

ONLINE QUALIFIER – RX

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

This is a team workout with a running clock of 16 minutes. Try to finish the workout as fast as possible.
Scores and videos must be submitted by Saturday 25th June at 9pm.

„FIGGAROOO“

For Time

(Athlete A)

30 bar facing burpees over bar
30 hang clusters

(Team)

1300 meter row

(Athlete B)

30 deadlifts
30 bar facing burpees over bar

Time cap: 16 minutes

EQUIPMENT

- Two barbells (20 kg, 15 kg, 10 kg)
- Standard weight plates to load to the appropriate weights for RX
- Collars
- Concept2 rower
- No grip enhancements straps

WEIGHTS

Women

- 35 kg hang cluster
- 70 kg deadlift

Men

- 50 kg hang cluster
- 100 kg deadlift

NOTES

This is a two-scored event. Score A is the total time to complete the whole workout (including the row). Score B is the total time to complete the 1300 meter row as a team.

Begin with both athletes 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!” athlete A performs 30 bar facing burpees over bar and 30 hang clusters. Meanwhile, Athlete B is resting. After the last repetition of hang clusters, one of the Athletes starts rowing. The 1300 meter row can be split however needed. Note: The rowing portion is a separate score (B). The time at the start and end of your row must be clearly visible in the video. After the row Athlete B moves on and performs 30 deadlifts and 30 bar facing burpees over bar. Score A is the total time to complete the whole workout, including the row.

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

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

SCORES AND VIDEO

- Score A will be the time taken to complete the workout or the total number of repetitions completed before the 16-minute time cap.
- Score B will be the time taken to complete the 1300 meter row.
- The team captain will be asked to submit two team scores 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.

“FIGGAROOO”

For Time

(Athlete A)

30 bar facing burpees over bar
30 hang clusters

(Team)

1300 meter row

(Athlete B)

30 deadlifts
30 bar facing burpees over bar

Time cap: 16 minutes

Women: 35 kg hang cluster | 70 kg deadlift
Men: 50 kg hang cluster | 100 kg deadlift

ATHLETE A	
30 bar facing burpees over bar	10 20 30
	40 50 60
30 hang clusters	
	time
TEAM	
1300 meter row	
	time
ATHLETE B	
30 deadlifts	70 80 90
	100 110 120
30 bar facing burpees over bar	
	time

Time or total repetitions at 16 min. SCORE A	Time for 1300 meter row SCORE B
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If you have any difficulty submitting your score and video, please send an e-mail to:
mario@toughandrough.ch

MOVEMENT STANDARDS

Bar facing burpee over bar

The burpees must be performed perpendicular (in a 90° angle) to and facing the barbell. The athlete must jump back with both feet to reach the bottom position. The chest and thighs touch the ground at the bottom. The athlete's head must stay behind the barbell. Hands and feet must remain inside the width of the plates. To get back to the start position, it is necessary to jump forward with both feet.

Step backward or forward one foot after the other is only permitted for the scaled division. To get over the barbell, the athlete must jump over 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.

Hang cluster

Every repetition starts in the hang position. To get into the hang position, the bar must first be deadlifted with hips and knees fully extended at the end. From there, the bar can be lowered into the desired hang position. As a starting position in the hang, everything above the knees is allowed. From there, the athlete will then perform a squat clean. The hip crease must clearly be below the top of the knees in the bottom position. A hang power or hang muscle clean followed by a front squat is allowed. Out of the bottom position of the squat clean or front squat the athlete brings the bar in one continuous motion into a full lockout position overhead. The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body. For the next repetition the athlete has to lower the bar into the hang position again. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. In that case, the bar must first be deadlifted, in order to perform a correct hang cluster.

Deadlift

The repetition starts with both plates on the ground. The athlete's hand must be outside the knees, sumo deadlifts are not allowed. The repetition is credited, when the athlete's hips and knees reach full extension and the athlete's head and shoulders are behind the bar. It is not permitted to wear any gymnastics grips during this workout. Dropping the bar, after the athlete reaches full extension is permitted. Bouncing the bar is not allowed.

Row

The distance displayed as meters on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower. It is up to the team to decide who will start rowing. The row can be split however needed. The monitor on the rower should not be set to zero during the workout, otherwise, it will be necessary to restart rowing.

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.