



QUALIFIER WOD 22.1

1. WORKOUT

AMRAP: 10'

- **40/32 CAL ROW**
- **30 BOX JUMP OVER**
- **20 DEADLIFT**

Score is total reps



QUALIFIER WOD 22.1

2. VARIATIONS AND WEIGHTS

ELITE-M35-M40	100/70kgs
INTERMEDIATE-JUNIOR-M45	80/55kgs
EXPERIENCE-M50	70/50kgs

3. EQUIPMENT

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

SCALES 20Kg man and 15Kg woman + plates according to the category

BOX: 60cm man, 50cm woman

IN THE EVENT THAT AN ATHLETE ALTERS IN ANY WAY THE EQUIPMENT, THE PRESCRIBED MOVEMENTS OR THE SEQUANZA OF THE SAME WILL BE DISQUALIFIED



QUALIFIER WOD 22.1

4. STANDARDS

4.1 ROW

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

THE ATHLETE WILL START SITTING ON THE ROWER, LEGS OUTSTRETCHED, HANDS AWAY FROM THE HANDLE.

THE ATHLETE MUST FRAME THE ROWER'S DISPLAY TO SHOW THE CALORIES ACCUMULATED.



THE USE OF ROWER-CONNECTED APPLICATIONS TO SHOW OVERLAY PROGRESSION IS NOT ALLOWED.

THE MONITOR MUST BE RESET AT EACH ROUND.

QUALIFIER WOD 22.1

4.2 BOX JUMP OVER

THE ATHLETE STARTS WITH BOTH FEET ON THE GROUND ON ONE SIDE OF THE BOX.

IT IS NOT ALLOWED TO ANGLE THE BOX, JUMPING OR STEPPING ON A CORNER.

A LATERAL BOX JUMP OVER (FEET PARALLEL TO THE SIDE OF THE BOX) IS ALLOWED.



A SYNCHRONOUS FOOT START IS ALWAYS REQUIRED, AND ONLY THE FEET CAN TOUCH THE BOX.

AFTER LANDING ON THE BOX, THE ATHLETE MUST STEP TO THE OTHER SIDE.



QUALIFIER WOD 22.1

THE FULL EXTENSION ABOVE THE BOX IS NOT REQUIRED.

***EXPERIENCES AND MASTER50S CAN ALSO STEP ONTO THE BOX, BUT IT IS ALWAYS REQUIRED THAT BOTH FEET TOUCH THE BOX.**

THE ATHLETE CANNOT USE ARMS/HAND TO FACILITATE THE MOVEMENT



QUALIFIER WOD 22.1

ATHLETES MUST STEP THE DESCENT FROM THE BOX. BOUNCING IN THE NEXT JUMP IS NOT ALLOWED.



THE REP IS VALID WHEN BOTH FEET HAVE TOUCHED THE GROUND ON THE OPPOSITE SIDE OF THE BOX. FROM THERE, THE ATHLETE CAN BEGIN THE NEXT REP.

QUALIFIER WOD 22.1

4.3 DEADLIFT

THE BARBELL STARTS FROM THE GROUND. COLLARS OR CLIPS SHOULD BE APPLIED TO THE OUTSIDE OF THE PLATES.

THE ATHLETE'S HANDS MUST BE ON THE OUTSIDE OF THE KNEES. SUMO DEADLIFTS ARE NOT ALLOWED.





QUALIFIER WOD 22.1

THE REP IS VALID WHEN:

THE HIPS AND KNEES OF THE ATHLETE REACH FULL EXTENSION;

THE HEAD AND SHOULDERS OF THE ATHLETE ARE LOCATED BEHIND THE VERTICAL OF THE BARBELL.

THE ATHLETE MAY NOT RECEIVE ASSISTANCE WITH THE MOVEMENT OF THE BARBELL UNLESS THE SAFETY OF THE ATHLETE OR THOSE PRESENT IS AT IMMEDIATE RISK.

THE USE OF GRIPS OR CLAMPS (FOR WRISTS) FOR WEIGHT LIFTING IS NOT ALLOWED.

BOUNCING OF THE BARBELL IS NOT ALLOWED.





QUALIFIER WOD 22.1

5. VIDEO SUBMISSION STANDARDS

1. AT THE BEGINNING OR END OF THE WORKOUT YOU MUST:

FRAME THE DISCS AND THE BALANCER SHOWING THE WEIGHT DIRECTLY

FRAME THE SIZE OF THE BOX

FRAMING THE ROWER AND THE RESISTANCE

1. REMEMBER THAT:

CUT VIDEOS CANNOT BE ACCEPTED.

YOU NEED TO USE A TIMER TO HIGHLIGHT THE PASSING OF THE WORKOUT TIME. YOU WILL BE ACCEPTED TO USE THE *WODPROOF* and *WETIME* APPS.

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 A MANNER THAT DOES NOT COMPLY WITH THE RULES ESTABLISHED BY THE TECHNICAL DATA SHEETS, WILL BE CONSIDERED INVALID AND THEREFORE PENALIZED



QUALIFIER WOD 22.1

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

6. ATHLETE'S RESPONSIBILITY

RECALLS 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.



QUALIFIER WOD 22.1

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 HIS SCORE (IN CASE OF REP/TIME CONVERSION EACH REP IS WORTH 2 SECONDS).

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.



QUALIFIER WOD 22.1

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.

CUTTED VIDEOS CANNOT BE ACCEPTED.

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 (EG VIMEO) WHERE IT IS DEMONSTRABLE THE UPLOAD IN 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.