



Video submissions Finals 2021



To be able to make a great broadcast of the Finals & fun to watch, we kindly ask you to stick to the prescribed instructions and floorplans.
It's quite a read, but once set, you're ready to go!

Preparations

1. Floorplan

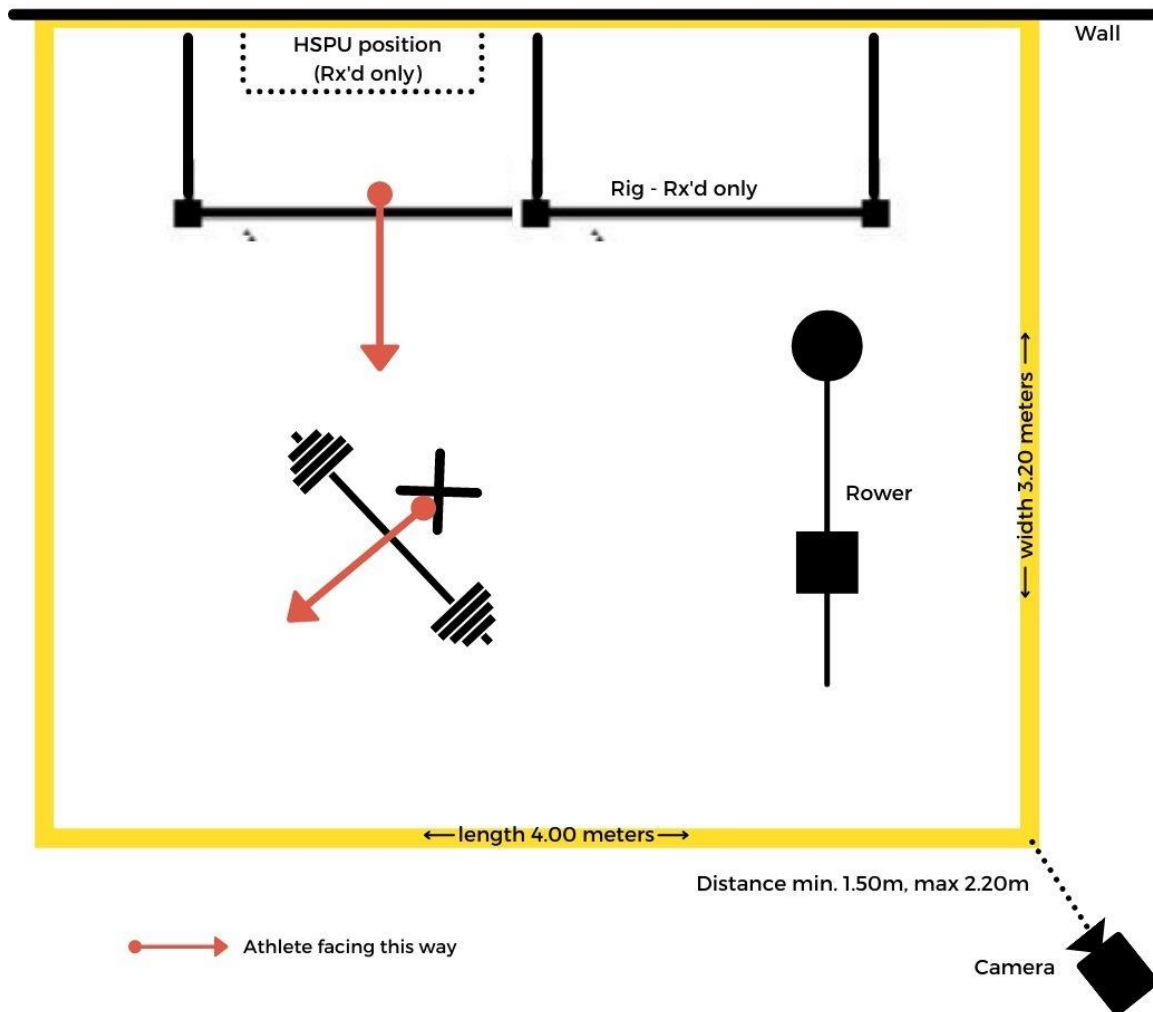
- Closely look at the suggested floorplans (A/B/C) on the next pages
- Choose the one matching your situation
- Solutions for HSPU: pile up a few plyo boxes or attach a chipboard against the rig. Just make sure you'll be safe!
- Start preparing your floorplan

When your situation does not match the given floorplans, please get in touch with us and we will find a solution together:

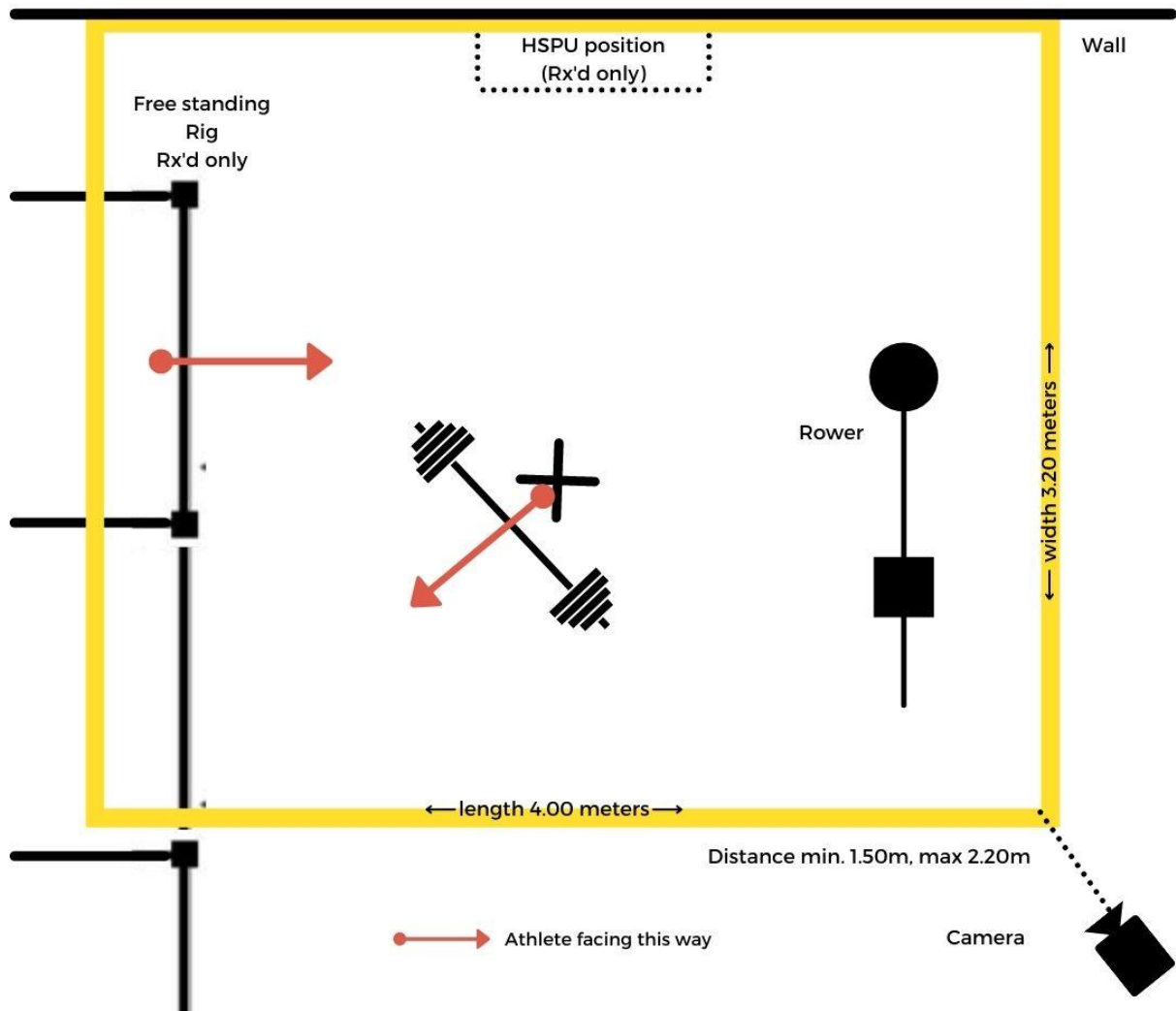


with our Programming Manager, Marjolein: +31652408846

FLOORPLAN A



FLOOR PLAN B



FLOOR PLAN C

The diagram illustrates the layout for Floor Plan C, a rectangular area measuring 4.50 meters in length and 3.20 meters in width. The area is bounded by yellow lines. A black vertical line on the left represents a wall, with a 'Free standing Rig Rx'd only' indicated. A red dot with an arrow pointing right is labeled 'Athlete facing this way'. In the center, a black crosshair is positioned, with a red dot and an arrow pointing towards it. To the right of the crosshair, a black circle is labeled 'Rower'. Further right, a black square is labeled 'HSPU position (Rx'd only)'. At the bottom center, a black square is labeled 'Camera'. A dotted line connects the camera to the HSPU position, with the text 'Distance min. 1.50m, max 2.20m' next to it. The bottom wall is labeled 'Wall'.

← length 4.50 meters →

← width 3.20 meters →

Athlete facing this way

Free standing Rig Rx'd only

Rower

HSPU position (Rx'd only)

Distance min. 1.50m, max 2.20m

Camera

Wall

Free
standing Rig
Rx'd only

Athlete facing this way

← width 3.20 meters →

Rower

HSPU position
(Rx'd only)

← length 4.50 meters →

Distance min. 1.50m, max 2.20m

Wall

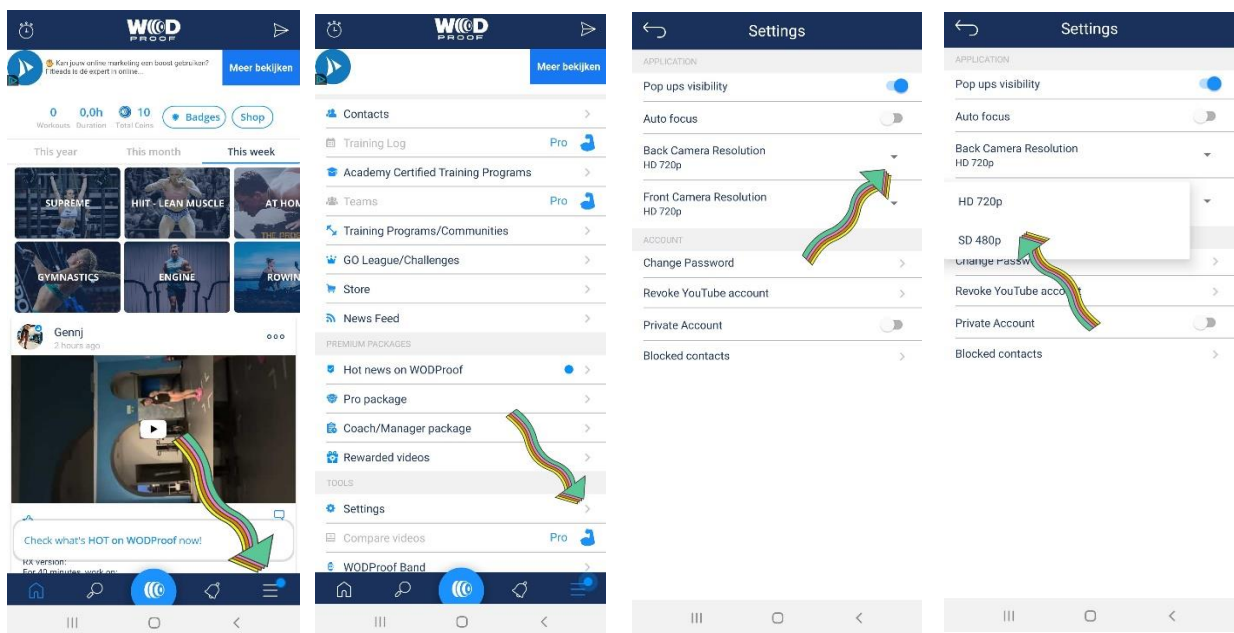
Camera

2. Camera

- Make sure your camera/phone is fully charged 😊
- Turn on airplane mode
- **Make sure there is enough memory in your phone to save your video after the workouts are done**
- Tips to lower the size of the file:
 - Mute the sound after your introduction
 - Record your video in low resolution:
 - 720p HD (30fps) = approximately 6GB memory
 - Or even choose 480p for less memory

How to change the camera resolution in WODProof

- Go to your profile & settings, in the lower right corner
- Click on “settings”
- Click on “Back camera Resolution”
- Adjust the camera resolution



General

All video submissions should be sharp, uncut, unedited and only showing 1 athlete at the time in order to accurately display the performance. Scores and videos not meeting the following requirements will not be approved and can lead to an invalid score.*

3. WODProof app

- Download the app on [iOS](#) or [Google Playstore](#)
- Open the app & create an account
- Click on the round, blue button at the bottom of the page
- In the middle of the screen you will see “Qualifiers”, click on the arrow next to it
- Scroll down or use the search bar to find the M&TTD & click on it
- Choose the workout
- Enter your full name at the top of the page
- The rest is already prefilled for you! Easy peasy :-)
- Choose the corner:
 - for the timer (bottom right corner)
 - WODProof logo (bottom left corner)
 - FYI, there will be no M&TTD logo
- Start your workout
- Finish your workout & click to upload your video to Youtube
- Choose status “hidden” ([see explanation](#) below)
- When logging your scores in Competition Corner share the YouTube URL

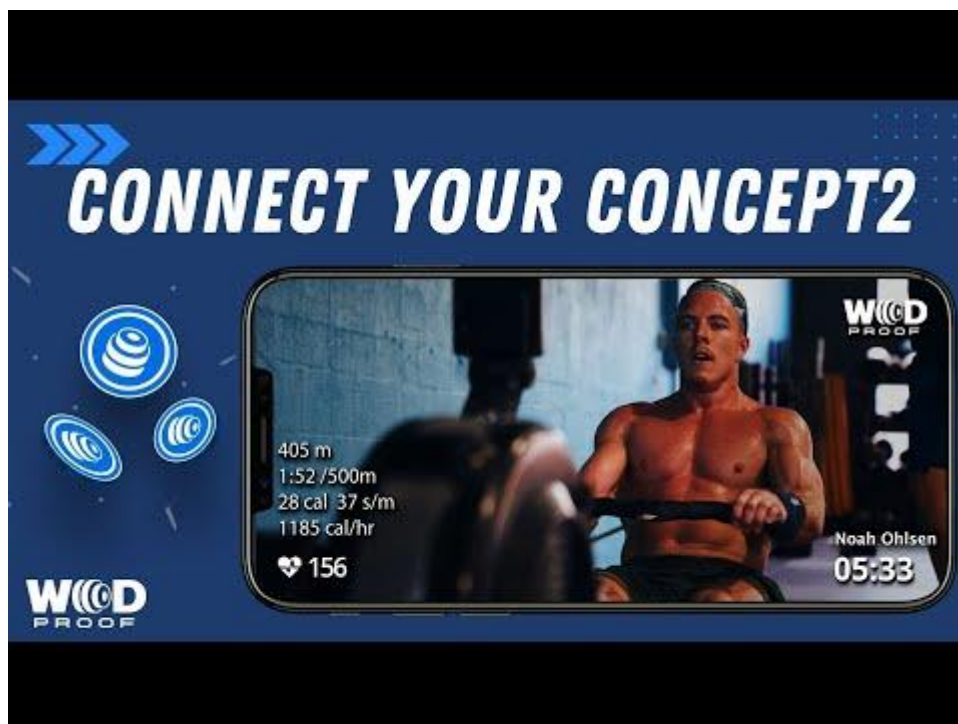
Workout 21.9 – Burn your Engines

Connect the WODproof app with your Concept2 Rower.

To be able to do this, you need the WODProof PRO Package. Not have one yet?

Start your 7-day **FREE** trial (and cancel the trial after finishing the finals 😊)

Here is the demo video on how to link your rower:



4. Placing of your camera

- Place your camera at a height of approx. of 70 cm. A plyo box will do the trick
- Turn your camera horizontal
- Affix your camera to avoid falling/moving.
- Please do not film with the camera in your hand
- You & your judge should be clearly visible throughout the entire workout
- You can leave the outlined floorplan during rest period in between workouts
- The camera continues to run, also during rest period, and stays at the same position throughout the whole hour.
- The timer with the running workout time will be shown on the WODproof app. You are allowed to use an additional clock for your own comfort. Make sure they are synched.
- Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Preparations done? Then you're ready to go!

Prior to the workout, start your video by

- Stating your name & age division
- Clearly show the weights of your equipment for ALL workouts
- Switching weights during the workout? There is enough time to walk up to the camera and show your plates closely.
- The camera remains at the same position the entire time
- **When you fail to show equipment standards, we cannot judge your performance correctly & your score will be invalidated**
- After the introduction you can **mute the sound**



Music and recording

- After your introduction you can mute the sound
- This lowers the total size of your video & there will be no issues for YouTube blocking the sound due to copyright issues

Public, Hidden or Private?

- Make sure you put your video on **hidden**: only those having the URL can see your video. So our judges can evaluate your workout, but no other athletes can see your score. Let's keep it exciting until the broadcasting of the finals! 😊
- Public: the whole world can see
- Private: only you can see

Judges

- Having a **certified judge** to judge you accurately is required.
- He/she can help you to count the reps & meet the movement standards correctly.
- This avoids getting a penalty or being disqualified. You don't want someone to just count (bro) reps.
- Follow the official, online Crossfit [judges course](#) to better understand the position of your judge and/or be a judge for your fellow competitors.

Before submitting your scores & video in Competition Corner, here are some final suggestions from Bozman & Dave Eubanks 😊

- **“Leave no doubt”**
- **Review your video before submitting it.** Ask yourself if you would accept the quality of work in the video as well as the quality of production of that same submission.
- **Also have another person watch it with you**, a fresh set of eyes that knows the standards but was not directly involved in the making of the video or in assisting in the workout.
- If something is questionable or off in the video then you can bet that the video submission judge is going to catch the same thing
- Championship winners hold themselves to championship standards
- **Do a quick “dry-run”** of the movements and standards before starting, ask your judge to help. This allows feedback and setting the expectations.
- **For judges**, do not be afraid to no-rep an athlete, for athletes do not get frustrated or be afraid to get no-repped

[Read the full article here](#)