

ONLINE QUALIFIER – SCALED

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 hand-release push-ups
- 75 single-unders

no rest, directly into

30 synchronized snatches (Team)

no rest, directly into

3 rounds of: (Athlete B)

- 50 single-unders
- 10 leg raises
- 15 wall-ball shots

Time cap: 20 minutes

WEIGHT AND HEIGHT

Women

- 4 kg wall-ball, target at 2.75 meter
- 30 kg snatch

Men

- 6 kg wall-ball, target at 3 meter
- 40 kg snatch

EQUIPMENT

- Med-ball (4 kg, 6 kg)
- Barbell (20 kg, 15 kg, 10 kg)
- Standard weight plates to load to the appropriate weights for Intermediate
- Collars
- No grip enhancements straps

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

NOTES

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.

“CHEEKY ISABEL”

For Time

2 rounds of:

- 20 wall-ball shots
- 15 hand-release push-ups
- 75 single-unders

no rest, directly into

- 30 synchronized snatches

no rest, directly into

3 rounds of:

- 50 single-unders
- 10 leg raises
- 15 wall-ball shots

Time cap: 20 minutes

Women: 4 kg 2.75m target | 30 kg
Men: 6 kg 3m target | 40 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	hand-release push-ups	single unders
20	35	110
130	145	220
Tiebreaker:		

in Team		
30 synchronized snatches		
230	240	250
Tiebreaker:		

Athlete B		
50	10	15
single unders	leg raises	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 a 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.

Hand-release push-ups

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.

Single-unders

This is the standard single under in which the rope passes completely under the feet once 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.

Leg raises

The rep begins with hanging 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 heels clearly pass the height of your hip flexor. During raising your feet, the legs don't have to be fully extended.



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