

TOUGH'N'ROUGH 2020 - ONLINE QUALIFIER

03.07.2020 – 26.07.2020

WORKOUT 1

EMOM until failure

6 cal row

1 power snatch*

Time Cap: no time cap, work until you fail

*The reps of the power snatch increases minute by minute:

- 1st min 1 power snatch
- 2nd min 2 power snatches
- 3rd min 3 power snatches
- etc.

LOADING

RX

Men power snatch 40kg

Women power snatch 30kg

INTERMEDIATE

Men power snatch 30kg

Women power snatch 20kg

EQUIPMENT

- Rower that counts calories, similar in type and calibration to a Concept2 rower
- Barbell (20kg, 15kg, 10kg)
- Standard weight plates to load to the appropriate weights for RX or Intermediate
- Collars
- No grip enhancements straps

NOTES

This workout has to be performed by each team member individually. Beginning with the athlete sitting on the rower, not touching the handles. At the call of "3, 2, 1 ... go!" the athlete may start rowing. The athlete will then row 6 calories and do 1 power snatch. In the 2nd minute, athletes have to do 6 calories and 2 power snatches, in the 3rd minute, 6 calories and 3 power snatches and so on. This is an EMOM with an increasing amount of power snatches minute by minute. If the athlete can not finish the reps within the minute, your workout ends. The rower has to be reset after every time you rowed, you always start from 0 cal. Your judge or a third person is allowed to reset your rower every minute. Make sure the display of the rower is clearly visible in the video the entire time.

SCORE

Each team member does this workout individually. The athlete's score will be the total reps of calories plus power snatches. For the team score, add both athlete's scores together. The team captain will be asked to submit a single team score and a video per team member to competitioncorner.net

MOVEMENT STANDARDS

Power snatch

The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. In both divisions, the athlete must catch the bar in the power snatch position. This means: hips must stay above the knees. A muscle snatch is permitted. Intermediate divisions using an empty barbell must start with the barbell clearly underneath the knees. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body.

SCORE AND VIDEO SUBMISSION RULES

Athletes who wish to qualify for and compete at TOUGH'N'ROUGH must upload a video link along with the workout score submission of both athletes, whether they train in an affiliate or not. We will evaluate your video if your score is potentially in the top 20 of each Division and WOD. The TnR team reserves the right to correct the scores if needed.

To make sure the video is valid, please specify your team name, the equipment and the weights used during the workout (by showing them in the video) and the score at the end (time or repetitions). It is your responsibility to position the camera correctly. This means: timer, athletes, equipment and movement must be clearly visible. Also, it has to be possible to evaluate if the movement standards have been met.

We will be extremely rigorous in reviewing the videos and we expect athletes to uphold the highest standards in performing movements.

There are four possible outcomes in the judging and scoring of online video submissions:

- **Good Video**

The athlete meets the required movement standards on all repetitions in the workout, and the score they posted is correct. Their score will be accepted.

- **Valid with Minor Penalty**

Over the course of the video, the athlete demonstrates 1 to 4 “no-reps” that may be removed from the athlete’s and team’s final score as required. This penalty is used for video submissions for which the score needs to be adjusted by fewer than 5 reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.

- **Valid with Major Penalty**

Over the course of the video, the athlete demonstrates 5 or more “no-reps.” In this case, the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.

- **Invalid**

Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no-reps” or the video does not contain the criteria listed in the video submission standards. The athlete’s and team’s score will be rejected. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout. It is the athlete’s responsibility to submit a new video and score as soon as possible. No late submissions will be accepted.

SUPPORT

If you are experiencing any difficulty submitting your score and video, please email info@toughandrough.ch