



QUALIFIER WOD 21.1 THE PERFECT STORM

1. WORKOUT

FOR TIME:

- **600 MT ROW**
- **30 ALT. DB SNATCH**
- **500 MT ROW**
- **25 BURPEE OVER THE ROWER**
- **400 MT ROW**
- **20 ALT. DB DEVIL PRESS**

CAP TIME 14'



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2. VARIATIONS AND WEIGHTS

FOR ALL CATEGORIES:

MAN: 1 x 22.5kg

WOMAN: 1 x 15kg

NO VARIATION

3. EQUIPMENT

ROWER CONCEPT 2 OR EQUIVALENT (the judging body reserves the right to request the technical data sheets of the rower used).

A DUMBBELL OF THE WEIGHT INDICATED FOR EACH CATEGORY.

IF AN ATHLETE ALTERS IN ANY WAY THE EQUIPMENT, THE PRESCRIBED MOVEMENTS OR THE SEQUENCE OF THE SAME WILL BE DISQUALIFIED



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4. VIDEO SUBMISSION STANDARDS

4.1 AT THE BEGINNING OR END OF THE WORKOUT YOU MUST:

FILM THE DUMBBELLS SHOWING WEIGHT DIRECTLY

FILM THE ROWER AND THE RESISTANCE

4.2 REMEMBER THAT:

CUT VIDEOS CAN'T BE ACCEPTED.

YOU NEED TO USE A TIMER TO SHOW THE PASSING OF THE WORKOUT TIME. IS ACCEPTED THE USE *WODPROOF* AND *WEETIME* APP.

YOU MAY NOT USE THE CONCEPT2 APPLICATION TO SHOW THE DISTANCE TO THE ROWER. IT IS MANDATORY TO SHOW THE DISPLAY OF THE ROWER USED BY THE ATHLETE

ANY MOVEMENT THAT IS NOT COMMON OR CARRIED OUT IN NONCOMPLIANCE WITH THE RULES DESCRIBED IN THIS TECHNICAL SHEETS, WILL BE CONSIDERED INVALID AND PENALIZED

IF YOU RECORD THE VIDEO WITH BACKGROUND MUSIC, YOUTUBE WILL TEND TO CENSOR YOUR VIDEO. THIS WILL MAKE IT IMPOSSIBLE TO EVALUATE IT.

IF THE TIME CAP IS EXCEEDED, THE SCORING CALCULATION WILL BE AS FOLLOWS: TIME CAP + 1 SECOND FOR EACH MISSING REP ROW (10m = 1 rep)



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5. STANDARDS

5.1 ROW

THE ATHLETE CAN SET PEDALS AND RESISTANCE AS HE SEES FIT.

THE ATHLETE START SITTING ON THE ROWER, LEGS OUTSTRETCHED, NOT TOUCHING THE SLEEVE.

YOU NEED TO FILM THE ROWER'S DISPLAY TO SHOW THE DISTANCE PERFORMED.

5.2 ALTERNATED DUMBBELL SNATCH

THE MOVEMENT STARTS WITH THE DB ON THE GROUND, ENDS WITH THE DB DIRECTLY ABOVE THE HEAD AND THE ATHLETE REACHES A TRIPLE EXTENSION (KNEES-ALSO-ELBOWS).

THE DB MUST BE IN MIDLINE WITH THE BODY.

IN BOTTOM POSITION BOTH HEADS OF THE DB MUST TOUCH THE GROUND AT THE SAME TIME.

THE DB MUST BE BROUGHT TO THE TOP POSITION IN A SINGLE MOVEMENT.

TOUCH-AND-GO IS ALLOWED.

THE WORKING ARM MUST BE ALTERNATED WITH EACH REPETITION.

THE FREE HAND CAN'T TOUCH THE BODY DURING THE REP.



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5.3 BURPEE OVER THE ROWER

THE MOVEMENT BEGINS WITH THE ATHLETE STANDING NEXT TO THE ROWER.

IN BOTTOM POSITION CHEST AND THIGHS MUST TOUCH THE FLOOR.

THE STEP BACK AND STEP UP ARE ALLOWED FOR DESCENT AND ASCENT PHASE OF THE BURPEE.

THE ATHLETE MUST JUMP OVER THE ROWER ON FOOT TOGETHER. STEP OVER IS NOT ALLOWED.

THE MOVEMENT ENDS WITH THE ATHLETE LANDING ON THE OTHER SIDE OF THE ROWER.



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5.4 ALTERNATED DEVIL PRESS

THE MOVEMENT STARTS WITH A SECTION OF BURPEE, IN WHICH THE ATHLETE MUST TOUCH THE FLOOR WITH HIS CHEST AND THIGHS. AFTERWARDS, THE ATHLETE MUST BRING THE DB OVER THE HEAD WITH A SINGLE MOVEMENT OF SNATCH OR SWING, OBTAINING A TRIPLE EXTENSION (KNEES-ALSO-ELBOWS).

THE DB MUST BE IN MIDLINE WITH THE BODY.

THE STEP BACK AND STEP UP ARE ALLOWED FOR DESCENT AND ASCENT PHASE OF THE BURPEE.

ONCE THE MOVEMENT BEGINS, THE HAND HOLDING THE DB CAN'T DETACH UNTIL IT IS COMPLETED.

THE WORKING ARM MUST BE ALTERNATED WITH EACH REPETITION.

TOUCH-AND-GO IS ALLOWED, BOUNCING IS NOT.

THE FREE HAND CAN'T TOUCH THE BODY DURING THE REP.



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6. ATHLETE'S RESPONSIBILITY

REMEMBER THE GENERAL RULE EXPLAINED 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 OR NOT THE REGULARITY OF A MOVEMENT, IS NOT REQUIRED AND DOES NOT HAVE TO GO TO INTERPRET YOUR MOVEMENT OR IDENTIFY THE LOADS.

7. SCORING PROTOCOL

7.1 GOOD VIDEO:

THE ATHLETE HAS PERFORMED THE REQUIRED MOVEMENTS CORRECTLY. THE SCORE IS THEN VALIDATED.

7.2 VALID WITH MINOR PENALTY:

THE ATHLETE PERFORMS FROM 1 TO 4 NO REP. THESE WILL BE REMOVED FROM ITS SCORE (IN CASE OF REP/TIME CONVERSION EACH REP IS WORTH 2 SECONDS).



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7.3 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 ON TIME, THE SWITCH WILL BE MADE WITH THE REP/TIME CONVERSION ALREADY HIGHLIGHTED.

7.4 INVALID:

THE ATHLETE HAS NOT COMPLETED THE WOD AS REQUIRED, OR HAS PERFORMED AN UNACCEPTABLE NUMBER OF NO REPS, OR THE VIDEO DOES NOT MEET THE REQUIREMENTS. THE ATHLETE'S SCORE WILL BE REJECTED.

CUT VIDEOS CAN'T BE ACCEPTED.



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8. NOTE

REMEMBER THAT IF YOU RECORD THE VIDEO WITH BACKGROUND MUSIC, YOUTUBE WILL TEND TO CENSOR YOUR VIDEO. THIS WILL MAKE IT IMPOSSIBLE TO EVALUATE IT.

DO NOT USE CLOUDS TO UPLOAD YOUR VIDEO (DRIVE, ICLOUD, DROPBOX...) = THEY WILL NOT BE TAKEN INTO ACCOUNT.

THE ONLY LINKS TAKEN INTO CONSIDERATION WILL BE THOSE UPLOADED TO YOUTUBE OR SIMILAR PLATFORMS (E.G. VIMEO) WHERE IT IS DEMONSTRABLE TO UPLOAD WITHIN THE TERMS OF THE DEADLINES INDICATED.

JUDGES MAY NEED TO SEND YOU AN EMAIL, SO CHECK YOUR SPAM BOX REGULARLY IN CASE A COMMUNICATION ENDS UP WRONGLY.