



**QUALIFIER WOD 21.2 a+b**  
**TOTAL RECALL**

## **1. WORKOUT**

### **PART A (16' Cap Time)**

#### **For Time:**

- **20 Squat Clean 60/40**
- **30 Pull-ups**
- **15 Squat Clean 70/50**
- **20 C2B**
- **10 Squat Clean 80/55**
- **10 Bar Mu**

### **IMMEDIATELY FOLLOWED BY PART B**

#### **(6' Cap Time):**

#### **1 RM of the complex:**

- **P. Clean / Hang S. Clean / Stoh**



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## **2. VARIATIONS AND WEIGHTS**

### **2.1 WEIGHTS**

#### **Élite / Master 35 / Master 40**

**60/40**

**70/50**

**80/55**

#### **Intermediate / Junior / Master 45**

**50/35**

**60/40**

**70/50**

#### **Master 50 / Experience**

**40/30**

**50/35**

**60/40**



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**2.1 GYMNASTIC MOVEMENTS**

**Élite/ Master 35/ Master 40/ Intermediate/Junior/ Master 45**

**PULL UP**  
**CHEST TO BAR**  
**BAR MUSCLE-UP**

**Master 50**  
**PULL UP**  
**TOES TO BAR**  
**CHEST TO BAR**

**Experience**

**MEN: PULL UP (tutti I round)**  
**WOMEN: KNEE TO CHEST (tutti I round)**

**3. EQUIPMENT**

**AN OLYMPIC BARBELL 20/15KG WITH BUMPERS WHERE WITHEVIDENT WEIGHT DESCRIPTION.**  
**THE MICRO LOADS ALLOWED ARE: 0.5KG/ 1 KG / 1.5 KG / 2 KG / 2.5 KG**

**A BAR FOR GYMNASTIC MOVEMENTS**

**IN THE EVENT THAT AN ATHLETE ALTERS IN ANY WAY THE EQUIPMENT, THE PRESCRIBED MOVEMENTS OR THE SEQUANZA 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**

#### **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.**

**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.**

**PART A: IF THE TIME CAP IS EXCEEDED, THE SCORING CALCULATION WILL BE AS FOLLOWS: TIME CAP + 1 SECOND FOR EACH MISSING REP**

**PART B: THE SCORE WILL BE THE WEIGHT USED TO ACCOMPLISH THE COMPLEX**



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## **5. STANDARDS**

### **5.1 SQUAT CLEAN:**

**THE MOVEMENT BEGINS WITH THE BARBELL ON THE GROUND AND ENDS WHEN THE ATHLETE REACHES THE COMPLETE EXTENSION OF THE KNEES AND ALSO, WITH THE BARBELL IN FRONT RACK POSITION AND THE ELBOWS IN FRONT OF THE VERTICAL OF THE BARBELL.**

**IN BOTTOM POSITION THE ATHLETE MUST BREAK THE LINE OF THE PARALLEL (THE POINT OF CONTACT BETWEEN THE THIGH AND ABDOMEN MUST BE LOWER THAN THE KNEE).**

### **5.2 PULL UP:**

**THE MOVEMENT BEGINS WITH THE ATHLETE IN HANG POSITION (OUTSTRETCHED ARMS AND FEET RAISED FROM THE GROUND) AT THE BAR AND ENDS WITH THE ATHLETE'S CHIN PASSING THE HORIZONTAL LINE OF THE BAR.**

**KIPPING PULL UPS, BUTTERFLY PULL UPS E STRICT PULL UPS SONO CONSENTITE.**

**REVERSE GRIP AND MIXED GRIP ARE ALLOWED.**

### **5.3 CHEST TO BAR:**

**THE MOVEMENT BEGINS WITH THE ATHLETE IN HANG POSITION (OUTSTRETCHED ARMS AND FEET RAISED FROM THE GROUND) AT THE BAR AND ENDS WITH THE CHEST (BELOW THE COLLARBONE) OF THE ATHLETE COMING INTO OBVIOUS CONTACT WITH THE BAR.**

**KIPPING CHEST TO BAR, BUTTERFLY CHEST TO BAR E STRICT CHEST TO BAR SONO CONSENTITE.**

**REVERSE GRIP AND MIXED GRIP ARE ALLOWED.**



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### **5.4 BAR MUSCLE UP:**

**THE MOVEMENT BEGINS WITH THE ATHLETE IN HANG POSITION (OUTSTRETCHED ARMS AND FEET RAISED FROM THE GROUND) AT THE BAR AND ENDS WITH THE ATHLETE IN A SUPPORT POSITION ABOVE THE BAR, WITH HIS ELBOWS LOCKED AND HIS SHOULDERS IN LINE OR IN FRONT OF THE VERTICAL OF THE BAR.**

**AT THE KIP STAGE, THE HEELS CAN NOT EXCEED THE HORIZONTAL LINE OF THE BAR.**

**THE ATHLETE MUST NECESSARILY PASS THROUGH A DIP PHASE DURING THE TRANSITION.**

**OTHER GYMNASTIC MOVEMENTS (GLIDE KIP, PULL-OVERS, ROLLS TO SUPPORT) ARE NOT ALLOWED.**

### **5.5 KNEES TO CHEST:**

**THE MOVEMENT BEGINS WITH THE ATHLETE IN HANG POSITION (OUTSTRETCHED ARMS AND FEET RAISED FROM THE GROUND) AT THE BAR AND ENDS THE ATHLETE'S KNEES EXCEEDING THE HEIGHT OF THE HIPS.**

**IN BOTTOM POSITION THE ATHLETE'S HEELS WILL HAVE TO BREAK THE VERTICAL LINE OF THE BAR.**

### **5.6 TOES TO BAR**

**THE MOVEMENT BEGINS WITH THE ATHLETE IN HANG POSITION (OUTSTRETCHED ARMS AND FEET DETACHED FROM THE GROUND) AT THE BAR AND THE HEELS BEHIND THE VERTICAL OF THE BAR.**

**THE REPETITION IS VALID WHEN BOTH FEET COME INTO EVIDENT CONTACT WITH THE BAR INSIDE THE HANDS AT THE SAME TIME.**

**KIPPING TOES TO BAR E STRICT TOES TO BAR SONO CONSENTITI.**

**MIXED GRIP AND REVERSE GRIP ARE ALLOWED.**



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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**

**YOU ARE ALLOWED TO USE ONLY ONE BARBELL, THE ATHLETE CAN BE HELPED BY SOMEONE ELSE TO LOAD AND UNLOAD IT**

**FOR MOVEMENTS AT THE BAR, IT'S ALLOWED TO USE EITHER THE GYMNASTIC GRIPS OR THE TAPE ON THE BAR. BOTH ARE NOT ALLOWED.**

**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.**