

V:1.2

TEAMS
EDITION

QUALIFIER RULEBOOK

POWERED BY

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PERFORMANCE COACHING

**MASTERS
TEENS**

THROWDOWN





TEAMS ONE CLICK QUALIFIER

30 min running clock • 3 scored parts • one-page judge scorecard

Scores to record:
Q26.1 / Q26.2 / Q26.3

 TEAM NAME

 DIVISION

 JUDGE



TIMELINE: 30 MINUTES

0:00-10:00
Q26.1
AMRAP 10 min

9	Sync shuttle runs (2 x 7.5m)	(18)
18	Gymnastics movement 1	(36)
9	Sync shuttle runs (2 x 7.5m)	(54)
18	Gymnastics movement 2	(72)
9	Sync shuttle runs (2 x 7.5m)	(90)
18	Gymnastics movement 3	(108)
TIE BREAK TIME		
9	Sync shuttle runs (2 x 7.5m)	(126)
18	Gymnastics movement 4	(144)
MAX	Sync shuttle runs (2 x 7.5m)	
TOTAL REPS Q26.1		

L V L ^ U P
S P O R T S W E A R

REST/SETUP 10:00-12:00

	Athlete 1		Athlete 2	
	Weight	Good?	Weight	Good?
1		GOOD / FAIL		GOOD / FAIL
2		GOOD / FAIL		GOOD / FAIL
3		GOOD / FAIL		GOOD / FAIL
4		GOOD / FAIL		GOOD / FAIL
5		GOOD / FAIL		GOOD / FAIL
		TOTAL WEIGHT ATHLETE 1		TOTAL WEIGHT ATHLETE 2
Note: Mixed teams will multiply the female weights with 1.3 for this athlete's total				
Q26.2 TEAM TOTAL WEIGHT				



12:00-22:00
Q26.2
EMOM 10 min

REST/SETUP 22:00-24:00

Sync Thrusters	6	9	12	15	18	21
Sync Burpee	6	9	12	15	18	21
Total Reps Completed	(12)	(30)	(54)	(84)	(120)	(162)
TOTAL REPS						

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24:00-30:00
Q26.3
AMRAP 6 min

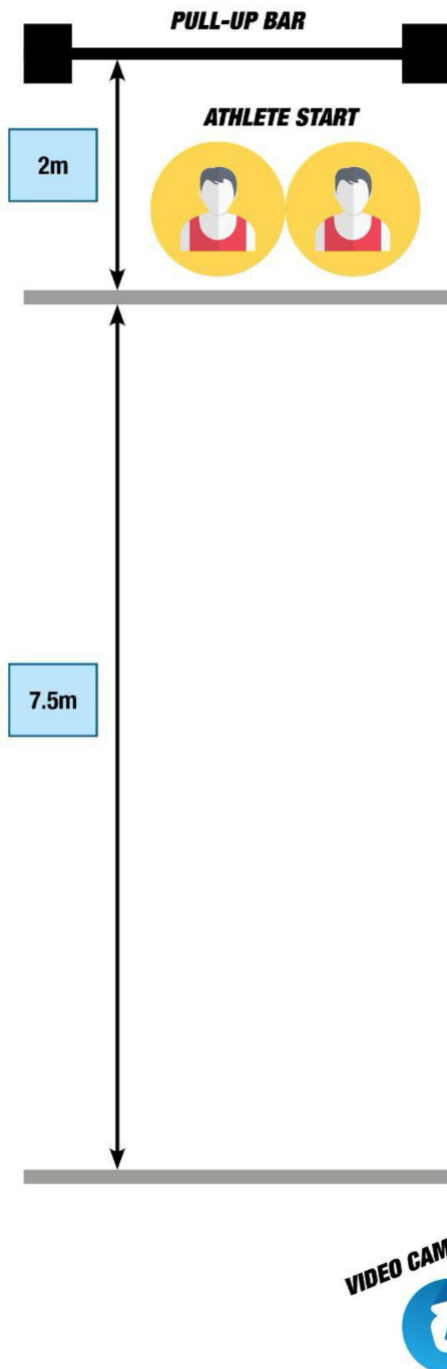


UPLOAD
SCORES HERE
AND 1 VIDEO

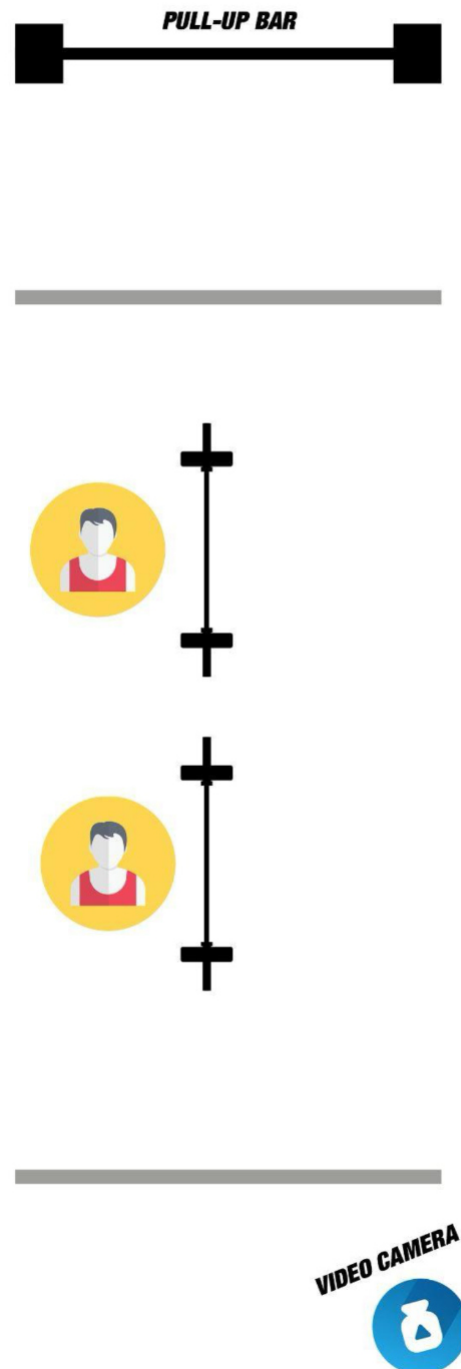
DEADLINE 19 JULY 23:59 CET: SUBMIT YOUR SCORES & VIDEO LINK.

OPTION 1

WOD 1

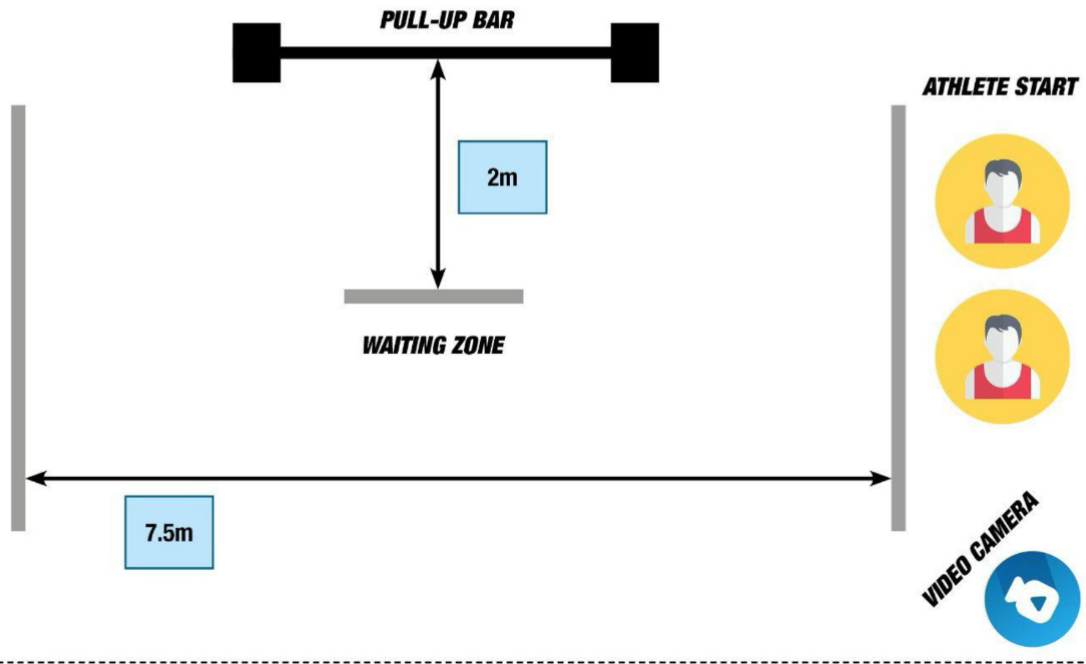


WOD 2 & 3

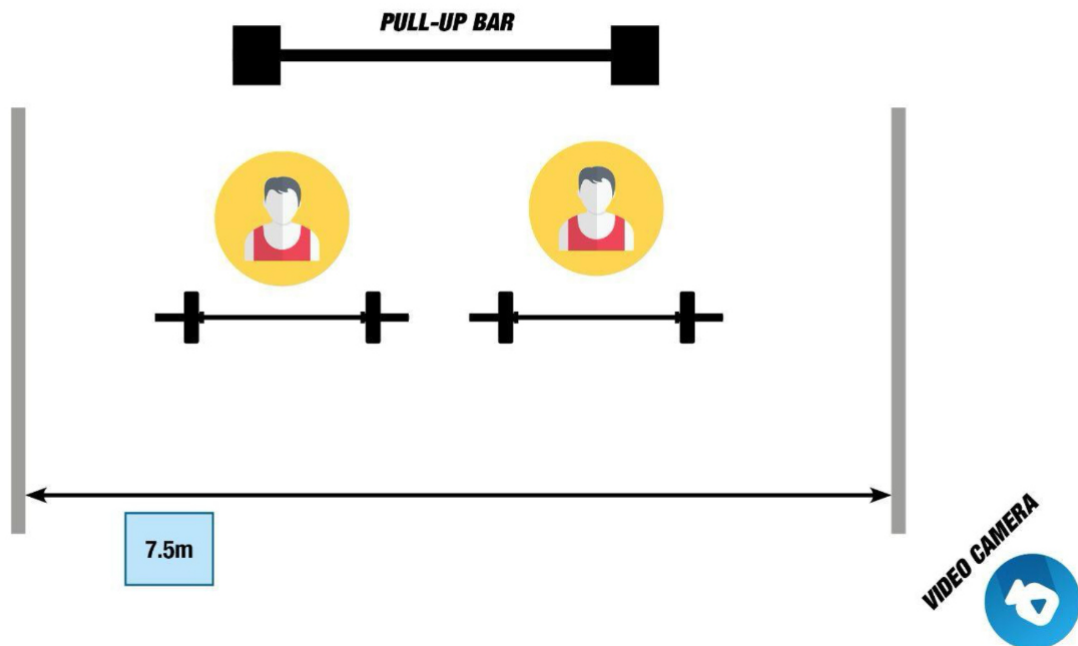


OPTION 2

WOD 1



WOD 2 & 3



Hi there athlete,

WELCOME TO THE QUALIFIERS FOR THE M&T THROWDOWN TEAMS EDITION 2026

Before starting with the workouts, we ask you to **thoroughly read these instructions** so that you are well prepared. Although we would love to take your word on the achieved scores and not have an online video qualifier process, that's not how this works ;-)

As an athlete, you will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify the scores of your performance and meet the movement standards and workout description.

Let us help you by setting up these practical tips and rules to ensure video submission success.

One workout - three parts

- The clock needs to be visible and running at all times in the video. You cannot stop the clock, pause it or take it out of the frame.
- Please make sure you perform all workouts in the assigned time frame and in the right order.
- When all three workouts are done, you need to upload the video to your preferred choice of host (YouTube, Vimeo, etc) and then enter the same link for all three scores inside the system.

Before the test

Make sure you understand the workouts, flow, special regulations and standards by:

1. READING them first;
2. Downloading & printing the scorecard(s)
3. Reading the scorecard(s) together with your coach/judge
4. Asking questions if something is unclear to you.

Judge

We always **recommend the use of a judge**, even if it is not mandatory. If you do, make sure that your judge does the same steps as mentioned above.

- Make clear to your judge that he/she is not just counting reps.
- Your judge must also be aware that you, as an athlete, have to meet all the required rules and standards.
- It's your judge's responsibility to inform you if you don't meet the rules and standards = NO-REP.
- Your judge can give you verbal instructions (squat deeper, extend those hips/arms, etc.) but a no-rep is a no-rep and should be given at ALL times during this process!

Movement Standards:

All movement standards of this event adhere to the Movement standards of the International Functional Fitness Federation that can be found [here](#). If wordings or descriptions differ between this document and the official iF3 document, the iF3 Movement Standards has precedence unless specifically stated otherwise (special regulations).

Video

Before you start recording

- If you're using a phone, set it to airplane mode, turn off any alarms to avoid interruptions during filming.
- Ensure your filming device has enough battery life and memory to film the entire WOD.
- Ensure the perspective of the camera captures all movements.
- The easiest way to film your workouts is to download an app such as WODproof, WeTime or any other similar app. This relieves you from any worries about hogging the box WOD clock. These apps have an easy Concept2 bluetooth connection for workouts involving Concept2 machines.

Time and date

Each video must show a time and date stamp. Use apps such as WODproof, WeTime. Or showing any form of ascending visible clock within the video frame is allowed.

Start your video with the BASICS

The first thing we need to see when the video starts is you:

- Telling us your name;
- Stating which event and division you are doing;
- Zooming in/focusing on:
 - The weights you are using (barbell, plates, dumbbell, kettlebell, etc...),
 - Distance / height (shuttle run, handstand walk, etc...)
 - Time/distance/calories on those screens so we can give you full credit.

If required, don't forget to reset the screens of the machines before starting another round.

Angle and frame

Record the video so that all exercises can be clearly seen meeting the movement standards. As for framing, make sure your ENTIRE body stays in the frame at ALL times.

If we can not see you, we can not assess the video!

The use of fisheye or similar lens is NOT ALLOWED and will be invalidated by our review team due to the visual distortion these lenses cause.

TIPS

- Place your device off the ground to avoid an upward angle
- Place your recording device sideways instead of right in front of you (the anterior 45° angle position is the most ideal place)
- Place your recording device in the direct vicinity, not too close (entire body and workout zone must be visible) and not far away from you
- Watch out for box related obstacles, including fellow box-buddies moving around you.

Scorecards

The scorecards allow you and your judge to record all correctly performed reps and upload the final score on the online platform. We strongly recommend that you **review this scorecard (together with your judge) before performing the workout.**

After the test

Upload your video to YOUTUBE, VIMEO, GOOGLE, etc... whichever works best for you is allowed.

Make sure we can review your video

YOUTUBE / VIMEO:

Set your video to PUBLIC or UNLISTED modus. Be aware of COPYRIGHTS on music in the background as these can get your video taken down

GOOGLE: Without a password login

ALL videos must be uncut/unedited to allow an accurate display of the test performance.

We recommend **planning ahead & checking your videos before submitting** them to the competition platform.

Make a comparison with the scorecard and check the following (if applicable):

- Are my scores correct? Totals of time / reps
- Are the times correct?
- Are the weights I used correct? Did I show them in the introduction?
- Are the distances correct?
- Are the heights correct?

It's NOT up to our review team to determine all of the above. You are responsible for this! If everything is correct and only then, should you upload your video (link) for review without the risk of getting penalties or invalidation of it.

Video review

When submitted, your score and video will be under review. Our review team will watch the videos randomly to make sure to give or subtract full credit of your hard work.

Please be patient - with technology and us.

If you have questions about your video or score, please wait until we had the chance to review your submission and publish the leaderboard.

If we contact you about submission problems, you will have 24-hours to reply and comply.

Appeals

- Appeals, scoring discrepancies or questions about the review of online videos will be handled by our head judge.
- Athletes will receive an email if the score posted is modified due to a penalty. The message will give a brief description explaining the reason for the change in the score. After this notification, athletes will have 24-hour time to appeal. All appeals received after this 24-hour deadline will not be processed!
- Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the athlete.
- Athletes may not appeal their own performance outcome based on the review, scoring or performance of another athlete.

Have fun with the workouts, keep it fair and earn your spot at the finals.

On behalf of COMMUNITY FITNESS EVENTS, the Masters & Teens Throwdown Team

Teams Q26.1

On a running clock from 0:00-10.00

AMRAP (10 min)

- 9 synchronized shuttle runs (2 x 7.5m)
- 18 reps Gymnastics movement 1
- 9 synchronized shuttle runs (2 x 7.5m)
- 18 reps Gymnastics movement 2
- 9 synchronized shuttle runs (2 x 7.5m)
- 18 reps Gymnastics movement 3
- 9 synchronized shuttle runs (2 x 7.5m)
- 18 reps Gymnastics movement 4
- Max synchronized shuttle runs (2 x 7.5m)

	Gymnastics 1	Gymnastics 2	Gymnastics 3	Gymnastics 4
RX (all AG)	Toes-to-bar	Pull-ups	Chest-to-bar pull-ups	Bar Muscle-Ups
Intermediate (all AG)	Single-leg Toes-to-bar	Toes-to-bar	Pull-ups	Chest-to-bar pull-ups

Tiebreak: time after last rep of Gymnastics movement 3

Please note!

1 shuttle run is 2 x 7.5 meters and is awarded with 2 reps on the scorecard.

Score: total number of repetitions.

Rest 10:00 - 12:00

Teams Q26.2

On a running clock from 12:00-22.00

FOR TOTAL LOAD (EMOM 10 min)

- Minute 1: 1 Power snatch (Athlete 1)
- Minute 2: 1 Power snatch (Athlete 2)
- Minute 3: 1 Power snatch (Athlete 1)
- Minute 4: 1 Power snatch (Athlete 2)
- Minute 5: 1 Power snatch (Athlete 1)
- Minute 6: 1 Power snatch (Athlete 2)
- Minute 7: 1 Power snatch (Athlete 1)
- Minute 8: 1 Power snatch (Athlete 2)
- Minute 9: 1 Power snatch (Athlete 1)
- Minute 10: 1 Power snatch (Athlete 2)

Only one attempt is allowed per minute.

Score: total weight (kg) of successful lifts.

Please note : Mixed teams will multiply the female weights with 1.3 for the total.

Rest 22:00 - 24:00

Teams Q26.3

On a running clock from 24:00-30.00

AMRAP (6 min)

6-9-12-15-18-etc reps of

- Synchro Thrusters
- Synchro Lateral Burpees over barbell

Score: Total number of reps completed

	Men	Women
RX 60+, 70+, 80+, 90+, 100+	40 kg	30 kg
RX 110+	35 kg	25 kg
Intermediate 60+, 70+, 80+, 90+, 100+	35 kg	25 kg
Intermediate 110+	30 kg	20 kg
Teens 16-20	40 kg	30 kg
Teens 12-15	30 kg	20 kg

Q26.1

- This workout starts with both athletes standing behind the starting line. When the clock starts (at 0:00) they will perform 9 synchronized shuttle runs. One shuttle run is up to the 7.5-meter line and back again.
- After 9 shuttle runs, one athlete will start performing the first set of Gymnastics movements. The resting athlete must always be on the far side of the line marking 2 meters from the pull-up bar. Athletes can switch however they want, as long as the switch is behind the line.
- After 18 total reps of Gymnastics 1, athletes will again perform 9 synchronized shuttle runs. They will then move back to the pull-up bar for Gymnastics movement 2 with the same regulations as before.
- Athletes continue in this pattern for two more rounds, keeping the same rep scheme and standards, but increasing the difficulty in the gymnastics movements.
- After the last set of gymnastics, athletes will do a max number of shuttle runs for the remaining time until the clock reaches 10:00.
- Each shuttle run (2 x 7.5) is worth 2 reps. If athletes are time-capped after the first stretch, they will count that as 1 rep.
- Make a note of the time after the final rep of Gymnastics movement 3. This will serve as a tiebreaker score if needed.
- Athletes will then rest until 12:00. They can use the resting time to set up the floor for the next workout. They are allowed outside assistance in the break.

Q26.2

- For this workout, athletes must clearly show to the camera the weight on the barbell before each and every lift. This can be done by writing numbers on a whiteboard or a piece of paper, as long as it's clearly visible in the video.
- When registering scores for this workout, a picture of the scorecard must be uploaded with all loads entered and marked as "Good" or "Fail".
- The team should use exactly two barbells for this workout and barbells can be pre-loaded before the workout starts.
- Athletes are allowed to choose their own weight for each lift. They can increase or decrease as they wish, but they are only allowed one attempt on the barbell within each minute.
- If the athlete fails a lift, the score for that minute will be zero. They cannot make another attempt in the same minute. When registering scores for this workout, a picture of the scorecard must be uploaded with all loads entered and marked as "Good" or "Fail".
- When the clock reaches 12:00, Athlete 1 makes his/her attempt on a power snatch. After that, at 13:00, Athlete 2 makes his/her attempt on a power snatch. Athletes keep alternating like this for 10 minutes, making a total of five attempts each.
- The score is the total load for all good lifts for both athletes. Mixed teams will multiply the female athlete's total by 1.3..
- Lifts must be completed within the one-minute window to count.
- Athletes are allowed to reload their barbell while their teammate is working. Athletes are allowed to help each other reload the barbells, but they cannot have any outside help as soon as the workout has started.
- Athletes will then rest until 24:00. They can use the resting time to set up the floor for the next workout. They are allowed outside assistance in the break.

Q26.3

- This workout starts with the athletes standing tall in front of their barbell. Barbells must be placed next to each other, **NOT** in front of each other.
- The working area (between the lines) must be cleared of any extra bumpers and equipment.
- When the clock reaches 24:00, athletes will pick up their barbells and perform 6 synchronized thrusters. They will then do 6 synchronized lateral burpees over the barbell.
- In the next round, they will do 9 synchronized thrusters and 9 lateral burpees.
- The number of reps will increase with +3 for each round.
- Score is the total number of repetitions when the clock reaches 30:00.
- Athletes must face each other when doing burpees. Barbells must be next to each other, if a barbell rolls away, it must be brought back into its place before starting burpees.

SHUTTLE RUN (9.02)

REP START

- Standing free behind the start line.

REP END

- Standing free behind the end line.

REP REQUIREMENTS

- At each turnaround point, the athlete must:
 - Touch the ground with one hand.
 - Ensure both feet and one hand cross the line before reversing direction.

MEASUREMENTS

- Start and end line for each segment (rep).

TEAM SYNCRO

- Rep start and rep end

SINGLE-LEG TOES-TO-BAR

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Toes on one foot touch the bar.
- The contact point is within the width of the hands.

REP REQUIREMENTS

- None.

TOES-TO-BAR (7.01)

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Toes on both feet touch the bar simultaneously.
- The contact point is within the width of the hands.

REP REQUIREMENTS

- None.

PULL-UP (7.04)

REP START

- Vertical hang from horizontal bar.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

CHEST-TO-BAR PULL-UP (7.05)

REP START

- Vertical hang from horizontal bar.

REP END

- Chest in contact with the horizontal bar.

REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

BAR MUSCLE-UP (7.07)

REP START

- Vertical hang from horizontal bar.

REP END

- Vertical support.

REP REQUIREMENTS

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.

CYCLE & POST REP

- The athlete may not rest on top of horizontal bar in any other way than vertical support. If this happens, the athlete must jump down to the floor before starting a new rep.

POWER SNATCH (4.02)

REP START

- Object-on-ground.
- Hand(s) on object.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to a overhead position.
- Avoid the bottom of squat.

THRUSTER (5.06)

REP START

- Bottom of squat with object in front of torso, supported by the hands.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from bottom of squat to overhead position.
- Maintaining extended knees and hips after the object has left the front-rack and until object is supported overhead with locked elbows.

TEAM SYNCRO

- Rep end

BURPEE JUMP OVER OBJECT (10.01)

REP START

- Prone position.

REP END

- Standing free on the other side of the object.

REP REQUIREMENTS

- Jump over object with both feet.
- Both feet need to be off the ground, on the take-off side of the line or object, before the athlete passes over it.
- Athlete passes over the object with entire body.
- Unless specified in a special regulation, landing or contacting the object with feet during the transition over is ok, but not required.

TEAM SYNCRO

- Rep start