



## Qualifier 2 Masters & Teens Throwdown 2019

Saturday 07 September 07:00hrs till  
Wednesday 18 September 23:00hrs (CET)

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### Qualifier 2 – “Mega Cindy”

For time, time cap 12min

3 rounds of

- 5 pull ups
- 10 push ups
- 15 air squats

2 rounds of

- 5 chest-to-bar pull ups
- 10 handstand push ups
- 15 front squats

#### -tiebreak-

1 round of

- 5 bar muscle ups
- 10 strict handstand push ups
- 15 overhead squats

#### Variations

	FsQ & OHS
G12	25
G14	35
G16	40
B12	30
B14	40
B16	50
F35	45
F40	45
F45	40
F50	35
F55	35
F60	25
F65	25
M35	60
M40	60
M45	55
M50	55
M55	50
M60	40
M65	40

See also  
Movement  
Standards for  
both RX, scaled  
and lbs  
variations

#### Workout notes

The workout begins with athlete standing tall underneath the pull up bar. After the call of “3, 2, 1... go,” the athlete will have 12 minutes to perform 3 rounds of PU/PushU/SQ.

After these 3 rounds are completed, the athlete will continue with 2 rounds of C2B/HSPU/FS.

When both rounds are completed, note your tiebreak! Athlete continues to the last round: BMU/HSPU/OHS.

**Note:** There is a **tiebreak** for this workout!

The athlete's score will be

- the time it takes to complete the entire workout, or
- 12 minutes plus 1 second for each rep you didn't make. For example: you did your 1<sup>st</sup> BMU? Super!! Your score will be 12:29. Did you finish doing all strict HSPU's & not the OHS: your score is 12:15. Did not reach the tiebreak, also add 1 second for each rep you did not make (30sec extra for last round, plus your missed reps in the rounds before the tiebreak)
- In case athletes have the same score (same end time), the athlete with the lower tiebreak will be ranked higher.

#### Equipment preparation

- 1 barbell & plates\* of appropriate weight for your age group. Dumbbells & plyo box for scaled variations
- Tape square for HSPU. Tip: use a plyo box & put tape around it
- Running clock, 12 min. counting up

\* the official plate weight is in kilograms, if you have access to lbs plates only, please use the standards as prescribed in the movement standards.



## Qualifier 2 SCORE CARD

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### Qualifier 2 – “Mega Cindy”

For time, time cap 12min

- 3 rounds of
- 5 pull ups
  - 10 push ups
  - 15 air squats

- 2 rounds of
- 5 chest-to-bar pull ups
  - 10 handstand push ups
  - 15 front squats

### Tiebreak

- 1 round of
- 5 bar muscle ups
  - 10 strict handstand push ups
  - 15 overhead squats

Round	5 Pull ups (jumping pu)	10 Push ups (box push ups)	15 Squats (squats)
1	5	15	30
2	35	45	60
3	65	75	90
Round	5 C2B (jumping C2B)	10 HSPU (dumbbell push pr)	15 FSq (FSq)
1	95	105	120
2	125	135	150
Round	5 BMU (pull ups)	10 str HSPU (dumbbell str press)	15 OHS (OHS)
1	155	165	180

Tiebreak

:

minutes seconds

☐

RX

☐

Scaled

Athlete name \_\_\_\_\_

Tiebreak

:

minutes

seconds

Judge name \_\_\_\_\_

End time

:

minutes

seconds

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

Did not finish the complete workout?

Please add 1 second for each rep you miss to the  
time cap of 12 minutes. See 1<sup>st</sup> page for  
explanation

Athlete's signature

Date

## Movement standards

### Scaled

3 rounds of

- 5 jumping pull ups
- 10 box push ups
- 15 air squats

2 rounds of

- 5 jumping chest-to-bar pull ups
- 10 dumbbell push press
- 15 front squats from the rack

### **Tiebreak**

1 round of

- 5 pull ups
- 10 dumbbell strict press
- 15 overhead squats from the rack

	FsQ & OHS				Dumbbell press (Scaled)	
	RX		Scaled		Each arm	
	kg	lbs	kg	lbs	kg	lbs
G12	25	55	15	33	4	7,5
G14	35	77	20	44	5	10
G16	40	88	25	55	7,5	15
B12	30	66	20	44	5	10
B14	40	88	25	55	7,5	15
B16	50	110	30	66	10	22,5
F35	45	99	30	66	10	22,5
F40	45	99	30	66	10	22,5
F45	40	88	25	55	7,5	15
F50	35	77	20	44	5	10
F55	35	77	20	44	5	10
F60	25	55	15	33	4	7,5
F65	25	55	15	33	4	7,5
M35	60	132	40	88	12,5	27,5
M40	60	132	40	88	12,5	27,5
M45	55	121	30	66	10	22,5
M50	55	121	25	55	7,5	15
M55	50	110	25	55	7,5	15
M60	40	88	20	44	5	10
M65	40	88	20	44	5	10

Movement	RX
<b>Pull ups</b>	Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met. At the bottom, the arms must be fully extended. At the top, the chin must reach over the bar. Athletes may wrap tape around the pull-up bar or wear hand protection
<b>Push-Ups</b>	Starting position: plank hold, elbows at full extension. The athlete must complete the full range of motion: chest must touch the ground, the elbows must be close to your body and reach full extension at the top, with the knees no wider than shoulder width. A straight body position must be maintained throughout the push-up. No snaking or sagging.
<b>Air squat</b>	At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open/extended
<b>Chest-to-bar pull ups</b>	The arms must be fully extended at the bottom, with the athlete's feet off the ground. The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. Athletes may wrap tape around the pull-up bar or wear hand protection.
<b>Handstand push-up</b>	Prior to starting, a box that is 36 inches wide and 24 inches deep must be marked on the floor. The palms of the hands must stay within the dimensions of the box marked on the ground, but the fingers may extend past the line. Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. The feet must remain inside the width of the hands throughout the entire repetition. At the bottom, the athlete's head makes contact with the ground or target. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates. The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall.
<b>Front squat</b>	The athlete moves the barbell from ground to shoulder and places the barbell in front rack position to begin the set of front squats. A full squat clean will count as a repetition as long as all the standard requirements are met. In the front squat, the barbell must be held in the front rack position. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open/extended with the barbell in control.
<b>Bar muscle ups</b>	The athlete must begin with a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip. The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Athletes may wrap tape around the pull-up bar or wear hand protection.
<b>Strict handstand push-up</b>	See description above, extra restrictions: Kipping is <b>not</b> allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.
<b>Overhead squat</b>	The athlete moves the barbell from ground to overhead in any way and can begin the set of overhead squats. A full squat snatch will count as a repetition as long as all the requirements are met. In the overhead squat, the barbell must be kept overhead with the arms locked. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control and over the heels.

Movement	Scaled
<b>Jumping pull-ups</b>	The bar should be at least six inches above the top of the athlete's head when the athlete is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower their body so the arms are fully extended. At the top, the chin must be above the bar, break the horizontal plane of the bar. . Athletes may wrap tape around the pull-up bar or wear hand protection
<b>Box push-ups</b>	Starting position: plank hold, elbows at full extension at a plyo box, standard box height 24" (=61cm). The athlete must complete the full range of motion: chest must touch the box, the elbows must be close to your body and reach full extension at the top, with the knees no wider than shoulder width. A straight body position must be maintained throughout the push-up. No snaking or sagging.
<b>Air squat</b>	At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open/extended
<b>Jumping chest-to-bar pull-up</b>	The bar should be at least six inches above the top of the athlete's head when the athlete is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower their body so the arms are fully extended. The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection.
<b>Dumbbell push press</b>	Each rep begins with the dumbbells at the shoulders and the feet in line. During the rep, dumbbells are moved from shoulder to an overhead position. Any halt in the upward motion of the dumbbells constitutes a no rep. The athlete may receive assistance with movement from the hips or legs. Excessive backward leaning of the torso is not allowed. The feet must remain flat on the ground. Jerk is not allowed. The rep is credited when the arms, hips and knees are fully extended with the dumbbells directly over the middle of the body
<b>Front squat from the rack</b>	The athlete takes the barbell from the rack onto the shoulder in front rack position to begin the set of front squats. The barbell must be held in the front rack position at all times. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open/extended with the barbell in control.
<b>Pull ups</b>	Dead-hang, kipping or butterfly pull-ups are all allowed, as long as all the requirements are met. At the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar or wear hand protection
<b>Dumbbell <u>strict</u> press</b>	Each rep of the press begins with the dumbbells at the shoulders and feet in line. During the rep, dumbbells are moved from shoulder to an overhead position. The athlete may not receive assistance with any movement from the hips or legs. Excessive backward leaning of the torso is not allowed. The feet must remain flat on the ground. A push press or jerk is not allowed. The rep is credited when the arms, hips and knees are fully extended with the dumbbells directly over the middle of the body
<b>Overhead squat from the rack</b>	The athlete takes the barbell from the rack and moves it to an overhead position to begin the set of overhead squats. In the overhead squat, the barbell must be kept overhead with the arms locked. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control and over the heels.

### **Video submissions, for RX'd athletes only:**

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 video's not meeting the following requirements will not be approved\*.

Prior to the workout, start your video by:

- Stating your name & age division
- Clearly show weight of barbell and plates

Placing of your camera:

- Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout.
- 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 and Vimeo 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. Private video's will not be approved. As soon as your score is validated we allow you to change the video back to private

\* see rules & requirements