

ONLINE QUALIFIER – RX

Friday, 4th June 2021 (9am) until Saturday, 26th June 2021 (9pm)

This is a team workout with a running clock of 20 minutes. Try to finish the workout as fast as possible. **Scores and videos have to be submitted by Saturday 26th June at 9pm.**

„CHEEKY ISABEL“

For Time

2 rounds of: (Athlete A)

20 wall-ball shots
15 deficit handstand push-ups
75 double-unders

no rest, directly into

30 synchronized snatches (Team)

no rest, directly into

3 rounds of: (Athlete B)

50 double-unders
10 toes-to-bar
15 wall-ball shots

Time cap: 20 minutes

WEIGHT AND HEIGHT

Women

- 6 kg wall-ball, target at 3 meter
- 45 kg snatch
- 10cm deficit for the handstand push-ups

Men

- 9 kg wall-ball, target at 3 meter
- 60 kg snatch
- 10cm deficit for the handstand push-ups

EQUIPMENT

- Med-ball (6 kg, 9 kg)
- Barbell (20 kg, 15 kg, 10 kg)
- Standard weight plates to load to the appropriate weights for RX
- Collars
- Parallettes or dumbbells to create a deficit of 10 centimeter
- Tape to mark the floor
- No grip enhancements straps

NOTES

Prior to starting, the teams will need to establish and measure a box on the floor for the handstand push-ups. The box (90x60cm) must be marked on the floor and clearly visible.

Begin with both athletes standing tall, not touching any equipment, the wall or ground. At the call of “3, 2, 1 ... go!” athlete A may perform the first part of the workout. Athlete B is resting until athlete A has finished the second round of the first part. Both athletes move then to the barbell and perform 30 synchronized snatches. After the last rep of the snatches, athlete A rests. Athlete B will then perform the third part of this workout and finish strong.

There is a tiebreaker for this workout. Note your time after each part.

SCORES AND VIDEO

- The score will be the time taken to complete the workout or the total number of repetitions completed before the 20-minute time cap
- The team captain will be asked to submit a single team score and a video to competitioncorner.net
- At the beginning of each video specify the equipment and the weights used during the workout (by showing them in the video)
- **ALL VIDEOS MUST BE RECORDED WITH THE “WODPROOF” APP**
- All videos must be uncut and unedited
- Scores and videos have to be submitted by Saturday 26th June at 9pm

“CHEEKY ISABEL”

For Time

2 rounds of:

- 20 wall-ball shots
- 15 deficit handstand push-ups
- 75 double-unders

no rest, directly into

- 30 synchronized snatches

no rest, directly into

3 rounds of:

- 50 double-unders
- 10 toes-to-bar
- 15 wall-ball shots

Time cap: 20 minutes

 Women: 6 kg 3m target | 10cm deficit | 45 kg
 Men: 9 kg 3m target | 10cm deficit | 60 kg

Please make sure your effort will be credited!

- Use the **“WODPROOF”** App to record your workout
- Read the workout flow and movement standards carefully and make sure you fully understand them
- At the beginning of each video specify the equipment and weights
- Use a 45° angle position to record your workout

Athlete A		
20	15	75
wall-ball shots	deficit handstand push-ups	double unders
20	35	110
130	145	220
Tiebreaker:		

in Team		
30 synchronized snatches		
230	240	250
Tiebreaker:		

Athlete B		
50	10	15
double unders	toes-to-bar	wall-ball shots
300	310	325
375	385	400
450	460	475
Time:		

Time _____ OR Reps at 20 min. _____

 If you are experiencing any difficulty submitting your score and video, please send an e-mail to: mario@toughandrough.ch

MOVEMENT STANDARDS

Wall-ball shots

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep. Women and men throw the ball to the same target height at 3 meter.

Deficit handstand push-ups

Prior to starting, the teams will need to establish and measure a box on the floor for the handstand push-ups. The box must be 90cm wide and 60cm deep and has to be marked on the floor and clearly visible. This is a deficit handstand push-up on parallettes or dumbbells, therefore you have to create a deficit of 10 centimeter. The top point of your handles have to be 10 centimeters higher than the top point on the floor, mat or pad, where your head makes contact. Make sure the handles are inside this measured box.

Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. The feet must remain inside the width of the hands throughout the entire repetition. At the bottom, the athlete's head makes contact with the ground or target. Kipping is allowed.

Set-up for the handstand push-ups:



Double-unders

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.

Synchronized snatches

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. A muscle-, power- or squat snatch is permitted. 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.

Synchronous means: both athletes have to be in that lockout position with the bar overhead at the same time. If one athlete arrives at the required position ahead of the other, they may hold that position for the other athlete.

Toes-to-bar

The rep begins with from the pull-up bar with arms extended. Heels must be brought back behind the bar. Wrapping tape around the pull-up bar or wearing hand protection is permitted, but taping the bar and wearing hand protection is not. Overhand, underhand, or mixed grips are all permitted. 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.

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 (top 10 for scaled) of each Division and WOD. The TnR team reserves the right to correct the scores if needed.

Make sure your video is valid! Our recommendations to do so:

- **ALL VIDEOS MUST BE RECORDED WITH THE “WODPROOF” APP**
- Read the workout flow and movement standards carefully and make sure you fully understand them
- We recommend the use of a judge. Judging is not just counting reps. It is your judge's responsibility to inform you if you do not meet the movement standards and no-rep you
- Take into account that we might review your videos
- Upload the video on YouTube, Vimeo or to a similar platform. Whichever works best for you. Do not forget to set your video public when you publish it
- Be aware of copyrights on music in the background. It is possible that you will not be able to publish a video or that is blocked after your upload
- All videos must be uncut and unedited

At the beginning of each video specify your team name, the workout you are doing, the equipment and the weights used during the workout (by showing them in the video). 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 a small number of “no-reps” (not more than or equal to 5% of the total rep count) that resulted in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made of the athlete's final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment

• **Valid with Major Penalty**

Over the course of the video, the athlete demonstrates a significant number of “no-reps” (all above 5% and lower or equal to 20% of the total rep count) that resulted in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting 15% 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. A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment

• 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