

QUALIFIER
SW022



WORKOUT

3

ELITE - REGULAR - TEAM



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WORKOUT 3



TIME CAP: 15 MIN

40 WALL BALL
40 TOES TO BAR
40 CAL ROW

30 WALL BALL
30 TOES TO BAR
30 CAL ROW

20 WALL BALL
20 TOES TO BAR
20 CAL ROW

SCORE IS TIME

WORKOUT 3



WEIGHT AND VARIATIONS M/F

DIVISION	WALL BALL SHOTS	CAL ROW
MAN	9 KG 3,05 METRI	
WOMAN	6 KG 2,75 METRI	

WORKOUT 3



READ MORE: VIDEO SUBMISSION STANDARDS

Before starting the video, frame CLEARLY:

- for toes bars: backstops or tape on the bar are allowed. The simultaneous use of ribbon and shoulder pads is NOT ALLOWED.
- Measurement target wall ball shots: 305 cm men, 275 cm women
- Medicine ball: 9 kg men, 6 kg women

NB: PAY ATTENTION TO THE BACKGROUND MUSIC

Tips: remember that during the execution of your video there is music playing, when you go to upload it, youtube could censor it. Make sure that the video is visible otherwise it cannot be evaluated.

WORKOUT 3



HOW TO FILM THE VIDEO

In a live event it is possible to interact with the athlete, in the video test this does not exist. Therefore, make sure that your filming is thorough in order to facilitate the analysis of the reps.

There is no subjective interpretation of the movement because doing so would generate discrimination in performance. Therefore, it is of paramount importance that you use a few simple cautions.

Remember: what a judge cannot see, cannot be evaluated and therefore is no rep.

ALWAYS USE A $\frac{3}{4}$ FILMING SHOT AS IT ALLOWS A COMPLETE EVALUATION OF ALL CHECK POINTS.

WORKOUT 3



FLOW

At *3, 2, 1, go* go the athlete grabs the medicine ball and performs the 40 repetitions, then goes to the bar to perform the 40 toes to bar and then goes to the Row and performs the prescribed 40 calories.

The athlete will then return to the wall ball target to perform 30 repetitions, followed by 30 toes to bar and finally 30 calories to Row.

For the last time he/she will then grab the medicine ball and perform 20 wall ball shots followed by 20 toes to bars and 20 calories to the Row.

WORKOUT 3



STANDARD

WALL BALL

The medicine ball must be in the support position in front of the body at the start of each rep. Squat until the hip crease is below the knee. Squat cleaning is allowed as long as the ball starts on the ground. The rep is credited when the center of the ball hits the target at or above the specified height. If the ball hits low or does not hit the wall, it is a “no rep”.

If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

WARNING: DO NOT SHOT THE VIDEO FROM THE BACK OF THE ATHLETE BECAUSE THIS LEADS TO THE IMPOSSIBILITY TO EVALUATE THE SQUAT. YOU WOULD RISK TO PENALIZE THE ATHLETE'S PERFORMANCE. THEREFORE A QUARTER-SIDE VIEW IS TO BE PREFERRED.

WORKOUT 3



STANDARD

TOES TO BAR

Athletes begin by hanging from the pull-up bar with arms extended. The heels must be brought back behind the bar.

Overhand, underhand, or mixed grips are all permitted. The rep is credited when both feet contact the bar between the hands at the same time. Any part of the feet may make contact with the bar.

WORKOUT 3



STANDARD

ROWER

The monitor on the rower must be set to zero calories at the beginning of each row and show **ALWAYS** the calories for each round.

If calories are not visible a **MAJOR PENALTY** will be given.

WORKOUT 3



ATHLETE'S RESPONSIBILITY

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, he is not required and must not go to interpret your movement or identify the loads.

WORKOUT 3



SCORING PROTOCOL

Good Video: the athlete performed the required movements correctly. the score is then validated.

Valid With Minor Penalty: the athlete performs from 1 to 4 no rep. These will be removed from your score.

Valid With Major Penalty: the athlete performs 5 or more no rep. In this case the score will be modified by subtracting 15% from the final result entered. If the number of no reps exceeds half of the reps of the specific movement, 15% plus the no reps performed will be awarded.

Invalid: The athlete did not complete the workout as required or performed an unacceptable number of no reps (the athlete fails to complete the workout as required, a significant and unacceptable number of repetitions performed is no rep. In this case the rating is remitted solely to the head judge and calculated on the proportion of no reps present in the workout) or the video does not meet the required requirements. The athlete's score will be rejected.

A rep correction per rep or a correction up to 4 no rep can be applied and with the fifth a dry application of 15%.

However, refer to the rulebook for any different scoring protocols.

IF YOU DON'T FINISH IN TIME: TIME CAP + MISSING REP = e.g. you are missing 20 rep your score will be 15:20

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NOTES

Remember that if you play 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 CONSIDERED.**

The only links taken into consideration will be those uploaded to YouTube or similar platforms (eg Vimeo) where it is demonstrable to upload within the deadline indicated.

The judges may need to send you an email, so check your spam box regularly in case a communication ends up there incorrectly.

