

ONLINE QUALIFIER

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

This is an individual workout with no time cap.
Try to complete the workout as fast as possible.
Scores and videos must be submitted by 6th of July at 9pm. Late submissions will not be considered.

„24.2“

FOR TIME

60 dumbbell snatches
80 wall ball shots
600 / 500 meter row

No time cap!

WORKOUT VARIATIONS

Elite/RX, Master 35+ and Intermediate perform the same movements and the exact same number of repetitions. The categories differ in the weight of the snatches and wall ball shots:

Elite/RX and Master 35+

women dumbbell 15 kg | med ball 6 kg
men dumbbell 22.5 kg | med ball 9 kg
target height for both athletes: 3.05 meter

Intermediate

women dumbbell 12.5 kg | med ball 4 kg
men dumbbell 17.5 kg | med ball 6 kg
target height for both athletes: 3.05 meter

Scaled

40 dumbbell snatches
60 wall ball shots
600 / 500 meter row

women dumbbell 10 kg | med ball 4 kg
men dumbbell 15 kg | med ball 6 kg
target height for the women: 2.75 meter
target height for the men: 3.05 meter

EQUIPMENT AND SETUP

- One dumbbell and one med ball with the appropriate weight
- Wall ball target or a target line with the required height
- A rowing machine
- Grips or other pulling aids are not allowed for the dumbbell snatches and rowing., however they are allowed for the dumbbell snatches

THE WORKOUT

A timer, the rowing display, and all movements must be clearly visible in the video. Athletes must not leave the video frame during the workout. Position the camera in an angle that allows the depth of the squats and the height of the wall ball shots to be clearly visible.

The workout begins with athletes standing tall without touching any equipment. After the countdown “3, 2, 1... go!” it starts with 60 (scaled: 40) dumbbell snatches, followed by 80 (scaled: 60) wall ball shots. Once the wall ball shots are complete, you will row 600 meters for men and 500 meters for women. Third parties are allowed to set the display of the rowing machine. The workout ends as soon as the specified distance is reached. There is no time cap for this workout.

SCORES AND VIDEO

- The score is the total time of both athletes combined.
- 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).
- A timer must be clearly visible in the video.
- All videos must be uncut and unedited.

SCORE CARD - ELITE/RX, MASTER 35+, INTERMEDIATE

24.2			
FOR TIME NO TIME CAP			
60	DUMBBELL SNATCHES	30	60
80	WALL BALL SHOTS	40	80
600 / 500	METER ROW	600/500	
TIME			

SCORE CARD - SCALED

24.2			
FOR TIME NO TIME CAP			
40	DUMBBELL SNATCHES	20	40
60	WALL BALL SHOTS	30	60
600 / 500	METER ROW	600/500	
TIME			

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

MOVEMENT STANDARDS

Dumbbell snatch

Each rep starts with both heads of the dumbbell on the ground. The athlete must lift the dumbbell overhead in one continuous motion. The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count. A hang snatch or any style of clean and jerks are not permitted. The rep is credited when, knees, hips and elbow of the working arm are fully extended and the middle of the dumbbell is in line with, or behind, the body when viewed from the side. The non-working hand must not touch the body at any time during the movement; otherwise, it will result in a no-rep. It is not necessary to switch arms after each repetition; multiple repetitions can be done in a row with the same arm. Both heads of the dumbbell must touch the ground in each rep.

Wall ball shot

Each rep starts with the ball in the support position in front of the body. A squat clean is allowed, but not required, to start a set. The athlete must squat until the crease of the hip is clearly below the knees (below parallel). The rep is credited when the center of the ball hits the target clearly above the specified height. If the ball hits low or does not hit the target at all, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep. For Elite/RX, Master 35+ and Intermediate, women and men throw the ball to the same target height at 3.05 meter. In the scaled division, women use the target height of 2.75 meter.

Row

The distance displayed as meters on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower. Athletes must remain seated on the rowing machine until the specified distance is reached. No aids such as gymnastic grips or pulling aids are allowed for rowing. Judges or third parties are permitted to set the display on the rowing machine while the athletes are still performing wall ball shots.

Floor plan

There is no specific requirement. However, all movements must be fully and clearly visible in the video. 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!