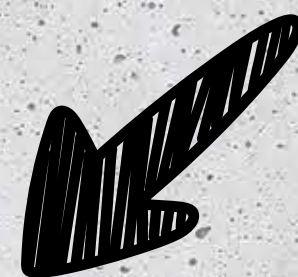


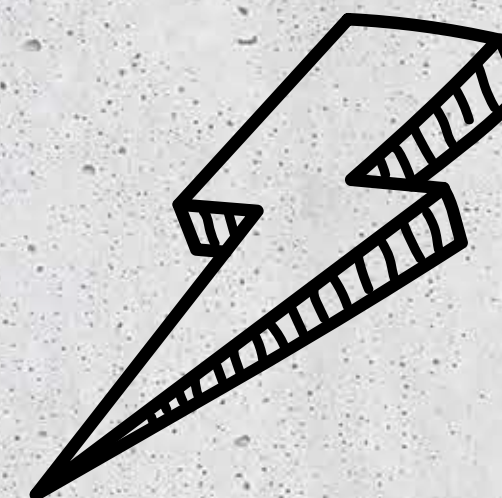


WOD 07
JULY 2025



LEAGUE

STANDARDY



01 RULEBOOK



RULEBOOK 1

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BRIEFING

Athletes and teams will be informed about the workouts through official social media accounts, the website, and by distributing the standards document among participants.

It is the responsibility of each athlete and team to study this document and become familiar with the standards.

The organizer reserves the right to make any changes to the workouts, the organizational plan, or the competition day schedule.

All barbells must be equipped with collars for each workout and remain secured throughout the entire workout.

The organizer reserves the right to retroactively decide on the validity of a video submission based on the available footage or other evaluation materials.

ALLOWED EQUIPMENT FOR THE WORKOUT:

ONLY ONE BARBELL IS ALLOWED, AND ATHLETES MUST LOAD THE WEIGHTS THEMSELVES.

- Weightlifting belt, wraps, chalk
- Prohibited equipment includes (but is not limited to): lifting straps
- The organizer and Head Judges reserve the right to ban the use of specific equipment for a given workout.

02

ALL RIGHTS
RESERVED



LEAGUE

STANDARDS

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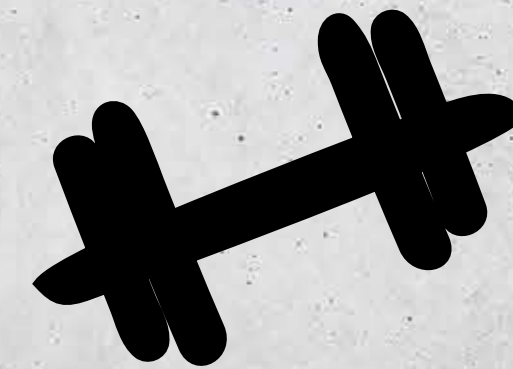
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03

WORKOUTS

+

FLOWS



LEAGUE

STANDARDS

SPORT

IN 10 MIN WINDOW: PART A + PART B

PART A: FOR TIME:

10 SNATCH 40/27,5KG
8 SNATCH 45/30KG
6 SNATCH 50/35KG
4 SNATCH 55/37,5KG
2 SNATCH 60/40KG

PART B:

FIND 1 REP MAX FOR
SNATCH
(TILL THE END OF 10 MIN WINDOW)

ADVANCED MASTERS

IN 10 MIN WINDOW: PART A + PART B

PART A: FOR TIME:

10 SNATCH 50/35KG
8 SNATCH 60/40KG
6 SNATCH 70/45KG
4 SNATCH 75/50KG
2 SNATCH 80/55KG

PART B:

FIND 1 REP MAX FOR
SNATCH
(TILL THE END OF 10 MIN WINDOW)

ELITE

IN 10 MIN WINDOW: PART A + PART
B

PART A: FOR TIME:

10 SNATCH 60/40KG
8 SNATCH 70/47,5KG
6 SNATCH 80/55KG
4 SNATCH 90/60KG
2 SNATCH 100/65KG

PART B:

FIND 1 REP MAX FOR
SNATCH
(TILL THE END OF 10 MIN WINDOW)

FLOW:

The workout begins standing in front of the barbell, facing the camera. The athlete must not start until the start signal is given. After the signal, Part A begins. Once completed, the athlete transitions directly into Part B.

Part A – Snatch Ladder

The athlete works with one barbell only.

The barbell can be lifted using any technique (power snatch, squat snatch, muscle snatch, or split snatch).

The number of repetitions and prescribed weights must be completed in the exact order.

Each snatch must meet the following standards:

The barbell must be overhead in full lockout (elbows, hips, and knees fully extended).

The athlete must show full control of the barbell before lowering it.

Part B – Max Snatch

The athlete must clearly announce on video that they are starting Part B.

The athlete uses the same barbell from Part A, and may change the weight freely.

The remaining time from the 10-minute window is used to find the athlete's 1RM snatch.

Attempts are self-selected. Weights can be changed freely up or down.

The timer ends exactly at the 10-minute mark.

Only a successful snatch completed before the time cap counts.



GOAL

Part A: Complete the snatch ladder as fast as possible. – TIME

Part B: Lift the heaviest valid snatch. – WEIGHT

The result consists of two scores:

The time of completion of Part A (if not completed, the number of successful reps is recorded).

The 1RM snatch value (if no successful lift is made, the last valid snatch is counted).

TRANSITION FROM PART A TO PART B

If the athlete fails to lift the prescribed weight in Part A and wants to continue to Part B, they must clearly announce it on camera.

Example: "I'm moving to Part B."

This announcement is mandatory for the validation of Part B.

Without a clear statement on video, Part B will not be accepted.

VIDEO STANDARDS

Camera Setup:

- The athlete's entire body and the barbell must be visible in the frame throughout the entire workout.
- The camera must be placed from the side (slightly diagonal) to clearly show snatch execution.
- A visible timer must be present in the frame for the full duration of the workout.
- The camera must remain stationary – no movement or cuts are allowed.

2. Before the Workout Starts:

- The athlete must introduce themselves (name, category, WOD number).
- The athlete must clearly show all loaded weights and plates used for both Part A and Part B.

3. During the Workout:

- Each snatch must be clear and fully completed overhead in a controlled and stable position.
- In Part B, the athlete may freely adjust the weight and perform as many attempts as desired.
- Only the heaviest successful lift completed before the time cap will count.

4. AFTER THE WORKOUT:

- Show the final time for Part A (if completed).
- Film the barbell with the final weight used in Part B.
- Show the timer at the end of the workout.



TEAM

EACH ATHLETE MUST RECORD THEIR OWN VIDEO (10 MINUTES TOTAL).
TIME AND WEIGHT ARE COMBINED FOR THE FINAL SCORE.

CATEGORY



05 STANDARDS ✓

SNATCH

The athlete must lift the barbell from the floor to overhead in one smooth and continuous motion, without stopping.
Any technique is allowed – power, squat, split, or muscle snatch.

Each repetition must:

Start with the barbell on the ground.

End with the barbell overhead in a controlled position, with:

Elbows, hips, and knees fully extended.

The athlete standing still in one straight line.

A repetition will be invalid (NO REP) if:

The movement is not smooth or continuous.

Full lockout is not achieved.

The athlete does not show clear control of the barbell overhead.

The bar touches the head or the knee touches the floor during the lift.

