



Qualifier 21.1
Masters & Teens Throwdown 2021

CROSSmaxx



Friday 22 January 07:00hrs till
 Sunday 7 February 23:59hrs (CET)

Qualifier 21.1 – “Franabell”

For Time
 21 – 15 – 9
 One arm Kettlebell Thrusters
 Burpees

There is no time cap. Just get the work done as fast as possible!

Variations

All age groups, Rx'd and/or Scaled divisions perform the exact same workout.

Weight of kettlebells varies:

Girls Kettlebells	Scaled			Rx'd		
	Kilo	Lbs	Pood	Kilo	Lbs	Pood
12-13	4	9	.25	8	18	.5
14-15	8	18	.5	12	26	.75
16-17	12	26	.75	16	35	1
18-19	12	26	.75	16	35	1
20-21	12	26	.75	16	35	1

Boys Kettlebells	Scaled			Rx'd		
	Kilo	Lbs	Pood	Kilo	Lbs	Pood
12-13	8	18	.5	12	26	.75
14-15	12	26	.75	16	35	1
16-17	16	35	1	24	53	1.5
18-19	16	35	1	24	53	1.5
20-21	16	35	1	24	53	1.5

Women Kettlebells	Scaled			Rx'd		
	Kilo	Lbs	Pood	Kilo	Lbs	Pood
35-39	12	26	.75	16	35	1
40-44	12	26	.75	16	35	1
45-49	12	26	.75	16	35	1
50-54	12	26	.75	16	35	1
55-59	12	26	.75	16	35	1
60-64	8	18	.5	12	26	.75
65+	8	18	.5	12	26	.75

Men Kettlebells	Scaled			Rx'd		
	Kilo	Lbs	Pood	Kilo	Lbs	Pood
35-39	16	35	1	24	53	1.5
40-44	16	35	1	24	53	1.5
45-49	16	35	1	24	53	1.5
50-54	16	35	1	24	53	1.5
55-59	16	35	1	24	53	1.5
60-64	12	26	.75	16	35	1
65+	12	26	.75	16	35	1

Equipment preparation

- 1 KB with appropriate weight for your age group & division.

Workout notes*

Set the clock counting upwards

The KB starts on the floor. On the count of 3, 2, 1, GO... the athlete picks up the KB and puts it in a front rack position to start 21 one arm KB Thrusters.

There is no requirement to switch arms; athletes may choose to do so of their own accord.

After finishing 21 one arm KB thrusters the athlete immediately continues with the 21 burpees.

After 21 burpees, the athlete continues with 15 thrusters & 15 burpees
 9 thrusters & 9 burpees

The workout stops at the last clap of the 9th burpee. Note your time.

*** carefully read movement standards**

Scoring

The athlete's score will be the time noted after having completed 9 burpees.

Video submissions

- All athletes
- Use WODProof app
- Please carefully read all requirements on the last page



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possible!

21 KB Thrusters	
21 Burpees	
15 KB Thrusters	
15 Burpees	
9 KB Thrusters	
9 Burpees	

Athlete name _____

RX

Scaled

Judge name _____

I confirm the scores accurately represent
the athlete’s performance for this workout.

Time

:

minutes

seconds

Athlete’s signature

Date

Movement standards

Girls Kettlebells	Scaled			Rx'd		
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Movement standards	
Kettlebell Thruster	<ul style="list-style-type: none"> • This is a standard thruster in which the KB moves from the bottom of a front racked squat to full lockout overhead. • The hip crease must clearly pass below the top of the knees in the bottom position. • A full squat clean into the thruster is allowed when the KB is taken from the floor. • The KB must come to a full lockout overhead, with the hips, knees and arms fully extended, and the KB directly over the middle of the athlete's body. • There is no requirement to switch arms; athletes may choose to do so of their own accord. <p>Note: If the KB is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Using a ball, box or other object to check for proper depth is not allowed.</p>
Burpees	<ul style="list-style-type: none"> • Jump back to a push up position, placing the hands approximately shoulder-width • Lower the chest and thighs, they must touch the ground • Push-up and jump back towards the hands • Jump to full knee and hip extension, extend the arms overhead & clap <p>Rx'd – jump back with 2 feet simultaneously Scaled – stepping backwards is allowed</p>

Video submissions, for all athletes

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.*

Use the 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
- Click on the arrow next to "Qualifiers"
- Scroll down or use the search bar to find the M&TTD Online Qualifiers 2021 & click on it
- New to the app? Use prefilled Prep workout 1 as your test
- Choose the workout you want to start
- Enter your full name at the top of the page
- The rest is already prefilled for you! Easy peasy :-)
- Start workout
- Depending on the set-up of your workout area & the angle of your camera, choose the corner the timer is shown. Please make sure the timer does not block the view of your movements.
- Finish your workout & click to upload your video to Youtube

Prior to the workout, start your video by

- Stating your name & age division
- Clearly show that equipment standards are being met: show the weight(s) of your equipment (dumbbells, kettlebells etc.). If applicable: show & measure target height, distances
- When you fail to show equipment standards, we cannot judge your performance correctly & your score will be invalidated

Placing of your camera

- You & your judge should be clearly visible throughout the entire workout. The timer with the running workout time will be shown on the WODproof app.
- Make sure you shoot the video from an angle so all movements can be clearly seen meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Music and recording

- For your info: YouTube might block the sound of a video if songs are recognized. This will not affect your score and/or acceptance of video submission

Public or Private?

- Make sure you put your video on public so that we can watch your video.
- As soon as your score is validated we allow you to change the video back to private.

Judges

- If possible ask a (certified) judge to judge you accurately. 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.

* see rules & requirements