



MOVEMENT STANDARDS

ROW

The athlete may begin the workout seated in the rower, but may not grab the handle until the call of "go." The athlete must remain on the rower until the display reads 50 calories. Coasting over the required work IS ALLOWED, however the athlete cannot make an attempt to get off the rower such as unstrapping the feet or standing up until the display reaches 10/30 calories. The monitor must be set to zero at the beginning of each round. Either the athlete or the judge may reset the monitor.

WALL BALL

The movement begins with the medicine ball on the ground. The ball must be taken from the bottom of a squat, hip crease clearly below the knee, and thrown to hit the specified target. The rep is counted when the center of the ball clears the required height line and makes contact with the target. If the ball drops to the ground, it must come to a full stop before the athlete can pick it up for the next rep. Catching the ball off the bounce into the next rep is NOT ALLOWED. If the ball hits the bottom edge of the target or does not hit the target at all, it is a NO REP. If the athlete's hip crease does not clearly reach below parallel, it is a NO REP.

SHOULDER TO OVERHEAD

The barbell begins on the ground. Use of a rack is NOT ALLOWED. Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out over the center of the body. A shoulder press, push press, push jerk and/or split jerk may be used, as long as the weight is fully locked out overhead with the hips, knees and arms fully extended with the bar directly over the middle of the body and the feet back in line with the hips. If the athlete uses a split jerk, failure to return the feet to center before lowering the bar will result in a NO REP.

BOX JUMPS

Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. Step Up & Step Down is not allowed. Reaching full extension in the air while jumping down will result in a NO REP. Failure to extend the hips and knees at the top will also be a NO REP.

VIDEO SUBMISSION STANDARDS

Please note that a video is not required to be uploaded when submitting your score. Please see our FAQ page for details on the video submission process for top qualifying athletes after the Qualifier is complete. Prior to starting the workout, state your name and division. Film plates, barbell and medicine ball that will be used so that the loads can be clearly seen, as well as the height of the box and the wall ball target. All video submissions must be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Shoot the movements from an angle that allows a clear confirmation that: 15/30 calories are rowed, proper lockout is being achieved on the shoulder to overheads, proper depth and target is being hit on the wall ball shots, and proper extension and control are maintained on the box jumps. Depending on the layout of your gym, another person may need to move the camera during the workout so it is clear all standards are being met for each movement. This includes being able to clearly see the monitor of the rower set to zero at the start and at least 50 calories prior to moving to the wall ball shots. The athlete MUST remain in the frame through the entire workout. Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video