

#QUALIFIER

Qatär Edition 2023

**SOUTHERN
WARRIORS**

CrossFit LICENSED EVENT | 2023

WORKOUT 2

WORKOUT 2

AMRAP 4 MIN

500/450 MT ROW
100 DOUBLE UNDER
MAX POWER SNATCH (WEIGHT 1)

REST 1 MIN

AMRAP 4 MIN

500/450 MT ROW
100 DOUBLE UNDER
MAX POWER SNATCH (WEIGHT 2)

REST 1 MIN

4 MIN

1 RM SNATCH ANY STYLE

WORKOUT 2 EXPERIENCE

AMRAP 4 MIN

500/450 MT ROW
100 SINGLE UNDER
MAX POWER SNATCH (WEIGHT 1)

REST 1 MIN

AMRAP 4 MIN

500/450 MT ROW
100 SINGLE UNDER
MAX POWER SNATCH (WEIGHT 2)

REST 1 MIN

AMRAP 4 MIN

500/450 MT ROW
100 SINGLE UNDER
MAX POWER SNATCH (WEIGHT 3)

WEIGHT AND VARIATION

INDIVIDUAL M/F

DIVISION	WEIGHT 1	WEIGHT 2	WEIGHT 3
ELITE	50/30 KG	60/40 KG	RM
REGULAR	40/25 KG	50/30 KG	RM
EXPERIENCE	35/20 KG	40/25 KG	45/30 KG
MASTER 30	50/30 KG	60/40 KG	RM
MASTER 35	50/30 KG	60/40 KG	RM
MASTER 40	40/25 KG	50/30 KG	RM
MASTER 45	40/25 KG	50/30 KG	RM
MASTER 50	40/25 KG	50/30 KG	RM

WEIGHT AND VARIATION

TEAM M/F

DIVISION	WEIGHT 1	WEGHT 2
ELITE	50/30 KG	60/40 KG
REGULAR	40/25 KG	50/30 KG

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

SCORE

**SCORE A: ALL THE REPS OF FIRST AND SECOND
AMRAP**

SCORE B: YOUR WEIGHT FOR THE RM

SCORE EXPERIENCE

**THE SCORE IS THE SUM OF
THE WEIGHT FOR ALL THE LIFTS**

**ES.
(EXPERIENCE DIVISION)**

WEIGHT 1: 15 SNATCH

WEIGHT 2: 10 SNATCH

WEIGHT 3: 5 SNATCH

TOTAL WEIGHT:

15 X 35 = 525

10 X 40 = 400

8 X 43 = 344

TOTAL: 1269

VIDEO SUBMISSION STANDARD

BEFORE STARTING THE VIDEO, FRAME CLEARLY:

- ROWER CONCEPT 2 (no other rowers will be accepted)
- JUMPING ROPE
- BARBELL
- BUMPERS
- COLLARS

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.

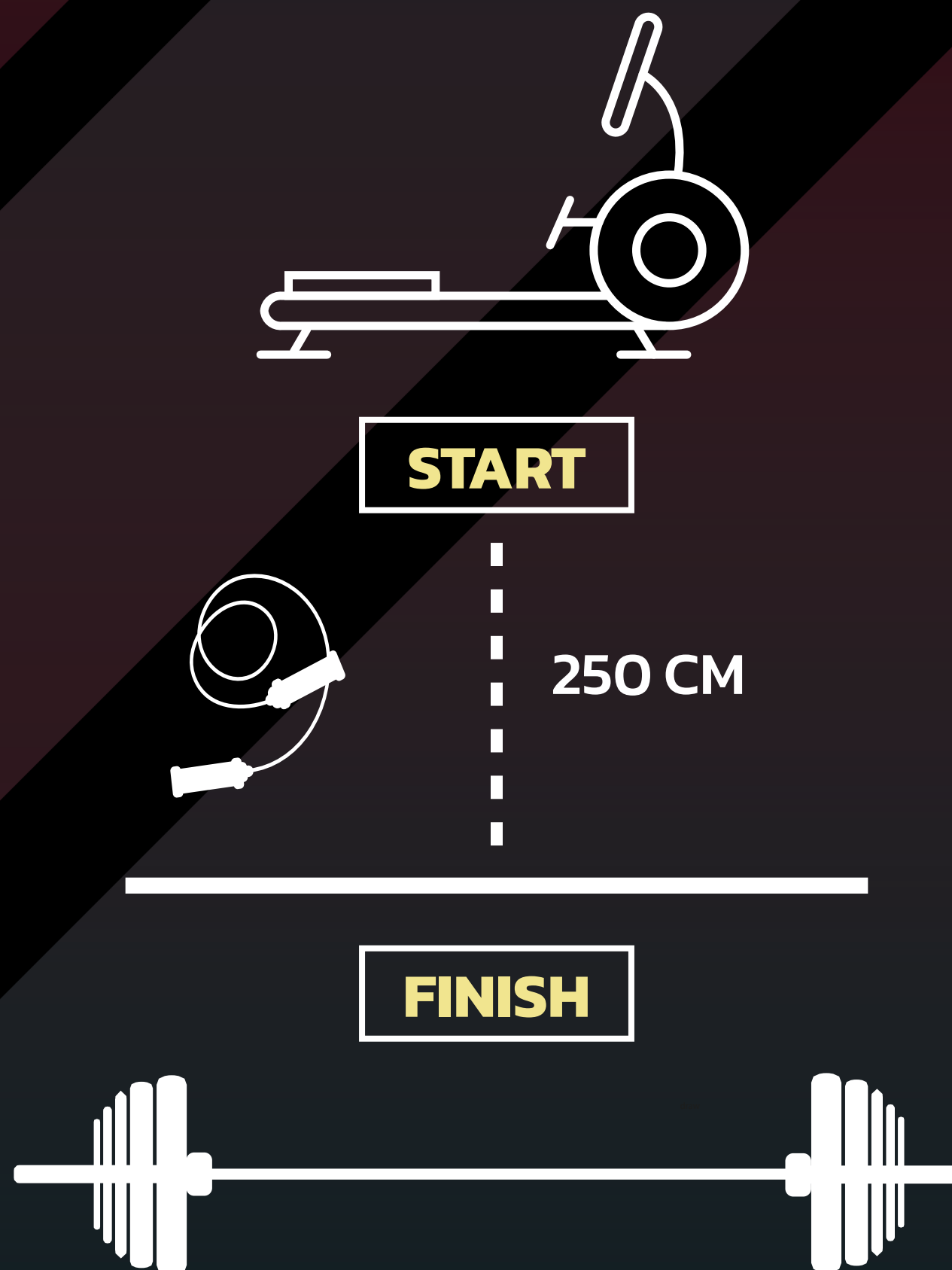
REMEMBER: WHAT A JUDGE CANNOT SEE, CANNOT BE EVALUATED AND THEREFORE IS NO REP

SET UP

WORKOUT 2

DRAW A LINE ON THE GROUND WITH A TAPE 250 CENTIMETERS AWAY FROM THE ROWER. THE MONITOR OF THE ROWER MAY BE SET FACING THE CAMERA.

THE BARBELL MUST BE SET ON THE OPPOSITE SIDE OF THE LINE, AND YOU CAN'T CROSS THE TAPE MARK



FLOW

- The Athlete waits sitting on the rower, hands off the handle.
- At the «3,2,1 go» will start the first window of 4 minutes AMRAP where the athlete performs the prescribed distance (500 mt men, 450 women).
- Then he/she moves to the jumping rope for 100 double unders and after that goes to the barbell for max power snatches with weight number 1.
- At the end of the 4 minutes, a one minute rest section starts. During the rest time, the athlete loads the barbell with weight 2 (NO assistance allowed during the loading).
- After the 1 minute rest the second window of 4 min AMRAP will start with the same flow: 500/450 mt row, 100 double under and max reps of power snatches with the second weight. At the end of the AMRAP it will start a one minute rest section again. During this period of time the athlete may load the barbell for the RM (NO assistance allowed during the loading).
- At the end of the 1 minute rest, the athlete is going to start the next window of 4 min. In this time he/she must find his/her max load of snatch (any style). You can do how many attempts you want but you can upload only your 1rm max.

The athlete during the changes of the weight on the barbell and also for the 1 RM snatch cannot receive any assistance.

Collars must be put on the barbell (any weight outside the collar will not count).

The athlete **MUST SHOW PROPERLY:**

- Weights of the bumpers
- Weight of the barbell (20 kg man / 15 kg woman)
- Collars

STANDARD

ROWER

The athlete hands must be off the handle before the «go» (penalty: 1 rep less on the snatches).

Every time starting the rower the monitor must be reset at 0. Getting of the rower before the prescribed distance is reached: penalty - 1 rep less on the snatches.

DOUBLE UNDER

The rope passes under the feet twice for each jump. For experience divisions, the rope passes under the feet once for each jump (required a two feet take off).

The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

STANDARD

POWER SNATCH

The barbell begins on the ground and must be lifted overhead in one motion. Power, muscle and split snatches are all permitted, but in each instance the athlete's feet must be brought back in line. This is not a ground-to-overhead any way. A clean and jerk is a no rep. Touch and go is permitted but deliberately bouncing the barbell is not. The bar can be dropped from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition

The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line

If you begin with a barbell that has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.

STANDARD

SNATCH

The barbell begins on the ground and must be lifted overhead in one motion. Power, squat snatch, muscle snatch and split snatches are all permitted, but in each instance the athlete's feet must be brought back in line. This is not a ground-to-overhead any way. A clean and jerk is a no rep. Touch and go is permitted but deliberately bouncing the barbell is not. The bar can be dropped from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition.

The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line

If you begin with a barbell that has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.

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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