



Semi Finals - Workout 21.5 Masters & Teens Throwdown 2021

Friday 2 April 07:00hrs till
Sunday 11 April 23:59hrs (CET)

CROSSmaxx®



21.5 – “Dumbbell DT”

For Time – Time cap 7 minutes

5 rounds Double Dumbbell DT

12 Deadlifts

9 Hang Power Cleans

6 Shoulder to Overhead

Variations

All age groups, Rx'd and/or Scaled divisions perform the exact same workout. Weight of dumbbells vary. [Check the prescribed weights](#) in the Movement Standards

Equipment preparation

- 2 Dumbbells of appropriate weight for your age group/division
- Check [the floor plan](#)

Video submissions

- Use WODProof app
- Start your video by clearly showing that equipment standards are met: Show weight of **both** DB's
- Please carefully read [all requirements on the last page](#)

Workout notes*

Set a clock that counts up.

The workout starts with the DB's on the floor & the athlete standing tall. On the count of 3, 2, 1, GO... the athlete picks up the DB's and starts with the 1st set of 12 Deadlifts.

After having completed the 12 deadlifts, the athlete performs 9 hang power cleans, followed by 6 shoulder to overheads. This is 1 round.

Repeat this 4 more times (total 5 rounds)

The workout stops:

1. When the 5th set of 6 shoulder to overheads is completed. Note your time.
2. When the clock reaches 7:00min & athlete did not finish all reps by then, score = number of reps completed

* read [movement standards](#) carefully

Scoring

The athlete's score will be the time noted after having completed all 5 rounds of the prescribed workout.

If the athlete did not finish within the time cap, the score will be the total number of reps performed.



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For Time
 Time cap : 7 minutes

5 rounds
 Double Dumbbell DT

12 Deadlifts
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	12 Deadlifts	9 Hang Power Cleans	6 Shoulder to Overhead
Round 1	12	21	27
Round 2	39	48	54
Round 3	66	75	81
Round 4	93	102	108
Round 5	120	129	135

Athlete name _____

Judge name _____

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

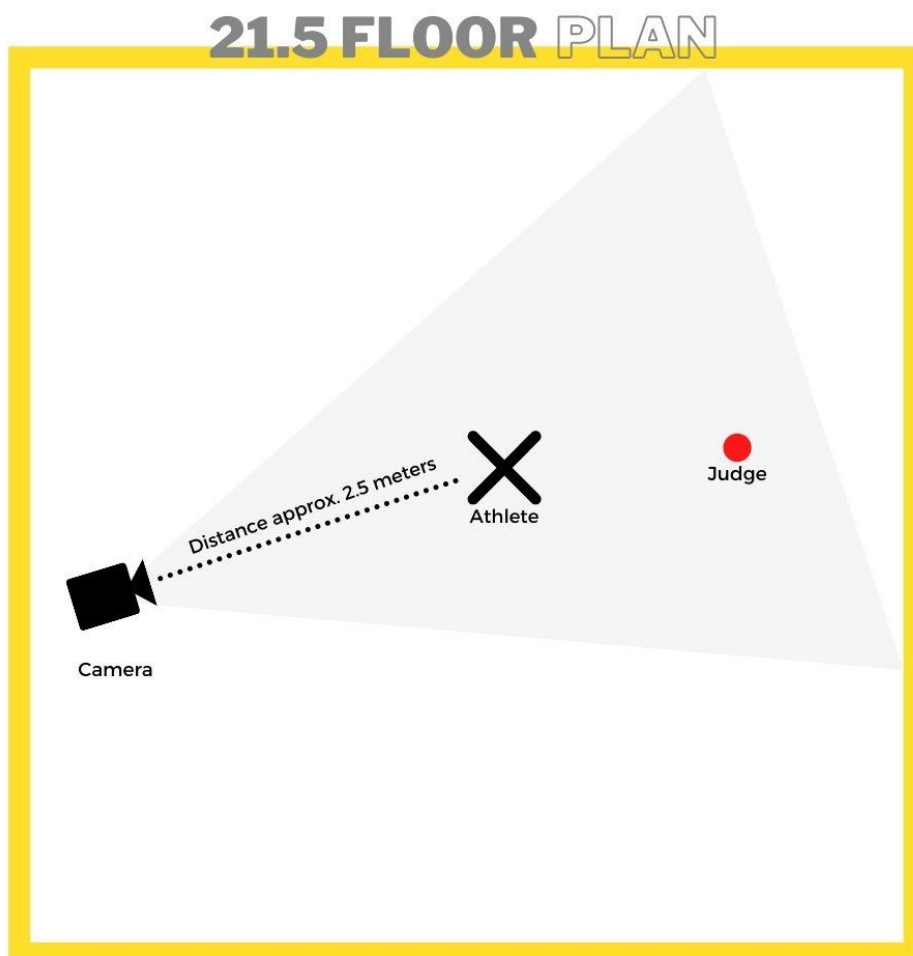
Athlete’s signature _____ Date _____

End time : _____ Time capped – total number of reps completed _____
 minutes seconds

Movement Standards

Double Dumbbell	Rx'd		Scaled	
	Kilo	Lbs	Kilo	Lbs
G12	7.5	15	5	10
G14	10	20	7.5	15
G16 / G18 / G20	15	35	10	20
B12	10	20	7.5	15
B14	15	35	10	20
B16 / B18 / B20	22,5	50	15	35
F35 / F40 / F45 / F50 / F55	15	35	10	20
F60 / F65+	10	20	5	10
M35 / M40 / M45 / M50 / M55	22,5	50	15	35
M60 / M65+	15	35	10	20

Floor plan



Movement	
Dumbbell Deadlift	<p>Watch the YouTube video here: https://www.youtube.com/watch?v=JNpUNRPQkAk</p> <ul style="list-style-type: none"> • Place the dumbbells outside the knees. • Starting with the dumbbells on the floor, the athlete lifts the dumbbells until the hips and knees reach full extension • Dumbbells remain in line with the legs • The arms must be straight throughout • Touch-and-go is permitted, and only one head of each dumbbell is required to touch the floor between repetitions. • Sumo deadlifts are not allowed
Dumbbell Hang Power Cleans	<p>Watch the YouTube video here: https://www.youtube.com/watch?v=myc1taX-uBs</p> <ul style="list-style-type: none"> • Place the dumbbells outside the athlete's feet • Deadlift the dumbbells to hang position • Dumbbells come up to the shoulders in one motion & are received in partial front squat • The rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body. Elbows slightly in front of the body • Dumbbells remain on the outside the athlete's body • Hips and knees are fully extended with the dumbbells on the shoulders, feet are in line • This is a power clean: squat clean or split clean are not allowed, muscle clean is.
Dumbbell Shoulder to Overhead	<ul style="list-style-type: none"> • Dumbbells rest on the shoulders, with the elbows in front of the body • Drive dumbbells overhead. Both arms, knees & hips need to be fully extended in the end position • In end position dumbbells & feet are in line with the body • This is a shoulder to overhead: strict press, push press, push jerk, split jerk is permitted as long as the required finish position is achieved. Examples: <ul style="list-style-type: none"> ○ Strict press: https://www.youtube.com/watch?v=AqzDJHxynwo ○ Push press: https://www.youtube.com/watch?v=4tCaD42ghlc ○ Push Jerk: https://www.youtube.com/watch?v=rnN3pYswScE ○ Split Jerk: https://www.youtube.com/watch?v=KpE5v62Qnbk


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 the weight of both dumbbells
- **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. If you do not use the WODProof app, an alternative clock should be clearly visible
- Make sure you shoot the video from an angle so all movements can be clearly seen meeting the movement standards. **Check floorplan!**
- 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