

ONLINE QUALIFIER – RX

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

This is a team workout with a running clock of 18 minutes. Try to finish the workout as fast as possible. **Scores and videos have to be submitted by Saturday 26th June 2021 at 9pm.**

„THE BAR“

For Time

- 18 sync. burpees over bar
- 15 sync. clean & jerks 45/60 kg
- 12 sync. bar muscle-ups
- 15 sync. burpees over bar
- 12 sync. clean & jerks 60/80 kg
- 9 sync. bar muscle-ups
- 12 sync. burpees over bar
- 9 sync. clean & jerks 75/100 kg
- 6 sync. bar muscle-ups

Time cap: 18 minutes

NOTES

Begin with both athletes standing tall, not touching any equipment, the wall or ground. At the call of “3, 2, 1 ... go!” the team starts with the synchronized burpees over bar, followed by the clean & jerks and finally the bar muscle-ups. This is repeated for three rounds. All movements have to be synchronized throughout the whole workout.

In round two and three the number of repetitions decreases while the weight for the clean & jerks increases.

There is a tiebreaker for this workout after each set of burpees over bar.

WEIGHT AND HEIGHT

Women

- clean & jerk 45kg, 60 kg, 75 kg

Men

- clean & jerk 60 kg, 80 kg, 100 kg

EQUIPMENT

- Barbell (20 kg, 15 kg, 10 kg)
- Standard weight plates in order to load to the appropriate weights
- 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 18-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

“THE BAR”

For Time

18 sync. burpees over bar
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6 sync. bar muscle-ups

Time cap: 18 minutes

Women clean & jerk: 45 kg, 60 kg, 75 kg
Men clean & jerk: 60 kg, 80 kg, 100 kg

Round	sync. burpees over bar	Tiebreaker	sync. clean & jerks	sync. bar muscle-ups
1	18		15	12
	18		33	45
2	15		12	9
	60		72	81
3	12		9	6
	93		102	108
Time:				

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

Time _____ OR Reps at 18 min. _____

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

MOVEMENT STANDARDS

Synchronized burpees over bar

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 after the other is not permitted.** 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 rep ends when the athlete lands on both feet on the opposite side of the barbell.

Synchronous means: both athletes touch the ground with the chest and thighs at the same time.

If one athlete arrives at the required position ahead of the other, he or she may hold that position and wait for the other athlete.

Synchronized clean & jerks

Start each rep with the barbell on the ground. The lift must have two distinct phases: the clean and the jerk. Snatch is not allowed. The barbell must make contact with the shoulders. It is not necessary to lock out the hips and legs to complete the clean before lifting the bar overhead. Power clean, squat clean, muscle clean and split cleans as well as a shoulder press, push press, push jerk or split jerk are permitted. At the end position of this lift, the arms, hips and legs have to be fully extended with the bar over or slightly behind the center of the body and feet in line.

Synchronous means: both athletes have to be in this described lockout position overhead at the same time.

If one athlete arrives at the required position ahead of the other, he or she may hold that position and wait for the other athlete.

Synchronized bar muscle-ups

The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip. The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. Athletes may wrap tape around the pull-up bar or wear hand protection, but they may not tape the bar and wear hand protection.

Synchronous means: Both athletes have to be in that lockout position above the bar at the same time.

If one athlete arrives at the required position ahead of the other, he or she may hold that position and wait for the other athlete.

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 (RX and Intermediate) or the top 10 (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 throughout the whole workout. 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 send an e-mail to mario@toughandrough.ch