



# Qualifier

## 19.1

ELITE

**Time cap 14 minutes**

Team member 1	Team member 2
35 Double Unders 9 Thrusters 18 Toes to bar	35 Double Unders 9 Thrusters 18 Toes to bar
35 Double Unders 9 Thrusters 15 pull ups	35 Double Unders 9 Thrusters 15 pull ups
35 Double Unders 9 Thrusters 12 Chest to bar	35 Double Unders 9 Thrusters 12 Chest to bar
35 Double Unders 9 Thrusters 9 Bar muscle up	35 Double Unders 9 Thrusters 9 Bar muscle up

### Weights

Men: 42,5 kg

Women: 30kg

### Equipment

- Jump rope(s)
- Barbell (M 20kg/F 15kg)
- Rig

### Video Standards

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

### Workout standards

The workout begins with a team member standing near their jumprop, the bar is pre-loaded with the prescribed weight. The first team member starts with 35 double unders, 9 thrusters and 18 toes to bar. As soon as he completes his round the second team member completes the same round, no high five needed. Your score is your time to complete the workout or total combined number of reps.

For the tie break please note the time after each completed set of the thrusters. (Ascending clock)

Male - Female teams may use two barbells for this workout.



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### **Movement Standards**

#### Double unders

This is the standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

#### Thrusters

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

#### Toes to bar

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

#### Pull ups

This is a standard chin-over-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 feet off the ground. At the top of the movement, the chin must break the horizontal plane of the bar.

#### Chest to bar pull ups

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. At the top, the chest must clearly come into contact with the bar into contact with the bar below the collarbone.

#### Bar muscle ups

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.



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### Scoreform

Time cap 14 minutes

Round 1	Athlete 1	Athlete 2	Tie Break 1	Tie break 2
35 Double unders	35	97	___:___	___:___
9 Thrusters	44	106		
18 Toes to bar	62	124		

Round 1	Athlete 1	Athlete 2	Tie Break 1	Tie break 2
35 Double unders	159	218	___:___	___:___
9 Thrusters	168	227		
15 Pull ups	183	242		

Round 1	Athlete 1	Athlete 2	Tie Break 1	Tie break 2
35 Double unders	277	333	___:___	___:___
9 Thrusters	286	342		
12 Chest to bar	298	354		

Round 1	Athlete 1	Athlete 2	Tie Break 1	Tie break 2
35 Double unders	388	441	___:___	___:___
9 Thrusters	397	450		
9 Bar muscle ups	406	459		

Team Name \_\_\_\_\_

Affiliate \_\_\_\_\_

Judge \_\_\_\_\_

Score if completed \_\_\_:\_\_\_

Score if not completed

Total reps \_\_\_\_\_

Tie break \_\_\_:\_\_\_