

TOUGH'N'ROUGH 2020 - ONLINE QUALIFIER

03.07.2020 – 26.07.2020

WORKOUT 2

AMRAP in 20 minutes of:

RX Teams:

10 handstand push-ups
20 toes-to-bars
20 pistols
10 chest-to-bar pull-ups

Intermediate Teams:

10 hand release push-ups
20 knee raises
20 goblet squats
10 pull-ups

LOADING

Goblet squat

Men use kettlebell 24kg
Women use kettlebell 16kg

EQUIPMENT

- Wrapping tape around the pull-up bar or wearing hand protection (gymnastic-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not
- No grip enhancements straps
- Kettlebells for intermediate teams with appropriate weight

NOTES

This is a team workout. Beginning with both athletes standing tall, not touching any equipment, the wall or ground. At the call of "3, 2, 1 ... go!" the team may perform 10 handstand push-ups, 20 toes-to-bars, 20 pistols and 10 chest-to-bar pull-ups. Intermediate teams perform 10 hand release push-ups, 20 knee raises, 20 goblet squats and 10 pull-ups. Only one team member is working at a time. You can switch as often as you want and at any time, as long as the movements and reps stay in the same order.

SCORE

The score will be the total number of repetitions completed as a team within the 20-minute time cap. The team captain will be asked to submit a single team score and a video to competitioncorner.net

MOVEMENT STANDARDS

Handstand push-up

Prior to starting, the teams will need to establish and measure a box on the floor for the handstand push-ups. The box on the floor: 90cm wide and 60cm deep - must be marked on the floor.

Begin with arms locked out, heels in contact with the wall, hips open, and body in line with the arms. Only the heels may be touching the wall at the start and finish of each rep. The rep is credited when the athlete returns to the starting position. At the bottom, the head must make contact with the ground. If head and hands are on different surfaces, the surfaces must be level (i.e., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates). The feet do not need to remain in contact with the wall for the duration of the movement, but heels must touch the wall at the beginning and end of each rep. Kipping is allowed.

Toes-to-bar

Begin by hanging from the pull-up bar with arms extended. Bring your feet up to touch the bar you are hanging at. Then bring your heels back down. Heels must be brought back behind the bar. The rep is credited when both feet come in contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar. Overhand, underhand, or mixed grips are all permitted.

Pistol

At the start and finish of each rep, the hips and knee of the working leg are extended. The non-working leg must remain in front of the body (cannot pass beyond profile). Holding on to the non-working leg is permitted. At the bottom, the hip crease must pass below the top of the knee on the working leg. If any part of the body other than the support foot touches the floor before lockout, the rep will not count. The athlete must alternate legs after every successful rep and must complete a successful rep on one side before alternating. Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.

Chest-to-bar pull-up

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. Overhand, underhand or mixed grip are all permitted. The rep is credited when the chest clearly comes into contact with the bar below the collarbone.

Hand release push-up

A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.

At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.

Knee raise

Intermediate teams may perform hanging knee raises. Begin by hanging from the pull-up bar with arms extended. Bring your knees above the hip flexor. Both knees must be at the same level and over the hip flexor at the same time. Heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted.

Goblet squat

The rep begins from the top, with knees and hips extended and kettlebell in front of your chest. The kettlebell must be held with both hands the entire time. It is permitted to hold the kettlebell upside down or with the handles up, as well as holding it horizontal is permitted. At the bottom of the squat, the hip crease must pass below the knees. At the top, the hips and knees must be fully extended.

Pull-up

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. Overhand, underhand or mixed grip are all permitted. The rep is credited when the chin breaks the horizontal plane of the bar.

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