



## Qualifier 21.3 Masters & Teens Throwdown 2021

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

CROSSmaxx®



### Qualifier 21.3 – Death Swings

For Time  
300 Russian Kettlebell Swings  
EMOM Death by Kettlebell  
Goblet Squats

Time cap 15 minutes

#### Variations

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

Weight of kettlebells varies. For prescribed weights please see movement standards

#### Equipment preparation

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

#### Scoring

The athlete's score will be the time noted after having completed 300 KB swings. If the athlete does not finish within the time cap, the score will be the total number of KB Russian Swing performed.

#### Video submissions

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

#### Workout notes

Set the clock counting upwards with a time cap of 15 minutes.

The KB starts on the floor. On the count of 3, 2, 1, GO... the athlete picks up the KB to start the KB Russian Swings.

In the first minute the athlete starts with the Swings during the whole minute. At 1:00 min. the athlete performs ONE Goblet Squat.

**Make sure you finish your squat first** & come to full extension of the hips before continuing with the KB Russian Swings.

At 2:00 min. the athlete performs TWO Goblet Squats. At 3:00 min. the athlete performs THREE Goblet Squats. Keep adding 1 goblet squat every minute until all 300 Russian KB Swings are performed.

The workout stops:

1. When 300 KB Russian Swings are done. Note your time.
2. When the clock reaches 15:00min  
At minute 14:00 perform 14 goblet squats & complete as many KB swings until the clock reaches 15:00m. If athlete did not reach 300 KB swings by then, score = number of KB Swings completed

\* **carefully read movement standards**



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At minute 14:00 perform 14 goblet squats & complete as many KB swings until the clock reaches 15:00m. If athlete did not reach 300 KB swings, score = number of KB Swings completed

Rx'd

Scaled

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

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

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

\_\_\_\_\_  
Athlete's signature

\_\_\_\_\_  
Date

Minute	Kettlebell Swings
Minute 0	
Minute 1	1 Goblet Squat
Minute 2	2 Goblet Squats
Minute 3	3 Goblet Squats
Minute 4	4 Goblet Squats
Minute 5	5 Goblet Squats
Minute 6	6 Goblet Squats
Minute 7	7 Goblet Squats
Minute 8	8 Goblet Squats
Minute 9	9 Goblet Squats
Minute 10	10 Goblet Squats
Minute 11	11 Goblet Squats
Minute 12	12 Goblet Squats
Minute 13	13 Goblet Squats
Minute 14	14 Goblet Squats

End time \_\_\_\_\_ : \_\_\_\_\_  
minutes seconds

Time capped – total number of KB reps completed

\_\_\_\_\_

## Movement standards

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

Movement	
<b>Russian Kettlebell Swings</b>	<ul style="list-style-type: none"> <li>• The Russian swing begins with the kettlebell between the legs</li> <li>• The kettlebell is swung to chest level – at 90 degrees (shoulder height) or more – with the knees, hips locked out</li> <li>• Elbows do not have to be locked out</li> <li>• Finish the rep by bringing the kettlebell back to the starting position</li> </ul>
<b>KB Goblet Squat</b>	<ul style="list-style-type: none"> <li>• This is a regular squat holding the kettlebell close to the body at chest height. Any way of hold is allowed: at handle or weight, in regular position or upside down</li> <li>• At the bottom, the crease of the hips must pass below the height of the kneecap.</li> <li>• At the top, the knees and hips must be completely open/extended</li> </ul>

## **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