



Presented by Shane's Seafood and BarBQ

· Saturday & Sunday, APR 30th & May 1st 2022

· Shreveport Convention Center

· Shreveport, LA

"14.1-ish"

AMRAP in 4 minutes (6 min teams):

- 15 Snatch
- 30 Double Unders

DIVISION VARIATIONS

- **Elite, RX, and Open Teams:** #95/65
- **Intermediate, Intermediate Teams, and all Masters:** #75/55
- **Scaled, Scaled Teams:** #75/55, drag rope Single Unders

DESCRIPTION: For this workout, the athletes will begin behind the starting line. At the call of "3,2,1, go!" the athlete will advance to the bar and begin the couplet with 15 snatches followed by 30 double unders. All reps must be completed facing the start/finish line. They will then repeat for as many rounds and reps as possible in the time remaining.

DAY: Saturday

LOCATION: Secondary Floor

TIMECAP: 4 minutes for Individuals, 6 minutes for Teams

SCORING: Number of rounds and reps completed at cap.

TIEBREAK: None

EQUIPMENT

- Barbell
- Jump rope

TEAM INSTRUCTIONS

- Team members may switch during the snatch reps however desired, but each set of 30 double unders must be completed by the same athlete who started it. All reps must be completed facing the start/finish line.

MOVEMENT STANDARDS

- **Snatch:**
 - The athlete must bring the bar from the ground to the overhead position in one smooth motion. At the top, the arms, hips, and knees must be fully locked out with the bar directly over the middle of the athlete's body and the feet in line under the body. Touch and go is permitted, but no bouncing. For safety, the bar must be at or below shoulder level before being dropped to floor.
- **Double Unders:**
 - This is the standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.
 - Scaled athletes will do Single unders with a drag rope (drag rope will be provided).