

ONLINE QUALIFIER

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

This is an individual workout with a time cap of 10 minutes. 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.

„24.3“

FOR TIME

40 toes-to-bar
30 box jump overs
20 bar muscle-ups
30 box jump overs
40 toes-to-bar

Time cap: 10 minutes

WORKOUT VARIATIONS

Elite/RX

As prescribed above

Master 35+

40 toes-to-bar
30 box jump overs
15 bar muscle-ups
30 box jump overs
40 toes-to-bar

Intermediate

30 toes-to-bar
30 box jump overs
15 chest-to-bar pull-ups
30 box jump overs
30 toes-to-bar

Scaled

40 leg raises
30 box jump overs
20 ring rows
30 box jump overs
40 leg raises

The box height is the same for all divisions

women: 50 cm
men: 60 cm

EQUIPMENT AND SETUP

- Plyobox or other box with the appropriate height
- Pull-up bar
- Pair of ring for scaled

THE WORKOUT

A timer and all movements must be clearly visible in the video. Athletes must not leave the video frame during the workout.

The workout begins with athletes standing tall without touching any equipment. After the countdown “3, 2, 1... go!” it starts with 40 toes-to-bar, followed by 30 box jump overs. In the middle section, you will do 20 bar muscle-ups. Once these are completed, you will go back with 30 box jump overs and 40 toes-to-bar to finish the workout. The workout ends after the last toes-to-bar. The score is the time to complete the workout. If the workout is not completed within the time cap, the score is the number of repetitions completed at the time cap of 10 minutes.

SCORES AND VIDEO

- The score is the total time (or number of reps if you do not finish the workout) 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

24.3
FOR TIME
TIME CAP OF
10 MINUTES

40	TOES TO BAR	20	20	40
30	BOX JUMP OVERS 60/50	15	15	70
20	BAR MUSCLE-UPS	10	10	90
30	BOX JUMP OVERS 60/50	15	15	120
40	TOES TO BAR	20	20	160

TIME
OR REPS COMPLETED

SCORE CARD - MASTER 35+

24.3
FOR TIME
TIME CAP OF
10 MINUTES

40	TOES TO BAR	20	20	40
30	BOX JUMP OVERS 60/50	15	15	70
15	BAR MUSCLE-UPS	10	5	85
30	BOX JUMP OVERS 60/50	15	15	115
40	TOES TO BAR	20	20	155

TIME
OR REPS COMPLETED

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

SCORE CARD - INTERMEDIATE

24.3
FOR TIME
TIME CAP OF
10 MINUTES

30	TOES TO BAR	15	15	30
30	BOX JUMP OVERS 60/50	15	15	60
15	CHEST TO BAR PULL UPS	10	5	75
30	BOX JUMP OVERS 60/50	15	15	105
30	TOES TO BAR	15	15	135

TIME
OR REPS COMPLETED

SCORE CARD - SCALED

24.3
FOR TIME
TIME CAP OF
10 MINUTES

40	LEG RAISES	20	20	40
30	BOX JUMP OVERS 60/50	15	15	70
20	RING ROWS	10	5	90
30	BOX JUMP OVERS 60/50	15	15	120
40	LEG RAISES	20	20	160

TIME
OR REPS COMPLETED

MOVEMENT STANDARDS

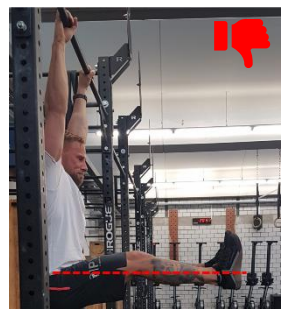
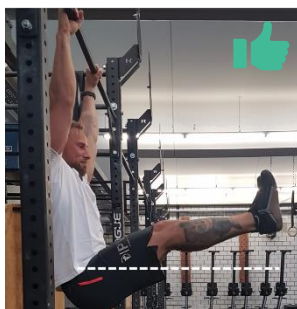
Toes-to-bar

The rep begins with the athlete hanging from the pull-up bar with arms fully extended and feet off the ground. The heels must be brought back behind the bar for every rep. Wrapping tape around the pull-up bar or wearing hand protection is permitted, but taping the bar and wearing hand protection simultaneously is not allowed. Overhand, underhand, or mixed grips are permitted.

The rep is credited when both feet make contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

Leg raise

The rep begins with hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Wrapping tape around the pull-up bar or wearing hand protection is permitted but taping the bar and wearing hand protection is not. Overhand, underhand, or mixed grips are all permitted. The rep is credited when both heels clearly pass the height of the athlete's hip flexor. During raising the feet, the legs do not have to be fully extended.



Box jump over

The movement begins with the athlete standing on one side of the box. The athlete must jump with both feet. Stepping up is not permitted, but stepping down is allowed. The athlete may face any direction while jumping over the box. Athletes may either jump onto the box or jump completely over the box. If the athlete jumps onto the box, both feet must make contact with the top of the box simultaneously. There is no requirement to stand tall while on top of the box. If the athlete jumps completely over the box, no part of the body may touch the box. The rep is credited when both feet touch the ground on the opposite side of the box from where the athlete started.

Bar muscle-up

The athlete must begin with, or pass through, a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip. The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar, with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting on the hips while on top of the bar is not allowed. Athletes may wrap tape around the pull-up bar or wear hand protection, but they may not tape the bar and wear hand protection simultaneously.

Chest-to-bar pull-up

This is a standard chest-to-bar pull-up. Strict, 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 athlete's feet off the ground. Overhand, underhand, or mixed grips are all permitted. The rep is credited when the chest clearly makes contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection, but they may not tape the bar and wear hand protection simultaneously.

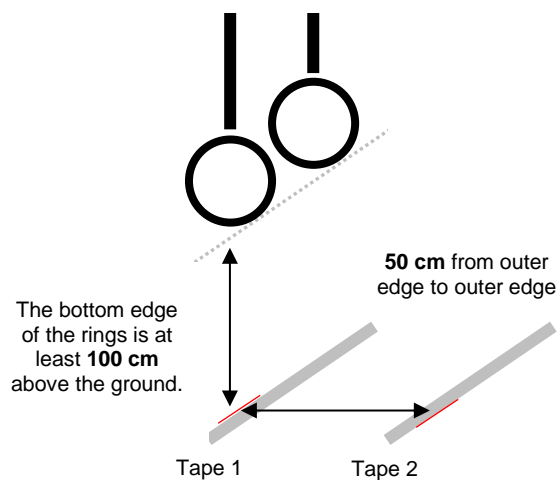
Ring row

The rings must be set at least 1 meter above the ground. Lower is allowed, but higher is not. The measurement is taken from the bottom of the rings to the ground. Mark a first tape directly under the rings. A second tape is placed at a distance of 50 centimeters from the first tape. The outer edges of the tapes are definitive. During the movement, both feet must remain clearly in front of this second line and visible. Touching the tape with the feet is not permitted and will end in a no-rep.

Each repetition begins and ends with the athlete's hands holding the rings, feet clearly in front of the second line and visible, and both arms fully extended. The rep is credited when the chest clearly touches the rings below the collarbone. No other part of the body may touch the ground during the execution, apart from both feet. Wearing hand protection is allowed. Athletes may wrap tape around the rings or wear hand protection, but they may not tape the rings and wear hand protection simultaneously. A kipping ring row is allowed.

Setup for the ring rows

Height of the rings and distance for the feet



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!