MASTERS LEAGUE
For Athletes in their Prime

STANDARDS
MLO 23.2   WOD - 2

MLO 23.2   WOD – 2

'TOE NAILS'

17MINS CONTINOUS CLOCK

PART A: 0-6mins
6MIN AMRAP
12 TOES TO BAR (T2B)
22 WALL BALL

**PART B: 6-11mins
5MINS TO FIND A HEAVY 'SNATCH COMPLEX'
1 HANG SNATCH (ANY)
1 SNATCH (ANY FROM FLOOR)

PART C: 11-17mins
6MIN CAP
21-15-9
POWER SNATCH
T2B

TIEBREAK TIME PART A: After the first round of T2B & Wall Ball
TIEBREAK TIME PART C: AFTER THE FIRST ROUND OF 21'S

EQUIPMENT

- RIG
- WALL BALL
- BARBELL 20KG/15KG
- WEIGHT PLATES
- COLLARS

NOTES

**Athletes can have bar pre-loaded for the Complex Snatch
**Snatch anyway for Complex

SCORES ARE TO BE ENTERED SEPERATLEY FOR THE FOLLOWING

PART A: TOTAL REPS

PART B: HEAVIEST COMPLEX WEIGHT

PART C: FOR TIME

VARIATIONS

HERO

35-49
M 35kg **F** 25kg
WB **M** 9kg/10ft **F** 6kg/9ft
T2B

50-59
M 35kg **F** 25kg
WB **M** 9kg/10ft **F** 6kg/9ft
T2B

60-64
M 25kg **F** 20kg
WB 9kg/9ft **F 6**kg/8ft
T2B

65+
M 25kg **F** 20kg
WB 9kg/9ft **F 6**kg/8ft
T2B

WARRIOR

35-49
M 35kg **F** 25kg
WB **M** 9kg/10ft **F** 6kg/9ft
T2B

50-59
M 35kg **F** 25kg
WB **M** 9kg/10ft **F** 6kg/9ft
T2B

60-64
M 25kg **F** 20kg
WB 6kg/9ft **F 3**kg/8ft
LEG RAISE

65+
M 25kg **F** 20kg
WB 6kg/9ft **F 3**kg/8ft
LEG RAISE

SOLDIER

35-49
M 30kg **F** 20kg
WB **M** 6kg/10ft **F** 3kg/9ft
LEG RAISE

50-59
M 30kg **F** 20kg
WB 6kg/10ft **F 3**kg/9ft
LEG RAISE

60-64
M 20kg **F** 15kg
WB 6kg/9ft **F 3**kg/8ft
KNEE RAISE

65+
M 20kg **F** 15kg
WB 6kg/9ft **F 3**kg/8ft
KNEE RAISE

MASTERS LEAGUE
For Athletes in their Prime

MOVEMENT STANDARDS

WALL BALL:

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The centre of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

TOES TO BAR:

The Athlete begins the Toes to Bar by hanging from the pull up bar with arms fully extended.
Over hand, under hand or mixed grip is permitted.
The athletes heels must be brought back behind the bar.
The rep is complete when the athletes feet come in contact with the bar, simultaneously and between the athletes hands.

LEG RAISE:

In the hanging knee-raise, 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. An overhand, underhand or split grip are all permitted.
At the top of the repetition, the athlete must raise their legs and their heels must proceed above the height of the hips. Kipping is allowed.

KNEE RAISE:

In the hanging knee-raise, 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. An overhand, underhand or split grip are all permitted.
At the top of the repetition, the athlete must raise the knees above the height of the hips. Kipping is allowed.

MOVEMENT STANDARDS

SNATCH:
The barbell begins on the ground. Touch-and-go is permitted. No bouncing. If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, 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. The athlete may choose to do muscle snatch, power snatch, squat snatch or split snatch, however, both feet must return and be in line under the athlete's body while the barbell is locked out overhead for the repetition to count.

HANG SNATCH:
The rep begins with the athlete standing tall with the bar between the knees and waist height.
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. The athlete may choose to do muscle snatch, power snatch, squat snatch or split snatch, however, both feet must return and be in line under the athlete's body while the barbell is locked out overhead for the repetition to count.

POWER SNATCH:
The barbell begins on the ground. Touch-and-go is permitted. No bouncing. If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, 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. Squat snatch is not PERMITTED.

SCORECARD

MLO 23.2   WOD - 2

MLO 23.2   **WOD – 2**

'TOE NAILS'

17MINS CONTINOUS CLOCK

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PART C: 11-17mins
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POWER SNATCH
T2B

TIEBREAK TIME PART A: After the first round of T2B & Wall Ball
TIEBREAK TIME PART C: AFTER THE FIRST ROUND OF 21'S

PART A 6MIN AMRAP	RND 1	TIEBREAK TIME	RND 2	RND 3	RND 4	RND 5	RND 6
12 T2B	12		12	12	12	12	12
22 WALL BALL	22		22	22	22	22	22

PART B 5MINS	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4
SNATCH COMPLEX				

PART C 6MIN CAP	RND 1	TIEBREAK TIME	RND 2	RND 3
POWER SNATCH	21		15	9
T2B	21		15	9

ATHLETE NAME/TEAM NAME _____   **PART A (REPS)** _____

35-39 □ 40-44 □ 45-49 □ 50-54 □ 55-59 □ 60-64 □ 65+ □   **PART B (WEIGHT)** _____
HERO □ WARRIOR □ SOLDIER □

     PART C (FOR TIME) _____

STATE _____   **JUDGE NAME** _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT MLO 23.2

SIGNATURE _____   **DATE** _____

- -

ATHLETE NAME/TEAM NAME _____   **PART A (REPS)** _____

35-39 □ 40-44 □ 45-49 □ 50-54 □ 55-59 □ 60-64 □ 65+   **PART B (WEIGHT)** _____
HERO □ WARRIOR □ SOLDIER □

     PART C (FOR TIME) _____

STATE _____   **JUDGE NAME** _____

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