

STANDARDS

WOD QUALIFICATIONS SWISS POLICE THROWDOWN 2019

19.1

Wall Ball shots :

- men, 9kg, height of the mark/line 3.00m
- women, 6kg, height of the mark/line 2.70m
- squat below parallel

Burpees lateral over the bar :

- one weightlifting bar loaded with 2 standard plates
- for the burpee, chest must touch the ground facing the video recording device.
- both feet on the ground at the same time (standard from the open)
- lateral jump over the bar, both feet at the same time.

Notes :

- Timer should be visible during the entire recording of the WOD.
- Do not touch the wallball before the tick of each minute (0 :59, 1 :59 will be considered as a no rep)
- The WOD ends when the athlete cannot complete the wallballs and burpees in the same minute

WOD 19.2A

Toes to bar :

- both feet touch the bar at the same time
- Heels must pass behind the bar at the beginning of each repetition

Dumbbells Power Clean :

- Men : 2x 22.5kg
- Women : 2x 15kg
- Only one side of the dumbbell should touch the ground
- End of motion (Clean), the side of the dumbbell must touch the back of the shoulder, one of the face of the dumbbell must clearly pass the shoulder
- End of motion with full extension of the hips
- Squat Clean NOT authorized
- Show clearly on camera the weight of the two dumbbells before AND after the WOD

Dumbbells Farmer Carry over the Box :

- Men : box 60cm (24 inches) + Dumbbells 2x22.5kg
- Women : box 50cm (20 inches) + Dumbbells 2x15kg
- Walk over the box, with a dumbbell in each hand, only in "farmer carry". The two feet must touch the top of the box, then both feet touch the ground before going
- IT IS FORBIDDEN TO LAY THE DUMBBELLS ON THE SHOULDERS
- The rep counts when both two feet have touched the box

Double Unders unbroken :

- 30 consecutive double rope jumps to perform unbroken
- Restart the 30 jumps if you fail.

WOD 19.2B

1RM Cluster :

- The bar can be loaded before starting WOD 19.2A
- Start from the ground. A squat clean followed by a thruster in one motion (no pause at front rack)
- Squat Clean : shift down below parallel
- End of movement arms are locked above the head. Arms stand behind the ears before dropping the bar.
- A push jerk at the end of the thruster is forbidden, the athlete must perform a complete extension of the hip and knees and is not allowed to flex again the knees in order to end the movement.
- Several try outs are allowed. Maximum weight will be validated at the end of these 20 minutes.

Notes :

- 20 minutes maximum to perform 19.2A and 19.2B
- 5 rounds of WOD 19.2A must be completed before starting WOD 19.2B. The remaining time will be used to execute a repetition of one cluster.
- At the end of the 20 minutes, the athlete must FILM THE BAR AND THE LOADED WEIGHTS.