



SNATCH THE MOUNTAINS

STM Q20.1

3 Rounds for time of:

50 Partner Wall Balls, 9/6 kg (MM/FF)
40 Synchro Toes to Bar (MM/FF)
30 Alt. Synchro Box Jumps (MF/MF)
20 Alt. Squat Snatches, 45/30kg (MM/FF)

Time cap: 15 min

*On 3-2-1-Go: The men or the women team starts with the Partner Wall Balls.

Wall Balls

Both teams, MM and FF have to alternate the wall balls. Each valid throw to the required height counts as 1 repetition. The beginning athlete starts with the ball on the floor. The squat must be under parallel and when throwing, the ball must be thrown to the required height. The height for the men is at 3m and for the women at 2.6m. The two athletes stand side by side and alternately throw the ball at each other through a wall ball. If the ball is dropped, the ball must be lifted off the floor without bouncing. If the ball should bounce and be caught directly he must touch the ground again and then the squat may be performed.

Synchro Toes To Bar

Both teams MM and FF start with their heels behind the pull-up bar. The feet of both team members must touch the pull-up bar at the same time to make a valid repetition (synchro). The swing back does not have to be synchronous. So, one member can also work strictly and the other can work with momentum as far as the touch occurs simultaneously.

Alternating Synchro Box Jumps

There are two boxes ready (60cm for the men and 50cm for the women). Team MF1 starts with their synchro box jumps. The heels, hips and shoulders of both must be stretched in one line at the same time to complete a valid rep. Only the simultaneous position on the box counts, even if one member is on the box faster than the other. When MF1 has left the box backwards, the MF2 team can jump onto their boxes.

Alternating Squat Snatches

There is a barbell with 45kg and one with 30kg. Both women and men share a pole. Alternately, a woman and a man must complete 1 rep in a row. Every rep counts. The women or men can take turns, but can choose who makes how many reps.

This workout has a time cap of 15 minutes. The workout score is the finishing time of the 3 rounds or total reps at the time cap.

Requirements for video submission:

Team Captains are responsible for uploading videos to WeTransfer/YouTube as well as meeting the filming and movement standards. The Team Captain should make sure that the correct link and time is submitted. The workout should start with the athlete saying his/her name, Team name, and showing the equipment used in the workouts. Athletes should be seen in the camera at all times. A judge is required for each workout so the athletes ensure they are meeting movement standards and counting reps correctly. All videos should be combined into one video and uploaded to WeTransfer/YouTube. Please follow the instructions in the email.

The score submission deadline for Q20.1 is March 8th.

From Crossfit Games Competition Rulebook:

Good Video:

The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be accepted.

- Valid With Minor Penalty: Over the course of the video, the athlete demonstrates a small number of “no reps” that result in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made to the athlete’s final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.*

A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

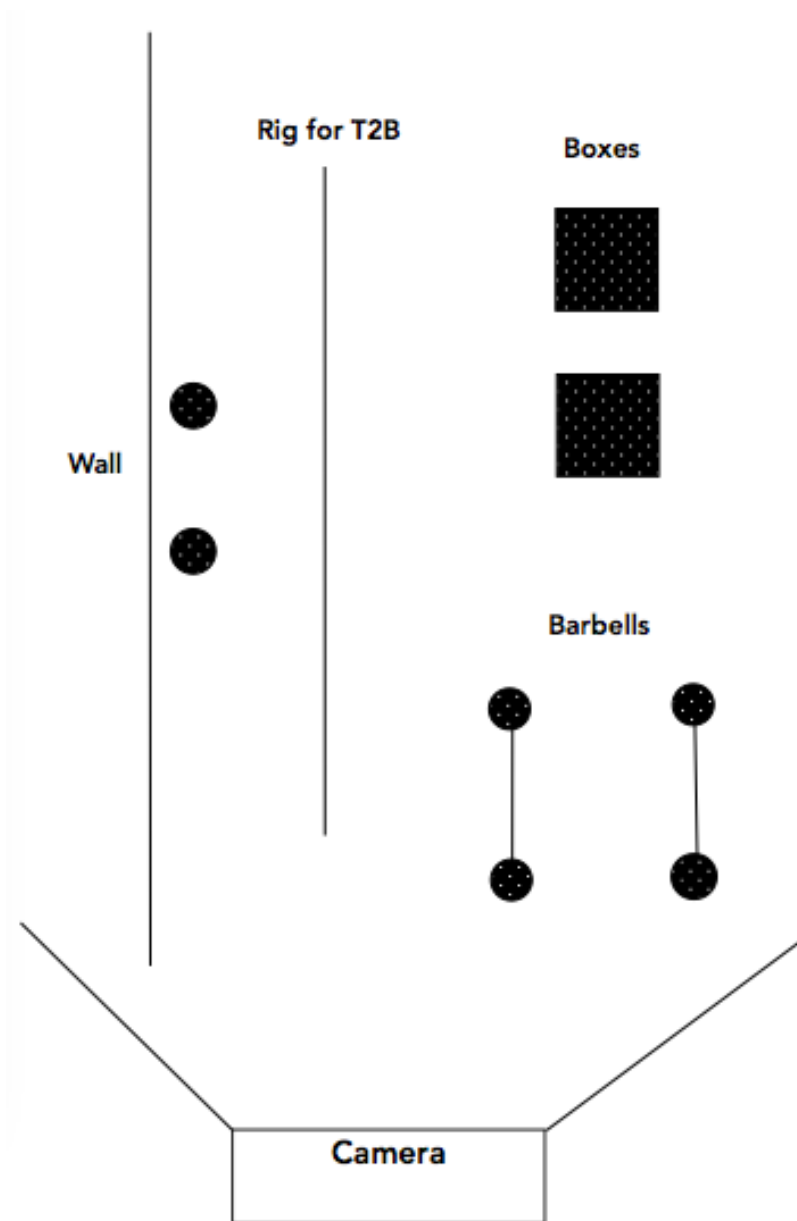
- Valid With Major Penalty: Over the course of the video, the athlete demonstrates a significant number of “no reps” that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied and the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.*

A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

- Invalid: Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no reps,” or the video does not contain the criteria listed in the video submission standards. The athlete’s score may be rejected, and the video will be removed from the CrossFit Games website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

NOTE: A score adjustment occurs when an athlete’s score needs to be modified based on miscounted reps, “no reps,” or a combination of the two. A score adjustment may stand alone or be applied in conjunction with a result from a minor or major penalty as described above.

Example of filming the workout:



The most important thing is the view from the side to evaluate the results.



Scorecard for Q20.1

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- 20 Alt. Squat Snatches, 45/30kg (MM/FF)

Time cap: 15 min

Round 1	50 Partner Wall Balls	
	40 Synchro Toes to Bar	
	30 Alt. Synchro Box Jumps	
	20 Alt. Squat Snatches	
Round 2	50 Partner Wall Balls	
	40 Synchro Toes to Bar	
	30 Alt. Synchro Box Jumps	
	20 Alt. Squat Snatches	
Round 3	50 Partner Wall Balls	
	40 Synchro Toes to Bar	
	30 Alt. Synchro Box Jumps	
	20 Alt. Squat Snatches	

Final time:.....

Judge:.....