

BIG SUMMER GAMES 2023

QUALIFICATION

RULEBOOK & STANDARDS

INDIVIDUALS

- ELITE (8)
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IGY
CENTRUM



GENERAL TERMS

It is the responsibility of each athlete to ensure that the video on the link is functional with all essentials. The link to the video must be uploaded no later than: Jun 11, 2023, 11:59 P.M.

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STANDARDS OF THE VIDEO CONTENT

- Before the start of the workout, athletes will state their names and the category in which they are competing
 - The video must clearly show the weights of the barbell, plates (also those to be attached during the workout) and the medballs
 - We require a clearly visible bar, that shows whether or not it's taped
 - The video can't be at any point stopped or edited in any way
 - A timer must be visible throughout the workout (we recommend using the WODProof app)
 - Countdown timer may NOT be used
 - It is forbidden to use „fish-eye“ lens/effect
 - Athlete must be visible throughout the whole video
 - It is not mandatory to have a judge
- (continued on next page)

STANDARDS OF THE VIDEO CONTENT

- Assistance from another person with loading the barbell etc., is not allowed!
- It's not allowed to use more than 1 barbell throughout the whole workout!
- Before the start of the workout, all plates that will be used to adjust the weight on the barbell must be filmed.
- The video must be filmed in such a way that all exercises are clearly visible in part A –that means the barbell in the Overhead position and the whole athlete on the bar in the Muscle Up position. If this standard is not followed, the result of part „A“ may not be recognized
- Part B requires a rear and angled view of the RowErg from a distance so that the display is readable and the chest contact during the Burpees is clearly visible.

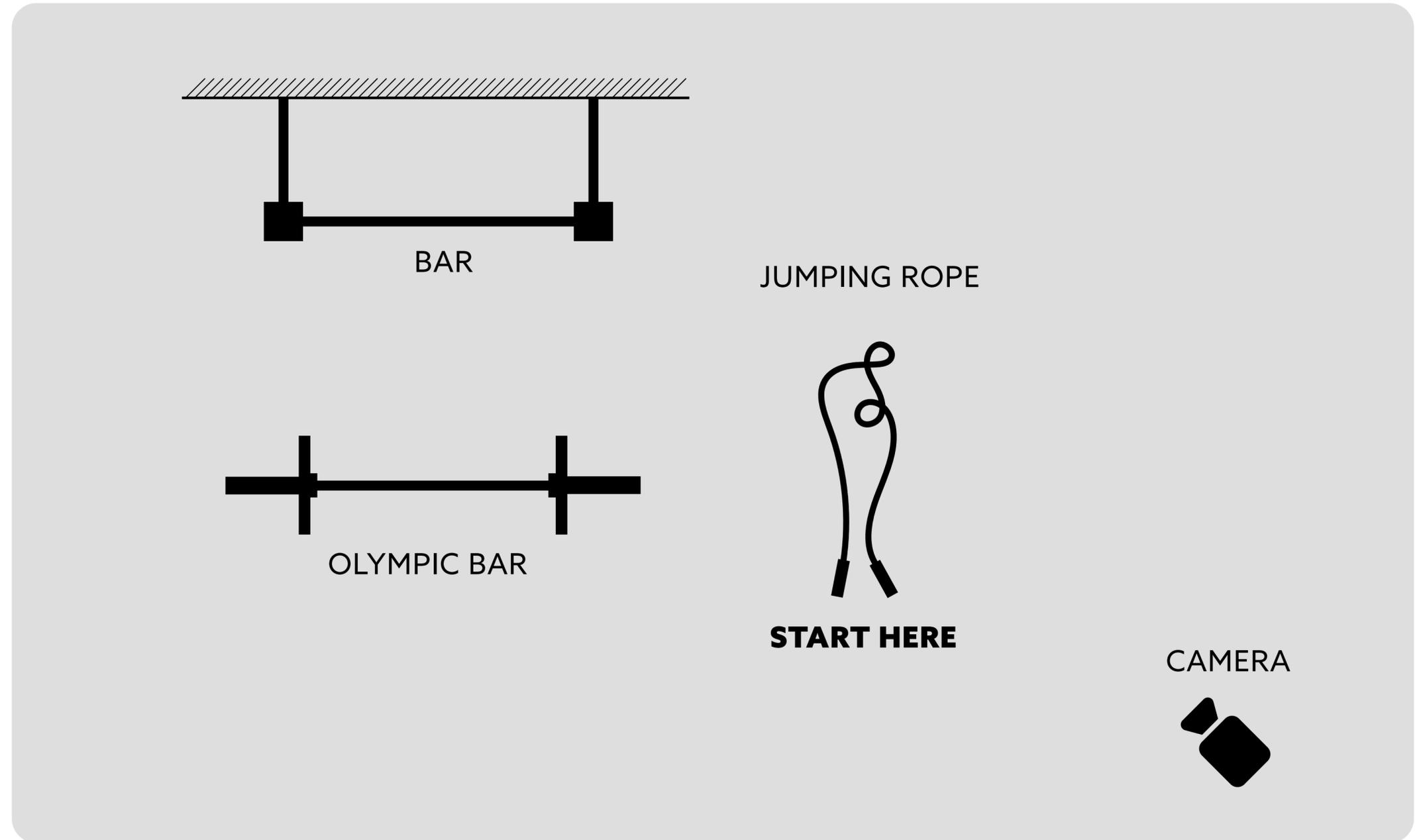
EQUIPMENT

EQUIPMENT ALLOWED FOR WORKOUTS:

- Weightlifting belt, hand grips, jump rope, bandages, chalk
- It is not allowed to use both bar tape and hand grips combined, only one or the other can be used
- Equipment which is not allowed: lifting straps; combination of taped bar and hand grips!

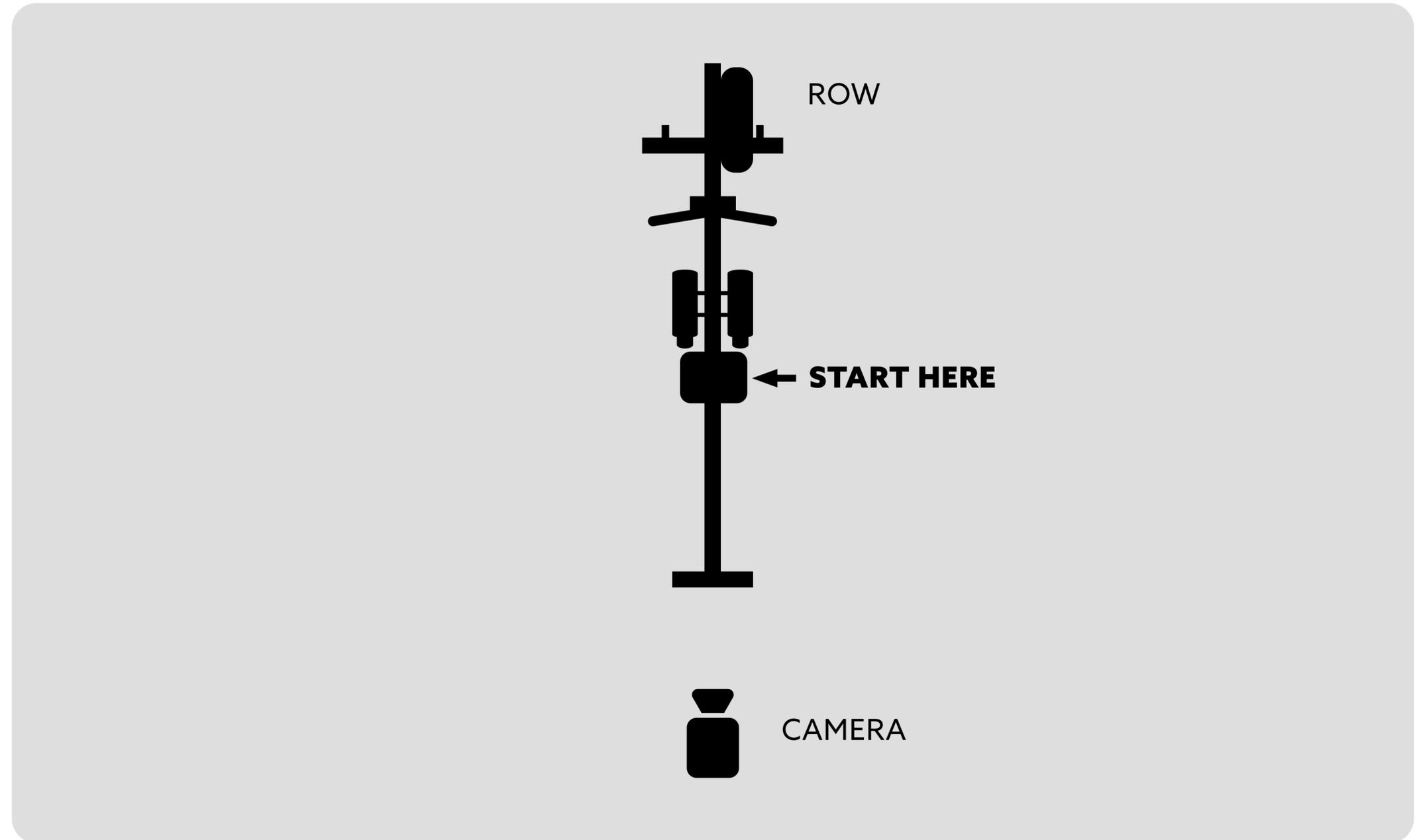
FLOORPLAN

PART A



FLOORPLAN

PART B





ELITE

ELITE

QUALIFICATION WOD

// PART A: 0:00-5:00

2 Rounds:

- 50 DU's
- 18 T2B's
- 10 Power Snatches at 60/40 kg

5:00-10:00

2 Rounds:

- 75 DU's
- 12 CH2B's
- 8 Thrusters at 75/50 kg

10:00-15:00

2 Rounds:

- 100 DU's
- 8 BMU's
- 6 Power Cleans at 90/60 kg

- 1 min rest after finishing PART A -

// PART B - Starts after your 1 min rest 7 MIN AMRAP:

3-6-9-12-... Reps of:

- Cals RowErg
- Burpees Over RowErg

FLOW:

The qualification workout consists of parts A and B. These are two separately evaluated workouts. However, the workouts are connected to each other, so they must be done at the same time.

Part A is a time workout. The result is a time of 6 finished rounds, in case of not finishing all 6 rounds, final time would be 15:00 + 1 second for every unfinished rep.

This part A consists of 3 sections. In order to advance to the next section, the athlete must complete the previous section within the specified time limit. If the athlete will not make it on time - he/she can't continue. For example, athlete in the second round of second section will only make 3 Thrusters when the time hits 10:00 (meaning he/she is missing 5 more reps) - athlete can't continue with the third section.

Part B of the workout starts after a 1 minute break. This break begins when each athlete completes Part A - either by completing all reps on time, or at 10:00 or 15:00 if the athlete has not completed that part. This is a 7 minute AMRAP, where the workout results in the number of reps completed in 7 minutes.

Examples:

1) Athlete will not finish the second section (75+12+8), which means the end time is 10:00 - one minute break is in this case at time 10:00 till 11:00. Part B starts when the timer hits 11:00

2) Athlete is able to make Part A in time 14:32. The break is then 14:32 till 15:32 and Part B of the workout begins with time 15:32 on the timer.

ELITE

QUALIFICATION WOD

Flow PART A:

The athlete starts in an upright position without the jump rope in hand - the jump rope must be on the ground (if this standard is not met, the athlete will get +5 seconds penalty). At time 00:00 athlete takes the jump rope in his/her hands and performs 50 Double Unders (DU's)

After that he/she moves to the bar and performs 18 times Toes to Bars, then goes to the barbell and does 10 Power Snatches (weight 60/40kg). One more round follows after that. These two rounds must be done in max. 5 minutes. Right after the last Power Snatch in the second round of first section, athlete starts working on the second section. For this section, athlete has to adjust the weight by himself/herself to (75/50kg). Only 1 barbell must be used the whole time and the weight must be adjusted according to the requirements of the given part.

Second section starts with 75 DU's, followed by 12 CH2B Pull Ups and 8 Thrusters

Again, athlete must do 2 rounds.

The last Thrusters must be completed no later than at time 10:00 to continue to the third section. If this condition is met, the athlete continues to the third section in which the athlete must again adjust the weight on the barbell (90/60kg). Again this is 2 rounds: 100 DU's, 8 BMU's, 6 Power Cleans (90/60 kg). The athlete has until 15:00 to complete these 2 rounds.

Once the athlete finishes part A - either by „dropping out“ - not being able to continue to the next round, or by completing the workout in time - the athlete will take a 1 minute break (clarified in the examples above). The athlete can sit on the RowErg and get his/her feet fixed in during the one minute break. However, it is not allowed to hold the RowErg handle.

Flow PART B:

After a 1 minute break, athlete begins with part B of the workout, which is 7 minute AMRAP.

During this 7 minute AMRAP, athlete does only 2 exercises, which are gradually increased.

Athlete starts with 3 Cals on RowErg and can leave the RowErg right after the display shows required number of calories.

If he/she leaves the RowErg before the required number of calories shows up - the entire number of calories he/she should have done in that round will be deducted as a penalty.

After finishing required number of Cals, athlete does same number of Burpees Over Row according to established standards.

Every round, the number of Cals and Burpees increases by 3 Reps. The athlete must always reset the display and always start with 0 Cals. If the display is not restarted, the entire number of calories done in that round will be deducted as a penalty.

Athlete must restart the display by himself/herself. Other person's help is not allowed. If other person assists, athlete's result will be 0.

SCORECARD

ELITE

<p>PART A - 2 RND 0:00-5:00</p> <ul style="list-style-type: none"> • 50x DU's • 18x T2B's • 10x Power Snatches 60/40 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 5:00-10:00</p> <ul style="list-style-type: none"> • 75x DU's • 12x CH2B's • 8x Thrusters 75/50 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 10:00-15:00</p> <ul style="list-style-type: none"> • 100x DU's • 8x BMU's • 6x Power Cleans 90/60 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>

1' REST

<p>PART B - 7' AMRAP</p> <ul style="list-style-type: none"> • Cals RowErg • Burpees Over RowErg 	<p>TOTAL REPS:</p>
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ROW	3	6	9	12	15	18	21	24
BoR	3	6	9	12	15	18	21	24
	6	18	36	60	90	126	168	216



**SPORT
& ADVANCED**

SPORT & ADVANCED QUALIFICATION WOD

// PART A: 0:00-5:00

2 Rounds:

- 30 DU's
- 15 T2B's
- 10 Power Snatches at 40/30 kg

5:00-10:00

2 Rounds:

- 60 DU's
- 10 CH2B's
- 8 Thrusters at 60/40 kg

10:00-15:00

2 Rounds:

- 90 DU's
- 5 BMU's
- 6 Power Cleans at 80/50 kg

- 1 min rest after finishing PART A -

// PART B - Starts after your 1 min rest 7 MIN AMRAP:

3-6-9-12-... Reps of:

- Cals RowErg
- Burpees Over RowErg

FLOW:

The qualification workout consists of parts A and B. These are two separately evaluated workouts. However, the workouts are connected to each other, so they must be done at the same time.

Part A is a time workout. The result is a time of 6 finished rounds, in case of not finishing all 6 rounds, final time would be 15:00 + 1 second forevery unfinished rep.

This part A consists of 3 sections. In order to advance to the next section, the athlete must complete the previous section within the specified time limit. If the athlete will not make it on time - he/she can't continue. For example, athlete in the second round of second section will only make 3 Thrusters when the time hits 10:00 (meaning he/she is missing 5 more reps) - athlete can't continue with the third section.

Part B of the workout starts after a 1 minute break. This break begins when each athlete completes Part A - either by completing all reps on time, or at 10:00 or 15:00 if the athlete has not completed that part. This is a 7 minute AMRAP, where the workout results in the number of reps completed in 7 minutes

Examples:

1) Athlete will not finish the second section (60+10+8), which means the end time is 10:00 - one minute break is in this case at time 10:00 till 11:00. Part B starts when the timer hits 11:00

2) Athlete is able to make Part A in time 14:32. The break is then 14:32 till 15:32 and Part B of the workout begins with time 15:32 on the timer.

SPORT & ADVANCED QUALIFICATION WOD

Flow PART A:

The athlete starts in an upright position without the jump rope in hand - the jump rope must be on the ground (if this standard is not met, the athlete will get +5 seconds penalty). At time 00:00 athlete takes the jump rope in his/her hands and performs 30 Double Unders (DU's)

After that he/she moves to the bar and performs 15 times Toes to Bars, then goes to the barbell and does 10 Power Snatches (weight 40/30kg). One more round follows after that. These two rounds must be done in max. 5 minutes. Right after the last Power Snatch in the second round of first section, athlete starts working on the second section. For this section, athlete has to adjust the weight by himself/herself to (60/40kg). Only 1 barbell must be used the whole time and the weight must be adjusted according to the requirements of the given part.

Second section starts with 60 DU's, followed by 10 CH2B Pull Ups and 8 Thrusters

Again, athlete must do 2 rounds.

The last Thrusters must be completed no later than at time 10:00 to continue to the third section. If this condition is met, the athlete continues to the third section in which the athlete must again adjust the weight on the barbell (80/50kg). Again this is 2 rounds: 90 DU's, 5 BMU's, 6 Power Cleans (80/50 kg). The athlete has until 15:00 to complete these 2 rounds.

Once the athlete finishes part A - either by „dropping out“ - not being able to continue to the next round, or by completing the workout in time - the athlete will take a 1 minute break (clarified in the examples above). The athlete can sit on the RowErg and get his/her feet fixed in during the one minute break. However, it is not allowed to hold the RowErg handle.

Flow PART B:

After a 1 minute break, athlete begins with part B of the workout, which is 7 minute AMRAP.

During this 7 minute AMRAP, athlete does only 2 exercises, which are gradually increased.

Athlete starts with 3 Cals on RowErg and can leave the RowErg right after the display shows required number of calories. If he/she leaves the RowErg before the required number of calories shows up - the entire number of calories he/she should have done in that round will be deducted as a penalty.

After finishing required number of Cals, athlete does same number of Burpees Over Row according to established standards.

Every round, the number of Cals and Burpees increases by 3 Reps. The athlete must always reset the display and always start with 0 Cals. If the display is not restarted, the entire number of calories done in that round will be deducted as a penalty.

Athlete must restart the display by himself/herself. Other person's help is not allowed. If other person assists, athlete's result will be 0.

SCORECARD

SPORT/ADVANCED

<p>PART A - 2 RND 0:00-5:00</p> <ul style="list-style-type: none"> • 30x DU's • 15x T2B's • 10x Power Snatches 40/30 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 5:00-10:00</p> <ul style="list-style-type: none"> • 60x DU's • 10x CH2B's • 8x Thrusters 60/40 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 10:00-15:00</p> <ul style="list-style-type: none"> • 90x DU's • 5x BMU's • 6x Power Cleans 80/50 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>

1' REST

<p>PART B - 7' AMRAP</p> <ul style="list-style-type: none"> • Cals RowErg • Burpees Over RowErg 	<p>TOTAL REPS</p>
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ROW	3	6	9	12	15	18	21	24
BoR	3	6	9	12	15	18	21	24
	6	18	36	60	90	126	168	216



MASTERS ELITE

MASTERS ELITE QUALIFICATION WOD

// PART A: 0:00-5:00

2 Rounds:

- 30 DU's
- 18 T2B's
- 10 Power Snatches at 50 kg

5:00-10:00

2 Rounds:

- 60 DU's
- 12 CH2B's
- 8 Thrusters at 65 kg

10:00-15:00

2 Rounds:

- 90 DU's
- 8 BMU's
- 6 Power Cleans at 80 kg

- 1 min rest after finishing PART A -

// PART B - Starts after your 1 min rest 7 MIN AMRAP:

3-6-9-12-... Reps of:

- Cals RowErg
- Burpees Over RowErg

FLOW:

The qualification workout consists of parts A and B. These are two separately evaluated workouts. However, the workouts are connected to each other, so they must be done at the same time.

Part A is a time workout. The result is a time of 6 finished rounds, in case of not finishing all 6 rounds, final time would be 15:00 + 1 second for every unfinished rep.

This part A consists of 3 sections. In order to advance to the next section, the athlete must complete the previous section within the specified time limit. If the athlete will not make it on time - he/she can't continue. For example, athlete in the second round of second section will only make 3 Thrusters when the time hits 10:00 (meaning he/she is missing 5 more reps) - athlete can't continue with the third section.

Part B of the workout starts after a 1 minute break. This break begins when each athlete completes Part A - either by completing all reps on time, or at 10:00 or 15:00 if the athlete has not completed that part. This is a 7 minute AMRAP, where the workout results in the number of reps completed in 7 minutes

Examples:

1) Athlete will not finish the second section (60+12+8), which means the end time is 10:00 - one minute break is in this case at time 10:00 till 11:00. Part B starts when the timer hits 11:00

2) Athlete is able to make Part A in time 14:32. The break is then 14:32 till 15:32 and Part B of the workout begins with time 15:32 on the timer.

MASTERS ELITE QUALIFICATION WOD

Flow PART A:

The athlete starts in an upright position without the jump rope in hand - the jump rope must be on the ground (if this standard is not met, the athlete will get +5 seconds penalty). At time 00:00 athlete takes the jump rope in his/her hands and performs 30 Double Unders (DU's)

After that he/she moves to the bar and performs 18 times Toes to Bars, then goes to the barbell and does 10 Power Snatches (weight 50kg). One more round follows after that. These two rounds must be done in max. 5 minutes. Right after the last Power Snatch in the second round of first section, athlete starts working on the second section. For this section, athlete has to adjust the weight by himself/herself to (65kg). Only 1 barbell must be used the whole time and the weight must be adjusted according to the requirements of the given part.

Second section starts with 60 DU's, followed by 12 CH2B Pull Ups and 8 Thrusters

Again, athlete must do 2 rounds.

The last Thrusters must be completed no later than at time 10:00 to continue to the third section. If this condition is met, the athlete continues to the third section in which the athlete must again adjust the weight on the barbell (80kg). Again this is 2 rounds: 90 DU's, 8 BMU's, 6 Power Cleans (80kg). The athlete has until 15:00 to complete these 2 rounds.

Once the athlete finishes part A - either by „dropping out“ - not being able to continue to the next round, or by completing the workout in time - the athlete will take a 1 minute break (clarified in the examples above). The athlete can sit on the RowErg and get his/her feet fixed in during the one minute break. However, it is not allowed to hold the RowErg handle.

Flow PART B:

After a 1 minute break, athlete begins with part B of the workout, which is 7 minute AMRAP.

During this 7 minute AMRAP, athlete does only 2 exercises, which are gradually increased.

Athlete starts with 3 Cals on RowErg and can leave the RowErg right after the display shows required number of calories.

If he/she leaves the RowErg before the required number of calories shows up - the entire number of calories he/she should have done in that round will be deducted as a penalty.

After finishing required number of Cals, athlete does same number of Burpees Over Row according to established standards.

Every round, the number of Cals and Burpees increases by 3 Reps. The athlete must always reset the display and always start with 0 Cals. If the display is not restarted, the entire number of calories done in that round will be deducted as a penalty.

Athlete must restart the display by himself/herself. Other person's help is not allowed. If other person assists, athlete's result will be 0.

SCORECARD

MASTERS ELITE

<p>PART A - 2 RND 0:00-5:00</p> <ul style="list-style-type: none"> • 30x DU's • 18x T2B's • 10x Power Snatches 50 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 5:00-10:00</p> <ul style="list-style-type: none"> • 60x DU's • 12x CH2B's • 8x Thrusters 65 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 10:00-15:00</p> <ul style="list-style-type: none"> • 90x DU's • 8x BMU's • 6x Power Cleans 80 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>

1' REST

<p>PART B - 7' AMRAP</p> <ul style="list-style-type: none"> • Cals RowErg • Burpees Over RowErg 	<p>TOTAL REPS:</p>
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ROW	3	6	9	12	15	18	21	24
BoR	3	6	9	12	15	18	21	24
	6	18	36	60	90	126	168	216



MASTERS SPORT

MASTERS SPORT QUALIFICATION WOD

// PART A: 0:00-5:00

2 Rounds:

- 30 DU's
- 15 T2B's
- 10 Power Snatches at 40 kg

5:00-10:00

2 Rounds:

- 60 DU's
- 10 CH2B's
- 8 Thrusters at 55 kg

10:00-15:00

2 Rounds:

- 90 DU's
- 5 BMU's
- 6 Power Cleans at 70 kg

- 1 min rest after finishing PART A -

// PART B - Starts after your 1 min rest 7 MIN AMRAP:

3-6-9-12-... Reps of:

- Cals RowErg
- Burpees Over RowErg

FLOW:

The qualification workout consists of parts A and B. These are two separately evaluated workouts. However, the workouts are connected to each other, so they must be done at the same time.

Part A is a time workout. The result is a time of 6 finished rounds, in case of not finishing all 6 rounds, final time would be 15:00 + 1 second for every unfinished rep.

This part A consists of 3 sections. In order to advance to the next section, the athlete must complete the previous section within the specified time limit. If the athlete will not make it on time - he/she can't continue. For example, athlete in the second round of second section will only make 3 Thrusters when the time hits 10:00 (meaning he/she is missing 5 more reps) - athlete can't continue with the third section.

Part B of the workout starts after a 1 minute break. This break begins when each athlete completes Part A - either by completing all reps on time, or at 10:00 or 15:00 if the athlete has not completed that part. This is a 7 minute AMRAP, where the workout results in the number of reps completed in 7 minutes

Examples:

1) Athlete will not finish the second section (60+10+8), which means the end time is 10:00 - one minute break is in this case at time 10:00 till 11:00. Part B starts when the timer hits 11:00

2) Athlete is able to make Part A in time 14:32. The break is then 14:32 till 15:32 and Part B of the workout begins with time 15:32 on the timer.

MASTERS SPORT QUALIFICATION WOD

Flow PART A:

The athlete starts in an upright position without the jump rope in hand - the jump rope must be on the ground (if this standard is not met, the athlete will get +5 seconds penalty). At time 00:00 athlete takes the jump rope in his/her hands and performs 30 Double Unders (DU's)

After that he/she moves to the bar and performs 15 times Toes to Bars, then goes to the barbell and does 10 Power Snatches (weight 40kg). One more round follows after that. These two rounds must be done in max. 5 minutes. Right after the last Power Snatch in the second round of first section, athlete starts working on the second section. For this section, athlete has to adjust the weight by himself/herself to (55kg). Only 1 barbell must be used the whole time and the weight must be adjusted according to the requirements of the given part.

Second section starts with 60 DU's, followed by 10 CH2B Pull Ups and 8 Thrusters

Again, athlete must do 2 rounds.

The last Thrusters must be completed no later than at time 10:00 to continue to the third section. If this condition is met, the athlete continues to the third section in which the athlete must again adjust the weight on the barbell (70kg). Again this is 2 rounds: 90 DU's, 5 BMU's, 6 Power Cleans (70kg). The athlete has until 15:00 to complete these 2 rounds.

Once the athlete finishes part A - either by „dropping out“ - not being able to continue to the next round, or by completing the workout in time - the athlete will take a 1 minute break (clarified in the examples above). The athlete can sit on the RowErg and get his/her feet fixed in during the one minute break. However, it is not allowed to hold the RowErg handle.

Flow PART B:

After a 1 minute break, athlete begins with part B of the workout, which is 7 minute AMRAP.

During this 7 minute AMRAP, athlete does only 2 exercises, which are gradually increased.

Athlete starts with 3 Cals on RowErg and can leave the RowErg right after the display shows required number of calories.

If he/she leaves the RowErg before the required number of calories shows up - the entire number of calories he/she should have done in that round will be deducted as a penalty.

After finishing required number of Cals, athlete does same number of Burpees Over Row according to established standards.

Every round, the number of Cals and Burpees increases by 3 Reps. The athlete must always reset the display and always start with 0 Cals. If the display is not restarted, the entire number of calories done in that round will be deducted as a penalty.

Athlete must restart the display by himself/herself. Other person's help is not allowed. If other person assists, athlete's result will be 0.

SCORECARD

MASTERS SPORT

<p>PART A - 2 RND 0:00-5:00</p> <ul style="list-style-type: none"> • 30x DU's • 15x T2B's • 10x Power Snatches 40 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 5:00-10:00</p> <ul style="list-style-type: none"> • 60x DU's • 10x CH2B's • 8x Thrusters 55 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 10:00-15:00</p> <ul style="list-style-type: none"> • 90x DU's • 5x BMU's • 6x Power Cleans 70 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>

1' REST

<p>PART B - 7' AMRAP</p> <ul style="list-style-type: none"> • Cals RowErg • Burpees Over RowErg 	<p>TOTAL REPS:</p>
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ROW	3	6	9	12	15	18	21	24
BoR	3	6	9	12	15	18	21	24
	6	18	36	60	90	126	168	216



TEENS

TEENS

QUALIFICATION WOD

// PART A: 0:00-5:00

2 Rounds:

- 20 DU's
- 10 Push Ups (Chest to AbMat)
- 8 Snatches at 40/25 kg

5:00-10:00

2 Rounds:

- 30 DU's
- 10 T2B's
- 6 Thrusters at 45/30 kg

10:00-15:00

2 Rounds:

- 40 DU's
- 10 Pull Ups
- 4 Cleans at 50/35 kg

- 1 min rest after finishing PART A -

// PART B - Starts after your 1 min rest 7 MIN AMRAP:

3-6-9-12-... Reps of:

- Cals RowErg
- Burpees Over RowErg

FLOW:

The qualification workout consists of parts A and B. These are two separately evaluated workouts. However, the workouts are connected to each other, so they must be done at the same time.

Part A is a time workout. The result is a time of 6 finished rounds, in case of not finishing all 6 rounds, final time would be 15:00 + 1 second for every unfinished rep.

This part A consists of 3 sections. In order to advance to the next section, the athlete must complete the previous section within the specified time limit. If the athlete will not make it on time - he/she can't continue. For example, athlete in the second round of second section will only make 3 Thrusters when the time hits 10:00 (meaning he/she is missing 3 more reps) - athlete can't continue with the third section.

Part B of the workout starts after a 1 minute break. This break begins when each athlete completes Part A - either by completing all reps on time, or at 10:00 or 15:00 if the athlete has not completed that part. This is a 7 minute AMRAP, where the workout results in the number of reps completed in 7 minutes

Examples:

1) Athlete will not finish the second section (30+10+6), which means the end time is 10:00 - one minute break is in this case at time 10:00 till 11:00. Part B starts when the timer hits 11:00

2) Athlete is able to make Part A in time 14:32. The break is then 14:32 till 15:32 and Part B of the workout begins with time 15:32 on the timer.

TEENS

QUALIFICATION WOD

Flow PART A:

The athlete starts in an upright position without the jump rope in hand - the jump rope must be on the ground (if this standard is not met, the athlete will get +5 seconds penalty). At time 00:00 athlete takes the jump rope in his/her hands and performs 20 Double Unders (DU's)

After that he/she moves to the bar and performs 10 times Push Ups, then goes to the barbell and does 8 Snatches (weight 40/25kg). One more round follows after that. These two rounds must be done in max. 5 minutes. Right after the last Snatch in the second round of first section, athlete starts working on the second section.

Second section starts with 30 DU's, followed by 10 Toes To Bars and 6 Thrusters (weight 45/30kg).

Again, athlete must do 2 rounds.

The last Thrusters must be completed no later than at time 10:00 to continue to the third section. If this condition is met, the athlete continues to the third section in which the athlete must adjust the weight on the barbell (50/35kg) by himself/herself. Only 1 barbell must be used the whole time and the weight must be adjusted according to the requirements of the given part. Again this is 2 rounds: 40 DU's, 10 Pull Ups, 4 Cleans (50/35kg). The athlete has until 15:00 to complete these 2 rounds.

Once the athlete finishes part A - either by „dropping out“ - not being able to continue to the next round, or by completing the workout in time - the athlete will take a 1 minute break (clarified in the examples above). The athlete can sit on the RowErg and get his/her feet fixed in during the one minute break. However, it is not allowed to hold the RowErg handle.

Flow PART B:

After a 1 minute break, athlete begins with part B of the workout, which is 7 minute AMRAP.

During this 7 minute AMRAP, athlete does only 2 exercises, which are gradually increased.

Athlete starts with 3 Cals on RowErg and can leave the RowErg right after the display shows required number of calories.

If he/she leaves the RowErg before the required number of calories shows up - the entire number of calories he/she should have done in that round will be deducted as a penalty.

After finishing required number of Cals, athlete does same number of Burpees Over Row according to established standards.

Every round, the number of Cals and Burpees increases by 3 Reps. The athlete must always reset the display and always start with 0 Cals. If the display is not restarted, the entire number of calories done in that round will be deducted as a penalty.

Athlete must restart the display by himself/herself. Other person's help is not allowed. If other person assists, athlete's result will be 0.

SCORECARD

TEENS

<p>PART A - 2 RND 0:00-5:00</p> <ul style="list-style-type: none"> • 20x DU's • 10x Push Ups (Chest to AbMat) • 8x Snatches 40/25 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 5:00-10:00</p> <ul style="list-style-type: none"> • 30x DU's • 10x T2B's • 6x Thrusters 45/30 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>
<p>PART A - 2 RND 10:00-15:00</p> <ul style="list-style-type: none"> • 40x DU's • 10x Pull Ups • 4x Cleans 50/35 kg 	<p>COMPLETE YES / NO</p> <p>TIME BREAK: _____</p>

1' REST

<p>PART B - 7' AMRAP</p> <ul style="list-style-type: none"> • Cals RowErg • Burpees Over RowErg 	<p>TOTAL REPS:</p>
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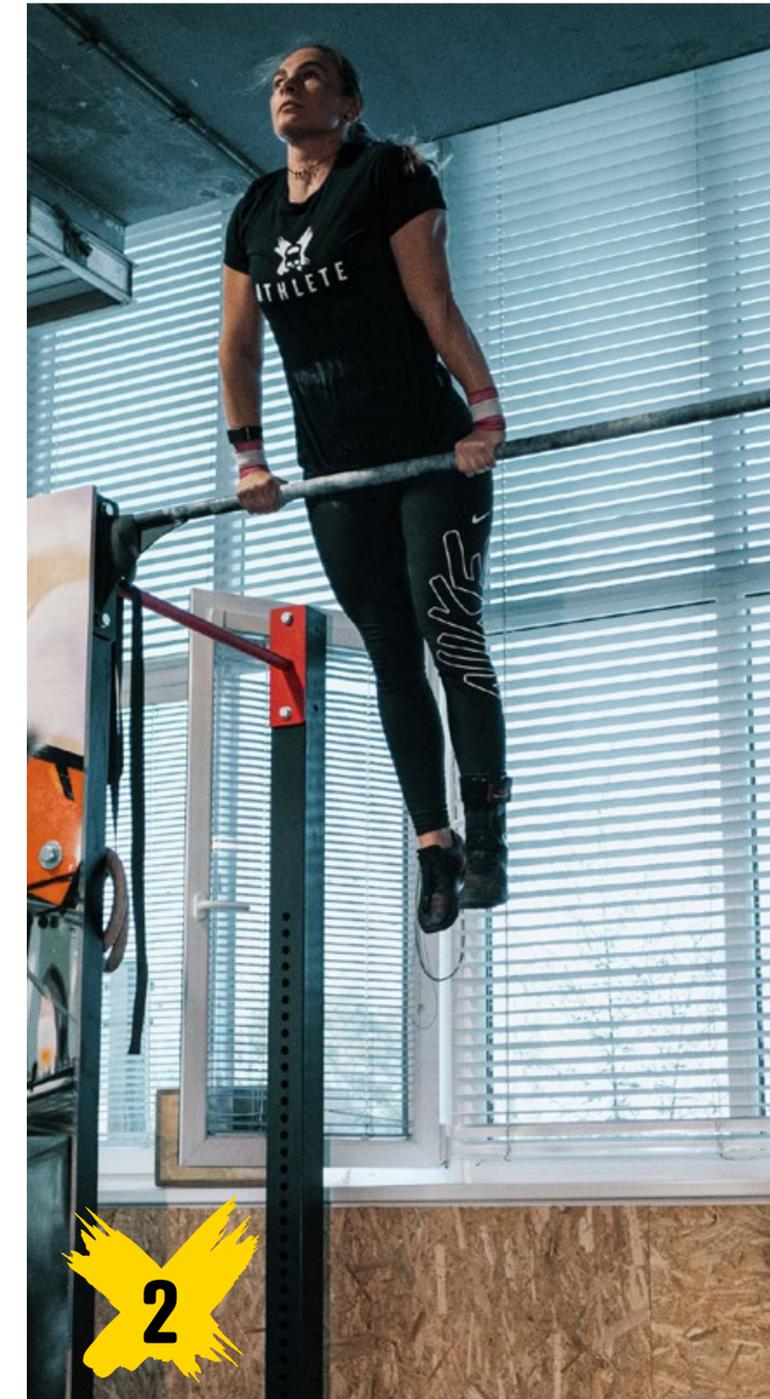
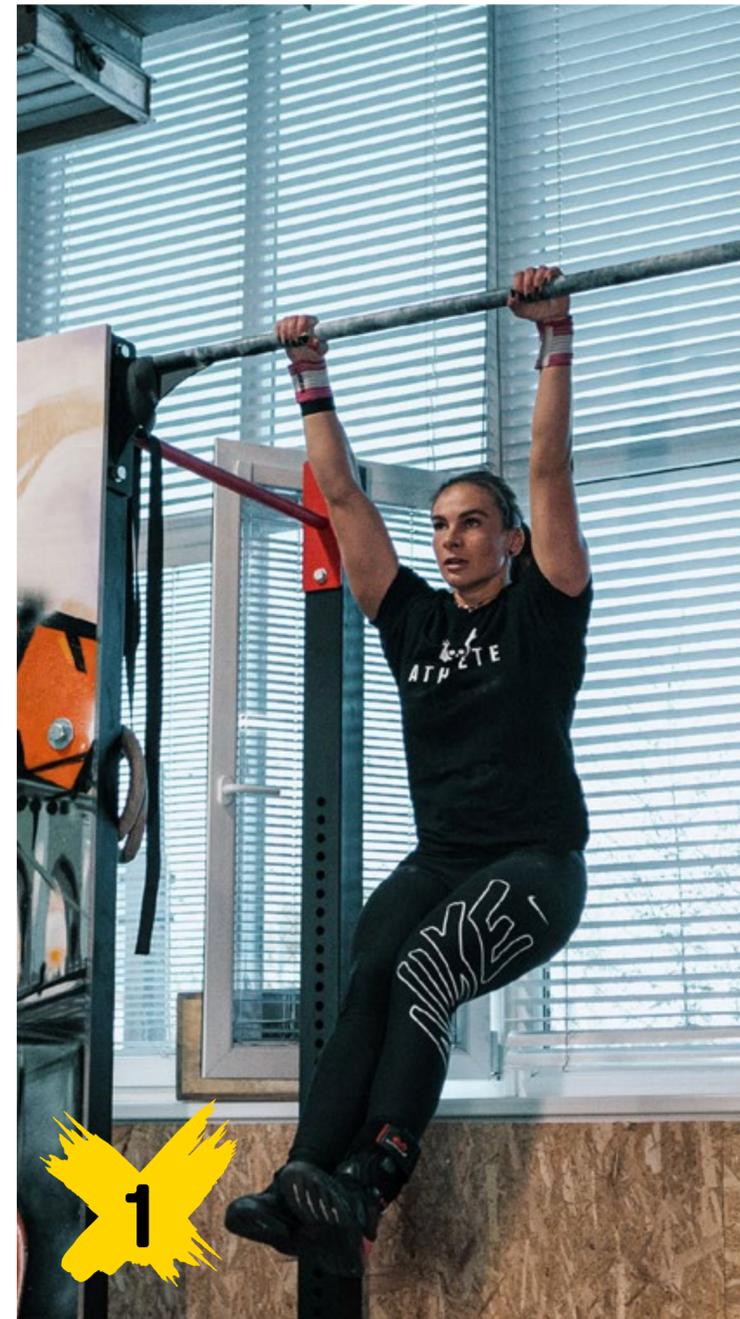
ROW	3	6	9	12	15	18	21	24
BoR	3	6	9	12	15	18	21	24
	6	18	36	60	90	126	168	216

STANDARDS OF EXERCISE PROCEDURES

BAR MUSCLE UP

Each repetition begins with full elbow extension and feet in the air. Kipping Muscle Up is allowed. No part of the soles of the feet may not be at any point over the level of the bar during the kip swing. The full dip has to be done before completing the Rep. In the top position, the arms are fully stretched over the bar and the shoulders are above the axis of the bar or slightly in front of it. No part of the arm other than the palms may touch the bar.

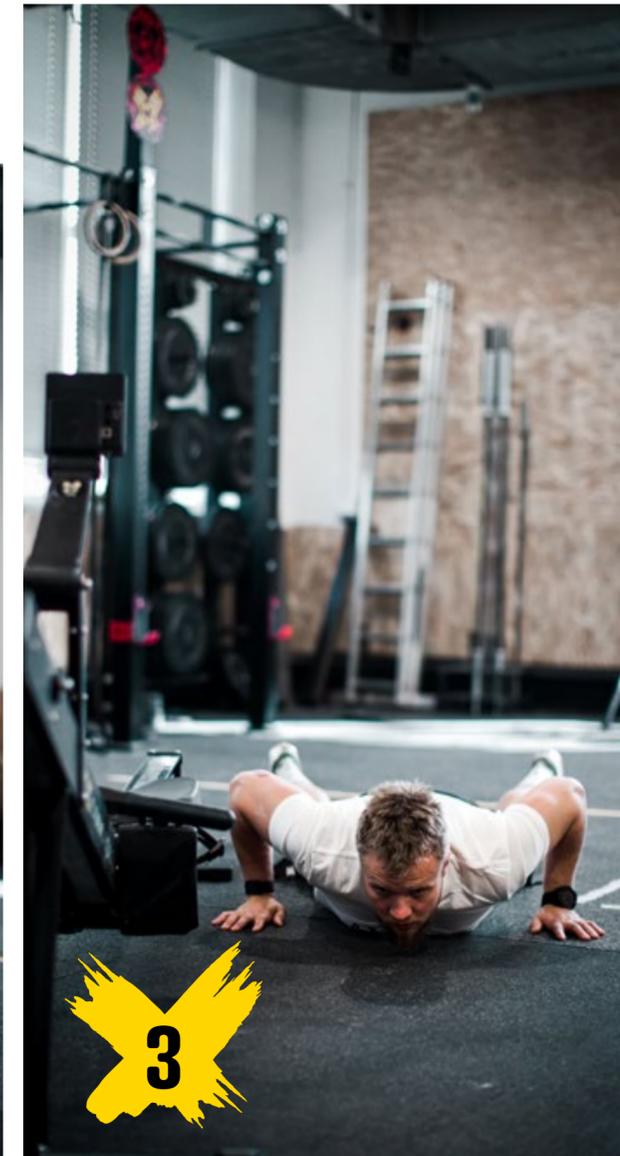
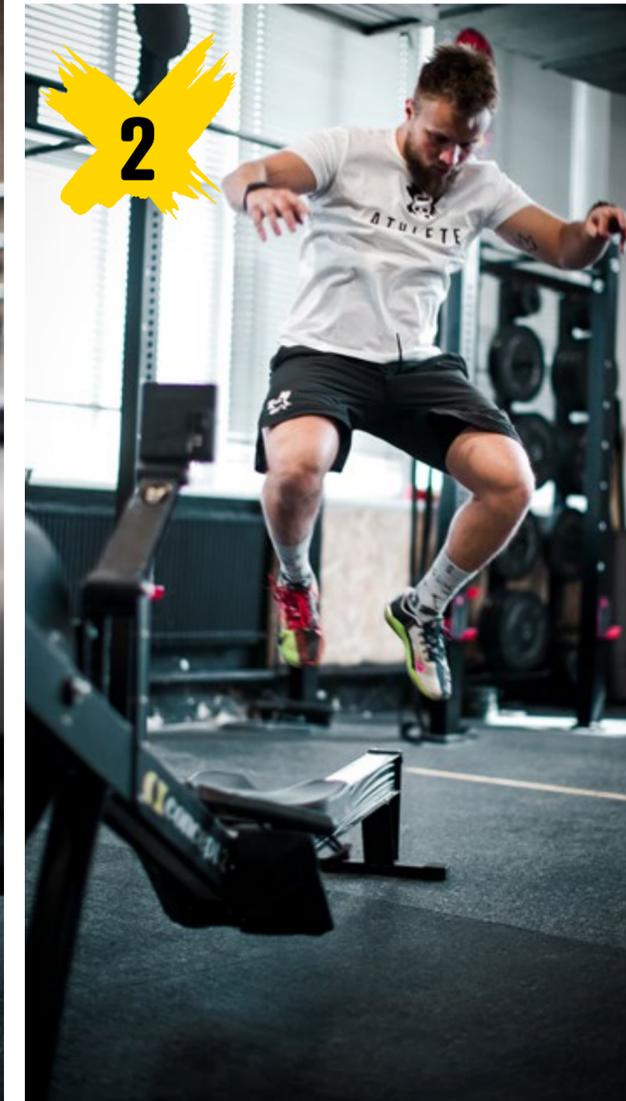
A full release of the bar in the top position is not allowed, however a short flip of the hold is acceptable. Gloves, hand grips or other hand protection equipment are allowed.



BURPEE OVER ROWER

The athlete moves from a standing position to a lying position (chest and thighs must touch the ground). The athlete lies down with his/her side or face to the RowErg. Then goes back to his/her feet (The legs do not have to be fully stretched) and crosses the RowErg with his/her feet together. The athlete must jump from both feet simultaneously, but may land any way he/she wants.

The touch of the feet during the jump is not considered a „no rep“ if the athlete lands on his feet. On an invalid rep of the jump, the athlete must repeat the entire rep, including the burpee, again, but does not have to return to the side of the RowErg where the invalid rep began.



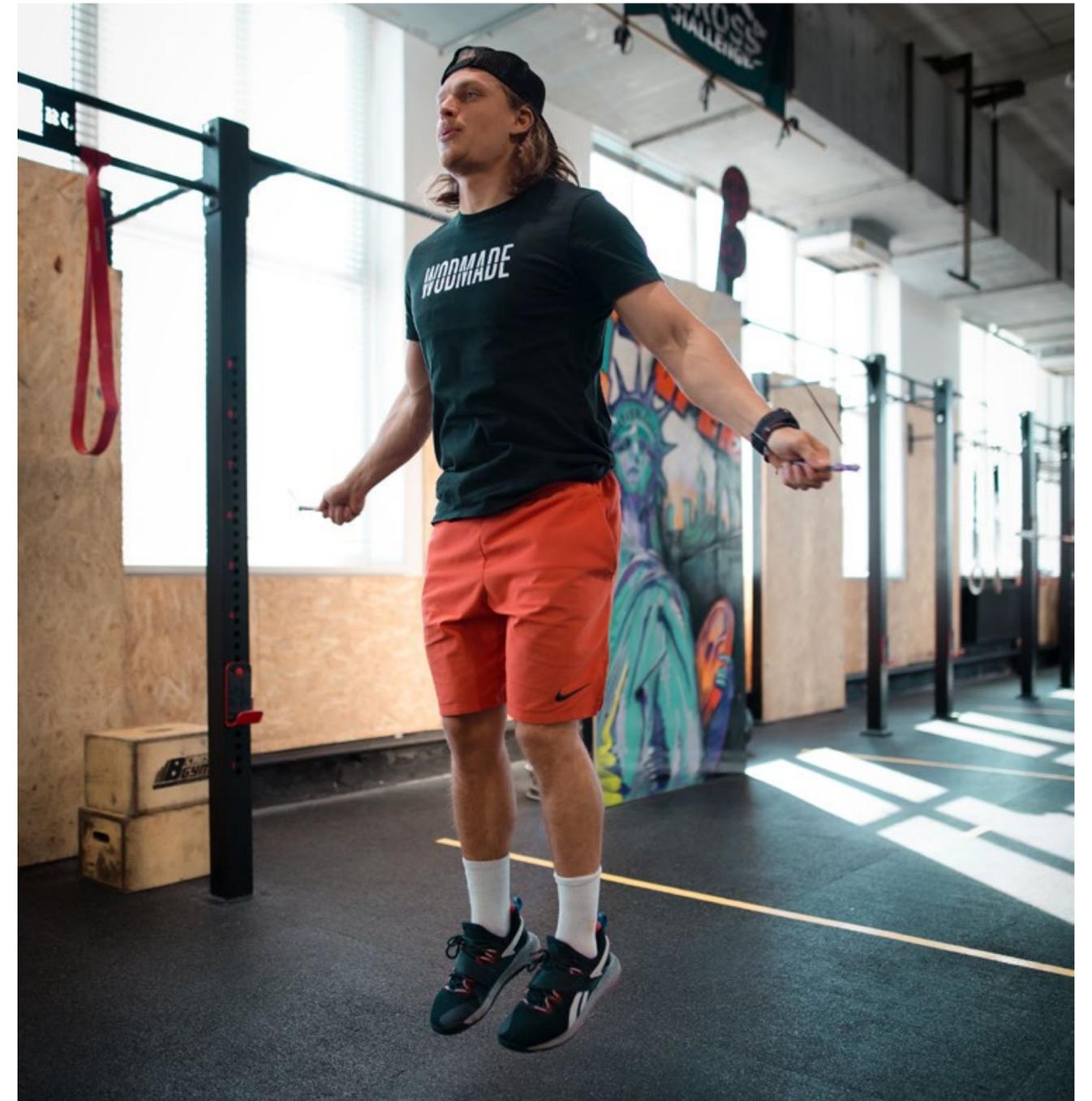
CLEANS (MUSCLE, POWER, SQUAT) TEENS CATEGORY

Clean starts with the barbell on the ground. The athlete moves the barbell to the top of the shoulder in one smooth motion. In the top position, the barbell must be in the front rack position with the elbows visibly in front of the barbell. The athlete must go through full stretch at the knees and hips in the top position. The athlete may then continue to the next rep. Any technique (muscle, power, squat) is allowed. „Touch and go“ technique in between the reps is allowed, bouncing the barbell off the ground is forbidden. Throwing the barbell from the front rack position is allowed, but the athlete must always have the barbell under the control so he/she does not endanger or interfere with other athletes.



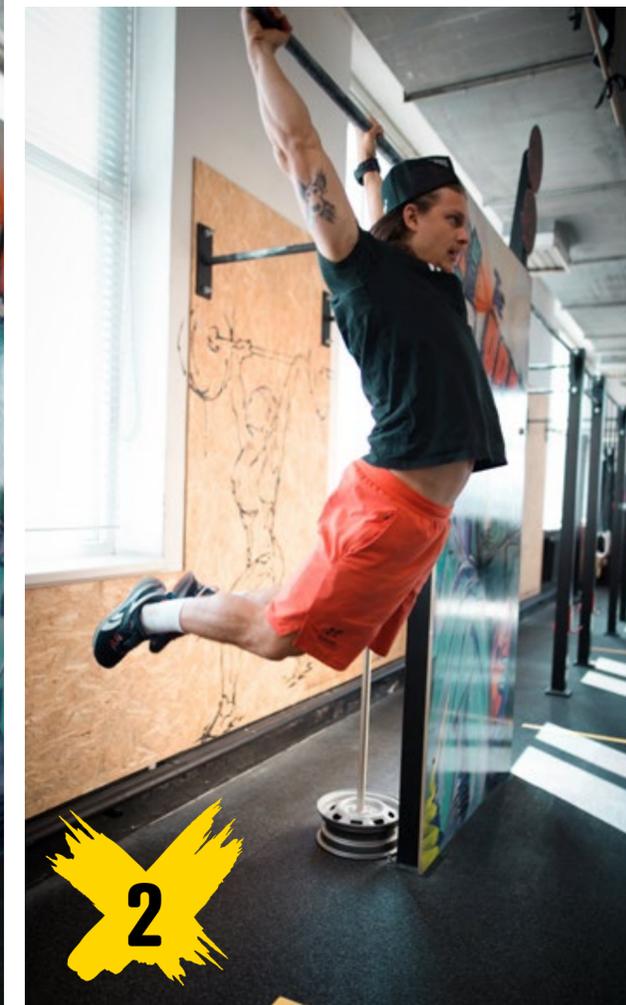
DOUBLE UNDERS

To count as a valid repeat, the athlete must pass the rope twice under the feet on each jump. The jump rope must rotate forward.



CHEST TO BAR PULL UP (CH2B PULL UP)

The athlete must first go through a full arm stretch in a hang on the trapeze before beginning CH2B Pull-Ups. In the top position, direct contact with the bar must be visibly made with the chest below the level of the athlete's collarbones. Any technique may be chosen as long as the standard is maintained.



POWER SNATCH

Power Snatch begins with the barbell on the ground. The athlete raises the barbell above the head in one smooth motion to a stable overhead position. The athlete must not get the hip below knee level (squat position) when receiving the barbell. For a valid repetition, the athlete must have full stretch in the knees, hips, and elbows in the overhead position and have the barbell in a controlled straight line of the body overhead. Muscle and squat technique is not allowed. „Touch and go“ technique in between the reps is allowed, but bouncing the barbell off the ground is not acceptable. Throwing the barbell from an overhead position is allowed, but the athlete must always have control of the barbell so he/she does not endanger or interfere with other athletes.



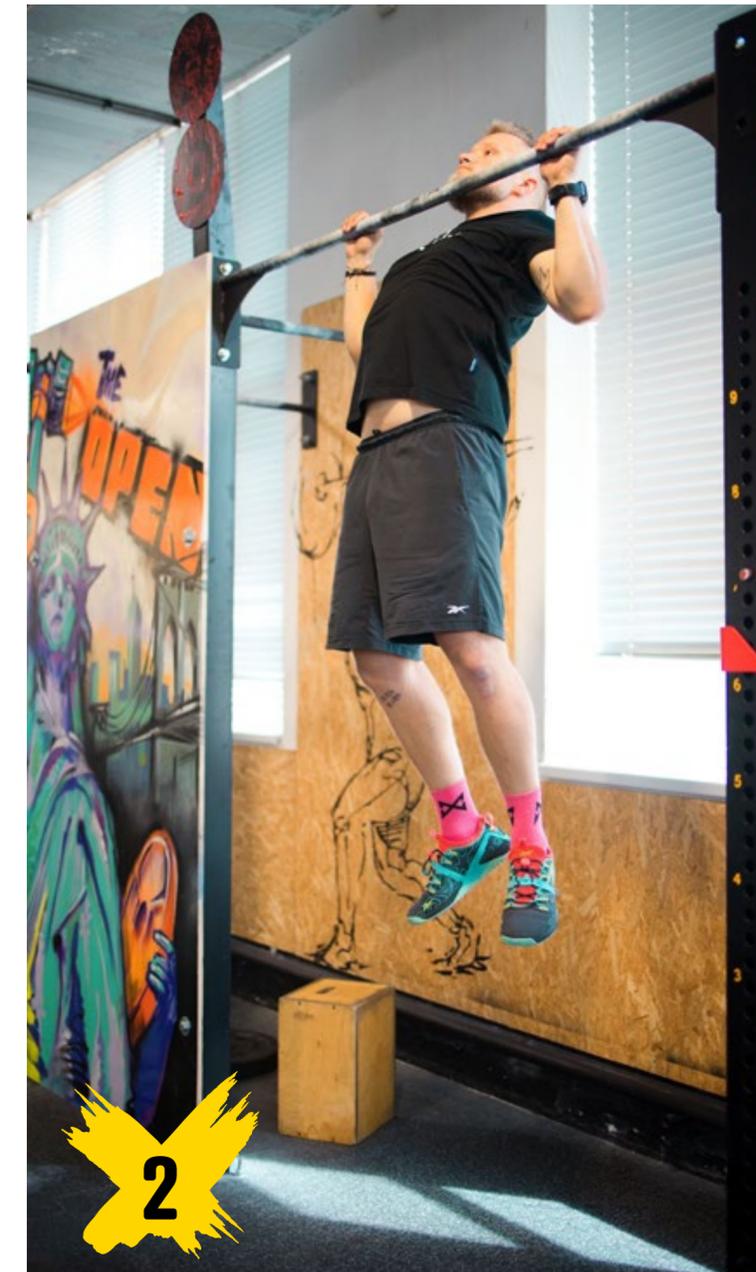
POWER CLEAN

The barbell starts on the ground. The athlete then moves the barbell onto the shoulders. When moving up, the athlete must not get the hip below the level of the knees (into a squat). In the top position, the barbell must be in a front rack position with the elbows visibly in front of the barbell. The athlete must go through full stretch at the knees and hips in the top position. The athlete may then continue to the next rep. „Touch and go“ technique in between the reps is allowed, but bouncing the barbell off the ground is not acceptable. Throwing the barbell from a front rack position is allowed, but the athlete must always have control of the barbell so he/she does not endanger or interfere with other athletes.



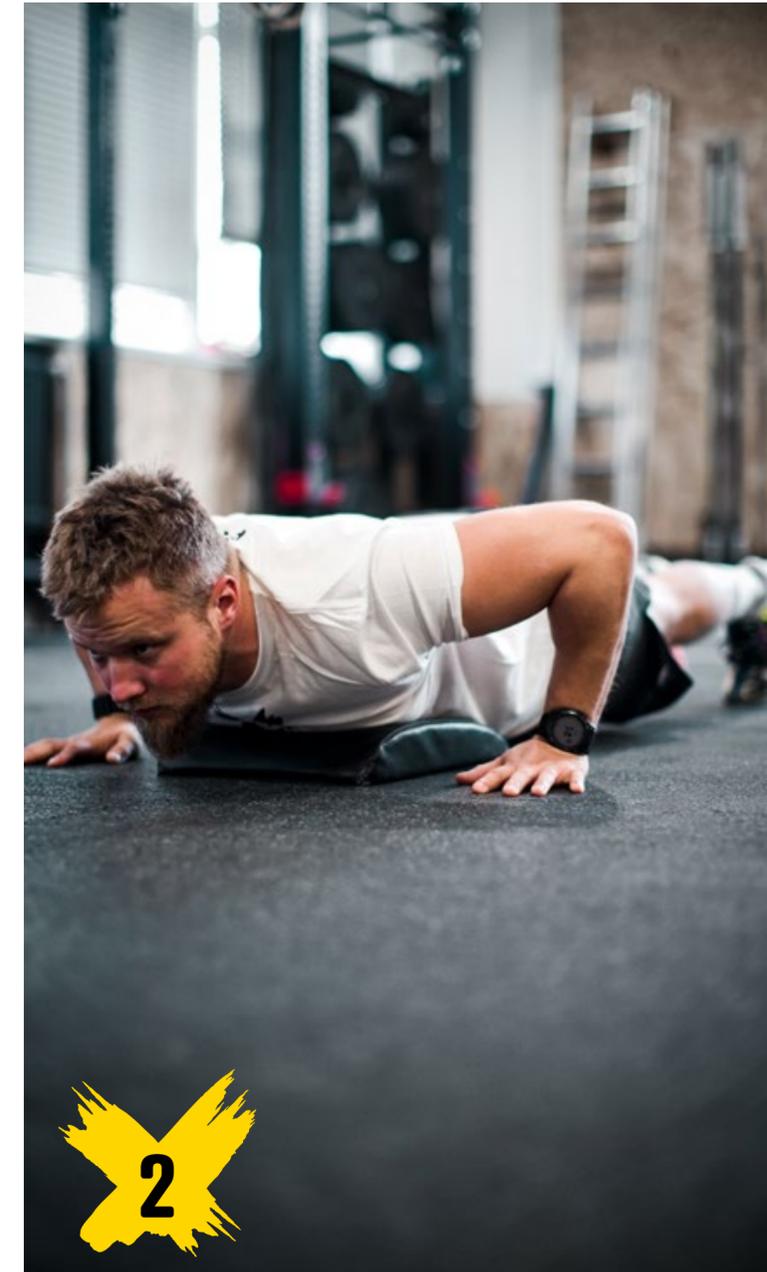
PULL UPS

The athlete must first go through a full stretch of the arms in the hang position on the bar before beginning with the Pull-Up, then get the chin visibly above the level of the bar. Any Pull-Up technique may be chosen as long as the standard is followed.



PUSH UP

The exercise starts in the Plank position with the hands resting on the palms and the elbows fully stretched out. The pelvis/hip must be in line with the rest of the body. The maximum width of the leg stance is at shoulders width. Knees must be stretched and not touching the ground. The chest must touch the AbMat in the bottom position to comply with the standard. The movement ends in the Plank position again with support on the palms and elbows stretched. The pelvis/hip must be in line with the rest of the body.



ROWERG

Adjustment of the leg grip and weight is allowed (even during the workout). The athlete may leave the RowErg only after the required number of calories is shown on the display. All control of the RowErg must be done only by the athlete himself/herself. Assistance from another person - restarting etc. is forbidden for qualification.



SNATCH (MUSCLE, POWER, SQUAT)

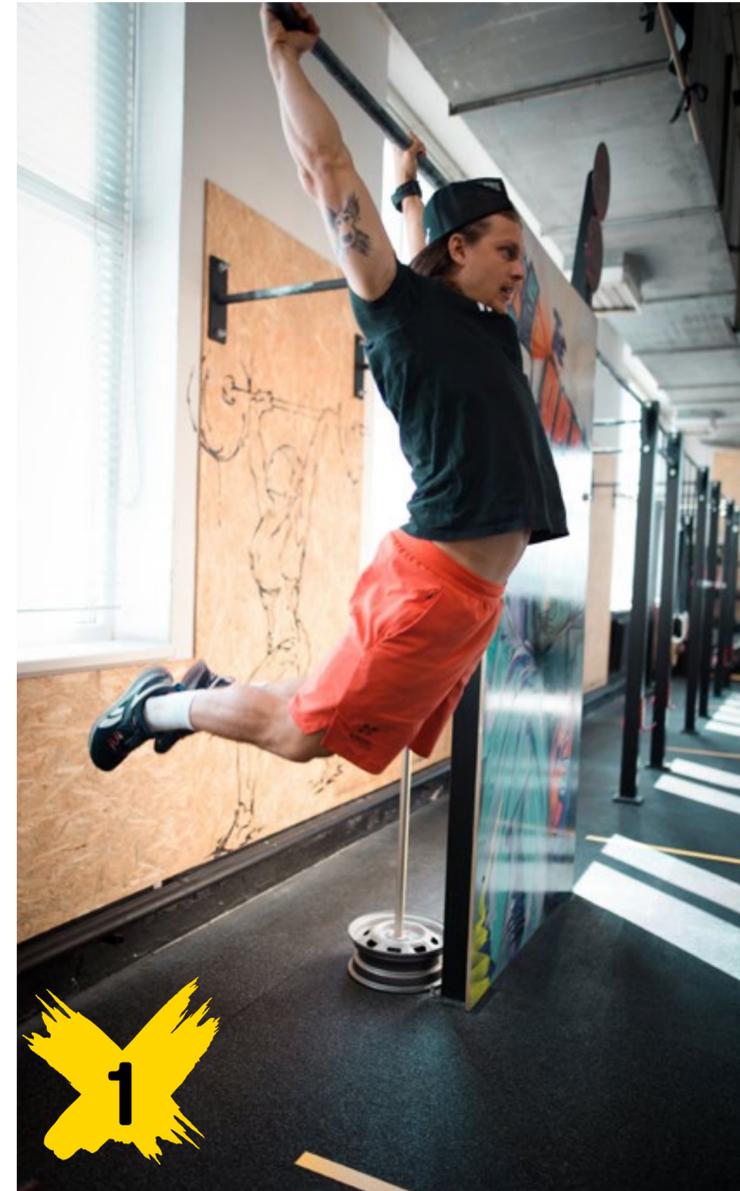
Snatch begins with the barbell on the ground. The athlete lifts the barbell above the head in one smooth motion into a stable overhead position. For a valid rep, the athlete must be fully stretched in the knees, hips, and elbows in the overhead position and have the barbell in a controlled straight line of the body overhead. Any technique (muscle, power, squat) is allowed. "Touch and go" technique in between the reps is allowed, but bouncing the barbell off the ground is not acceptable. Throwing the barbell from an overhead position is allowed, but the athlete must always have control of the barbell so he/she does not endanger or interfere with other athletes.



TOES TO BAR

The athlete must first go through a full stretch of the arms in the hang position on the bar before starting the Toes To Bar, while getting the heels past the vertical level of the bar, in the top position athlete must touch the bar with both at the same time.

The touch can be done with any part of the shoe = from above (in-step) or below (sole).



THRUSTER

The exercise begins with a front rack position with knee and hips fully stretch. This is followed by a squat with a barbell in the front rack position. The squat clean technique is allowed on the first repetition. In the bottom position of the squat, the hip joint must be below the knee level. The athlete must then move the barbell smoothly to an overhead position. In the overhead position, the athlete must have the barbell balanced in a straight line of the body while having full extension at the elbows, hips and knees. If the athlete bends the knees (push jerk technique) while moving the barbell overhead, it is an invalid repetition.

