



QUALIFIER 1

FRIDAY 6TH JUNE 2018

QUALIFIER 1

Rx/80+

EMOM10:

Athletes 1 & 2 complete:
30x DUs (prerequisite)
1x Snatch

10 MINUTE EMOM

EQUIPMENT

- 2x Skipping Ropes
- 1x Barbell (Male 20kg, Female 15kg)

NOTES

This workout begins with both athletes ready to begin the double under skips with the starter clock. They may be holding their ropes.

Once the clock begins the first 60 second interval, both athletes have that time to complete 30 double under skips each. Upon successful completion of 30 double under skips, the athlete may progress to the bar to attempt a snatch repetition at the weight of their choosing.

It is not necessary for both athletes to complete the 30 double unders but an athlete may not attempt the snatch without having done so. Athletes may skip at the same time.

In each scoring round there is potential to obtain two snatch scores (where both athletes complete the DUs); a single snatch score (for the athlete completing 30 DUs); or a score of zero (where neither athlete completes the DUs within the time).

The workout may begin with the bar loaded and the load on the bar may be increased or decreased at any time during the workout - assistance with loading is permitted. Only a single bar may be used per pair. Snatches may not be attempted after the start of the next interval but an athlete locking out after the 60 seconds (having already received the bar following a successful pull) may count that rep. Failed attempts are not repeated.

The score should be recorded as the *total combined load of all successful lifts by both athletes.*

MOVEMENT GUIDANCE

DOUBLE UNDER SKIPS

This is a standard double under skip in which the rope passed under the feet two times for every jump

SNATCH

In the snatch, the barbell begins on the ground and must be lifted overhead in one smooth motion. No part of the body other than the feet may touch the ground during the repetition.

A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension – have a competent person review your reps before submitting your video if there is any doubt on this standard. A good cue is to ‘squeeze your butt’.





QUALIFIER 1

FRIDAY 6TH JUNE 2018

QUALIFIER 1

Sc/90+

EMOM10:

Athletes 1 & 2 complete:
8x Burpees (prerequisite)
1x GTOH

10 MINUTE EMOM

EQUIPMENT

- 1x Barbell (Male 20kg, Female 15kg)

NOTES

This workout begins with both athletes ready to begin the burpees with the starter clock.

Once the clock begins the first 60 second interval, both athletes have that time to complete 8 burpees each. Upon successful completion of 8 burpees the athlete may progress to the bar to attempt a GTOH repetition at the weight of their choosing.

It is not necessary for both athletes to complete the 8 burpees but an athlete may not attempt the GTOH without having done so. Athletes may burpee at the same time.

The workout may begin with the bar loaded and the load on the bar may be increased or decreased at any time during the workout - assistance with loading is permitted. Only a single bar may be used per pair. GTOH reps may not be attempted after the start of the next interval but an athlete locking out after the 60 seconds (having already received the bar following a successful pull) may count that rep.

The score should be recorded as the *total combined load of all successful lifts by both athletes.*

MOVEMENT GUIDANCE

BURPEE

The burpee begins from a standing position. The athlete drops down to touch both chest (above the nipple line) and thighs to the floor.

The athlete raises themselves from the floor and jumps to extension to touch hands together overhead (not behind the head).

GROUND TO OVERHEAD (GTOH)

In the GTOH, the barbell begins on the ground and may be lifted overhead with or without a stop at the shoulder. No part of the body other than the feet may touch the ground during the repetition.

A power snatch, muscle snatch, split snatch, or squat snatch, clean and jerk, bicep curl and strict press are all permitted, so long as the requirements are met.

In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension – have a competent person review your reps before submitting your video if there is any doubt on this standard. A good cue is to ‘squeeze your butt’.



QUALIFIER 1

FRIDAY 6TH JUNE 2018

QUALIFIER 1 Rx/80+

EMOM10:

Athletes 1 & 2 complete:
30x DUs (prerequisite)

1x Snatch

10 MINUTE EMOM

TEAM:

JUDGE:

ATHLETE 1:

RD1:	30X DU SKIPS	SNATCH
RD2:	30X DU SKIPS	SNATCH
RD3:	30X DU SKIPS	SNATCH
RD4:	30X DU SKIPS	SNATCH
RD5:	30X DU SKIPS	SNATCH
RD6:	30X DU SKIPS	SNATCH
RD7:	30X DU SKIPS	SNATCH
RD8:	30X DU SKIPS	SNATCH
RD9:	30X DU SKIPS	SNATCH
RD10:	30X DU SKIPS	SNATCH
		TOTAL

ATHLETE 2:

RD1:	30X DU SKIPS	SNATCH
RD2:	30X DU SKIPS	SNATCH
RD3:	30X DU SKIPS	SNATCH
RD4:	30X DU SKIPS	SNATCH
RD5:	30X DU SKIPS	SNATCH
RD6:	30X DU SKIPS	SNATCH
RD7:	30X DU SKIPS	SNATCH
RD8:	30X DU SKIPS	SNATCH
RD9:	30X DU SKIPS	SNATCH
RD10:	30X DU SKIPS	SNATCH
		TOTAL

COMBINED TOTAL



QUALIFIER 1

FRIDAY 25TH MAY 2018

QUALIFIER 1 Sc/90+

EMOM10:

Athletes 1 & 2 complete:
30x Burpees(prerequisite)

1x GTOH

10 MINUTE EMOM

TEAM:

JUDGE:

ATHLETE 1:

RD1:	8X BURPEES	GTOH
RD2:	8X BURPEES	GTOH
RD3:	8X BURPEES	GTOH
RD4:	8X BURPEES	GTOH
RD5:	8X BURPEES	GTOH
RD6:	8X BURPEES	GTOH
RD7:	8X BURPEES	GTOH
RD8:	8X BURPEES	GTOH
RD9:	8X BURPEES	GTOH
RD10:	8X BURPEES	GTOH
		TOTAL

ATHLETE 2:

RD1:	8X BURPEES	GTOH
RD2:	8X BURPEES	GTOH
RD3:	8X BURPEES	GTOH
RD4:	8X BURPEES	GTOH
RD5:	8X BURPEES	GTOH
RD6:	8X BURPEES	GTOH
RD7:	8X BURPEES	GTOH
RD8:	8X BURPEES	GTOH
RD9:	8X BURPEES	GTOH
RD10:	8X BURPEES	GTOH
		TOTAL

COMBINED TOTAL



QUALIFIER 2

FRIDAY 6TH JUNE 2018

QUALIFIER 2 Rx/80+

AMRAP12:

Row 20/15kcal

Max DL 102/70kg

12 MINUTE CAP

EQUIPMENT

- 1x Concept 2 Rowing Ergonometer
- 1x Barbell (Male 20kg, Female 15kg)
- Plates to make up load

NOTES

This workout begins with one athlete at each station- one on the erg and one on the barbell.

Both athletes begin working at the sound of the starter clock and progress through the workout alternating stations every time the rowing athlete completes the stated calories.

At the end of the 12 minute period the total calories rowed and total deadlift repetitions for the team are recorded for scoring.

MOVEMENT GUIDANCE ROWING

Athletes may not pull to produce calories unless seated on the rower.

Athletes may be assisted into/out of the rower by their partner/judge.

Athletes may not exit the rower until the kcal total is reached - allowing calories to roll over as they exit is not permitted.

At the end of the workout athletes must immediately stop rowing but the calories may be allowed to roll over for scoring purposes.

DEADLIFT

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not permitted.

Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must remain straight throughout.

No bouncing.





QUALIFIER 2

FRIDAY 6TH JUNE 2018

QUALIFIER 2 Sc/90+

AMRAP12:

Row 20/15kcal

Max DL 70/45kg

12 MINUTE CAP

EQUIPMENT

- 1x Concept 2 Rowing Ergonometer
- 1x Barbell (Male 20kg, Female 15kg)
- Plates to make up load

NOTES

This workout begins with one athlete at each station- one on the erg and one on the barbell.

Both athletes begin working at the sound of the starter clock and progress through the workout alternating stations every time the rowing athlete completes the stated calories.

At the end of the 12 minute period the total calories rowed and total deadlift repetitions for the team are recorded for scoring.

MOVEMENT GUIDANCE ROWING

Athletes may not pull to produce calories unless seated on the rower.

Athletes may be assisted into/out of the rower by their partner/judge.

Athletes may not exit the rower until the kcal total is reached - allowing calories to roll over as they exit is not permitted.

At the end of the workout athletes must immediately stop rowing but the calories may be allowed to roll over for scoring purposes.

DEADLIFT

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not permitted.

Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must remain straight throughout.

No bouncing.





QUALIFIER 2

FRIDAY 6TH JUNE 2018

QUALIFIER 1

All

Row 20/15kcal

Max DL

12 MINUTE CAP

TEAM:

JUDGE:

SCRATCH SHEET

DEADLIFTS:

10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
TOTAL				

ROWING:

TOTAL



QUALIFIER 3

FRIDAY 6TH JULY 2018

QUALIFIER 3 Rx/80+

AMRAP8:

You go, I go:

(Athlete 1, Athlete 2, Athlete 1, Athlete 2)

2 Rounds (each)
8x Thrusters 40/30kg
8x Pull Ups
2 Rounds (each)
8x Thrusters 50/35kg
8x Pull Ups
2 Rounds (each)
8x Thrusters 60/40kg
8x Pull Ups
2 Rounds (each)
8x Thrusters 70/45kg
8x Pull Ups
2 Rounds (each)
8x Thrusters 80/50kg
8x Pull Ups
2 Rounds (each)
8x Thrusters 90/55kg
8x Pull Ups

AMRAP8

EQUIPMENT

- Up to 6x Barbells and necessary plates to load
- 1x Pull up bar

NOTES

This workout begins with athlete 1 ready to begin the thrusters as the clock starts. They may not touch the bar before time starts.

Once the clock begins, athlete 1 completes 8 thrusters at the first weight increment before switching to complete 8 pull ups. Once athlete 1 has completed their first round at this interval; athlete 2 may begin their first round at the same increment.

Once both athletes have completed 2 rounds each of the same weight increment, they may progress to the next one by changing or loading the bar (equipment allowing). Athletes may be assisted with barbell loading by their judge or by loaders.

The athlete pair continues in this manner until the end of the 8 minute period. All successful reps completed within the time should be recorded

The score should be recorded as the *total successful repetitions completed by both* athletes.

MOVEMENT GUIDANCE

THRUSTER

These are barbell thrusters in which the barbell moves from the bottom of a front squat to full lockout overhead. The hip crease must clearly pass below the top of the knees in the bottom position.

The repetition is complete when the barbell is driven from the shoulder to the overhead position with the hips, knees, and elbows locked out. The barbell *does not stop at the shoulder* before being driven overhead – the first rep may be completed as a ‘cluster’.

In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension – have a competent person review your reps before attending the competition if there is any doubt on this standard. A good cue is to ‘squeeze your butt’.

PULL UP

This is a standard 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. Any grip style may be used provided the other standards are met.



QUALIFIER 3

FRIDAY 6TH JULY 2018

QUALIFIER 3 Sc/90+

AMRAP8:

You go, I go:

(Athlete 1, Athlete 2, Athlete 1, Athlete 2)

2 Rounds (each)
8x Thrusters 30/20kg
8x Jumping C2B Pull Ups
2 Rounds (each)
8x Thrusters 40/30kg
8x Jumping C2B Pull Ups
2 Rounds (each)
8x Thrusters 50/35kg
8x Jumping C2B Pull Ups
2 Rounds (each)
8x Thrusters 60/40kg
8x Jumping C2B Pull Ups
2 Rounds (each)
8x Thrusters 70/45kg
8x Jumping C2B Pull Ups
2 Rounds (each)
8x Thrusters 80/50kg
8x Jumping C2B Pull Ups

AMRAP8

Once both athletes have completed 2 rounds each of the same weight increment, they may progress to the next one by changing or loading the bar (equipment allowing). Athletes may be assisted with barbell loading by their judge or by loaders.

The athlete pair continues in this manner until the end of the 8 minute period. All successful reps completed within the time should be recorded

The score should be recorded as the *total successful repetitions completed by both athletes*.

MOVEMENT GUIDANCE

THRUSTER

Observe the Rx guidance for the thruster.

In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension – have a competent person review your reps before attending the competition if there is any doubt on this standard. A good cue is to ‘squeeze your butt’.

PULL UP

For jumping pull ups the bar should be set at least 6” above the athlete’s head when standing tall. The elbows should be straight when under the bar and the head should be centred on, or in front of, not behind the bar.



At the top of the pull up, the chin must break the horizontal plane of the bar.

EQUIPMENT

- Up to 6x Barbells and necessary plates to load
- 1x Pull up bar

NOTES

This workout begins with athlete 1 ready to begin the thrusters as the clock starts. They may not touch the bar before time starts.

Once the clock begins, athlete 1 completes 8 thrusters at the first weight increment before switching to complete 8 pull ups. Once athlete 1 has completed their first round at this interval; athlete 2 may begin their first round at the same increment.



QUALIFIER 3

FRIDAY 6TH JULY 2018

QUALIFIER 3 All Divs

AMRAP8:

Ascending weight in ladder format of thrusters with pull ups

AMRAP8

TEAM:

JUDGE:

ATHLETE 1:

ATHLETE 2:

RD1:	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
RD2:	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
RD3:	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
RD4:	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
RD5:	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
RD6:	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
	8X THRUSTERS	8X PULL UPS	8X THRUSTERS	8X PULL UPS	TOTAL
					COMBINED TOTAL



QUALIFIER 4

FRIDAY 6TH JULY 2018

QUALIFIER 4 Rx/80+

AMRAP18:

- 100x Wall Ball Shots 20/14lbs 10'9"
- 80x DB Snatches 22.5/14kg
- 60x Box Jump Overs 24/20"
- 40x STOH 60/40kg
- 20x Ring Muscle Ups

AMRAP18

MOVEMENT GUIDANCE

WALL BALL SHOT

This is a standard wall ball shot. The athlete performs a squat with the ball so that the hips progress below the height of the knees; before standing to throw the ball *above* the stated target height. The ball must touch the wall *above* the target height. Where a rig mounted target is used, the ball may strike anywhere on the face of the target to count.

DB SNATCH

The DB is pulled from the floor to full extension overhead. Touch-and-go is permitted, but *both heads* of the dumbbell are required to touch the floor between repetitions. *Hands must be alternated* on each repetition and may be changed *at any height after lockout*.

A muscle, power, squat or split snatch may be used, as long as the rep is finished at full extension of knees hips, shoulders and elbows with the feet lined up and the DB over the *centre* of the body.

BOX JUMP OVER

This movement requires a two-footed take off and landing onto the box. The athlete may jump or step down. Athletes are *not required to extend* on top of the box.

STOH

This movement requires the bar to be driven from the shoulder to overhead in any permissible style including strict press, push press, push jerk, or split jerk. The rep is completed when the bar is locked out over the *centre* of the athlete's body with the elbows, hips and knees extended and feet lined up under the hips

RING MUSCLE UP

Athletes must pull themselves from a straight arm hang under the rings to a locked out position above the rings, passing through a portion of a dip after the turnover. Reps executed from a bent elbow will not be counted *unless the arm is visibly extended* prior to the elbow bend.

EQUIPMENT

- 1x Medicine Ball 20/14lbs
- 1x Dumbbell 22.5/14kg
- 1x Box 24/20"
- 1x Barbell 60/40kg
- 1x Pair Olympic Rings

NOTES

This workout begins with either athlete ready to begin the wall ball shots as the clock starts. They may not touch the ball before time starts.

Once the clock begins athletes complete the stated reps switching as often as necessary to finish them before moving to the next exercise. Only one athlete may work at a time. There is no minimum work requirement for either athlete. At the end of the muscle ups, if time remains, the athletes should begin again at the wall ball shots.

The score should be recorded as the *total successful repetitions completed by both athletes*.



QUALIFIER 4

FRIDAY 6TH JULY 2018

QUALIFIER 4 Sc/90+

AMRAP18:

- 100x Wall Ball Shots 14/10lbs 9'8"
- 80x DB Snatches 15/10kg
- 60x Box Jump Overs 24/20"
- 40x STOH 40/30kg
- 20x Pull Ups

AMRAP18

MOVEMENT GUIDANCE

WALL BALL SHOT

This is a standard wall ball shot. The athlete performs a squat with the ball so that the hips progress below the height of the knees; before standing to throw the ball *above* the stated target height. The ball must touch the wall *above* the target height. Where a rig mounted target is used, the ball may strike anywhere on the face of the target to count.

DB SNATCH

The DB is pulled from the floor to full extension overhead. Touch-and-go is permitted, but *both heads* of the dumbbell are required to touch the floor between repetitions. *Hands must be alternated* on each repetition and may be changed *at any height after lockout*.

A muscle, power, squat or split snatch may be used, as long as the rep is finished at full extension of knees hips, shoulders and elbows with the feet lined up and the DB over the *centre* of the body.

BOX JUMP OVER

This movement requires a two-footed take off and landing onto the box. The athlete may jump or step down. Athletes are *not required to extend* on top of the box.

STOH

This movement requires the bar to be driven from the shoulder to overhead in any permissible style including strict press, push press, push jerk, or split jerk. The rep is completed when the bar is locked out over the *centre* of the athlete's body with the elbows, hips and knees extended and feet lined up under the hips

PULL UP

This is a standard 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. Any grip style may be used provided the other standards are met.

EQUIPMENT

- 1x Medicine Ball 14/10lbs
- 1x Dumbbell 15/10kg
- 1x Box 24/20"
- 1x Barbell 40/30kg
- 1x Pull Up Bar

NOTES

This workout begins with either athlete ready to begin the wall ball shots as the clock starts. They may not touch the ball before time starts.

Once the clock begins athletes complete the stated reps switching as often as necessary to finish them before moving to the next exercise. Only one athlete may work at a time. There is no minimum work requirement for either athlete. At the end of the muscle ups, if time remains, the athletes should begin again at the wall ball shots.

The score should be recorded as the *total successful repetitions completed by both athletes*.

A split time will be recorded at the end of the STOH in case of a tie break scenario.



QUALIFIER 4

FRIDAY 6TH JULY 2018

QUALIFIER 4 All Divs

AMRAP18:

100x Wall Ball Shots

80x DB Snatches

60x Box Jump Overs

40x STO H

20x RMUs/ Pull Ups

AMRAP18

TEAM:

JUDGE:

WALL BALL SHOTS

10	20	30	40	50	60	70	80	90	100
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DB SNATCHES

10	20	30	40	50	60	70	80	180
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BOX JUMP OVERS

10	20	30	40	50	60	240
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STOH

10	20	30	40	SPLIT	280
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RMU/PULL UP

10	20	300
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WALL BALL SHOTS

10	20	30	40	50	60	70	80	90	100
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DB SNATCHES

10	20	30	40	50	60	70	80	180
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TOTAL