



2022 Events

Event 3 - Communication Nation

3 rounds for time, complete the following:

- 20 Synchronized Single Arm Kettlebell Front Rack Front Squats
- 10 metre/ea. Partner Carry
- 20 Synchronized Single Arm Kettlebell Hang Snatches

Advanced - M: 24-kg | F: 16-kg

Intermediate - M: 16-kg | F: 12-kg

Target Time: 6:00-8:00

Time Cap: 10:00

*Tiebreaker: Completion of the second round's partner carry.

Movement Standards

Synchronized Single Arm Kettlebell Front Rack Front Squats

Each rep must start with each athletes kettlebell in the "rack" position with the handle below the athlete's chin and the elbow in front of the kettlebell *. Athletes must then complete a front squat, holding their kettlebell in the front-rack position during the squat. The hip crease must clearly pass below the top of the knees in the bottom position*.

Note: A full squat clean, with or without full hip extension, is allowed when the kettlebell is taken from the floor.

The rep is credited when both athletes return to standing, with the hips, knees, and arms fully extended; and their kettlebell still held in the front rack position.

Partner Carry

This is pretty straight forward... One of the athletes must carry the other for the designated distance. They can be carried any way the athletes choose so long as one of the athletes is completely off the ground for the entire distance.

If the athlete being carried touches the ground within the designated 'carry area' they will be required to go back to the previous marker before recommencing the carry and continuing. The Judge will ensure it is clear where the previous marker is.

Synchronized Single Arm Kettlebell Hang Snatches

The single arm kettlebell hang snatch starts from the ground and all subsequent, consecutive reps are completed from the hang position.

After the kettlebells are lifted off the floor, both athletes may perform a muscle snatch, power snatch or squat snatch, so long as the kettlebells come up and DO NOT make contact with the shoulder while being lifted overhead. The single arm kettlebell hang snatch finishes with the kettlebell directly overhead each athlete*.

At the bottom of the movement, the kettlebells may NOT touch the ground between repetitions. If they do, this will result in a "no rep" and the athletes must pass through the hang position again before starting the next repetition.

The kettlebells must be lifted overhead in one motion simultaneously*. The kettlebells may NOT come into contact with the athlete's shoulders on the lifting phase (concentric) of the movement. The dumbbells may however be lowered to the shoulders on the lowering phase (eccentric) between repetitions.

At the top, the arms, hips and knees must be fully locked out with the kettlebells clearly over the middle of the athlete's body when viewed from profile*. Once both athletes have reached lockout, the rep will count.

Note: The '*' in the above standards indicates all of the positions that the Judges will be looking for synchronisation. It is the athletes responsibility to ensure clear synchronisation occurs - the Judge will simply call a 'No Rep' if athletes do not clearly demonstrate synchronisation at the required movements.