

ONLINE QUALIFIER – INTERMEDIATE

Friday, 3rd June 2022 (9am) until Saturday, 25th June 2022 (9pm)

This is a team workout with a running clock of 15 minutes. **Scores and videos must be submitted by Saturday 25th June at 9pm.**

„BARBELL WALK“

For time

- 30 shoulder to overhead
- 5 synchronized wall walks
- 30 front squats
- 5 synchronized wall walks
- 30 squat clean & jerks
- 5 synchronized wall walks

Time cap: 15 minutes

NOTES

Prior to starting the workout, mark two lines on the floor for the wall walks (see the movement standards and floor plan for the appropriate distance).

Begin with the athlete standing tall, not touching any equipment, nor the wall or especially the ground with something else than your feet. At the call of “3, 2, 1 ... go!” the athletes will perform 30 shoulder to overhead as a team. One athlete is working, one is resting. Once the shoulder to overhead are completed, the athletes will perform 5 synchronized wall walks. Upon completion of the wall walks, the athletes will return to the barbell and perform 30 front squats as a team, followed by 5 synchronized wall walks, 30 squat clean & jerks as a team and 5 synchronized wall walks. All the barbell movements can be shared as a team and split however needed. The wall walks must be synchronous. The weights will stay the same throughout the entire workout.

There is a tiebreaker for this workout. Note your time after each set of wall walks.

No assistance from anyone outside the team is allowed during the workout.

EQUIPMENT

- Two barbells (20 kg, 15 kg, 10 kg)
- Standard weight plates to load the appropriate weights for Intermediate
- Collars
- Tape to mark the floor for the wall walks
- No grip enhancements straps

WEIGHTS

Women

- Barbell movements 42.5 kg
- Mark a line at 35 cm and one at 100 cm for the wall walks

Men

- Barbell movements 65 kg
- Mark a line at 35 cm and one at 100 cm for the wall walks

SCORES AND VIDEO

- Your score will be the total time taken to complete the whole workout or the total numbers of repetitions completed before the 15-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 the video specify the equipment and the weights used during the workout (by showing them in the video).
- Use an app with an integrated timer to record your workouts, such as "WodProof" or "WeTime".
- All videos must be uncut and unedited.
- Use a 45° angle position to record your workout.
- Scores and videos must be submitted by Saturday 25th June at 9pm.

“BARBELL WALK”

For time

- 30 shoulder to overhead
- 5 synchronized wall walks
- 30 front squats
- 5 synchronized wall walks
- 30 squat clean & jerks
- 5 synchronized wall walks

Time cap: 15 minutes

Women barbell movements 42.5 kg
Men barbell movements 65 kg

30 shoulder to overhead				
	10	20	30	
5 sync. wall walks				
	35			
30 front squats				time
	45	55	65	
5 sync. wall walks				
	70			
30 squat clean & jerks				time
	80	90	100	
5 sync. wall walks				
	105			
				time

Time or total repetitions at 15 min.

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

MOVEMENT STANDARDS

Shoulder to overhead

The rep begins with the barbell in the front rack position on your shoulders, with knees and hips fully extended. Lift the barbell from your shoulders to an overhead position in one motion. Strict press, push press, push jerk or split jerk is allowed. At the end position of this lift, the arms, hips and knees have to be fully extended with the barbell over or slightly behind of the middle of the body and feet in line.

Front squat

For the front squat, the barbell starts on 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 position. The barbell must stay in front rack position on your shoulders the entire time, with the hips and knees fully extended at the top position.

Squat clean & jerk (squat clean & shoulder to overhead)

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. After the squat clean it is necessary to lock out the hips and knees to complete the clean before lifting the bar overhead. In the squat, the hip crease must be below the top of the knee in the bottom position. A power clean, followed by a front squat is permitted. To bring the barbell overhead, the athlete may perform a shoulder press, push press, push jerk or split jerk. At the end of this lift, the arms, hips and knees have to be fully extended with the barbell over or slightly behind the middle of the body and feet in line.

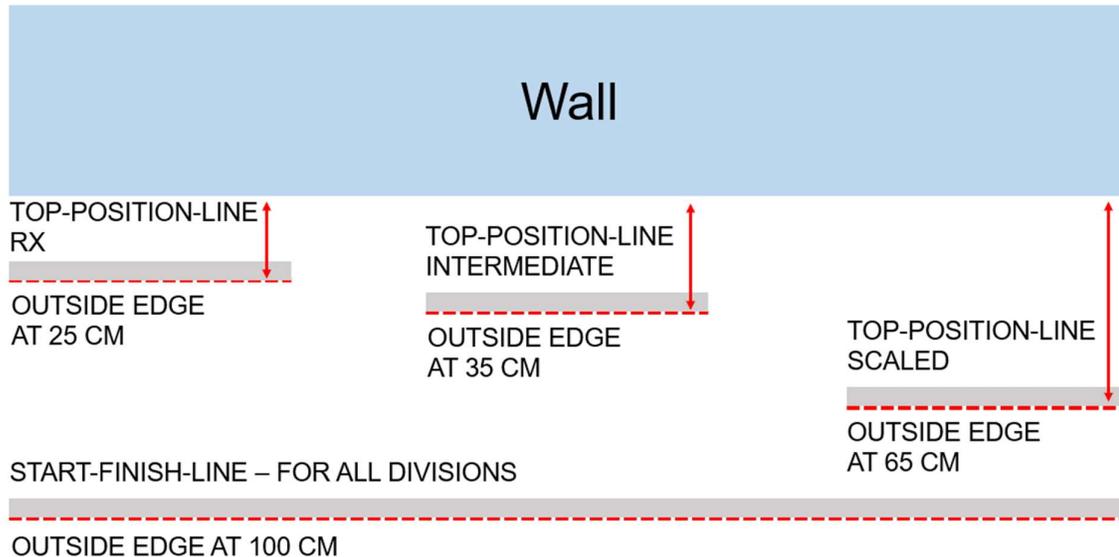
Synchronized wall-walk

Mark two tape lines on the floor to define the start-finish-line as well as the top-position-line. The start-finish-line is further away from the wall: the outside edge of this tape is at exactly 100 cm. This start-finish-line is at the same distance for all divisions and will be the start and finish for each repetition.

The top-position-line is closer to the wall. Mark a second tape with a distance of 35 cm between the wall and the outside edge of the tape.

Every rep begins and ends with the athlete lying on the ground, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must be in front of the start-finish-line, not touching the line (with no part of your hands). Both hands must remain in front of the start-finish-line until both feet are on the wall. At the top of the movement, both hands must touch the top-position-line before the athlete can descend. Any part of the hand may touch the tape line. On the descent, the feet must remain on the wall until both hands are in front of the start-finish-line.

Synchronous means: Both athletes must be in that lockout position with both hands touching the top-position-line 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

Teams who wish to qualify for and compete at the finals of TOUGH'N'ROUGH must upload a video link along with the workout score submission, whether they train in an affiliate or not. We will evaluate your video if your score is potentially in the top rankings of each division and workout. The TnR team reserves the right to correct the scores if needed.

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

- Use an app with an integrated timer to record your workouts, such as "WodProof" or "WeTime".
- 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 must 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.