

#QUALIFIER

Qatär Edition 2023

**SOUTHERN
WARRIORS**

CrossFit LICENSED EVENT | 2023

WORKOUT 1

WORKOUT 1

TIME CAP: 10 MIN

**30 CLEAN AND JERK
30 CHEST TO BAR**

SCORE IS TIME

WEIGHT AND VARIATION

INDIVIDUAL M/F

DIVISION	CLEAN AND JERK	CHEST TO BAR
ELITE	60/40 KG	YES
REGULAR	50/35 KG	YES
EXPERIENCE	40/25 KG	30 PULL UP
MASTER 30	60/40 KG	YES
MASTER 35	60/40 KG	YES
MASTER 40	50/35 KG	YES
MASTER 45	50/35 KG	YES
MASTER 50	50/35 KG	YES

WEIGHT AND VARIATION

TEAM M/F

DIVISION	CLEAN AND JERK	CHEST TO BAR
ELITE	60/40 KG	YES
REGULAR	60/40 KG	YES

SCORING: YOUR SCORE IS THE SUM
OF EVERY SINGLE SCORE OF THE ATHLETES

SCORING

■ IF YOU FINISH INTO THE TIME CAP YOUR SCORE IS: **TIME**

■ IF YOU DON'T FINISH INTO THE TIME CAP YOUR SCORE IS:
TIME CAP + MISSING REPS

FOR EVERY MISSING REP ADD +1 SECOND

■ **TEAMS:** YOUR SCORE IS THE SUM OF EACH SINGLE RESULT

VIDEO SUBMISSION STANDARD

BEFORE STARTING THE VIDEO, FRAME CLEARLY:

■ BARBELL

■ BUMPERS

■ COLLARS

■ THE USE OF TAPE ON THE BAR OR GYMNASTIC GRIPS IS ALLOWED BUT NOT TOGETHER AT THE SAME TIME

PAY ATTENTION TO THE BACKGROUND MUSIC

TIPS: emember that if there is music playing during the execution of your video, when you go to upload it, youtube could censor it. So make sure that the video is visible otherwise it cannot be evaluated.

HOW TO FILM

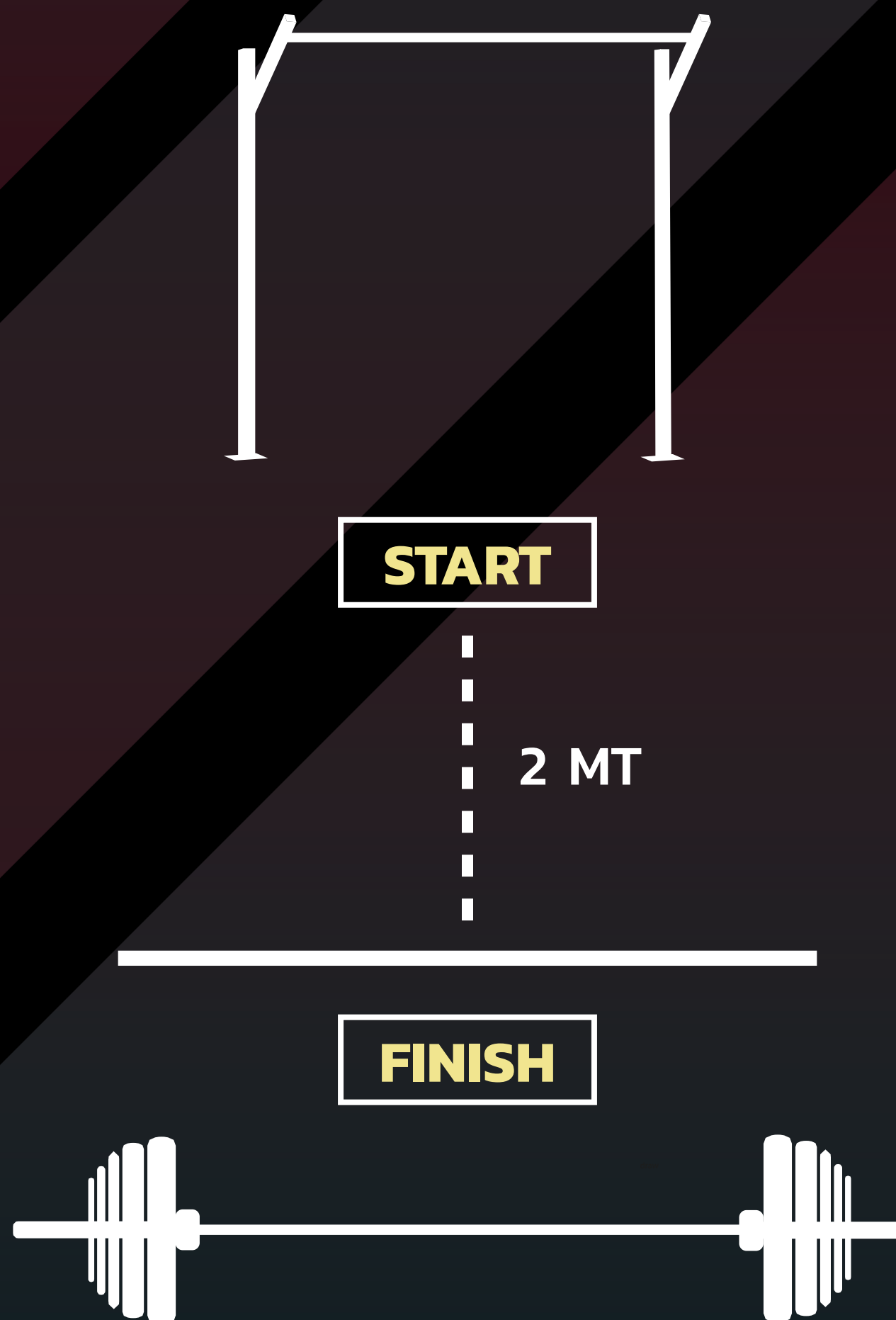
In a live event it is possible to interact with the athlete, in the video test this does not exist. Therefore, make sure that your filming is thorough in order to facilitate the analysis of the reps. There is no subjective interpretation of the movement because doing so would generate discrimination 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

SET UP

WORKOUT 1

■ DRAW A LINE ON THE GROUND WITH A TAPE, 2 METERS FAR FROM THE RIG. THE BARBELL MUST BE SET BEFORE THE LINE AND YOU CAN'T CROSS THE TAPE MARK DURING THE CLEAN AND JERK



FLOW

WORKOUT 1

■ THE ATHLETE WAITS AT THE RIG.

■ AT THE 3,2,1 GO HE GOES TO THE BARBELL AND PERFORMS 30 CLEAN AND JERKS.

■ AFTER THAT HE MOVES TO THE RIG FOR 30 CHEST TO BAR FACING THE CAMERA.

■ HE FINISHES THE TEST PASSING THE TAPE MARK.

STANDARD

CLEAN AND JERK

Start each rep with the barbell on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. If dropped, the barbell must settle on the ground before the start of the next rep.

Power cleans, squat cleans, and split cleans are permitted. Hang cleans are not allowed.

The lift must have two distinct phases: the clean and the jerk. Snatching is not permitted. The barbell must make contact with the shoulders. It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.

The rep is credited when:

- The barbell is locked out overhead, and arms, hips, and legs are extended;
- The bar is over or slightly behind the center of the body, with feet in line.

A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.

Receiving any assistance other than adjusting loading is not permitted unless safety is an immediate concern.

STANDARD

CHEST TO BAR

This is a standard chest-to-bar 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, with the athlete's feet off the ground. Overhand, underhand or mixed grip are all permitted.

The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

STANDARD

PULL UP

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground.

The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

ATHLETE'S RESPONSIBILITY

REMEMBER

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 EVALUATE THE CORRECTNESS OR NOT OF THE MOVEMENT, IT IS NOT REQUIRED TO AND WILL NOT INTERPRET YOUR MOVEMENT OR IDENTIFY THE LOADS.

ALWAYS REFER TO THE RULEBOOK AND CF OPEN STANDARDS FOR FURTHER CLARIFICATIONS.

SCORING PROTOCOL

GOOD VIDEO: The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be accepted

VALID WITH MINOR PENALTY: The athlete gets 1 to 9 no rep. These will be removed from his/her score

VALID WITH MAJOR PENALTY: The athlete gets 10 or more no rep. In this case the score will be modified subtracting the 15% from the input score. If the number of no-reps is more than the half of the specific movement reps a 15% penalty plus the no-reps will be assigned.

INVALID: Athlete did not complete the wod as prescribed or performed an unacceptable number of noreps (The athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are "no reps". In this case the evaluation is uniquely in charge of the head judge and computed on the proportion of no-reps) or the video does not contain the criteria listed in the video submission standards. The athlete's score may be rejected. In case an athlete. In one round, performs 5 or more double under less than the required number a 30% penalty will be given. The athlete whose miss to perform one part or the entire wod will have the score nullified.

In the «weight based score» wods the sanction will be considered rep by rep subtracting the corresponding weight.

A rep-by-rep correction may be used or a maximum 9 no-reps correction after which the 15% will be assigned starting with the 10th norep.

NOTES

■ **REMEMBER** that if there's background music in the video, youtube may block it due to copyright infringement. This will result in the impossibility to judge your video.

■ **DO NOT USE** A CLOUD PLATFORM TO UPLOAD YOUR VIDEO (DRIVE, ICLOUD, DROPBOX...) = **THESE WILL NOT BE CONSIDERED**

■ The only link considered will be the one uploaded on youtube or similar platforms (eg vimeo) where the initial upload date is shown

■ The judges may need to send you an email, therefore check it regularly also checking the spam folder just in case the email provider treats wrongly the email as spam

■ **TEAM REVIEW VIDEOS EMAIL:**
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