

TOUGH'N'ROUGH 2020 - ONLINE QUALIFIER

03.07.2020 – 26.07.2020

WORKOUT 3**Part A**

5 rounds for time:
48 double unders
16 meter walking overhead lunges
8 lateral burpees over bar
Time cap: 14 minutes

Part B

7 RM front squats
Time cap: 6 minutes

LOADING**RX**

Men 60kg
Women 45kg

INTERMEDIATE

Men 45kg
Women 30kg

EQUIPMENT

- Jump rope
- Barbell
- Standard weight plates (18-inch Diameter) to load the appropriate weights for RX or INTERMEDIATE
- Collars
- Floor marks for the overhead walking lunges

NOTES

This workout has to be done by each team member individually. Beginning with the athlete standing tall, not touching the jump rope. At the call of "3,2,1...go!" the athlete picks up the rope and starts the 48 double unders. The athlete will then perform 16 meter overhead walking lunges. After completing the overhead walking lunges, the athlete will perform 8 lateral burpees over bar. Repeat this for 5 rounds.

At the 14 minute mark, Part B of the workout starts. The athletes have 6 minutes to find the heaviest weight for the 7-rep-max front squat.

SCORE

The score for Part A will be the time it takes to complete the workout before the 14-minute time cap. If you have not finished the 5 rounds within the time cap, every missing rep has to be added on your time (1 missing rep = 1 added second).

For example, you missed the 8 burpees in the last round, add 8 seconds to your score (14:08). The score for Part B will be the heaviest successful lift in kilogram.

For the team scores, add both athlete's scores together. The team captain will be asked to submit a single team score for part A and one team score for part B and a video per team member to competitioncorner.net.

MOVEMENT STANDARDS

Double under

This is the standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

Overhead walking lunge

Prior to starting the workout, the athlete will need to measure and mark the length and 1 meter segments on the floor. Ideally the lane will have eight consecutive segments of 1 meter (8 meter in total), allowing an 8 meter walk in one direction and an 8 meter walk back. A lane longer as prescribed will not be permitted.

Each overhead walking lunge begins with the weight overhead, the feet together, and the athlete standing tall. The trailing knee must make contact with the ground at the bottom of each lunge. The weight must remain overhead for the duration of the repetition. The rep ends with the weight still overhead and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate the leading foot for each rep. If at any point the weight is dropped or comes into contact with the head or body, the athlete must restart from the last 1 meter segment he / she has passed.

Burpee

The burpee must be performed lateral to the barbell. The athlete will jump the feet back so that he or she is lying on the ground. The chest and thighs touch the ground at the bottom. Step backward or forward one foot at a time when lowering and raising to and from the ground is only permitted for intermediate athletes. The athlete must jump over the barbell from both feet and land on both feet. Single-legged jumping or stepping over is not permitted. The barbell must be loaded with standard-height weight plates for the athlete to jump over. The rep ends when the athlete lands on both feet on the opposite side of the barbell.

Front Squat

For the front squat, the barbell starts at the ground. A squat clean for the first rep is permitted. The hip crease must be below the top of the knee at the bottom. The barbell must stay in front rack on your shoulders the entire time, with the hips and knees fully extended at the top. The athlete may not use a rack. Athlete's have to use the same barbell as for part A. The 7 reps has to be performed unbroken.

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