



LA BATTAGLIA DI MILANO RULEBOOK 2017

Event Date:

Saturday 7 - Sunday 8 October 2017

Event Place:

Centro Sportivo Vismara, Via dei Missaglia 117 - 20142 Milano (MI) - Italy

Categories:

Rxd M/W - Scaled M/W - Master M/W 35+ Master M/W 40+ Master M/W 45+ Master 50+ M/W - Teen 15/17 M/W

Online Qualifier:

Online qualifier start from 05/06/2017 to 25/06/2017.

There will be 3 qualifier workout released on:

Wod 1: 05/06/2017 at 11.00 a.m. CET

Wod 2: 12/06/2017 at 11.00 a.m. CET

Wod 3: 19/06/2017 at 11.00 a.m. CET

Submission Score:

The scores of qualifier workouts will be posted on Wodcast at the end of each workout. Without the video link athletes are not able to complete the submission score process.

Submission score deadline is:

Wod 1: within 16.00 CET of 11/06/2017

Wod 2: within 16.00 CET of 18/06/2017

Wod 3: within 16.00 CET of 25/06/2017

Access to Final Event:

At the end of video review process, the qualified athletes will be contact by email, to get the invitation on the final event.

There will be 288 available spots for the Final Event:

RX: 48M - 32W

MASTER 35+: 16M - 16W

MASTER 40+: 16M - 16W

MASTER 45+: 16M - 8W

MASTER 50+: 16M - 8W

SCALED: 48M - 32W

TEEN 15-17: 8M - 8W

Master Category:

Master 35+ must be 35 years old within 07/10/2017

Master 40+ must be 40 years old within 07/10/2017

Master 45+ must be 45 years old within 07/10/2017

Master 50+ must be 50 years old within 07/10/2017

Videos:

Videos must be uploaded on common broadcasting platforms (youtube, vimeo, ecc..).

Qualified athletes must send only the link related to the qualifier workout.

Athletes briefing will be on 06 October 2017 at 19.30.

Athletes Registration:

Athletes Registration starts on 07 October 2017 from 18.00 till 00.00 at the final event place (Centro Sportivo Vismara, Via dei Missaglia 117 - 20142 Milano (MI) - Italy)

Scaled / Teen Minimum Standards:**MEN:****Movements NOT request****Gymnastic**

Bar Muscle ups

Ring Muscle ups

Pistol Squat

Hand Stand Walk

Weightlifting**MINIMUM weights request:**

1RM Snatch = 50kg

1RM Clean & Jerk = 60kg

1RM Deadlift = 110kg

WOMEN:

Movements NOT request

Pull ups (**ATTENTION - Pull ups are NOT required ONLY for the qualifying phase. The Athletes that will be qualified for the final event must MANDATORY able to perform pull ups**)

Double Unders

Bar Muscle ups

Ring Muscle ups

Pistol Squat

Hand Stand Walk

Hand Stand Push ups

Weightlifting

MINIMUM weights request:

1RM Snatch = 25kg

1RM Clean & Jerk = 40kg

1RM Deadlift = 70kg

MASTER 50+

MEN

Movements NOT request:

Ring Muscle Ups

Handstand Walk

MASTER 45+/50+

WOMEN

Movements NOT request

Ring Muscle Ups

Bar Muscle Ups

Handstand Walk

Workout:

Final Wods will be released on 02 October 2017. The 4th and 5th WOD will be respectively first and second cut that decree the athletes that will enter to the final workout.

Cash prizes: 10.000 Euro Prizes