

# BELGIUM SHOWDOWN



## FINAL RULEBOOK BUDDY 2024



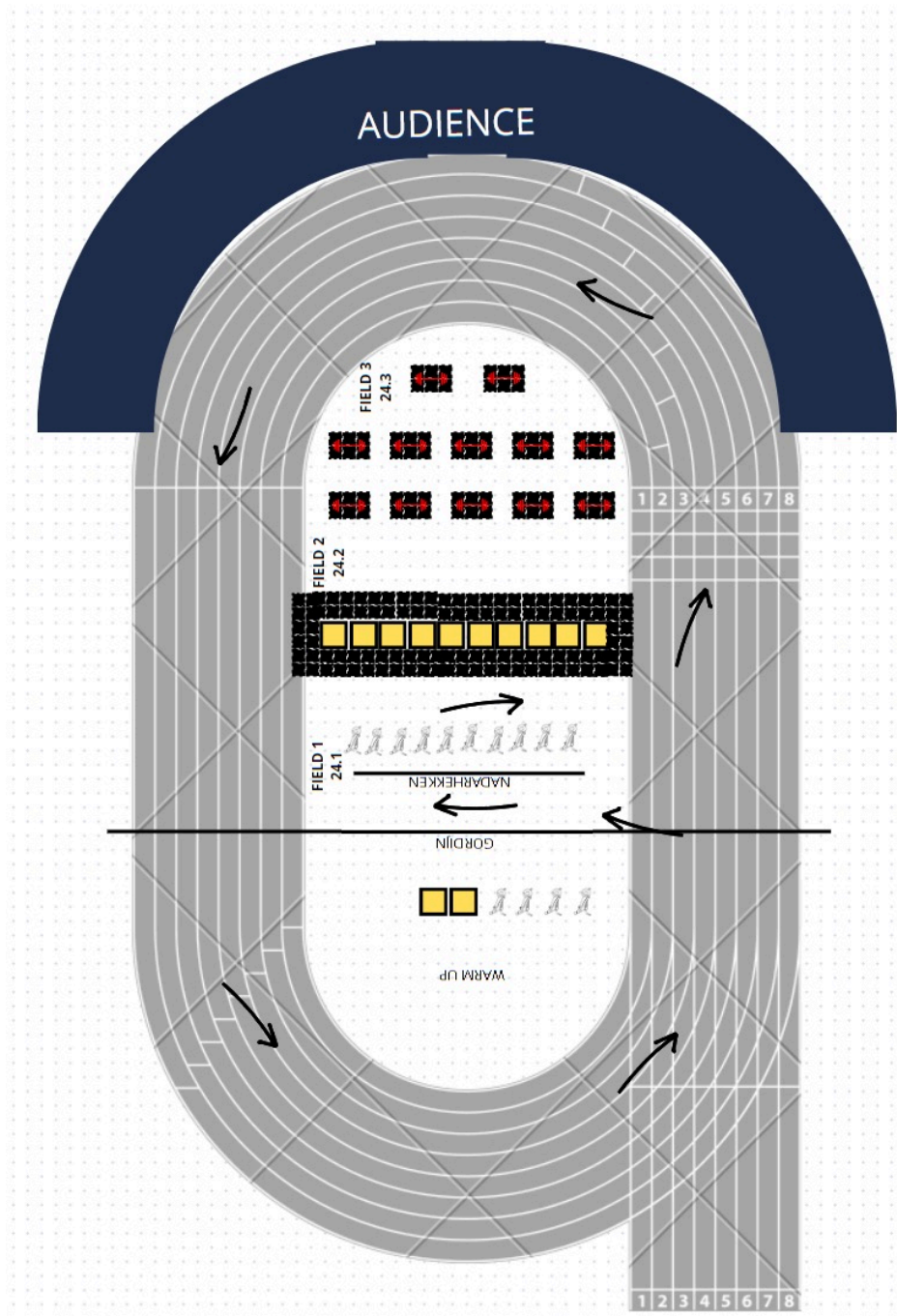
In this document, you can find our general competition rules, the workouts along with their flow and special regulations. Movement standards are documented in the [International Functional Fitness Federation \(iF3\) Movement Standards document](#). Read, study and memorize them so you know what we expect from you.

All athletes will have 3 workouts. All athletes will have 3 workouts regardless to their age and division/category. There will be no cut-off. Every athlete, regardless of age will get the same workout as prescribed in their division.



1. You and you alone are responsible for reading the workouts, flow and standards BEFORE the event.
2. The competition field is neither the place nor the time to overload the judge with all sorts of questions because you have not read this document.
3. The warm-up area is a shared zone. Please respect the timetable. You may present yourself 30 minutes prior to your heat start. You have 20 minutes warm-up time and must present yourself to the staging area of your heat field, not later than 10 minutes before the start.
4. It is the team's own responsibility to be ON TIME at athletes' control and staging where you will receive your scorecard which you hand over to your assigned judge.
5. Athletes will ALWAYS start on the starting mat.
6. Please show respect to our equipment. DO NOT DROP equipment intentionally (dumbbells, kettlebells, barbells, etc..).
7. Have RESPECT for our judges and crew in general. If you have issues, please address the Competition Manager.
8. The judge calls a rep as they see it. You might not always agree but be aware that their call is final.
9. Videos can only be used as a memory to yourself or social media. No video footage will be taken in consideration to review your or someone else's score/judges decisions.
10. If you sign off your scorecard you agree with the score that is written on it.
11. We have a ZERO-TOLERANCE policy about abusive behavior. Shouting, swearing, disrespect or aggression towards judges, crew members, management, athletes, vendors and spectators can result in immediate exclusion from the competition.
12. It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake.
13. Don't confuse the judge. He or she will count for you and guide you in the flow if needed. It is what they are there to do for you.
14. A malfunction of equipment could occur. Always continue in that what you are doing till the team leader or competition manager says otherwise.
15. The use of gymnastic grips (or style) are only allowed on the rig. Lifting belts and shoes, sleeves, wristbands and gloves are allowed. Lifting straps are NEVER allowed.





## TIMECAP = 10 MINUTES

RX	ADVANCED	REGULAR
200m weight carry at 0' Row for max calories 200m run at 5'00" Row for max calories 200m run at 7'30" Row for max calories until time cap  Weight: 60kg sandbag	200m weight carry at 0' Row for max calories 200m run at 5'00" Row for max calories 200m run at 7'30" Row for max calories until time cap  Weight: 40 kg sandbag	200m weight carry at 0' Row for max calories 200m run at 5'00" Row for max calories 200m run at 7'30" Row for max calories until time cap  Weight: 30 kg slamball
SCALED	PARENT/KID	
200m weight carry at 0' Row for max calories 200m run at 5'00" Row for max calories 200m run at 7'30" Row for max calories until time cap  Weight: 20 kg slamball	200m run at 0' Parent with weight Row for max calories 200m run at 5'00" Row for max calories until time cap  Weight: 20 kg slamball	





## WORKOUT FLOW:

- ◆ Before the start, both athletes are allowed to adjust the foot length, foot straps and damper;
- ◆ All athletes must wait in their assigned starting position until the starting signal is given;
- ◆ At the start signal, both athletes complete a 200 meter weight carry with 1 athlete carrying the designated weight then row for max calories.
- ◆ At 05:00, a signal will sound, and both athletes must run 200m together, they will then return to the rower and complete as many calories as they can
- ◆ At 07:30, another signal will sound, and both athletes must run 200m again, they will then return to the rower and complete as many calories as they can until time cap (10:00).
- ◆ The total calories rowed recorded will be the final score for the leaderboard.

## STANDARDS:

- ◆ Weight can be carried any way you like by either one of the buddies switching between carrying athlete is allowed
- ◆ Both athletes stay together during the run
- ◆ Athletes are allowed to switch on the row as they please

### ROW:

Athlete rows on a Concept2 rowing machine.

#### REP START

- ◆ Seated on a rower.
- ◆ At least one hand on the handle.

#### REP END

- ◆ Seated on a rower.
- ◆ Both feet on foot plates.
- ◆ At least one hand on the handle.

#### REP REQUIREMENTS

- ◆ Row until designated goal is met (10' time cap).
- ◆ Post rep: In a fixed timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is shown when the machine stops moving.



### AMRAP TIME CAP: 10 MIN

RX	ADVANCED	REGULAR	SCALED	PARENT/KID
<p>3 Burpee box jump overs 6 KB goblet squats 9 American KB swings 12 Box jump overs 15 KB hang snatches</p> <p>If time left Max reps of <u>Synchro</u> chest to bar pull-ups</p> <p><b>Athlete 1</b> Does 3 burpee box jump overs <b>Athlete 2</b> Does 3 burpee box jump overs <b>Then athlete 1</b> Does 3 burpee box jump overs and 6 KB goblet squats <b>Athlete 2</b> Does 3 burpee box jump overs and 6 KB goblet squats <b>Then athlete 1</b> Does 3 burpee box jump overs and 6 KB goblet squats and 9 American KB swings...</p> <p>This continues until athlete 2 is finished with exercise 1, 2, 3, 4 and 5. Then both athletes move to the <u>synchro</u> chest to bar pull ups.</p> <p>Boxes Males 60 cm Females 50 cm</p> <p>Kettlebells M/M 24 kg M/F 24 kg</p>	<p>3 Burpee box jump overs 6 KB goblet squats 9 American KB swings 12 Box jump overs 15 KB hang snatches</p> <p>If time left Max reps of Chest to bar pull-ups Divide as you please</p> <p><b>Athlete 1</b> Does 3 burpee box jump overs <b>Athlete 2</b> Does 3 burpee box jump overs <b>Then athlete 1</b> Does 3 burpee box jump overs and 6 KB goblet squats <b>Athlete 2</b> Does 3 burpee box jump overs and 6 KB goblet squats <b>Then athlete 1</b> Does 3 burpee box jump overs and 6 KB goblet squats and 9 American KB swings...</p> <p>This continues until athlete 2 is finished with exercise 1, 2, 3, 4 and 5. Then both athletes move to the chest to bar pull ups.</p> <p>Boxes Males 60 cm Females 50 cm</p> <p>Kettlebells M/M 24 kg M/F 16 kg F/F 16 kg</p>	<p>3 Burpee box jump/step overs 6 KB goblet squats 9 American KB swings 12 Box jump/step overs 15 KB hang snatches</p> <p>If time left Max reps of Pull ups Divide as you please</p> <p><b>Athlete 1</b> Does 3 burpee box jump/step overs <b>Athlete 2</b> Does 3 burpee box jump/step overs <b>Then athlete 1</b> Does 3 burpee box jump/step overs and 6 KB goblet squats <b>Athlete 2</b> Does 3 burpee box jump/step overs and 6 KB goblet squats <b>Then athlete 1</b> Does 3 burpee box jump/step overs and 6 KB goblet squats and 9 American KB swings...</p> <p>This continues until athlete 2 is finished with exercise 1, 2, 3, 4 and 5. Then both athletes move to the pull ups.</p> <p>Boxes Males 60 cm Females 50 cm</p> <p>Kettlebells M/M 24 kg M/F 16 kg F/F 16 kg</p>	<p>3 Burpee box step overs 6 KB goblet squats 9 American KB swings 12 Box step overs 15 KB hang snatches</p> <p>If time left Max reps of Ring rows Divide as you please</p> <p><b>Athlete 1</b> Does 3 burpee box step overs <b>Athlete 2</b> Does 3 burpee box step overs <b>Then athlete 1</b> Does 3 burpee box step overs and 6 KB goblet squats <b>Athlete 2</b> Does 3 burpee box step overs and 6 KB goblet squats <b>Then athlete 1</b> Does 3 burpee box step overs and 6 KB goblet squats and 9 American KB swings...</p> <p>This continues until athlete 2 is finished with exercise 1, 2, 3, 4 and 5. Then both athletes move to the ring rows.</p> <p>Boxes Males 60 cm Females 50 cm</p> <p>Kettlebells M/M 16 kg M/F 12 kg F/F 12 kg</p>	<p>3 Burpee box step overs 6 KB goblet squats 9 American KB swings 12 Box step overs 15 KB hang snatches</p> <p>If time left Max reps of Ring rows Divide as you please</p> <p><b>Parent</b> Does 3 burpee box step overs <b>Kid</b> Does 3 burpee box step overs <b>Then parent</b> Does 3 burpee box step overs and 6 KB goblet squats <b>Kid</b> Does 3 burpee box step overs and 6 KB goblet squats <b>Then parent</b> Does 3 burpee box step overs and 6 KB goblet squats and 9 American KB swings...</p> <p>This continues until kid is finished with exercise 1, 2, 3, 4 and 5. Then parent and kid move to the ring rows.</p> <p>Boxes Males 60 cm Females 50 cm</p> <p>Kettlebells Dads 16 kg Mums 12 kg Boys 8 kg Girls 4 kg</p>



### WORKOUT FLOW

#### RX/ADVANCED/REGULAR/SCALED/PARENT KID:

- ◆ Both athletes start on the starting position at their corresponding lane number;
- ◆ At the start signal, athlete 1 goes to the box and performs 3 burpee box jump or step overs (depending on category);
- ◆ When completed, athlete 1 will switch with athlete 2 who then moves to the box and does 3 burpee box jump or step overs (depending on category);
- ◆ Athlete 2 will then switch back to athlete 1 who now does 3 burpee box jump/step overs and 6 kb goblet squats;
- ◆ When completed, athlete 1 will again switch with athlete 2 who does 3 burpee box jump/step overs and 6 kb goblet squats;
- ◆ Athletes will continue this pattern throughout all movements, resulting in a total of five rounds each where the last round has the full sequence of 3 Burpee box jump/step overs, 6 KB goblet squats, 9 American KB swings, 12 Box jump/step overs and 15 KB hang snatches;
- ◆ When both athletes have finished the full sequence they can move on to the gymnastics movement and collect as many reps as possible in the remaining time until the 10' time cap;
- ◆ Rx does synchro chest to bar pull ups;
- ◆ Advanced/regular/scaled and parent/kid can divide the reps between athletes on the gymnastics movement as they please, you go I go style until the 10' time cap is reached;
- ◆ Only one athlete is allowed on the field at any time (except for synchro movements).
- ◆ Resting athlete must always be on the starting mat. This is also where all switching takes place, including a tap or clap.
- ◆ The total number of performed repetitions over the complete workout will count as the final score.
- ◆ Kids are allowed to get over the box in any style: jumping, stepping, climbing... They are also allowed to put their hands or any part of the body on the box.





### MOVEMENT STANDARDS:

#### Burpee Box Jump Over: *RX/ADVANCED/REGULAR*

##### REP START

- ◆ The movement starts with the athlete in prone position, chest and thighs touching the ground, facing the box;

##### REP END

- ◆ The rep will be awarded when both feet have touched the ground on the opposite side of the box.

##### REP REQUIREMENTS

- ◆ With a mandatory two feet take off, the athlete will jump onto the box with BOTH feet landing on the box before descending at the other side;
- ◆ There is no requirement standing tall while on top of the box;
- ◆ The hands/arms can't touch any body part at any time during the repetition;

#### Burpee Box Step Over: *REGULAR/SCALED/PARENT/KID*

##### REP START

- ◆ The movement starts with the athlete in prone position, chest and thighs touching the ground, facing the box;

##### REP END

- ◆ The rep will be awarded when both feet have touched the ground on the opposite side of the box.

##### REP REQUIREMENTS

- ◆ The athlete will step onto the box with BOTH feet on the box before descending at the other side;
- ◆ There is no requirement standing tall while on top of the box;
- ◆ The hands/arms can't touch any body part at any time during the repetition;

#### Kettlebell Goblet Squat:

##### REP START

- ◆ Athlete standing tall (full extension of the hips and knees, chest up, straight back, vertical alignment of the shoulders, hips, and ankles), holding the kettlebell supported by the hands in front of the chest throughout the full repetition.

##### REP END

- ◆ The repetition will be credited when the athlete is standing tall (full extension of the hips and knees, chest up, straight back, vertical alignment of the shoulders, hips, and ankles) and still holding the kettlebell in front of the chest.

##### REP REQUIREMENT

- ◆ Athlete will descend into a bottom of squat (crease of the hip below the plane of the top of the knee).

#### American Kettlebell Swing:

- ◆ Athlete start with the kettlebell just below the groin, the kettlebell is then swung all the way overhead

##### REP START

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

##### REP END

- ◆ Standing tall;
- ◆ The entire kettlebell with handle breaks the horizontal plane of the top of the athlete's head;

##### REP REQUIREMENTS

- ◆ Kettlebell must be swung up in one fluid motion;
- ◆ Kettlebell must be held with 2 hands at all times;

#### Box jump overs:

##### REP START

- ◆ The movement starts with the athlete standing free;

##### REP REQUIREMENTS

- ◆ With a mandatory two feet take off, the athlete will jump onto the box with both feet landing on the box before descending at the other side;
- ◆ There is no requirement standing tall while on top of the box;
- ◆ The hands/arms can't touch any body part at any time during the repetition;

##### REP END

- ◆ The rep will be awarded when both feet have touched the ground on the opposite side of the box.

#### Box step overs:

##### REP START

- ◆ The movement starts with the athlete standing free;

##### REP END

- ◆ The rep will be awarded when both feet have touched the ground on the opposite side of the box.
- ◆ From there, you may begin your next rep.

##### REP REQUIREMENTS

- ◆ The athlete will step onto the box with both feet on the box before descending at the other side;
- ◆ There is no requirement standing tall while on top of the box;
- ◆ The hands/arms can't touch any body part at any time during the repetition;

#### Kettlebell Hang Snatch:



### REP START

- ◆ Entire kettlebell is behind the vertical plane made by tip of the athletes toes and inside the legs in hang position;

### REP END

- ◆ Overhead lock-out;

### REP REQUIREMENTS

- ◆ Kettlebell is then swung all the way overhead with 1 hand in one fluid motion;

### Chest To Bar Pull-up:

#### REP START

- ◆ The athlete must start each rep showing a vertical hang (hanging vertically from a horizontal bar using both hands, full extension of the elbows, the shoulder angle is open or rearward of the frontal plane on the horizontal bar) on the horizontal bar;

#### REP END

- ◆ Chest in contact with the horizontal bar

#### REP REQUIREMENTS

- ◆ Strict, kipping and butterfly technique is allowed;
- ◆ No other parts than the hands and chest can touch any part of the rack during the movement;
- ◆ Athletes MAY wear gymnastic handles during this workout.

#### TEAM SYNCRO

- ◆ Both athletes' chests touch the bar at the same time, inside the hands.

### Pull-up:

#### REP START

- ◆ The athlete must start each rep showing a vertical hang (hanging vertically from a horizontal bar using both hands, full extension of the elbows, the shoulder angle is open or rearward of the frontal plane on the horizontal bar) on the horizontal bar;

#### REP END

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

#### REP REQUIREMENTS

- ◆ Strict or kipping technique is allowed;
- ◆ No other parts than the hands can touch any part of the rack during the movement;
- ◆ Athletes MAY wear gymnastic handles during this workout.



### AMRAP

#### RX | ADVANCED | REGULAR | SCALED

1' for both athletes to complete complex

Complex:  
1 powerclean followed by 1 thruster

1 minute" REST and move to next station

Bar 1 - 25/30 kg  
Bar 2 - 25/30 kg  
Bar 3 - 25/30 kg  
Bar 4 - 30/35 kg  
Bar 5 - 35/40 kg  
Bar 6 - 40/45 kg  
Bar 7 - 45/50 kg  
Bar 8 - 50/55 kg  
Bar 9 - 55/60 kg  
Bar 10 - 60/70 kg  
Bar 11 - 65/85 kg  
Bar 12 - 70/100 kg

If athlete 1 can't complete the complex, athlete 2 starts to deadlift for max reps in the remaining time until the minute is over.

If athlete 2 can't complete the complex, athlete 1 starts to deadlift for max reps in the remaining time until the minute is over. 1 point per deadlift.

#### PARENT /KID

1' for parent to complete complex with barbell and kid to complete complex with kettlebell

Complex parent:  
1 powerclean followed by 1 thruster

Complex kid:  
1 kettlebell powerclean followed by 1 thruster

1 minute"" REST and move to next station

Bar 1 - 25/30 kg	Kettlebell 1 - 4 kg
Bar 2 - 25/30 kg	Kettlebell 2 - 4 kg
Bar 3 - 25/30 kg	Kettlebell 3 - 4 kg
Bar 4 - 30/35 kg	Kettlebell 4 - 4 kg
Bar 5 - 35/40 kg	Kettlebell 5 - 4 kg
Bar 6 - 40/45 kg	Kettlebell 6 - 8 kg
Bar 7 - 45/50 kg	Kettlebell 7 - 8 kg
Bar 8 - 50/55 kg	Kettlebell 8 - 8 kg
Bar 9 - 55/60 kg	Kettlebell 9 - 8 kg
Bar 10 - 60/70 kg	Kettlebell 10 - 8 kg
Bar 11 - 65/85 kg	Kettlebell 11 - 12 kg
Bar 12 - 70/100 kg	Kettlebell 12 - 12 kg

If parent or kid can't complete the complex, parent and kid start max reps syncro lateral burpee over the barbell until the minute is over. 1 point per syncro lateral burpee over bar.

### WORKOUT FLOW

#### RX/ADVANCED/REGULAR/SCALED:

- ◆ Both athletes wait at the starting point;
- ◆ At the start signal, athlete 1 performs a powerclean followed by a thruster, complex style;
- ◆ When completed within the minute, athlete 2 performs a powerclean followed by a thruster. Also within that same minute;
- ◆ If both athletes complete the complex within that minute, they move onto the next station with the heavier barbell; (with 1 minute rest in between stations)
- ◆ This continues until one of the athletes can't complete the complex, meaning not being able to lock out on top of the thruster or simply not trying;
- ◆ In that case the other athlete starts deadlifting the designated barbell for max reps in the remaining time left of that minute;
- ◆ If athlete 1 fails his/her complex, athlete 2 starts deadlifting until time cap. If athlete 2 fails his/her complex, athlete 1 starts deadlifting until time cap;
- ◆ Each complex completed will reward the team 1 point. The number of deadlifts performed after the last successful complex will serve as a tiebreaker score.
- ◆ Complex must be completed within the time-frame to count, this means athlete must get a good call from their judge within the minute.

### WORKOUT FLOW

#### PARENT-KID:

- ◆ Both parent and kid wait at the starting point;
- ◆ At the start signal, parent goes first and performs a powerclean followed by a thruster, complex style;
- ◆ When completed within the minute, kid does 1 single arm dumbbell powerclean followed by 1 single arm thruster. Also within that same minute;
- ◆ If both parent and kid complete the complex within that minute, they move onto the next station with the heavier barbell and dumbbell;
- ◆ This continues until parent or kid can't complete the complex, meaning not being able to lock out on top of the thruster or simply not trying;
- ◆ In that case parent and kid start max reps synchro lateral burpees over barbell in the remaining time left of that minute;
- ◆ Each complex completed will reward the team 1 point. The number of sync burpees performed after the last successful complex will serve as a tiebreaker score.



### MOVEMENT STANDARDS:

#### Powerclean

Athlete moves object in one fluid motion from ground to shoulders, never squatting down to hips below knees;

##### REP START

- ◆ Kettlebell or barbell on ground hand(s) on kettlebell or barbell;

##### REP END

- ◆ Front rack lock out

##### REP REQUIREMENTS

- ◆ Kettlebell or barbell is moved in one fluid motion from ground to front rack in the power position;
- ◆ Hip is never allowed to drop below knees (no squat clean allowed);

#### Thruster:

Athlete performs a front squat and in one fluid movement continues to press the object overhead to lock out;

##### REP START

- ◆ Front rack position with kettlebell or barbell;

##### REP END

- ◆ Controlled overhead lock-out within the designated area.

##### REP REQUIREMENTS

- ◆ Kettlebell or barbell is moved into squat position, hips below knees, and then moved in one fluid motion from bottom of squat into the overhead position;
- ◆ Maintaining extended knees and hips after the object has left the front rack position and until the kettlebell or barbell is supported overhead with locked out elbows;
- ◆ Kids perform single arm kettlebell thruster;

#### RX/Advanced/Regular/Scaled Deadlift:

Athlete moves barbell from ground to hips

##### REP START

- ◆ Barbell on ground, hands on barbell;

##### REP END

- ◆ Full deadlift lock out, knees, hips and shoulders align.

##### REP REQUIREMENTS

- ◆ Hands and arms are kept outside of legs, no sumo stance allowed;
- ◆ Athletes MAY NOT wear gymnastic handles during this workout;

#### Parent/kid synchro lateral burpees over barbell:

Both athletes from lying on the ground, get up and step or jump over the barbell;

##### REP START

- ◆ Both standing up at one side of the barbell;

##### REP END

- ◆ Standing free on the other side of the barbell

##### REP REQUIREMENTS

- ◆ Both go to prone position at one side of the barbell;
- ◆ Both get up and step or jump simultaneous over barbell within the plates range;
- ◆ Synchro requirement both in prone position at the same time

