

Qualifier

GENERAL STANDARDS FOR ALL ATHLETES:



Workout ONE

"Ralph vs Alberto"

Three Rounds for Time

- 1000m / 860m row
- 30 burpees over the rover

(time cap workout ONE 22)

Scoring

- score will be total time for the completion of the workout (mm:ss)
 - for each not completed repetition / 10m, one second will be added to the time cap

Workout flow

This workout begins with the athlete seated on the rower with hands OFF the handles.

- After the call of "go," the athlete will complete their row meters, then standup to start their burpees over the rover.
- After the burpees over the rover the athlete turns back on the rower to begin the second round of rowing.
- A total of three rounds must be completed.
- Time is stopped after both feet are on the ground on the opposite side of the rower after the last burpee.

Movement standards

Rowing

- Monitor on the rower must be set to zero at the beginning of each row.
- Athlete must stay seated on the rower with feet on the paddle until the monitor reads 1000m / 860m.
- Athletes must use a Concept2 rower.

Burpees over the rower

- The burpee over the rower starts with the athlete perpendicular or parallel to the rower while touching chest and thighs to the ground.
- Each rep is counted when both feet are on the ground on the opposite side of the rower. From there, the athlete may begin their next rep.
- Jump over the rower with simultaneous takeoff of both feet.
- Taking off with one foot or step over the rover will result in a no-rep. (repeat jump, not whole burpee)
- Athlete passes over the rower with entire body.
- Touching the rower with feet or any other body part during the transition will result in a no-rep.

Note

Prior to starting, athletes must set up the competition area. The rower must be positioned so that camera can record the monitor and shows execution of burpees on both sides of the rower.

Qualifier

GENERAL STANDARDS FOR ALL ATHLESTES:

Workout TWO

Part A

Three Rounds for Time

- 20 Pull-Ups
- 20 alt. Dumbbell Snatches @ 50/35lbs or 22.5/15kg

(time cap part A 10')

Part B

One Rep Max Barbell Complex of

- One Dead Lift
- One Hang Power Clean
- One Shoulder to Overhead

(total time cap workout TWO 15')

Scoring

This Workouts has two scores:

- score will be total time for the completion of the workout (mm:ss)
 - o for each not completed repetition, one second will be added to the time cap
- heavies lift of the barbell complex (kg)
 - o Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight. Any successful attempt where the bar leaves the ground before the time cap will count.

Workout flow

This workout begins with the athlete standing under the pull-up bar.

- After the call of "go," the athlete will complete their pull-ups, then proceed with the DB snatches.
- Athlete will perform three rounds. Time for Part A is taken after the last DB has reach top position after the third round.
- Immediately after, respectively in rest of the time, the athletes establishes the 1RM of the BB complex.
- Athletes may make as many attempts as they'd like within the time cap.

Movement standards

Pull up

The athlete must begin with arms fully extended, hanging from a pull-up bar and feet not touching the ground.

- Athlete pulls himself up until chin is clearly above the bar.
- Athlete may use any grip they choose, but their arms must be fully extended at the bottom of each repetition.
- Any type of pull up technique is permitted.

Dumbbell Snatches

The dumbbell snatch starts with both heads of the dumbbell on the ground.

- The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed.
- Touch-and-go is permitted. Bouncing the dumbbell is not allowed.
- Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.
- The non-lifting hand or arm may NOT make contact with other parts of the body during the repetition.
- The rep is credited when: – the arms, hips, and knees are fully extended; and – the dumbbell is clearly over the middle of the athlete's body when viewed from profile.
- The athlete may choose to do a power or split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

Barbell Complex

The following movement standards may apply:

Deadlift: The athlete must lift the bar from the ground to a fully extended standing position, with the hips and knees fully extended and the shoulders behind the bar. The athlete's grip must be outside of their knees, and the bar must not be allowed to bounce or touch the ground between reps.

Hang power clean: The athlete must lift the bar from a hang position, with the bar starting at mid-thigh level above kneecaps. The athlete must catch the bar in a front rack position, with the elbows in front of the bar and the bar resting on the shoulders. The athlete must stand up fully with the bar, with the hips and knees fully extended.

Shoulder to overhead: The athlete must lift the bar from the front rack position to an overhead position, with the arms fully extended and the bar directly over the middle of the athlete's body. The athlete may use any technique they choose to get the bar overhead, such as a push press, push jerk, or split jerk.

In general, the athlete must perform each movement with proper form and technique, demonstrating control and stability throughout the complex. The athlete must also complete the entire complex without having to put the bar on the ground.

Note

Prior to starting, athletes must set up the competition area. The camera has to be positioned so that the record shows athletes' chin while executing pull-ups as well as the entire triple extension with the DB and BB. After the last barbell complex, all weights of the heavies lift and the used DB need to be recorded.

Qualifier

GENERAL QUALIFIER SCORE SHEET ALL ATHLETES

Workout ONE (TC 22')

	Round 1	Round 2	Round 3
1000m / 860m row	m	m	m
30 burpees	reps	reps	reps

Finish Time (mm:ss):

Add for each not completed repetition / 10m one second to the time cap.

Workout TWO (total TC 15' / TC Part A 10')

Part A

	Round 1	Round 2	Round 3
20 pull ups	reps	reps	reps
20 DB Snatches	reps	reps	reps

Finish time (mm:ss):

Add for each not completed repetition one second to the time cap.

Part B

	Load (kg)		Load (kg)
Attempt 1		Attempt 5	
Attempt 2		Attempt 6	
Attempt 3		Attempt 7	
Attempt 4		Attempt 8	

Heaviest load (kg):

We all confirm that all information above accurately represents the athlete's performance for this tests:

Name of the Box	<input type="text"/>	
	Last and first name (in block capitals)	Signature
Box Manager	<input type="text"/>	<input type="text"/>
Supervising Coach	<input type="text"/>	<input type="text"/>
Judge	<input type="text"/>	<input type="text"/>
Athlete gender F / M	<input type="text"/>	<input type="text"/>

In order that the scores are validated, please enter them on [competitioncorner.net](https://www.competitioncorner.net) and do not forget to include the link to your video.

Athletes who have completed the workouts with official qualifier partners do not need a video.
Enter all scores on [competitioncorner.net](https://www.competitioncorner.net) and send the signed score sheet to zrhgms023@zurich-games.ch.