



LIVE STAGE “SQUATTY PARTY”



Rx

8 minutes to establish:

- Team 11-rep Max Overhead Squat

Intermediate, Scaled*

8 minutes to establish:

- Team 9-rep Max Overhead Squat

*Scaled may perform Front Squats. Front Squats will be scored as 1/1000 of a pound per actual pound lifted to ensure that teams performing Overhead Squats place higher than teams performing Front Squats regardless of actual weight lifted.

NOTES

The workout will begin with a clock set to count downwards from 8:00 to 0:00. At 3-2-1-GO, teams will begin the loading the barbell and attempting lifts.

With one athlete lifting at a time, teams will perform either a Team 11-rep Max or Team 9-rep Max Overhead Squat, according to their division alignment. The two athletes on a team may break up the prescribed reps between them however they choose, but the prescribed reps must be achieved in adding the two unbroken sets from the two athletes together. For example, if Rx Athlete A performs an unbroken set of 8 Overhead Squats at 185 pounds, then Rx Athlete B must perform a set of 3 unbroken Overhead Squats at 185 pounds to achieve the required Team 11 repetitions. There is a minimum of 1 rep per athlete.

The repetitions do not have to be COMPLETED at the end of the 8-minute clock. As long as the barbell has been lifted from the rack by the end of the clock, any repetitions performed during that unbroken set will be counted.

If the bar is dropped to the ground, teams are responsible for replacing it on the rack.

A team's score will be the heaviest weight successfully lifted for the Team Overhead Squat.

EQUIPMENT

- Portable squat rack
- Barbell, weight according to division
- Standardized 18" Olympic bumper plates
- Spring collars

MOVEMENT STANDARDS

OVERHEAD SQUATS

- This is the standard Overhead Squat with the bar locked out in overhead position.
- The bar starts on the rack.
- Athletes may achieve the overhead position in using any method.
- A Snatch Balance or Squat Jerk may be used for the first repetition as the bar comes from the shoulders.
- The hip crease must clearly pass below the top of the knee at the bottom position.
- During the squat, the arms may bend as long as the barbell does not touch any part of the athlete's body other than the hands and does not pass below the level of the top of the athlete's head.
- The rep is credited when the athlete stands to full extension of the hips and knees, with the arms fully extended and barbell locked out overhead directly over the middle of the athlete's body.

FRONT SQUATS (SCALED ONLY)

- This is the standard barbell front squat with the bar resting on the shoulders in the front rack position.
- The bar starts on the ground.
- The hip crease must clearly pass below the top of the knee in the bottom position.
- The rep is credited when the athlete's hips and knees are fully extended with the bar resting on the shoulders with the elbows in front of the bar.

SCORECARD – “SQUATTY PARTY”

Division: _____

Team Number: _____

<p style="text-align: center;">Athlete A</p>	
<p style="text-align: center;">Athlete B</p>	

FRONT SQUATS? Y / N

(Scaled only)

SCORE:

Heaviest successful Team 9-or-11 rep Max
