



QUALIFICATION WOD 1

Part A: 0:00-10:00 (10 min)

E2MOM for 5 Sets:

10 Box Jump Over (M 60 cm, F 50 cm)

10 Plate Ground To Overhead (M 25 kg, F 20 kg)

In remaining Time AMRAP

Burpee-Toes-To-Bar

direct into

Part B: 10:00-16:00

E2MOM for 3 Sets

A heavy Complex of:

1 Clean + 1 Hang Clean + 1 Front Squat + 1 Thruster

ONLY 1 COMPLEX-ATTEMPT IN EACH 2:00 TIME WINDOW!

SCORE A = Total reps Burpee-Toes-To-Bar

Score B = Heaviest successful attempt



NOTES

The same rules apply as in the CrossFit Open.

For a valid score the whole workout must be filmed with following standards.

Equipment:

1 Plyobox (60 cm for men, 50 cm for women)

1 Plate (25 kg for men, 20 kg for women)

Pull-Up-Bar

Barbell, bumper plates and collars

Set the timer on 8x 2:00 minute intervals.

On "3,2,1...GO" the athlete begins every interval with 10 Box Jump Over into 10 Plate Ground To Overhead. After that, the athlete starts directly with the Burpee-Toes-To-Bar for the rest of the interval. When the 2:00 are over, the athlete starts again with the Box Jumps and Plate Ground To Overhead... and so on, till the 5 intervals are over.

With the 6th interval Part B of the workout starts. In Part B the athlete is only allowed to do 1 attempt of the complex in each interval! Also if the athlete fails an attempt, the athlete isn't allowed to start a second attempt in this interval. As soon as the bar is lifted above the knee the attempt counts.

The score of Part A are the total reps of Burpee-Toes-To-Bar of all 5 intervals.

The result of Part B is the highest weight in a successfully completed complex.



MOVEMENT STANDARDS

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 athletes feet may touch the box, two-foot landing is required. After landing on the box, the athlete must step off to the other side. Jumping completely over the box is not permitted. There is no requirement to stand tall on top of the box. Athletes MUST step down from the box for the rep to count. Rebounding into the next jump is NOT permitted. The rep is credited when both feet have touched the ground on the opposite side of the box. From there, the athlete may begin their next rep.

Ground To Overhead

The athlete can lift the plate overhead in any style. Snatch, Clean and Press or Jerk is allowed in any style.

In the starting position the plate is touching the floor on any part of the plate.

The rep is counted when knees, hip, shoulders and elbows locked out with the plate in one line over head.

Burpee-Toes-To-Bar

The Burpee starts with the athlete standing tall. At the bottom position the athletes chest and hips must touch the ground. At the top position the athlete has to jump clearly off the ground to the pull-up bar.

The athlete starts from a full hang at the pull-up bar with arms fully extended. The heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when both feet contact the bar between the hands at the same time. Any part of the feet may have contact with the bar.



MOVEMENT STANDARDS

Barbell-Complex

The complex has to be unbroken with no rest between each segment of the whole movement.

Hands have to stay on the bar till the complex is finished.

It is allowed to have people helping to change the weights for the next attempt.

Clean: The barbell starts on the ground. Collars must be placed outside the plates. Power Cleans, Squat Cleans, Split Cleans and Muscle Cleans are permitted. The Clean is credited when the athletes hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the bar. If the bar is lowered from the rack position before the hip and knees reach full extension, the rep will not count.

Hang Clean: The barbell can be lowered from the hip to above the kneecaps. A Muscle Clean, Power Clean, Squat Clean or Split Clean may be used, as long as the barbell comes up to the shoulders, with the hip and knees fully extended with the feet in line and the elbows in front of the bar.

Front Squat: The rep begins with the barbell on the shoulders (out of the Hang Clean). Squat until the hip crease is below the knees viewed from profile. The rep is credited when the athletes hip and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the bar.

Thruster: The rep begins like the Front Squat before. The hip crease must clearly pass below the top of the athletes knees in the bottom position. The rep is credited when: the athletes hip, knees, and arms are fully extended with the bar directly over the middle of the athletes body when viewed from profile. The rep must be completed in one fluid motion from the beginning to the bottom of the squat to overhead. A jerk is not allowed.