



## Qualifier 1 Masters & Teens Throwdown 2019

Saturday 31 August 07:00hrs till  
Wednesday 11 September 23:00hrs (CET)

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### Qualifier WOD 1

8 min AMRAP, with a continuously running clock complete:

- 1A: 100 wall balls
- 1B: remaining time, max. reps power snatch, pick load

#### Variations

RX'd – Ages 14-65+:

Male: throw 9 kg (20 lb.) ball to 10-ft. target

Female: throw 6 kg (14 lb.) ball to 9-ft. target

RX'd – Teenagers 12-13:

Boys throw 6 kg (14 lb.) ball to 9-ft. target

Girls throw 4 kg (10 lb.) ball to 8-ft. target

Scaled: see Movement Standards

#### Workout 1A

The workout begins with the medicine ball on the ground and athlete standing tall. After the call of “3, 2, 1... go,” the athlete will pick up the ball in a squat and perform the wall-ball shots.

#### Note your tiebreak (= score WOD A)

After 100 reps are completed, the athlete will directly move to the barbell to perform power snatches. There is NO rest, between workout A & B, the clock continues to run. The athlete will directly continue to the second portion of the workout:

#### Workout 1B

Within remaining time perform as many reps of power snatches. Pick & prepare your load before starting Workout 1A. Changing plates on the barbell during the workout is not allowed. Your score WOD 1B: weight x number of reps. So be smart! :-)

### Equipment preparation

- Medicine ball of appropriate weight for your age group RX'd/Scaled
- Check target height appropriate for your age group RX'd/Scaled
- 1 barbell & plates\*, pick any load before starting, changing weights during the workout is **not** permitted
- Running clock, counting up

\* the official weights are in kilograms, if you have access to lbs plates only, please use the following formula:

Lbs to kilograms: multiply by 0.454

### Video submissions

- For RX'd athletes only
- See requirements on last page



**Qualifier 1 SCORE CARD**  
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 Men throw 9 kg (20 lb.) ball to 10-ft. target  
 Women throw 6 kg (14 lb.) ball to 9-ft. target

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Scaled: see Movement Standards

**The scoring for this workout**

WOD 1A: The elapsed time at which you completed your 100 wall balls.

WOD 1B: The athlete's score will be the total number of repetitions of power snatches completed within the remaining time of the 8-minute time cap, multiplied by the combined weight of barbell & plates in kilograms

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

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

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

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

\_\_\_\_\_  
 Date

**WOD 1A - 100 wall balls**

5	10	15	20	25	30	35	40	45	50
55	60	65	70	75	80	85	90	95	100

**TIE BREAK** :

\_\_\_\_\_

Min      Sec

**WOD 1B – Power Snatch**

RX      Scaled

Reps \_\_\_\_\_

X

Weight \_\_\_\_\_  
 kilograms

=

Total score \_\_\_\_\_  
 kilograms

## Movements standards:

### Wall balls:

In the wall ball shots, the medicine ball must be taken from the ground, start at the bottom of a squat, hip crease below knee, and thrown to hit the specified target. The rep is counted when the ball hits the target at or above the specified target height. If the ball hits below or does not hit the wall, it is a no rep". If the ball is not caught between reps, it must come to a full stop on the ground before being picked up for the next rep. Catching the ball bouncing off the floor is not permitted.

### RX'd & Scaled:

	RX			Scaled		
	Wallball KG	Wallball LBS	Target	Wallball KG	Wallball LBS	Target
G12	4	10	2.40m / 8ft	4	10	2.10m / 7ft
G14	6	14	2.70m / 9ft	4	10	2.40m / 8ft
G16	6	14	2.70m / 9ft	4	10	2.70m / 9ft
B12	6	14	2.70m / 9ft	6	14	2.40m / 8ft
B14	9	20	3.00m / 10ft	6	14	2.70m / 9ft
B16	9	20	3.00m / 10ft	6	14	3.00m / 10ft
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	2.40m / 8ft
F60	6	14	2.70m / 9ft	4	10	2.40m / 8ft
F65+	6	14	2.70m / 9ft	4	10	2.40m / 8ft
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	2.70m / 9ft
M60	9	20	3.00m / 10ft	6	14	2.70m / 9ft
M65+	9	20	3.00m / 10ft	6	14	2.70m / 9ft

### Power snatch:

The barbell begins on the ground and must be lifted overhead in one motion. Receiving the barbell in the bottom of a squat is not allowed, hips must stay above the knees. Any other way of ground-to-overhead is not permitted. Touch and go is permitted but deliberately bouncing the barbell is not. The bar can be dropped from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition. The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended and the bar directly over or slightly behind the middle of the body with the feet in line.

### **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 medicine ball, target height, 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