

#QUALIFIER

Qatär Edition 2023

**SOUTHERN
WARRIORS**

CrossFit LICENSED EVENT | 2023

WORKOUT 3

WORKOUT 3

TIME CAP: 12 MIN

50 WALL BALL

40 BURPEES BOX JUMP OVER

30 TOES TO BAR

20 CHEST TO WALL HANDSTAND PUSH UP

10 ONE LEG SQUAT WEIGHTED

(5 RIGHT LEG + 5 LEFT LEG)

SCORE IS TIME

WORKOUT 3 EXPERIENCE

TIME CAP: 12 MIN

50 WALL BALL

40 BOX JUMP OVERS

30 V-UPS

20 DUMBBELLS SHOULDER TO OVERHEAD

10 DUMBBELLS THRUSTER

SCORE IS TIME

WEIGHT AND VARIATION

INDIVIDUAL M/F

DIVISION	WALL BALL	PLYO BOX	TOES TO BAR	SINGLE LEG SQUAT	HANDSTAND PUSH UP
ELITE	9/6 KG	60/50 CM	YES	15/10 KG DUMBBELL	CHEST TO WALL
REGULAR	9/6 KG	60/50 CM	YES	NO WEIGHTED	HSPU STRICT
EXPERIENCE	9/6 KG	60/50 CM OVER (NO BURPEE)	30 V UP	20 DUMBBELL SHOULDER TO OVERHEAD 10/15 KG	10 DUMBBELL THRUSTER 10/15 KG
MASTER 30	9/6 KG	60/50 CM	YES	15/10 KG DUMBBELL	CHEST TO WALL
MASTER 35	9/6 KG	60/50 CM	YES	NO WEIGHTED	HSPU STRICT
MASTER 40	9/6 KG	60/50 CM	YES	NO WEIGHTED	HSPU
MASTER 45	9/6 KG	60/50 CM	YES	NO WEIGHTED	HSPU
MASTER 50	9/6 KG	60/50 CM	YES	NO WEIGHTED	HSPU

WEIGHT AND VARIATION

TEAM M/F

DIVISION	WALL BALL	PLYO BOX	TOES TO BAR	SINGLE LEG SQUAT	HANDSTAND PUSH UP
ELITE	9/6 KG	60/50 CM	YES	15/10 KG DUMBBELL	CHEST TO WALL
REGULAR	9/6 KG	60/50 CM	YES	NO WEIGHTED	HSPU

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

VIDEO SUBMISSION STANDARD

BEFORE STARTING THE VIDEO, FRAME CLEARLY:

■ **MEDICINE BALL:** 9 KG MAN / 6 KG WOMAN

■ **TARGET:** MAN 305 CM / WOMAN 274 CM

■ **BURPEE BOX JUMP OVER:** The athlete will need to mark a long, straight line on the floor and place the box on the center of that line.

■ **CHEST TO WALL HANDSTAND PUSH UP // STRICT HANDSTAND PUSH UP // HANDSTAND PUSH UP:** The athlete must perform the handstand push-ups with both hands touching the tape line 10 inches from the wall.

- This tape line must be 30 inches long and no wider than 2 inches. Any portion of the athlete's hands may be touching the line (fingers OK). Tape the line that leaves 10 inches of space between the tape's far edge and the wall.

- The tape line placed 10 inches from the wall must be 30 inches in length and NO WIDER than 2 inches.

■ **PISTOL WEIGHTED:** Dumbbell of the right weight

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

FLOW

WORKOUT 3

- THE ATHLETE WAITS UNDER THE TARGET OF THE WALL BALL
- AT «3,2,1 GO» HE PERFORMS 50 WALL BALL.
- AFTER THE 50 REPS HE MOVES TO THE PLYO BOX AND PERFORMS 40 BURPEE BOX JUMP OVER (see the standard and mark a long, straight line on the floor and place the box on the center of that line)
- THEN HE GOES TO THE RIG FOR THE 40 REPS OF TOES TO BAR.
- ONCE HE FINISHES THE TOES BAR HE GOES TO THE WALL FOR THE 20 CHEST TO WALL HANDSTAND PUSH UP.
- AT THE END HE MUST DO 10 ONE LEG SQUAT (5 with the right leg and 5 with the left leg)

STANDARD

WALL BALL

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The rep is credited when the center of the ball hits the target at or above the specified target 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, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

TOES TO BAR

Begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not. Overhand, underhand, or mixed grips are all permitted. The rep is credited when both feet come in contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

STANDARD

BURPEE BOX JUMP OVER

The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box. In the bottom position, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line. Athletes may step or jump in and out of the push-up position. A two-foot takeoff is always required, and only the athlete's feet may touch the box. After landing on the box, the athlete may jump or step off to the other side.

Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing. There is no requirement to stand tall while on top of the box. Each rep is counted when the athlete lands on the ground on the opposite side of the box. From there, they may begin their next rep.

No scaled movement for this standard.

STANDARD

CHEST TO WALL HANDSTAND PUSH UP

The athlete must perform their handstand push-ups with both hands touching the tape line 10 inches (25 centimeters) from the wall. This tape line must be no wider than 30 inches (76 centimeters). Any portion of both of the athlete's hands may be touching the line (fingers OK)

STARTING POSITION:

The athlete must start with the chest and thighs touching the floor before moving to the lockout position. The athlete must move into the lockout position with their hands on the line before descending for the first rep. The athlete may NOT cartwheel or otherwise kick up into the handstand position. If the athlete comes down from the wall at any time, they start again from the floor before beginning the next rep.

The arms must be fully extended and in line with the body before the athlete can descend. The legs must remain straight throughout the repetition. Athletes may not attempt to "climb" the wall with their feet or legs. The feet may not be wider than the hands at any time during the movement. Each rep begins and ends with the athlete in the lockout position with the toes against the wall, arms fully extended, and shoulders in line with the body. Both hands must remain on the designated tape line. If one or both hands is not touching the tape line at any time, the repetition will not count.

STANDARD

At the bottom, the head must make contact with the ground. If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates). The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep. Each rep is credited when the athlete returns to the lockout position with the toes on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

BOX JUMP OVER

The athlete starts with both feet on the ground on one side of the box. Do NOT angle the box and jump or step up on the corner.

A lateral jump over the box (starting with the feet parallel to the box) IS permitted.

A two-foot takeoff is always required, and only the athlete's feet may touch the box. After landing on the box, the athlete could step off to the other side. Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it. A two-foot landing is required. There is no requirement to stand tall while on top of the box.

STANDARD

HANDSTAND PUSH UP

The athlete must perform the handstand push-ups with both hands touching the tape line 10 inches from the wall. This tape line must be 30 inches long and no wider than 2 inches. Any portion of the athlete's hands may be touching the line (fingers OK). The arms must be fully extended and in line with the body before the athlete may descend. Each rep begins and ends with the athlete in the lockout position with the heels against the wall, arms fully extended, and shoulders in line with the body. Both hands must remain on the designated tape line. If one or both hands is not touching the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position. At the bottom, the head must make contact with the ground. If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates). The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep

STRICT: Kipping is NOT allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition. The feet may be no wider than the width of the hands at any point.

KIPPING: The feet may be no wider than the width of the hands at any point

Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

STANDARD

ONE LEG SQUAT

All repetitions must be completed **FACING THE CAMERA**. Each rep begins with the hips and knee extended on the working leg.

The non-working leg must remain in front of the body; it cannot pass behind the profile of the athlete's body.

Athletes may **NOT** rest the non-working leg on the working leg or use the hands/arms to push into the working leg.

Athletes **MAY** hold on to the non-working leg. Each rep begins with the hips and knee extended on the working leg.

The non-working leg must remain in front of the body; it cannot pass behind the profile of the athlete's body.

Athletes may **NOT** rest the non-working leg on the working leg or use the hands/arms to push into the working leg.

Athletes **MAY** hold on to the non-working leg.

The hip crease must pass below the top of the knee on the working leg. If any part of the athlete's body other than the working foot touches the floor before lockout, the rep will not count.

The rep is credited when the athlete reaches full hip and knee extension with the working leg while the non-working leg is clearly off the ground. Athletes must perform 5 good reps with the right leg and after they must perform 5 reps with the left leg.

STANDARD

DUMBBELL SHOULDER TO OVERHEAD

The dumbbells must be at the shoulders to begin the shoulder-to-overhead. A press, push press, push jerk, or split jerk are all permitted as long as the finish position is achieved. In top position the arms, hips, and legs must be fully extended, with elbows locked before the dumbbells are lowered. **The center of both dumbbells must be over or slightly behind the center of the athlete's body,** with the athlete's feet in line. In bottom position dumbbells must be in a front rack position.

According to quarterfinal and semifinal age division 2023 the first rep could be a clean and jerk.

STANDARD

DUMBBELL THRUSTER

The dumbbell thrusters begin with dumbbells on the ground. Hold the dumbbells in the front-rack position during the squat. Dumbbells move from the bottom of a front squat to full lockout overhead. A full squat clean into the thruster is allowed when the dumbbells are taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position.

The rep is credited when: the dumbbells are locked out overhead, with the hips, knees, and arms fully extended. Both dumbbells are directly over or slightly behind the middle of the body. Continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep."

STANDARD

V UP

The following may result in an immediate MAJOR PENALTY: Filming the V-ups from the front or back (must be filmed from $\frac{3}{4}$ angle or profile).

Each rep begins with: The feet together. Both feet touching the ground. Both hands touching the ground above the athlete's head (there is no requirement for the arms to remain extended). The torso and the legs must leave the ground at the same time.

Each rep is credited when: Both hands touch the feet at the same time. The feet are together. The toes are above the top of the athlete's head. The torso and legs must both be off the ground when the touch occurs. After the feet leave the ground, they must remain above the height of the knees.

If the athlete's knees bend incidentally, the toes must remain clearly above the height of the head when the touch occurs.

Must be filmed from a side view (profile). Any deliberate deviation from the V-up motion will not be allowed.

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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