

Movement Standards for All Synched Up



General Standards:

1. Synchro Requirement: All athletes must perform the snatch in synchronization. The synchronization point is when the barbell is overhead, with arms fully extended and stable.
2. Snatch Definition: The snatch must be performed in one continuous motion from the ground to overhead.
3. Rest Periods: During rest periods, no snatches or other exercises are permitted. This is where you load your plates. You must tell your judge your individual weights before you lift.
4. Scoring: Reps are counted only if both athletes complete the snatch in sync.

Specific Time Intervals and Weight Requirements:

Minute 1: Max Reps Synchro Snatch - Combined Weight 40kg Scaled 60kg RX

- Weight Distribution: Athlete must lift a combination totalling 40kg Scaled 60kg RX.

- Reps: Count the maximum number of synchronized snatches within the Minute.

Minute 2: Rest

Minute 3: Max Reps Synchro Snatch - Combined Weight 50kg Scaled 75kg RX

- Weight Distribution: Athlete must lift a combination totalling 50kg Scaled 75kg RX

- Reps: Count the maximum number of synchronized snatches within the Minute.

Minute 4: Rest

Minute 5: Max Reps Synchro Snatch - Combined Weight 60kg Scaled 90kg RX

- Weight Distribution: Athlete must lift a combination totalling 60kg Scaled 90kg RX
- Reps: Count the maximum number of synchronized snatches within the Minute.

Minute 6: Rest

Minute 7: Max Reps Synchro Snatch - Combined Weight 70kg Scaled 105kg RX

- Weight Distribution: Athlete must lift a combination totalling 70kg Scaled 105kg RX.
- Reps: Count the maximum number of synchronized snatches within the Minute.

Minute 8: Rest

Minutes 9 to 12: Heaviest 1 Rep Synchro Snatch

- Objective: Find the heaviest synchronized snatch within these three Minutes.
- Weight Distribution: Any combination is allowed as long as the total weight is lifted synchronously. Smallest change plates to be used are 1.25, there will be two of these plates for each pair.
- Scoring: Record the heaviest successful synchronized snatch.

Detailed Snatch Movement Standards:

1. Starting Position:

- The barbell starts on the ground.

2. Lift Execution:

- The barbell must be lifted overhead in one continuous motion.

3. Synchronization Point:

- Both athletes must have the barbell locked out overhead at the same time.
- Knees, Hips and Arms must be fully extended, with no bend in the elbows.
- Feet must be stationary and in line with each other.

4. Completion:

- The lift is complete once both athletes have the barbell overhead and stable.
- The judge will count the rep if synchronization and all standards are met.
- Reps must be complete within the time domain.

Safety and Judging:

- Judges: There will be a judge for each pair to ensure synchronization and proper lift standards.
- Safety: Athletes must drop the barbell in front of them, not behind, to ensure safety.

Remember this is a 2 score event, max reps first and max weight second.

All snatch variations are accepted within the movement standard.

All Synched Up Scorecard RX

Athlete Information:

- **Team Name:** _____
 - **Athlete 1 Name:** _____
 - **Athlete 2 Name:** _____
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Scorecard:

Minute	Tally	Max Reps
1- 60kg		_____
3- 75kg		_____
5- 90kg		_____
7- 105kg		_____
1RM Attempts		
		Total

Summary:

Total Reps (Minutes 1, 3, 5, 7): _____

Heaviest Successful Synchro Snatch: _____ kg

- **Athlete Signature:** _____

- **Judge Signature:** _____

All Synched Up Scorecard Scaled

Athlete Information:

- **Team Name:** _____
 - **Athlete 1 Name:** _____
 - **Athlete 2 Name:** _____
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Scorecard:

Minute	Tally	Max Reps
2- 40kg		_____
4- 50kg		_____
6- 60kg		_____
8- 70kg		_____
1RM Attempts		
		Total

Summary:

Total Reps (Minutes 1, 3, 5, 7): _____

Heaviest Successful Synchro Snatch: _____ kg

- **Athlete Signature:** _____

- **Judge Signature:** _____