

## ONLINE QUALIFIER

Qualifier period from 14<sup>th</sup> of June 2024 (9am) to 06<sup>th</sup> of July 2024 (9pm)

This is an individual workout with a running clock of 17 minutes. Try to complete as many rounds and repetitions as possible in part A and lift as heavy as possible in part B. Scores and videos must be submitted by 6<sup>th</sup> of July at 9pm. Late submissions will not be considered.

„24.1“

### PART A

AMRAP in 12 minutes of:

48 double unders  
16 back rack lunges  
8 burpees over bar

*directly into*

### PART B

5 minutes for max load of:  
3 RM front squat (athlete A)  
3 RM bench press (athlete B)

### WORKOUT VARIATIONS

Elite/RX, Master 35+ and Intermediate do the same movements and the exact same number of repetitions. The weight for the back rack lunges differs as follows:

#### Elite/RX

women back rack lunges 40 kg  
men back rack lunges 60 kg

#### Master 35+ and Intermediate

women back rack lunges 30 kg  
men back rack lunges 45 kg

#### Scaled

Scaled does 48 single unders instead of double unders, 16 back rack lunges, and 8 burpees over bar.

women back rack lunges 22.5 kg  
men back rack lunges 35 kg

Each team member does a different lift in Part B. The women's weight, regardless of the lift, is multiplied by a factor of 1.4.

### EQUIPMENT AND SETUP

- Two barbells (20 kg, 15 kg, 10 kg)
- Standard weight plates to load to the appropriate weights
- Collars
- Jump rope
- Flat bench
- Rig and hooks at appropriate height
- No grip enhancements straps

### THE WORKOUT

The timer, all movements, and equipment must be clearly visible in the video and during the whole video. Athletes must not leave the video frame during the workout. Two bars can be used and preloaded before the workout.

The workout begins with the athlete standing tall without touching any equipment. After the countdown “3, 2, 1... go!” it starts with 48 double unders, followed by 16 back rack lunges. At the end of each round, 8 lateral burpees over bar are performed. After 12 minutes, it goes directly into Part B. This leaves 5 minutes to find the heaviest possible weight for either a 3 RM front squat or a 3 RM bench press. The attempt for the 3 RM must begin before the 17 minutes are up but can be finished after the 17 minutes.

Third parties can help load the bars. For the bench press, assistance is allowed to guide the bar out of the rig, as long as the first rep starts with arms fully extended. Assistance is also allowed to return the bar to the rig after the last rep.

### SCORES AND VIDEO

- The score for part A is the total rep count of both team members.
- The score for part B is the total weight in kilograms of both team members. Women's weights are multiplied by a factor of 1.4.
- At the beginning of the video, specify your team name, the workout, the equipment, and the weights used during the workout (by showing them in the video). At the end, specify the weight of your 3 RM.
- A timer must be clearly visible in the video.
- All videos must be uncut and unedited.

## SCORE CARD - ALL DIVISIONS

24.1 PART A	DOUBLE UNDERS / SINGLE UNDERS	BACK RACK LUNGES	LATERAL BURPEE OVER BAR
AMRAP 12'	48	16	8

ROUND	1	48	64	72
	2	120	136	144
	3	192	208	216
	4	264	280	288
	5	336	352	360
	6	408	424	432
	7	480	496	504
	8	552	568	576

### DIRECTLY INTO

24.1 PART B	3 RM BENCH PRESS	ATHLETE A
5 MIN FOR MAX LOAD *	3 RM FRONT SQUATS	ATHLETE B

\* women weight multiplied with the factor 1.4

SCORE PART A TOTAL REPS	
SCORE PART B WEIGHT IN KG	

If you have any difficulty submitting your score and video, please send an e-mail to:  
mario@toughandrough.ch

## MOVEMENT STANDARDS

### Double under

This is a standard double under, where the rope passes completely under the feet twice for each jump. The rope must spin forward, and both feet must simultaneously clear the ground for the rep to count.

### Single under

This is the standard single under, where the rope passes completely under the feet once for each jump. The rope must spin forward, and both feet must simultaneously clear the ground for the rep to count.

### Back rack lunge (step forward lunge)

The barbell must be taken from the ground and lifted to the shoulders into a back rack position. The starting position is with the barbell on the back, feet together, and the athlete standing tall. The athlete must perform step forward lunges, ensuring the back knee gently but clearly touches the ground. The athlete pushes through the front heel to return to the starting position, bringing the feet back together on one line. Legs must alternate with each lunge. A rep is credited when the back knee touches the ground, and the athlete returns to the starting position with both feet on one line and knees and hips fully extended. Walking lunges or step back lunges are NOT permitted.

### Burpee over bar

The burpees must be performed lateral to the barbell. Athletes may jump or step back to reach the bottom position. The chest and thighs must touch the ground at the bottom. Stepping and/or jumping back to the starting position are both permitted. The athlete must clearly jump over the bar, with both feet off the ground as they pass over the bar. The feet must necessarily touch the ground before the hands do. Before the next repetition is started, both feet must be side by side on the same line. Stepping over is not permitted. A two-foot takeoff is not required. Any contact with the bar or plates, regardless of which body part, results in a no-rep.

### Front squat

Athletes take the bar from the rack into a proper front rack position. The front rack position is defined as having the barbell on the front deltoids, with the elbows pointing forward. The bar can also be held in an alternative grip as long as it remains on the shoulders (a crossed-arm grip is allowed). Both hands must touch the barbell. The repetition starts in complete lockout with the knees and hips fully extended, and both feet in line. The hip crease must clearly pass below the top of the knee in the bottom position. The barbell must stay in the front rack position on your shoulders the entire time. At the top of the movement, both the hips and knees must be fully extended. The set must consist of 3 unbroken repetitions. This means that once the athlete starts the first rep, they must complete all three reps consecutively without re-racking the barbell. The weight must be secured with collars. Only the weight within the collars counts. If a squat in the 3RM attempt does not meet the movement standards, the attempt is invalid.

## Bench press

Athletes begin with the barbell in the rack. Ensure the bar is loaded correctly with collars securing the weights. Athletes must use a flat bench and may place bumper plates under their feet for stability if needed. Use a standard, pronated grip with thumbs wrapped around the bar. Shoulders and buttocks must remain in contact with the bench throughout the movement. Both feet must stay on the floor or bumper plates. Each attempt starts with full extension of the arms. Before lowering, the athlete must pause with the arms clearly extended and the bar over their torso. A spotter may be used to assist with a lift out of the rack. The spotter's hands must be clearly off the bar before the bar is lowered. During the lift, if the feet come off the floor (or bumper plates) at any point, or the shoulders and/or buttocks come off the bench, the attempt will not count. The bar must make contact with any part of the torso at the bottom. The athlete may NOT pause or rest with the bar on the torso. The rep counts when the arms return to full extension with the bar over the athlete's torso. The set must consist of 3 unbroken repetitions. This means that once the athlete starts the first rep, all three reps must be completed consecutively without re-racking the barbell. The athlete must pause briefly with the bar at full extension before the bar is reracked. The spotter may help the athlete return the bar to the rack only after the athlete's arms have reached full extension. Spotters should be mindful to allow the brief pause at extension BEFORE assisting the athlete to the rack. If the spotter touches the bar at any point before the lockout position is achieved, it is an immediate no rep and the bar must be returned to the rack.

## Floor plan

There is no specific requirement. However, all movements must be fully and clearly visible in the video. This applies to both part A and part B. Athletes must not leave the video frame at any point during the workout.

## SCORE AND VIDEO SUBMISSION RULES

Teams who wish to qualify for and compete at the finals of TOUGH'N'ROUGH must upload a video link along with the workout score submission, whether they train in an affiliate or not. We will evaluate your video if your score is potentially in the top rankings of each division and workout. The TnR team reserves the right to correct the scores if needed.

Make sure your video is valid! Our recommendations to do so:

- Use an app with an integrated timer to record your workouts, such as "WodProof".
- Read the workout flow and movement standards carefully and make sure you fully understand them.
- We recommend the use of a judge. Judging is not just counting reps. It is your judge's responsibility to inform you if you do not meet the movement standards and no-rep you.
- Take into account that we might review your videos.
- All videos must be uncut and unedited.
- At the beginning of each video, specify your team name, the workout you are doing, the equipment, and the weights used during the workout (by showing them in the video). It is your responsibility to position the camera correctly. This means the timer, athletes, equipment, and movements must be clearly visible. Additionally, it must be possible to evaluate if the movement standards have been met.

We will be extremely rigorous in reviewing the videos and we expect athletes to uphold the highest standards in performing movements. There are four possible outcomes in the judging and scoring of online video submissions:

### Good Video

The athlete meets the required movement standards on all repetitions in the workout, and the score they posted is correct. Their score will be accepted.

### Valid with Minor Penalty

Over the course of the video, the athlete demonstrates a small number of "no-reps" (not more than or equal to 5% of the total rep count) that resulted in a faster time or higher score for a given workout. A minor penalty will be applied and a score adjustment will be made of the athlete's final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

### Valid with Major Penalty

Over the course of the video, the athlete demonstrates a significant number of "no-reps" (all above 5% and lower or equal to 20% of the total rep count) that resulted in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting 15% from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

### Invalid

Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are "no-reps" or the video does not contain the criteria listed in the video submission standards. The athlete's and team's score will be rejected. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout. It is the athlete's responsibility to submit a new video and score as soon as possible. No late submissions will be accepted.

## TOUGH'N'ROUGH 2024 AND THE AUSTRIAN THROWDOWN 2024

TnR and Austrian Throwdown have joined forces to double your excitement with just one qualifier! What's the deal? You can choose between Individuals (M/F), Teams of 2 (M/M, F/M, F/F), or the Master 35+ division at ATD 2024. This applies to participants in TnR in the Elite/RX and Master 35+ categories. Your qualifier videos can be submitted for both competitions! The only exception is that if you want to participate in ATD24, you must perform the Front Squat 3RM in Workout 24.1, Part B. That's right – one set of workouts, two chances to shine! Simply sign up for both competitions, TnR and the Austrian Throwdown, and submit your videos. Let's show the world what you're made of!