



**FALL SERIES 2019**  
**QUALIFIER**  
**ENG**

# WORKOUT 1

## DON'T CALL ME JACKIE

TIME CAP:  
FOR TIME 13 MIN

1500 / 1000 M. ROWER → TIE BREAK  
50 THRUSTER (40 kg / 30 kg)  
30 CHEST TO BAR

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## SCORING

At the end of 1500/1000 m. the tiebreak must be taken.

Your score is given by the time taken to perform the wod.

In the event that you do not finish the wod in the time indicated your score is:

Time cap + missing reps.

Each missing rep will count for 1 second

For example, once the time has ran out I did 10 chest to bars, so I'm missing 20.

My score will be: 13:00 + 20 = 13:20

For teams:

The teamleader will upload every single video link of the team members with the relative individual scores. No sums of any kind must be made of the relative scores.

The times of each team member must therefore be reported.

STARTS: 16/09 10:00  
ENDS: 22/09 22:00



## **EQUIPMENT**

- Rower concept 2 or equivalent (the judging body reserves the right to request the technical data sheets of the used rower)
- Men's barbell (20 kg) / women's barbell (15 kg) [using barbells not belonging to your genre is not allowed]
- Bumper of the expected weight for each category (the weight of the bumper must be in kg, if it is in pounds it will be converted and approximated)
- Collars
- Rig

If an athlete in any way has altered the equipment, the prescribed movements or the sequence of the same will be disqualified.

The athlete can use tape or hand grips on the bar, the joint use of hand grips and tape is not allowed.

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## **VIDEO SUBMISSION STANDARDS**

Before you start, video record the barbell and correctly show its weight. Then show the bumpers and their weight.

- Cut videos cannot be accepted
- Use a timer to highlight the flow of workout time.
- Frame the rower and the resistance
- If you were using hand grips, show the rig's bar on video where you will be performing the chest to bars.

*Tip: remember that if during the execution of your video there is music in the background, when you go to load it, youtube could censor it. Make sure then that the video is visible, otherwise it cannot be evaluated.*

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## **VARIATIONS AND WEIGHTS (MAN/WOMAN)**

| FOR ALL THE DIVISIONS | ROWER   | THRUSTER | CHEST TO BAR                       |
|-----------------------|---------|----------|------------------------------------|
| MALE                  | 1500 m. | 40 kg    | YES                                |
| FEMALE                | 1000 m. | 30 kg    | YES<br>FOR MASTER 50+: 30 PULL UPS |

## **STANDARDS**

### **Rower:**

The athlete can set pedals and resistance as he sees fit. The athlete will start sitting on the rower, hands away from the handle. Should he start already with his hands resting on the handle he will be penalized by 3 additional points to the possible penalty or major penalty. Remember to frame the TIME used to travel the assigned distance (that will be your tiebreak).

### **Thruster:**

The barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.

In top position the barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the body.



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## Chest to bar:

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. Overhand, underhand or mixed grip are all permitted.

The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection

## Pull up:

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

*Tip: remember that the check point is "chest in contact with the bar". if you do the video with your back to the camera or preventing the evaluation of the movement the judge will not be able to verify if your chest comes in contact with the bar and your video will be judged invalid as it cannot be evaluated for the entire movement.*

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## **ATHLETE'S RESPONSABILITY**

Remember the general rule set out in paragraph 1.13 of the Open:

*"It is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards."*

The judge can only validate the regularity of a movement or not, it is not required for him to, and must not, go to interpret your movement or identify the loads.

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## **SCORING PROTOCOL**

**Good Video:** the athlete has performed the required movements correctly. the score is validated.

**Valid With Minor Penalty:** the athlete performs 1 to 4 no rep. these will be removed from your score (in case of rep / time conversion each rep is worth 2 seconds).

**Valid With Major Penalty:** the athlete performs 5 or more no reps. in this case the score will be modified by subtracting 15% from the final result entered. If the score is in time, the switching with the rep / time conversion already highlighted will be performed.

**Invalid:** the athlete has not completed the wod as requested or has performed an unacceptable number of no reps (the athlete fails to complete the workout as required, a significant number of reps performed are "no reps,") or the video does not meet the requirements. The athlete's score will be rejected.

*Cut videos cannot be accepted*

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## NOTES

- Remember that if you shoot the video with background music, YouTube might censor your video. This will make it impossible to evaluate it.
- DO NOT use the cloud to upload your video (drive, icloud, dropbox ...) = IT WILL NOT BE TAKEN INTO CONSIDERATION.
- The only links taken into consideration will be those uploaded on youtube or similar platforms (eg vimeo) where loading in terms of the indicated deadlines can be demonstrated.
- The judges may need to send you an email, so check your spam box regularly if a communication ends up there mistakenly.

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