



# Qualifier 20.3

**On a 16:00 clock for max repetitions:**

Athlete 1:
00:00-02:00 AMRAP Chest To Bar Pull-Up (Elite) Pull-Up (RX/Mixed/Master) Jumping Pull-Up (Rookie)
02:00-03:00 Rest
03:00-05:00 AMRAP Wallballs
05:00-06:00 Rest
06:00-08:00 AMRAP Toes To Bar (Elite/RX/Mixed/Master) Hanging Knee Raise (Rookie)
Athlete 2:
08:00-10:00 AMRAP Toes To Bar (Elite/RX/Mixed/Master) Hanging Knee Raise (Rookie)
10:00-11:00 Rest
11:00-13:00 AMRAP Thrusters
13:00-14:00 Rest
14:00-16:00 AMRAP Chest To Bar Pull-Up (Elite) Pull-Up (RX/Mixed/Master) Jumping Pull-Up (Rookie)

Weights	Thruster	Wallball
Elite	50(M)/35(F)	9(M)/6(F)
RX	40(M)/30(F)	9(M)/6(F)
Mixed	40(M)/30(F)	9(M)/6(F)
Master	40(M)/30(F)	9(M)/6(F)
Rookie	30(M)/20(F)	9(M)/6(F)

Equipment
Rig
1 x Wallball
1 x Barbell
1 x Plate set

## Workout Standards

The workout starts with the first athlete performing their section. From minute 0 to 2 he/she does max reps of chest to bar pull-ups (elite) chin over the bar pull-ups (RX/Mixed/Master) or jumping pull-ups (rookie). Minute 2 to 3 is rest. From minute 3 to 5 he/she performs max rep wallballs. Followed by minute 5-6 rest. From minute 6 to 8 he/she performs max rep toes to bar or hanging knee raises (rookie). From minute 8 the second athlete does the same workout but in reverse and instead of the wallballs he/she performs thrusters.

## 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.



# Qualifier

## 20.3

### **Movement Standards**

#### Chest to bar pull-up

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 below the collarbone.

#### Chin over the bar pull-up

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.

#### Jumping pull-up

Set-up an elevated surface (box/plates) under the rig. When standing on the elevation with your arms extended, your wrist should be 5cm above the pull-up bar. At the bottom the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. At the top, the chin must break the horizontal plane of the bar.

#### Toes To Bar/Hanging Knee Raise

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. Same standards apply to the hanging knee raise, only now the athlete has to raise their knees above hip level instead of to the pull-up bar.

#### Wallball

A standard wallball. The movement starts with the athlete squatting into a hip crease below parallel position and coming up throwing the ball at a line or target in one continuous motion. The rep ends when the ball hits the target that are at standard height for men (10f) and woman (9f)

#### Thruster

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.



# Qualifier 20.3

## Scoreform

On a 16:00 clock for max repetitions:

Athlete 1:	Reps:
00:00-02:00 Chest To Bar Pull-Up (Elite) Pull-Up (RX/Mixed/Master) Jumping Pull-Up (Rookie)	
02:00-03:00 Rest	
03:00-05:00 Wallball	
05:00-06:00 Rest	
06:00-08:00 Toes To Bar (Elite/RX/Mixed/Master) Hanging Knee Raise (Rookie)	
Athlete 2:	
08:00-10:00 Toes To Bar (Elite/RX/Mixed/Master) Hanging Knee Raise (Rookie)	
10:00-11:00 Rest	
11:00-13:00 Thruster	
13:00-14:00 Rest	
14:00-16:00 Chest To Bar Pull-Up (Elite) Pull-Up (RX/Mixed/Master) Jumping Pull-Up (Rookie)	
<b>Total reps</b>	

Athlete Names \_\_\_\_\_

Division Elite / RX / Master / Rookie / Mixed

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

Affiliate \_\_\_\_\_

Judge \_\_\_\_\_

Score (total reps) \_\_\_\_\_