

# Qualifier

## Workout for all Athletes



**5 min to establish 1-rep-max of the following barbell complex**

- 1 clean
- 2 front squats
- 1 jerk

**into 6 min AMRAP of**

- 12 toes to bar
- 8 burpee box jumps over

**into 10min for**

- (M) 2'000m / (F) 1'720m row

**into 5min AMRAP of**

- 3 bar muscle ups
- 3 wall facing strict handstand push-ups

### Quick Indications

- This is a mashup workout, hence has to be done within one go (26min)
- 5 scores must be entered
- Video submission has to be from one single cast
- Using tape AND gymnastics grips at the same time is NOT allowed
- The official weight must be recorded in kg

### Equipment

- 1 barbell, plates (not less the 0.5kg) and 2 collars
- Pull-up bar
- 1 Concept2 rower
- Box of appropriate height (M 60cm / F 50cm)
- 76cm tape to mark the floor for the wall facing strict handstand push-ups

### Scoring

5 scores must be entered.

- 1RM barbell complex in kg (if converting lbs to kg, round to the nearest kg)
- T2B/BBJO in reps
- Row in mm:ss (note meters if you have NOT completed the prescribed distance with in TC)
- Tiebreaker (mm:ss) is taken after the rowing completed
- BMU/WFSHSPU in reps

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## Workout flow for all Athletes



### Workout flow "1RM barbell complex"

The workout starts with the athlete standing in front of the empty barbell.

- After the call "go", the athlete may load the barbell
- Before each lift, the athlete must state the total weight clear and loud
- The barbell complex must be completed in one go
- Athletes may make as many attempts as they'd like within the time cap
- Athletes must load their own barbell. No assistance allowed
- Attempts must be completed within the time cap to be valid

### Workout flow "T2B / BBJO"

The athlete can already go stand under the pull-up bar before the time cap is reached, but may not yet touch it.

- As soon as the timer reads 05:00, the athlete may jump up to the pull-up and start the T2B
- After the 12th T2B, the athlete may start the burpee box jumps over
- After the 8th burpee box jump over, the athlete may tackle the next round
- The athlete should complete as many rounds and repetitions as possible till the timer reads 11:00

### Workflow "row for time"

The athlete may be seated on the rower with hands off the handle before timer reads 11:00.

- From 11:00 the athlete may touch the handle and start rowing
- The rowing distance must be completed before the timer reads 21:00

### Workflow "BMU / WFSHSPU"

The athlete can head under the pullup bar before 21:00, but may not yet touch it

- When the clock reads 21:00, the athlete may jump up start the BMUs
- After the 3rd BMU, the athlete may start the WFSHSPU
- After the 3rd WFSHSPU, the athlete may tackle the next round
- The athlete should complete as many rounds and repetitions as possible till the timer reads 26:00



### Movement Standard “clean”

- Start each rep with the barbell on the ground.
- Plates must be secured with the collars before lifting.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- It is necessary to lock out the hips and legs to complete the clean before proceeding with the front squats.

### Movement Standard “2 front squat”

- The bar rests on the athlete’s shoulders in the front-rack position.
- Any grip is permitted.
- The athlete’s hip crease must clearly pass below the top of the knees in the bottom position.
- It is necessary to lock out the hips and legs to complete the first front squat before proceeding with the 2nd front squat.

### Movement Standard “jerk”

- It is necessary to lock out the hips and legs to complete the two front squats before lifting the bar overhead.
- The rep is credited when:
  - The barbell is locked out overhead, and arms, hips, and legs are extended.
  - The bar is over or slightly behind the center of the body, with feet in line.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.

### Movement Standard “toes to bar”

- In the toes-to-bar, the athlete must go from a full hang and feet off the ground to having the toes touch the pull-up bar.
- At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body.
- An overhand, underhand or split-grip are all permitted.
- Both feet must come into contact with the bar at the same time, inside the hands.
- Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

### Movement Standard “burpee box jumps over”

- The burpee box jump-over starts with the athlete facing the box (M 60cm / F 50cm) while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box.
- In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete’s chest must be on the line, and the feet and hands must be straddling the line.
- There is no requirement to stand tall while on top of the box.
- A two-foot takeoff is always required, and only the athlete’s feet may touch the box.
- The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box.
- If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.
- Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

## Movement Standard "row"

- The monitor must be set to 0 at the beginning the row.
- The monitor must count UP to the designated distance.
- Any damper setting may be used at any time.
- Remain seated until the monitor clearly reads the distance to be reached.
- Note the time needed for the rowing part as a score.
  - If you have NOT completed the prescript distance note the absolved meters as a score.
- Note as well the total time ellipse from the beginning of the entire workout as a tiebreaker.
  - If you have NOT completed the prescript distance note 21:00 as tiebreaker.

## Movement Standard "bar muscle up"

- Start each rep with arms fully extended and feet off the ground.
- Pass through some portion of a dip before locking out over the bar.
- The rep is credited when:
  - Arms are fully extended in the support position.
  - Shoulders are directly over, or slightly in front of, the bar when viewed from the side
- The rep NOT credited when:
  - Starting a rep without full extension of the arms.
  - The feet rising above the pull-up bar during the kip.
  - Any part of the arm (besides the hands) touching the bar during the rep.
  - Lowering before reaching full extension of the arms at lockout (top of each rep).
  - Removing the hands and resting on the torso while above the bar.
- Kipping is allowed, but swings or rolls to support are not permitted.

## Movement Standard "wall facing strict handstand push-ups"

- The athlete must perform their WFSHSPU with both hands touching the tape line 25cm (outside edge) from the wall.
- This tape line must be no wider than 76cm.
- Any portion of both of the athlete's hands may be touching the line (fingers OK).
- Every repetition of the movement begins and ends at the top of a handstand with the arms fully locked out and only toes or feet touching the wall.
- At the bottom, only the athlete's head and hands make contact with the ground and only the toes or feet touching the wall.
- A rep is credited when the athlete returns to the lockout position with the toes or feet on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.
- Kipping is not allowed. Any repetition that is assisted by the hips or legs will not count.

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## Video Submission Strands



If you are not doing the qualifier workout at a partner box, a video of proof needs to be provided before 30.05.24 24:00 / 31.06.24 00:00.

- Film ALL competition area measurements so the distances and weights can be seen clearly.
- A full view of the athlete and the timer must be maintained for the entire test.
- Shoot the video so the exercise can be seen clearly meeting the movement standards.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 1.5m off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A timer must be visible throughout the test.
- Make sure lighting does not obstruct the view of the athlete, equipment, or workout area.
- Glare from the background or dark spaces combined with dark clothing makes it hard to review videos and might result in no-reps.
- Do NOT use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

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## Score Sheet for all Athletes



00:00 till 05:00 – “1RM 1 clean / 2 front squats / 1 jerk complex”

Attempt 1 (kg)	
Attempt 2 (kg)	
Attempt 3 (kg)	
Attempt 4 (kg)	
Attempt 5 (kg)	
Heaviest attempt (convert lbs to kg, round to the full kg, note only full kg)	

05:00 till 11:00 – “AMRAP 12 T2B / 8 BBJO”

reps (##)	
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11:00 till 21:00 “(M) 2'000m / (F) 1'720m row”

time row (mm:ss) (note meters if you have not completed the prescribed distance with in the 10min TC)	
tiebreaker (mm:ss) (note the total time elapsed till after rowing)	

21:00 till 26:00 – “AMRAP 3BMU / 3 WFSHSPU”

reps (##)	
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We all confirm that all information above accurately represents the athlete's performance for these tests:

Name of the Box		Date
	Last and first name (in block capitals)	Signatures
Box Manager		
Supervising Coach		
Judge		
Athlete (F / M)		

submit signed score sheet to [zrhgms024@zurich-games.ch](mailto:zrhgms024@zurich-games.ch)  
and enter scores into <https://scoring.fit/1914>  
before 30.05.24 24:00 / 31.05.24 00:00