlete completes bench press, during the bench press, a safety person may be utilised, if the safety person touches the bar, the rep should not be counted.

The individual workout score will be the total number of repetitions multiplied by the total weight of each exercise; each exercise score will be added together to give total score.

VIDEO SUBMISSION STANDARDS

- Film **ALL** of the competition area so the weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture at least a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 1m off the ground.
- Videos must be uncut and unedited to accurately display the performance for the full 21 minutes.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- Upload videos to your chosen file storage i.e. YouTube/ Vimeo etc. Team Captains should place all 5 videos links (1 clan workout + 4 individual workouts) in the submissions area of competition corner, along with the signed and completed judges proforma for each.
- You may choose to use We Time timer app, we have set up the seeding workouts for your convenience. Just search for Clash of the Clans within the app.

EFFECT ON TEAM TOTAL SCORE

The athlete total is added to the team total, which is ranked amongst all teams to provide a warrior workout teams score, lowest points wins. E.g. rank 1st = 1 point, rank 2nd = 2 points and so on. The Clan seeding workout will be similarly ranked and the score combined with the warrior workout rank scoring to give total team score and ranking. The top 25% ranked team will be placed in Culloden, next 25% in Bannockburn, following 25% in Flodden and the final 25% in Roslin.

If an athlete within a team is swapped out for any reason, the swap must be approved by the Clash of the Clans competition director. The new athlete must undertake an individual seeding workout and the whole team must redo the clan seeding workout.

EQUIPMENT

- Barbell/s as required. *
 - Weight plates as required. *
 - Weight rack, suitable to re-rack back squat.
 - Bench with rack, suitable for bench press.
- * The official weight should be articulated in Kilograms.

Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.

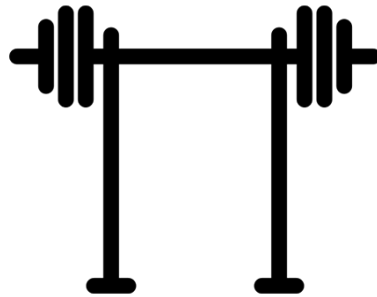
Any athlete who in any way alters the equipment or movements described in this document or shown in the test standards video may be disqualified from the competition. Athletes may receive assistance with their equipment during the rest phase of the workout or when acting as a safety person, if the safety person touches the bar, the rep should not be counted.



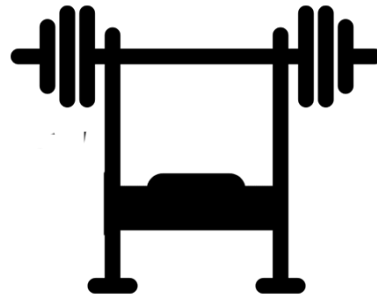
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SUGGESTED INDIVIDUAL WORKOUT FLOOR PLAN

SQUAT STAND



BENCH PRESS



**ENSURE ADEQUATE DISTANCE BETWEEN EQUIPMENT FOR SAFETY.
MAKE SURE ALL EQUIPMENT AND ATHLETE CAN BE SEEN BY THE CAMERA**

Snatch

- Each rep starts with the bar on the ground.
- If using an empty barbell or a barbell with bumper plates that are smaller than the standard size each rep must begin with the barbell clearly below the knees.
- Power, squat, and split snatches are permitted.
- Hang snatches are **NOT** permitted.
- Bouncing the bar is **NOT** permitted.
- The rep is counted when the athlete's hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind, when viewed from profile.
- If a split snatch is used, the feet must return in line before the bar is lowered.
- Athletes **MAY** receive assistance loading the bar or use multiple bars set to each round's specific weight.



Back Squat



- The movement begins with the barbell on the athlete's shoulders.
- The athlete will descend to the required depth with the hip crease below the top of the knee line.
- To complete the rep the athlete must stand the bar up with no assistance to full extension of the knee and hip.
- A spotter can be there for safety however if the bar is touched in any of the movement the rep will not count.
- You may use lifting shoes and/or belt.

Bench Press

- You may use any available flat bench.
- You may place bumper plates under your feet.
- You may **NOT** floor press or use a bench with any incline or decline.
- You must use a standard, pronated grip.
- Collars **MUST** be placed outside the plates during all attempts.



- Each rep starts with full extension of the arms.
- Before lowering, you must pause with your arms clearly extended and the bar over your torso.
- A spotter may be used to assist with a lift out of the rack.
- Both feet must remain on the floor (or bumper plates) throughout the entire movement.



- Your shoulders and buttocks must remain in contact with the bench throughout the movement.
- During the lift, if your feet come off the floor (or bumper plates) at any point, or your shoulders and/or buttocks come off the bench, the rep will not count.



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EXERCISE	WEIGHT Kgs	REPS	SCORE Kgs X Reps
SNATCH			
BACK SQUAT			
BENCH			
ATHLETE TOTAL SCORE = S+BS+B			

Athlete Name _____

Clan Name _____

Athlete Score _____

Judge's Name _____

Judge completed
CrossFit Online judge's course? Yes/ No

I confirm the information above accurately represents the athlete's performance for this test.

Judge Signature _____