



QUALIFIER WOD 22.2

1. WORKOUT

EVERY 2-minutes

6 rounds

➤ **10 THRUSTER**

➤ **10 BAR FACING BURPEE**

**ADD 3 BURPEE EACH ROUND
ROUND 5-6 ARE FOR MAX REPS BAR
FACING BURPEE**



QUALIFIER WOD 22.2

ROUNDS:

- 1. 10 THRUSTER + 10 BAR FACING BURPEE**
- 2. 10 THRUSTER + 13 BAR FACING BURPEE**
- 3. 10 THRUSTER + 16 BAR FACING BURPEE**
- 4. 10 THRUSTER + 19 BAR FACING BURPEE**
- 5. 10 THRUSTER + MAX REPS BAR FACING BURPEE**
- 6. 10 THRUSTER + MAX REPS BAR FACING BURPEE**

Score is total reps

If all the required rep cannot be performed within the interval, the athlete can't go any further with the workout. The score will be the total number of performed reps until then



QUALIFIER WOD 22.2

2. VARIATIONS AND WEIGHTS

ELITE-M35-M40	50/35kg
INT-JUNIOR-M45	40/30kg
EXP-M50	30/20kg

3. EQUIPMENT

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

FOR THE EXPERIENCE AND MASTER 50 WOMAN DIVISION: TWO BARBELLS CAN BE USED. ONE WITH STANDARD PLATES FOR THE BURPEES, AND ONE WITH THE PRESCRIBED LOAD FOR THE THRUSTERS.

IMPORTANT

SET UP: The barbell must be set perpendicular to the center of a 4MT line drawn on the ground in a clear and evident way

QUALIFIER WOD 22.2

4. STANDARDS

4.1 THRUSTER

EACH SET STARTS WITH THE BARBELL ON THE GROUND.

THE ATHLETE'S HIP CREASE MUST PASS BELOW THE HIGHEST POINT OF THE KNEE IN THE BOTTOM POSITION (BREAK PARALLEL).



A CLUSTER IS ALLOWED AS THE FIRST REP OF A SET IF THE BARBELL STARTS FROM THE GROUND.

QUALIFIER WOD 22.2

THE REP IS CREDITED WHEN:

THE ATHLETE'S KNEES, HIPS AND ARMS REACH FULL EXTENTION;

THE BARBELL IS IN LINE OR SLIGHTLY BEHIND THE CENTER OF THE ATHLETE'S BODY AND THE FEET ARE IN LINE.





QUALIFIER WOD 22.2

THE REP MUST BE ONE FLUID MOTION. A FRONT SQUAT INTO A JERK IS NOT ALLOWED.

IF THE BARBELL IS DROPPED FROM OVERHEAD, IT MUST SETTLE ON THE GROUND BEFORE STARING THE NEXT REP.

THE ATHLETE CANNOT RECEIVE ANY ASSISTANCE WITH THE MOVEMENT OR THE SETTING OF THE BARBELL UNLESS SAFETY IS NOT AN IMMEDIATE CONCERN.

QUALIFIER WOD 22.2

4.2 BAR FACING BURPEES

THE ATHLETE MUST USE 450MM STANDARD DIAMETER PLATES.

THE MOVEMENT MUST BE PERFORMED PERPENDICULARLY AND FACING THE BARBELL.



THE ATHLETE CAN BOTH JUMP OR STEP BACK INTO THE BOTTOM POSITION.

THE CENTER OF THE ATHLETE'S CHEST MUST BE ON THE LINE, AND THE HANDS AND FEET MUST STRADDLE THE LINE.

THE ATHLETE'S HEAD MUST BE BEHIND THE BARBELL.

HANDS AND FEET MUST STAY WITHIN THE WIDTH OF THE PLATES.



QUALIFIER WOD 22.2

STEPPING OR JUMPING INTO THE STARTING POSITION ARE BOTH ALLOWED.





QUALIFIER WOD 22.2

THE ATHLETE MUST CLEARLY JUMP OVER THE BARBELL.



BOTH FEET MUST BE OFF THE GROUND WHEN THE ATHLETE CLEARS OVER THE BARBELL.

STEPPING OVER THE BARBELL IS NOT ALLOWED. (ONLY EXCEPTION FOR CATEGORIES EXP E M50)

A TWO-FOOT TAKE OFF IS NOT REQUIRED.

TOUCHING THE BARBELL DURING THE JUMP OR THE STEP IS A “NO REP”.

THE REP IS CREDITED WHEN BOTH THE ATHLETE’S FEET TOUCH THE GROUND ON THE OPPOSITE SIDE OF THE BARBELL.

A TWO-FOOT LANDING IS NOT REQUIRED.



QUALIFIER WOD 22.2



THE ATHLETE MUST GO BACK TO A PERPENDICULAR POSITION FACING THE BARBELL BEFORE STARTING THE NEXT REP.

THE ATHLETE CANNOT RECEIVE ANY ASSISTANCE WITH THE MOVEMENT OR THE SETTING OF THE BARBELL UNLESS SAFETY IS NOT AN IMMEDIATE CONCERN.

IF A “NO REP” IS ISSUED FOR ANY REASON, THE REPETITION MUST BE ENTIRELY REPEATED.



QUALIFIER WOD 22.2

5. VIDEO SUBMISSION STANDARDS

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

FRAME THE DISCS AND THE BALANCER SHOWING THE WEIGHT DIRECTLY

5.2 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.

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

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



QUALIFIER WOD 22.2

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.

7. SCORING PROTOCOL

7.1 GOOD VIDEO:

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



QUALIFIER WOD 22.2

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.

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 CANNOT BE ACCEPTED.



QUALIFIER WOD 22.2

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.