QUALIFIERS 23 JAN - 3 MAR 23:59

WE ARE BACK!

WE ARE BACK!

FINALS: 16 & 17 MAY 2026

SCORECARD SCALED BUDDY

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

ROW 800 METER	

PART 2 FOR REPS

DB 10/15 KG
17 REPS PER ROUND (6 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
6 BURPEE TO TARGET												
9 single db ground to OH												
12 m (2x6m) single db walking lunges												

PART 3 FOR MAX LOAD

BARBELL COMPLEX:
3 DEADLIFT
1 HANG CLEAN
1 SHOULDER TO OVERHEAD

ATHLETE	A1	A2	A1	A2	A1	A2	A1	A2
WEIGHT (kg)								
SUCCESSFUL								

BEST SUCCESSFUL LIFTS ATHLETE 1 ……. + ATHLETE 2 …… = SCORE ……..

SCORES

PART 1 time (mm:ss)	
PART 2 total reps	
PART 3 total weight	

SCORECARD REGULAR BUDDY

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

ROW 1000 METER	TIME: mm:ss

PART 2 FOR REPS
DB 10/15 KG
14 REPS PER ROUND (3 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
3 Burpee pull up												
9 Double db ground to OH												
12 m (2x6m) double db walking lunges												

PART 3 FOR MAX LOAD
BARBELL COMPLEX:
3 DEADLIFT
1 HANG CLEAN
1 SHOULDER TO OVERHEAD

ATHLETE	A1	A2	A1	A2	A1	A2	A1	A2
WEIGHT (kg)								
SUCCESSFUL								

BEST SUCCESSFUL LIFTS ATHLETE 1 ……. + ATHLETE 2 …… = SCORE ……..

SCORES

PART 1 time (mm:ss)	
PART 2 total reps	
PART 3 total weight	

SCORECARD REGULAR TRIPLETS

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

ROW 1200 METER	

PART 2 FOR REPS

DB'S 10/15 KG
14 REPS PER ROUND (3 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
3 Burpee pull up												
9 Double db ground to OH												
12 m (2x6m) double db walking lunges												

PART 3 FOR MAX LOAD

BARBELL COMPLEX:
3 DEADLIFT
1 HANG CLEAN
1 SHOULDER TO OVERHEAD

ATHLETE	A1	A2	A3	A1	A2	A3	A1	A2	A3
WEIGHT (kg)									
SUCCESSFUL									

BEST SUCCESSFUL LIFTS ATHLETE 1 …… + ATHLETE 2 ……+ ATHLETE 3…… = SCORE:……..

SCORES

PART 1 time (mm:ss)	
PART 2 total reps	

SCORECARD ADVANCED BUDDY

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

ROW 1000 METER	

PART 2 FOR REPS
BARBELL 30/40 KG
14 REPS PER ROUND (3 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
3 Burpee chest to bar pull up												
9 Barbell ground to OH												
12 m (2x6m) barbell front rack walking lunges												

PART 3 FOR MAX LOAD
BARBELL COMPLEX:
3 DEADLIFT
1 HANG CLEAN
1 SHOULDER TO OVERHEAD

ATHLETE	A1	A2	A1	A2	A1	A2	A1	A2
WEIGHT (kg)								
SUCCESSFUL								

BEST SUCCESSFUL LIFTS ATHLETE 1 ……. + ATHLETE 2 …… = SCORE ……..

SCORES

PART 2 total reps	

SCORECARD ADVANCED TRIPLETS

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

ROW 1200 METER	

PART 2 FOR REPS
BARBELL 30/40 KG
14 REPS PER ROUND (3 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
3 Burpee chest to bar pull up												
9 barbell ground to OH												
12 m (2x6m) barbell front rack walking lunges												

PART 3 FOR MAX LOAD
BARBELL COMPLEX:
3 DEADLIFT
1 HANG CLEAN
1 SHOULDER TO OVERHEAD

ATHLETE	A1	A2	A3	A1	A2	A3	A1	A2	A3
WEIGHT (kg)									
SUCCESSFUL									

BEST SUCCESSFUL LIFTS ATHLETE 1…..+ ATHLETE 2……+ ATHLETE 3….. = SCORE ……

SCORES

PART 2 total reps	

SCORECARD RX BUDDY

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

ROW 1000 METER	

PART 2 FOR REPS

BARBELL 35/50
14 REPS PER ROUND (3 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
3 Burpee muscle up												
9 Barbell ground to OH												
12 m barbell Barbell overhead walking lunges												

PART 3 FOR MAX LOAD

BARBELL COMPLEX:
3 DEADLIFT
1 HANG CLEAN
1 SHOULDER TO OVERHEAD

ATHLETE	A1	A2	A1	A2	A1	A2	A1	A2
WEIGHT (kg)								
SUCCESSFUL								

BEST SUCCESSFUL LIFTS ATHLETE 1 ……. + ATHLETE 2 …… = SCORE ……..

SCORES

PART 2 total reps	

SCORECARD RX TRIPLETS

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

ROW 1200 METER	

PART 2 FOR REPS
BARBELL 35/50 KG
14 REPS PER ROUND (3 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
3 Burpee muscle up												
9 Barbell ground to OH												
12 m barbell Barbell overhead walking lunges												

PART 3 FOR MAX LOAD
BARBELL COMPLEX:
3 DEADLIFT
1 HANG CLEAN
1 SHOULDER TO OVERHEAD

ATHLETE	A1	A2	A3	A1	A2	A3	A1	A2	A3
WEIGHT (kg)									
SUCCESSFUL									

BEST SUCCESSFUL LIFTS ATHLETE 1…..+ ATHLETE 2……+ ATHLETE 3….. = SCORE ……

SCORES

PART 2 total reps	

SCORECARD ADULT KID

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

ROW ADULT 500 METER THEN KID 300 METER	

PART 2 FOR REPS

DB PARENT: 10/15 - DB KID 4/6
17 REPS PER ROUND (6 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
6 Synchro burpees												
9 synchro db ground to OH												
12 m (2x6m) walking lunges (parent 1 db)												

PART 3 FOR MAX REPS

YOU GO I GO PER ROUND - KB PARENT 12/16 KB KID 4/6
6 KB DEADLIFTS
6 KB SWINGS
6 KB SQUATS

ATHLETE	A1	A2	A1	A2	A1	A2	A1	A2	A1	A2
6 KB DEADLIFTS										
6 KB SWINGS										
6 KB SQUATS										

SCORES

PART 1 time (mm:ss)	
PART 2 total reps	
PART 3 total reps	

SCORECARD INDIVIDUAL

ATHLETE NAMES:
GROUP NAME:

PART 1 FOR TIME

PART 2 FOR REPS
BARBELL 30/40 KG
14 REPS PER ROUND (3 + 9 + 2)

ROUND	1	2	3	4	5	6	7	8	9	10	11	12
3 Burpee pull up												
9 Barbell ground to OH												
12 m (2x6m) barbell front rack walking lunges												

PART 3 FOR MAX LOAD
BARBELL COMPLEX:
3 DEADLIFT
1 HANG CLEAN
1 SHOULDER TO OVERHEAD

ATTEMPT	1	2	3	4	5	6	7
WEIGHT (kg)							
SUCCESSFUL							

BEST SUCCESSFUL LIFT = SCORE ……..

SCORES

PART 2 total reps	

Dear athlete,

Before starting with the workout, we ask you to read through everything from this point on so that you are well prepared.
Although we would love to take your word and not have an online video qualifier process, that's not how this works. In addition to the scorecard, you, the athlete, will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify that you have performed the test, that the number of repetitions and times specified are correct and that you meet up with the movement standards.
Let us help you by setting up these practical tips and rules to insure you for video submission success.

Before the test

Make sure that you will go over all workouts, flow and standards by:
1. READING them first;
2. Ask questions later if something is not clear to you.

We always recommend the use of a judge, even if it is not mandatory. If you do, make sure that your judge does the same steps like above.

During the test

Make it clear to your judge that officiating is not just counting reps. Your judge must also be aware that you, as an athlete, have to meet up with all the required rules and standards. It's your judge's responsibility to inform you if you don't meet up with the rules and standards = NO-REP.
Your judge can give you verbal instructions (squat deeper, extend those hips/arms, etc...) but a no-rep is a no-rep and should be given at ALL times in this process!

After the test

We recommend you to check your videos yourself before submitting them to the competition platform. Make a comparison with the scorecard and check the following (if applicable):

- Are the totals correct?
- Are the times correct?
- Are the weights correct?
- Are the distances correct?
- Are the heights correct?

It's NOT to our review team to determine all of the above. You are responsible for this! If everything is correct and only then, you can upload your video (link) for review without the risk of getting penalties or invalidation of it.

Video format

YOUTUBE, VIMEO, GOOGLE, etc... whichever works best for you is allowed.

Don't forget to set your video in PUBLIC modus (YOUTUBE) and without a password login (GOOGLE). Also be aware of COPYRIGHTS on music in the background as these get your video taken down.

ALL videos must be uncut/unedited to allow an accurate display of the test performance. The use of fisheye or similar lens is NOT ALLOWED and will be invalidated by our review team due the visual distortion these lenses cause.

Time clock

Each video must show a timestamp. Your best option to make sure this is 100% guaranteed is to download an App such as WODproof or WeTime or any other similar App so you can scratch any worries about hogging the box WOD clock.
You can also use the WODproof or WeTime and Concept2 bluetooth connection.
If you don't have this, or don't want to use it, any form of ascending visible clock is allowed within the video frame.

Remember your BASICS

The first thing we want to see when the video starts is:

- Tell us your name;
- State which event and division you are doing;
- Zoom in/focus on those weights (barbell, dumbbell, kettlebell, etc...), distance (shuttle run, handstand walk, etc...) and time/distance/calories on those screens so we can give you full credit.

If required, don't forget to reset the screens of the machines before starting another round.

Angle and frame

Record the video so that all exercises can be clearly seen meeting the movement standards. As for framing, make sure your ENTIRE body stays in the frame at ALL times. If we can not see you, we can not assess the video!
TIPS!

- do not place your recording device on the ground with an upward angle;
- do not place your recording device right in front of you (The anterior 45° angle position is the most ideal place);
- do not place your recording device far away from you
- watch out for box related obstacles

Scorecards

The scorecards are a tool that allows you to record all correctly performed reps in order to upload the final score on the online platform. We strongly recommend that you review this scorecard before performing the workout.

Submitting your score

For more info please visit the following link for instructions (available in English only):

https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score

Video review

When submitted, your score and video will be under review. Our review team will watch the videos randomly to make sure to give or don't give you the full credit of your hard work.
Please try to be patient - with technology and us.
If you have questions about your video or score, please try to hold off until we have had a chance to review your submission and log it for you on the leaderboard.
If we contact you about submission problems, you will have 24-hours to reply and comply.

Appeals

Appeals, scoring discrepancies or questions about the review of online videos will be handled by our head judge. Athletes will receive an email if the score posted is modified due a penalty. The message will give a brief description explaining the reason for the change in the score. After this notification, athletes will have 24-hour time to appeal. All appeals received after this 24-hour deadline will not be processed!

Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the athlete. Athletes may not appeal their own performance outcome based on the review, scoring or performance of another athlete.

Have fun with the workouts, keep it fair and earn your spot at the finals.

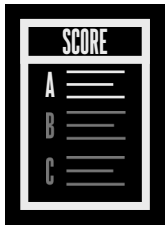
On behalf of CF Events, the Scandinavian Throwdown Team

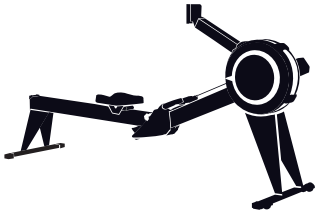
QUALIFIER EQUIPMENT LIST

3 SCORES

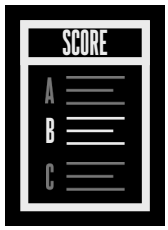
1 SETUP

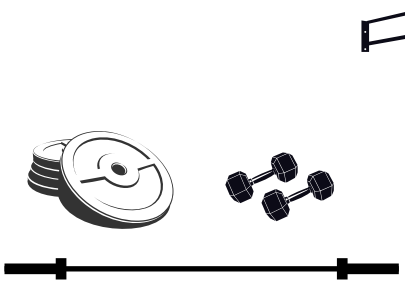
PART 1

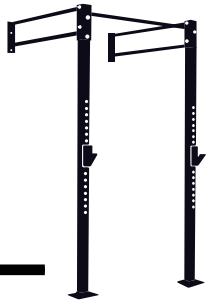




PART 2

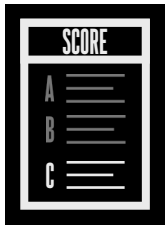


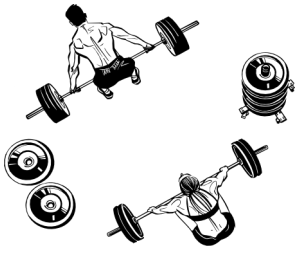




FLOOR SPACE

PART 3





QUALIFIERS 23 JAN - 3 MAR 23:59

FINALS: 16 & 17 MAY

SATURDAY

BUDDY & TRIPLETS

3 WODS + 1 FLOATER

SUNDAY

INDIVIDUAL

3 WODS + 1 FLOATER

[redacted]

21' ONE CLICK QUALIFIER

All movement standards are from IF3 Movement standards

(iF3 Movement standards)

PART 1 - 0'-7' CARDIO

score is time you need to complete rowing the required meters

SCALED	REGULAR	ADVANCED
BUDDY 800 METER	BUDDY 1000 METER TRIPLET 1200 METER	BUDDY 1000 METER TRIPLET 1200 METER

RX	ADULT / KID	INDIVIDUAL
BUDDY 1000 METER TRIPLET 1200 METER	ADULT 500 THEN KID 300	800/1000 METER

PART 2 - 7'-14' SKILL AMRAP

score is total reps

SCALED	REGULAR	ADVANCED
6 BURPEE TO TARGET 9 DB GROUND TO OVERHEAD 10/15 KG 12 M SINGLE DB WALKING LUNGES	3 BURPEE PULL UP 9 DOUBLE DB GROUND TO OVERHEAD DB'S 10/15 KG 12 M DOUBLE DB WALKING LUNGES	3 BURPEE CHEST TO BAR PULL UP 9 BARBELL GROUND TO OVERHEAD 30/40 KG 12 M BARBELL FRONT RACK WALKING LUNGES

RX	ADULT / KID	INDIVIDUAL
3 BURPEE MUSCLE UP (1ATHLETE) 9 BARBELL GROUND TO OVERHEAD 35/50 KG 12 M OVERHEAD BARBELL WALKING LUNGES	6 SYNCHRO BURPEES 9 SYNCHRO DB GROUND TO OVERHEAD 10/15 - DB KID 4/6 KG 12 M WALKING LUNGES (PARENT WITH 1 DB)	3 BURPEE PULL UP 9 BARBELL GROUND TO OVERHEAD 30/40 KG 12 M BARBELL FRONT RACK WALKING LUNGES

PART 3 - 14'-21' STRENGTH

Score for scaled, regular, advanced, rx and individual is heaviest combined complex weight finished before the 21' time cap
Score for adult / kid is total reps finished before the 21' time cap

SCALED	REGULAR	ADVANCED
BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD	BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD	BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD

RX	ADULT / KID	INDIVIDUAL
BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD	KB AMRAP YOU GO I GO / ROUND - 6 DEADLIFTS - 6 KB SWING - 6 KB SQUAT	BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD

PART 1 - 0'-7' CARDIO

score is time you need to complete rowing the required meters

SCALED	REGULAR	ADVANCED
BUDDY 800 METER	BUDDY 1000 METER TRIPLET 1200 METER	BUDDY 1000 METER TRIPLET 1200 METER

RX	ADULT / KID	INDIVIDUAL
BUDDY 1000 METER TRIPLET 1200 METER	ADULT 500 THEN KID 300	800/1000 METER

FLOW (all divisions)

- One athlete may start seated on the rower, hands not touching the handles before the clock starts.
- Athletes must row on a Concept2 RowErg.
- Last athlete must remain seated until the required distance is shown on the screen.
- Score for Part 1 is the time (min:sec) to complete your division's required meters.
- After completing the designated distance, athletes will rest until the clock reaches 7:00, you may use the rest to set-up the next part.

DIVISION-SPECIFIC RULES

Scaled / Regular / Advanced / RX

- Athletes may switch as often as they want.
- Required meters depend on your category (e.g., Buddy or Triplet).

Adult / Kid

- The adult rows 500 meters first.
- Once complete, the kid rows 300 meters.
- Time stops once the kid finishes 300 meters.

Individual

- Female rows 800 meters solo.
- Male rows 1000 meters solo.
- Time stops once the athlete's required meters are reached.

MOVEMENT STANDARDS

ROW – ID 9.03 (Page 73)

Athlete rows on a rowing machine.
REP START
- Seated on rower
- At least one hand on the handle

REP END
- Seated on rower
- Both feet on foot plates
- At least one hand on the handle

REP REQUIREMENTS
- Row until designated goal is met (distance)

VALID OBJECT/EQUIPMENT
- Concept2 Row erg

PART 2 - 7'-14' SKILL AMRAP

score is total reps

SCALED	REGULAR	ADVANCED
6 BURPEE TO TARGET 9 DB GROUND TO OVERHEAD 10/15 KG 12 M SINGLE DB WALKING LUNGES	3 BURPEE PULL UP 9 DOUBLE DB GROUND TO OVERHEAD DB'S 10/15 KG 12 M DOUBLE DB WALKING LUNGES	3 BURPEE CHEST TO BAR PULL UP 9 BARBELL GROUND TO OVERHEAD 30/40 KG 12 M BARBELL FRONT RACK WALKING LUNGES

RX	ADULT / KID	INDIVIDUAL
3 BURPEE MUSCLE UP (1 ATHLETE) 9 BARBELL GROUND TO OVERHEAD 35/50 KG 12 M OVERHEAD BARBELL WALKING LUNGES	6 SYNCHRO BURPEES 9 SYNCHRO DB GROUND TO OVERHEAD 10/15 - DB KID 4/6 KG 12 M WALKING LUNGES (PARENT WITH 1 DB)	3 BURPEE PULL UP 9 BARBELL GROUND TO OVERHEAD 30/40 KG 12 M BARBELL FRONT RACK WALKING LUNGES

PART 2 – 7'–14' SKILL AMRAP – Workout Flow

Score: Total reps accumulated within the 7-minute AMRAP.

FLOW (All Categories)

- The AMRAP begins at 7'00'' and ends at 14'00'' on the event clock.
- Athletes must perform the movement sequence in the exact order listed for their division.
- For Triplets all 3 athletes have to alternate rounds.
- Reps only count when completed to the division's movement standards.
- Walking lunges is 2 x 6 meters visible with tape or any markers

SCALED / REGULAR / ADVANCED / RX (Buddy & Triplet Divisions)

- Format: You-Go-I-Go, switching each full round.
- One athlete works while the other(s) rest.
- Athletes must complete the entire round before switching.
- Teams may not break up reps within a round, only in the RX category it's allowed but not obligatory that one athlete does all the burpee muscle ups.
- Continue alternating rounds for the full 7-minute AMRAP window.
- Score is the total reps earned across all athletes.

ADULT / KID Division

- Format: Synchronized work + shared tasks.
- Athletes perform the listed movements exactly as written for the division.
- Movements labeled "synchro" require both athletes to meet the synchronization standard on every rep.
- For walking lunges, the parent carries the single dumbbell while both athletes travel the required distance.
- Score is the total reps completed at the 14:00 time cap.

INDIVIDUAL Division

- Format: Solo AMRAP.
- The athlete performs the movement sequence alone.
- Continue cycling through the round until the 14:00 time cap.
- Score is total reps completed at the 14:00 time cap.

MOVEMENT FLOW INSIDE EACH ROUND

Each division performs:

1. Movement 1 (Burpee / Pull-up variation depending on division)
2. Ground-to-Overhead (DB or Barbell depending on division)
3. Walking Lunges (DB, Single DB, Barbell OH, or Barbell Front Rack depending on division) are 2 segments of 6 meters.

Athletes must finish the movements in the listed order each round.

MOVEMENT STANDARDS

BURPEE – ID 10.12 (Page 92)

REP START
- Prone position

REP END
- Hands clap overhead
- Feet are off the ground
- Knees and hips fully extended

REP REQUIREMENTS
- Chest and thighs touching the ground

TEAM SYNCHRO
- Rep start

BURPEE TO TARGET – ID 10.03 (Page 83)

REP START
- Prone position.

REP END
- Both hands in contact with the target.

REP REQUIREMENTS
- Chest and thighs touching the ground.

MEASUREMENTS
- A target, being a pull up bar or horizontal bar above standard reach when arms are fully locked out in overhead position.

PULL-UP – ID 7.04 (Page 58)

REP START
- Vertical hang from horizontal bar.

REP END
- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENTS
- Only hands and chest or above can touch anything during the movement.

CHEST-TO-BAR PULL-UP – ID 7.05 (Page 59)

REP START
- Vertical hang from horizontal bar.

REP END
- Chest in contact with the horizontal bar.

REP REQUIREMENTS
- Only hands and chest or above can touch anything during the movement.

BAR MUSCLE-UP – ID 7.07 (Page 61)

REP START
Vertical hang from horizontal bar.
REP END
- Vertical support.

REP REQUIREMENTS
- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.

CYCLE & POST REP
- The athlete may not rest on top of the horizontal bar in any other way than vertical support. If this happens, the athlete must jump down to the floor before achieving a new rep start.

GROUND TO OVERHEAD ANYHOW – ID 4.01/4.08 (Page 29-37)

REP START
- Object on ground
- Hand(s) on object

REP END
- Overhead lock-out

REP REQUIREMENTS
- Object is moved from ground to an overhead position.

CYCLE & POST REP
- The object can be returned to rep start in any controlled manner.

VARIATIONS
- Anyhow, snatch, clean and jerk, muscle variations

TEAM SYNCHRO
- Rep end

WALKING LUNGE – ID 15.06 (Page 130)

REP START
- Standing tall
- Both feet behind the start line

REP END
- Standing tall
- Both feet behind the end line

REP REQUIREMENTS
- Walk is performed with trailing knee touching the ground per step
- Each step must end by passing through the position in rep start

MEASUREMENTS
- Start line and end line for each segment equals 1 rep. 12 meters are 2 x 6 meters, so 2 reps.

TEAM SYNCHRO
- Rep start and rep end

PART 3 - 14'-21' STRENGTH

Score for scaled, regular, advanced, rx and individual is heaviest combined complex weight finished before the 21' time cap
Score for adult / kid is total reps finished before the 21' time cap

SCALED	REGULAR	ADVANCED
BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD	BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD	BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD

RX	ADULT / KID	INDIVIDUAL
BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD	KB AMRAP YOU GO I GO / ROUND - 6 DEADLIFTS - 6 KB SWING - 6 KB SQUAT ADULT 12/16 KG GIRL 4 KG BOY 6 KG	BARBELL COMPLEX 3 DEADLIFTS 1 HANG CLEAN 1 SHOULDER TO OVERHEAD

FLOW SCALED / REGULAR / ADVANCED / RX (Buddy & Triplet Divisions)

- The STRENGTH WOD begins at 14'00'' and ends at 21'00'' on the event clock.
- Athletes must perform the movement sequence in the exact order listed for their division.
- Reps only count when completed to the division's movement standards.
- Barbells may be preloaded before the start of this part.
- Only 1 athlete is lifting at a time, but multiple barbells can be used and changed during other athlete(s) attempts.
- Make sure you call out the weight you will be lifting before each attempt.
- Score is the heaviest combined complex successfully completed before the time cap.

FLOW INDIVIDUAL

- The STRENGTH WOD begins at 14'00'' and ends at 21'00'' on the event clock.
- Athlete must perform the movement sequence in the exact order listed for their division.
- Reps only count when completed to the division's movement standards.
- Make sure you call out the weight you will be lifting before each attempt.
- You don't need to use the same barbell as Part 2 of the qualifier, you are allowed to have a second barbell ready.
- Score is the heaviest complex successfully lifted before the time cap.

ADULT / KID Division

- The STRENGTH WOD begins at 14'00'' and ends at 21'00'' on the event clock.
- Athlete must perform the movement sequence in the exact order listed for their division.
- Athletes switch after each full round consisting of 6 deadlifts, 6 KB full swings, 6 KB goblet squats.
- Score is the total reps completed at time cap.

MOVEMENT STANDARDS

DEADLIFT – ID 2.01 (Page 19)

REP START
- Object on ground
- Hand(s) on object

REP END
- Deadlift lock-out

REP REQUIREMENTS
- Hands and arms are kept outside of the legs.

CYCLE & POST REP
- Object cannot bounce, meaning it cannot have notable upward momentum from ground impact.

VARIATIONS
- Conventional only, no sumo allowed

HANG CLEAN, ANYHOW – ID 3.04 (Page 26)

REP START
- Hang position

REP END
- Front-rack lock-out

REP REQUIREMENTS
- Object is moved in one fluid motion from hang to front rack
- Adhere to hang rule

CYCLE & POST REP
- Object can be returned to rep start in any controlled manner as long as it adheres to the hang rule

SHOULDER TO OVERHEAD – ID 5.05 (Page 44)

REP START
- Standing tall
- Object supported in the front-rack

REP END
- Overhead lock-out

REP REQUIREMENTS
- None

CYCLE & POST REP
- The object can be returned to rep start in any controlled manner

VARIATIONS
- Strict
- Push press
- Push jerk
- Split Jerk

SINGLE KETTLEBELL DEADLIFT

REP START
- Kettlebell on the ground
- 2 Hands on the kettlebell handle

REP END
- Standing tall
- Hips and knees fully extended
- Kettlebell held with 2 hands

REP REQUIREMENTS
- Kettlebell must be lifted in one continuous motion from the ground to lock-out

CYCLE & POST REP
- The kettlebell must be returned to the ground under control
- No bouncing or gaining upward momentum from ground impact

VALID OBJECT/EQUIPMENT
- 1 kettlebell (2 hands)

OVERHEAD KETTLEBELL SWING – ID 6.01 (Page 48)

REP START
- Hang position
- Entire kettlebell is behind the vertical plane made by the tip of the athlete's toes and inside the legs

REP END
- Standing tall
- The entire kettlebell, including the handle, breaks the horizontal plane of the top of the athlete's head

REP REQUIREMENTS
- Kettlebell must be swung up in one fluid motion

CYCLE & POST REP
- The athlete may return to rep start in any controlled manner

VALID OBJECT/EQUIPMENT
- 1 kettlebell (2 hands)

FRONT LOADED SQUAT – ID 1.05 (Page 16)

REP START
- Standing tall
- Object is kept in front of chest and/or abs

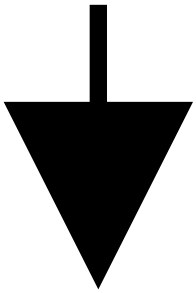
REP END
- Standing tall
- Object is kept in front of chest and/or abs

REP REQUIREMENTS
- Achieve the bottom of the squat
- Object is kept in front of chest throughout the full repetition

CYCLE & POST REP
- Rep end is a valid rep start

VALID OBJECT/EQUIPMENT
- 1 kettlebell (2 hands

1 CLICK QUALIFIER



1 WORKOUT

1 SETUP

3 SCORES

DONE