

2026

MASTERS TEENS

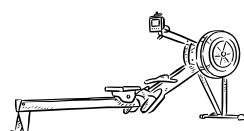
THROWDOWN



ONE-CLICK QUALIFIER

THREE WORKOUTS | ONE QUALIFIER

25.1



Cardiac Mayhem

00:00 - 08:00



8:00 for max calories row.
At the top of each minute: 8 Wall Balls.

Total calories rowed

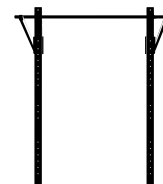
Rest 08:00-12:00

25.2



Pushing Intensity

12:00 - 20:00



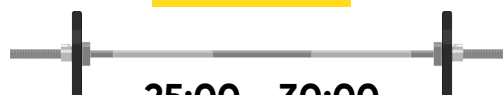
AMRAP:

21 Double Unders
15 Alternating Dumbbell Snatches
9 Box Jump Overs
6 Toes-to-Bar / Knee Raises

Total reps completed

Rest 20:00-25:00

25.3



Smart DT

25:00 - 30:00

AMRAP:

12 Deadlifts
9 Hang Power Cleans
6 Shoulder-to-Overhead

Weight (kg) × Total reps

Cardiac Mayhem

SCORECARD

WORKOUT 25.1

Wall Ball Weight	Target Height
Minute	Calories Rowed
01:00	
02:00	
03:00	
04:00	
05:00	
06:00	
07:00	
08:00	
SCORE (total nr of calories):	

DETAILED
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**MASTERS
TEENS**
THROWDOWN

Rest 08:00-12:00

Pushing Intensity

WORKOUT 25.2

Round	Double Unders / SU	DB Snatches	Box Overs	T2B/ Knee Raises	Total Reps
1	21	15	9	6	51
2	21	15	9	6	102
3	21	15	9	6	153
4	21	15	9	6	204
5	21	15	9	6	255
6	21	15	9	6	306
7	21	15	9	6	357
SCORE (total number of reps)					

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Rest 20:00-25:00

Smart DT

WORKOUT 25.3

Barbell Load (kg):

Round	Deadlifts (12)	Hang Power Cleans (9)	S2OH (6)	Total Reps
1	12	9	6	27
2	12	9	6	54
3	12	9	6	81
4	12	9	6	108
5	12	9	6	135
6	12	9	6	162
7	12	9	6	189
SCORE = Barbell load KG x nr of reps:				KG

DETAILED
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Athlete name :

Team name :

Judge name:

Athlete Signature:

Hi there athlete,

WELCOME TO THE QUALIFIERS FOR THE MASTERS & TEENS THROWDOWN 2025-26!

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!

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.

Submitting your score

For more info on how to submit your score please [click here](#) for instructions (available in English only).

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 CFevents, the Masters & Teens Throwdown Team

General Workout Flow

on a running clock of 30:00 perform

Minute(s)

00:00-08:00	Workout 25.1
08:00-12:00	Rest
12:00-20:00	Workout 25.2
20:00-25:00	Rest
25:00-30:00	Workout 25.3

Note

Prior to the start, you can prepare your equipment for each workout.
So no equipment changes needed during your rest time

8 minutes for max calories

All divisions

- Calorie row
- On top of every minute starting @ 1:00 do:
- 8 Wall Balls

Score: Total number of calories

AGE GROUP	GIRLS			BOYS		
	WALLBALL			WALLBALL		
	KG	LBS	TARGET	KG	LBS	TARGET
12	4	10	2.40m / 8ft	4	10	2.70m / 9ft
13 - 14	4	10	2.70m / 9ft	6	14	2.70m / 9ft
15 - 16	6	14	2.70m / 9ft	9	20	3.00m / 10ft
17 - 18	6	14	2.70m / 9ft	9	20	3.00m / 10ft
19 - 20	6	14	2.70m / 9ft	9	20	3.00m / 10ft



AGE GROUP	RX			INTERMEDIATE		
	WALLBALL			WALLBALL		
	KG	LBS	TARGET	KG	LBS	TARGET
F30	6	14	2.70m / 9ft	4	10	2.70m / 9ft
F35	6	14	2.70m / 9ft	4	10	2.70m / 9ft
F40	6	14	2.70m / 9ft	4	10	2.70m / 9ft
F45	6	14	2.70m / 9ft	4	10	2.70m / 9ft
F50	6	14	2.70m / 9ft	4	10	2.70m / 9ft
F55	6	14	2.70m / 9ft	4	10	2.70m / 9ft
F60	6	14	2.70m / 9ft	4	10	2.70m / 9ft
F65+	4	10	2.70m / 9ft	4	10	2.40m / 8ft
M30	9	20	3.00m / 10ft	6	14	3.00m / 10ft
M35	9	20	3.00m / 10ft	6	14	3.00m / 10ft
M40	9	20	3.00m / 10ft	6	14	3.00m / 10ft
M45	9	20	3.00m / 10ft	6	14	3.00m / 10ft
M50	9	20	3.00m / 10ft	6	14	3.00m / 10ft
M55	9	20	3.00m / 10ft	6	14	3.00m / 10ft
M60	9	20	3.00m / 10ft	6	14	3.00m / 10ft
M65+	6	14	3.00m / 10ft	6	14	2.70m / 9ft



Workout Flow:

- The athlete starts the workout standing tall next to the rower;
- On the signal, the athlete sits on the rower and starts rowing;
- At minute 1:00 the athlete stops rowing, moves to the wallball and performs 8 wallballs;
- After the 8 wallballs the athlete moves back to the rower and continues rowing
- The athlete continues to work in the same manner (stop rowing at minute 2:00, 3:00 etc & perform 8 WB's) until the 8 minutes on the clock are elapsed;
- The workout is completed at minute 8:00
- Your final score will be the total calories rowed

Movement Standards:

Rowing:

- The athlete takes the handle and starts rowing until the top of the minute is reached;
- The athlete should NOT come off the rower after the minute has passed;.

Wallball Shot:

- The athlete stands up like a front squat and in one movement continues by throwing the ball towards a target.
- REP START: Bottom-of-squat position with a medicine ball in the frontal plane supported by the hands.
- REP END: The center of the medicine ball hits the wall above, and only above the designated height.
- Squat clean is allowed as long as the ball starts on the ground;
- If the medicine ball hits low or does not hit the wall, it is a "no rep";
- If the medicine ball falls to the ground from above, the ball must come to rest on the ground for the next rep, it cannot be caught off the bounce.



AMRAP in 8 min

Teens 15-16 / 17-18 / 19-20 Masters RX	Masters Intermediate	Teens 12, 13-14
21 DU's 15 alt DB snatches 9 box jump overs 6 T2B	21 DU's 15 alt DB snatches 9 box jump or step overs 6 knee raises	21 SU's 15 alt DB snatches 9 box jump or step overs 6 knee raises
Plyobox: 60cm ♂, 50cm ♀ Variations: Masters RX 55+ may step up on box jump-overs		
Score: Total number of reps		

AGE GROUP	GIRLS		BOYS	
	DUMBBELL		DUMBBELL	
	KG	LBS	KG	LBS
12	5	10	10	20
13 - 14	5	10	10	20
15 - 16	10	20	15	35
17 - 18	15	35	22,5	50
19 - 20	15	35	22,5	50

AGE GROUP	FEMALE ATHLETES				MALE ATHLETES			
	Rx'd		Intermediate		Rx'd		Intermediate	
	KG	LBS	KG	LBS	KG	LBS	KG	LBS
30 - 34	15	35	10	20	22,5	50	15	35
35 - 39	15	35	10	20	22,5	50	15	35
40 - 44	15	35	10	20	22,5	50	15	35
45 - 49	15	35	10	20	22,5	50	15	35
50 - 54	15	35	10	20	22,5	50	15	35
55 - 59	10	20	5	10	15	35	10	20
60 - 64	10	20	5	10	15	35	10	20
65+	10	20	5	10	15	35	10	20

UPLOAD
SCORES HERE



Workout flow:

- The athlete starts the workout standing tall next to the jump rope lying on the ground
- On the signal, the athlete grabs the jump rope and does 21 double unders
- After finishing the last rep of the double unders or the according scaling version, the athlete moves on to do 15 alternating DB snatches;
- After finishing the last rep of alternating DB snatches, the athlete moves on to do 9 boxjump overs or the according scaling version
- After finishing the last rep of boxjump overs or the according scaling version, the athlete moves on to the pull up bar and does 6 toes to bar or the according scaling version;
- After finishing the last rep of toes to bar or the according scaling version, the athlete has finished the first round and immediately continues with the next round;
- The athlete will continue in this manner until the time limit of 8 minutes is reached;
- The final score is the total reps completed within 8 minutes;

Movement Standards:

Double Unders:

- For each jump, the rope passes the feet twice in a forward motion to count
- Only successful jumps are counted, no attempts (i.e. the athlete jumps on the rope / the rope does not pass the feet)

Alternating Dumbbell Snatch:

- The movement starts with the athlete standing free, facing the dumbbell;
- The rep will be awarded when:
 - Athlete takes the dumbbell of the ground and moves it in one fluid motion into the overhead lockout position (hips, knees, and arms fully extended, and the dumbbell directly over, or slightly behind, the middle of the body).
- A clean and jerk is not allowed;
- The passive hand or arm may NOT make contact with the legs or other parts of the body during the movement;
- Both dumbbell heads need to touch the ground (touch-and-go is permitted, bouncing the dumbbell is not allowed);
- You have to switch (alternating rule) hands each time you start a new rep by:
 - switching during descent (below the head);
 - grab the dumbbell on the ground with the other hand.



Box Jump Over:

- The movement starts with the athlete standing free, facing the box;
- With a mandatory two feet take off, the athlete will jump onto the box with both feet landing on the box before descending at the other side;
- A lateral jump onto the box (starting with the feet parallel to the box) is permitted;
- There is no requirement standing tall while on top of the box;
- Rebounding into the next jump is permitted
- Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it. A two-foot landing is required;
- The rep will be awarded when both feet have touched the ground on the opposite side of the box.
- From there, you may begin your next rep.

Box Step Over:

- The movement starts with the athlete standing free, facing the box;
- The athlete can use any leg to step on the box;
- Both feet need to be on the box before stepping off at the other side;
- There is no requirement standing tall while on top of the box;
- Athletes **MUST** step down from the box for the rep to count;
- The rep will be awarded when both feet must have touched the ground on the opposite side of the box.
- From there, you may begin your next rep.

Toes to bar:

- The athlete must start each rep showing a vertical hang (hanging vertically from a suspended bar using both hands, full extension of the elbows, the shoulder angle is open or rearward of the frontal plane on the horizontal bar) on the horizontal bar;
- The rep will be awarded when athlete:
 - heels break the vertical plane directly under the bar before the upward movement (strict or kipping is allowed);
 - raises both legs to the horizontal bar;
 - both feet (any part) must make contact with the horizontal bar inside the hands at the same time.

Knee Raises:

- The athlete must start each rep showing a vertical hang (hanging vertically from a suspended bar or rings using both hands, full extension of the elbows, the shoulder angle is open or rearward of the frontal plane on the horizontal bar) on the horizontal bar;
- The rep will be awarded when athlete:
 - heels break the vertical plane directly under the bar before the upward movement (strict or kipping is allowed);
 - raises both knees above the horizontal plane of the hips



5 min AMRAP for total workload

All divisions

- 12 Deadlifts
- 9 Hang power cleans
- 6 S2OH

Weight: Pick your load

Score: total workload (weight in kg x total reps)

Workout flow:

- The athlete starts the workout standing tall facing the barbell
- On the signal, the athlete grabs the barbell and does 12 deadlifts;
- After finishing the last rep of the deadlifts, the athlete moves on to do 9 hang power cleans;
- After finishing the 9 hang power cleans, the athlete continues with 6 shoulder to overhead movements
- After finishing the last rep of shoulder to overhead, the athlete has completed the first round and immediately continues with the next round;
- The athlete continues in this manner until the time limit of 5 minutes is reached;
- The final score is the total workload completed within 5 minutes;
- $\text{Workload} = \text{weight in kg} \times \text{total reps}$
- The athlete may pick a load that fits best to the personal abilities;
- Only one barbell is allowed; the weight may not be changed once the workout has started



Movement standards:

Deadlift:

- Starting Position: The barbell must be in contact with the ground.
- When using an empty barbell or fractional plates, you can raise the bar (e.g. using plates or blocks) so that it starts at mid-shin height.
- Full Extension: The rep is complete when the hips and knees are fully extended, and the athlete's shoulders are behind the vertical plane of the bar.
- Arm Extension: The arms must remain extended throughout the entire lift.
- Vertical Alignment: At the lockout, the shoulders, hips, and knees should be in alignment.
- Cycling reps: To start a new rep, both plates must touch the ground
- No Bouncing: The bar is not allowed to bounce off the ground.

Hang Power clean:

- Starting Position: to begin each set the athlete must first perform a full deadlift (see above); then from above the knee caps but below the hip crease the athlete moves the barbell in on fluid motion to the shoulders;
- The rep will be awarded when:
 - ☐ both knees and hip are fully extended
 - ☐ the elbows visibly in front of the bar (front rack position)
 - ☐ feet must return in line before lowering the bar;

Shoulder to overhead:

- The movement starts and ends in the front rack position;
- The rep will be awarded when:
 - ☐ the barbell is in the overhead position with both elbows locked out. Any style of shoulder-to-overhead is allowed (strict press, push press or any style of jerk);
 - ☐ Both knees and hip must be fully extended and feet must return in line before lowering the barbell back to the shoulders;
- Each new rep starts with the barbell in the front rack position (see above)

