



EARN YOUR SPOT FOR THE
TOUGH 'N' ROUGH FINALS

TOUGH 'N' ROUGH

12. JUNE - 05. JULY 2025

ONLINE
QUALIFIER
2025

toughandrough.ch | circle21.events

ONLINE QUALIFIER

Qualifier period from 12th of June 2025 (9am) to 05th of July 2025 (9pm)

equipped by
CROSS equip

**TOUGH
N' ROUGH**



WORKOUT 25.1

FOR TIME

NO TIME CAP

2000 METER BIKE ERG

50 DOUBLE DUMBBELL SHOULDER TO OVERHEAD

2000 METER BIKE ERG

ELITE | RX

2000 METER BIKE ERG

50 DOUBLE DB SHOULDER TO OVERHEAD 2 X 22.5/15 KG

TIEBREAK TIME

2000 METER BIKE ERG

MASTER 35+ & INTERMEDIATE

2000 METER BIKE ERG

50 DOUBLE DB SHOULDER TO OVERHEAD 2 X 17.5/12.5 KG

TIEBREAK TIME

2000 METER BIKE ERG

SCALED

2000 METER BIKE ERG

50 DOUBLE DB SHOULDER TO OVERHEAD 2 X 15/10 KG

TIEBREAK TIME

2000 METER BIKE ERG

ONLINE QUALIFIER

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**TOUGH'
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WORKOUT

This workout has to be done by each team member individually. Try to complete the workout as fast as possible. Scores and videos must be submitted by 5th of July at 9pm. Late submissions will not be considered.

EQUIPMENT AND SETUP

- Concept2 BikeErg (or a comparable stationary bike that displays meters) with standard flat pedals.
- Two dumbbells with the designated weight for your division.
- The dumbbells should be placed next to or directly in front of the bike.
- Ensure your timer is clearly visible in the video at all times.
- The camera angle must show both, the monitor of the bike and the full range of motion during the dumbbell movement.
- Clip pedals or toe clips are not permitted.
- 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.

WORKOUT FLOW

- The workout begins with the athlete standing tall next to the BikeErg and touching it.
- At the call of 3, 2, 1 - GO! get on the bike and bike 2000 meters.
- You may only dismount the bike once the designated distance is clearly displayed on the monitor.
- Transition to the dumbbells and perform 50 repetitions double dumbbell shoulder to overhead.
- There is a tiebreak time after the final repetition of the shoulder to overhead.
- Return to the BikeErg and complete another 2000 meters.
- The workout ends once the second 2000-meter effort is finished.

SCORING

This workout is performed individually by each team member. The team's final score is the sum of both athletes' individual completion times.

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MOVEMENT STANDARDS

- BIKE ERG**
- The workout starts next to the bike, touching the bike anywhere, BUT not sitting on the bike.
 - The monitor display (in meters) must be clearly visible throughout the entire workout.
 - The athlete must be fully visible getting on and off the BikeErg.
 - Athletes may not dismount the bike until the full required distance is reached and displayed on the monitor.
 - Aids such as clip pedals, toe cages, or other pedal assist systems are NOT allowed.
 - Judges or third parties may adjust the monitor settings while the athlete is still performing the preceding movement.

- DOUBLE DUMBBELL SHOULDER TO OVERHEAD**
- Each repetition begins with both dumbbells in the front rack position, with shoulders, hips, and knees fully extended.
 - The dumbbells must be in contact with the shoulders at the start of each repetition.
 - Bring the dumbbell overhead in one motion with a strict press, push press, push jerk or split jerk.
 - A repetition is considered complete when:
 - Both dumbbells are locked out overhead,
 - elbows, hips, and knees are fully extended,
 - the dumbbells are positioned directly over the midline of the body.
 - Control and complete lockout must be shown at the top before initiating the next rep.

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WORKOUT 25.2

8 MINUTE AMRAP

2 ROUNDS OF
8 TOES-TO-BAR
4 CLEANS - WEIGHT 1

directly into

2 ROUNDS OF
8 TOES-TO-BAR
4 CLEANS - WEIGHT 2

directly into

2 ROUNDS OF
8 TOES-TO-BAR
4 CLEANS - WEIGHT 3

and so on ...

MASTER 35+

REPETITIONS PER ROUND STAY THE SAME:

8 TOES-TO-BAR
4 CLEANS - 80 KG MALE / 55 KG FEMALE

INCREASE THE WEIGHT AFTER EVERY TWO COMPLETED ROUNDS
AS FOLLOWS:

MALE: 80 - 90 - 100 - 110 - 120 ... KG (+10 KG)

FEMALE: 55 - 60 - 65 - 70 - 75 ... KG (+5 KG)

INTERMEDIATE

REPETITIONS PER ROUND STAY THE SAME:

6 TOES-TO-BAR
4 CLEANS - 60 KG MALE / 40 KG FEMALE

INCREASE THE WEIGHT AFTER EVERY TWO COMPLETED ROUNDS
AS FOLLOWS:

MALE: 60 - 70 - 80 - 90 - 100 ... KG (+10 KG)

FEMALE: 40 - 45 - 50 - 55 - 60 ... KG (+5 KG)

ELITE | RX

REPETITIONS PER ROUND STAY THE SAME:

8 TOES-TO-BAR
4 CLEANS - 90 KG MALE / 60 KG FEMALE

INCREASE THE WEIGHT AFTER EVERY TWO COMPLETED ROUNDS
AS FOLLOWS:

MALE: 90 - 100 - 110 - 120 - 130 ... KG (+10 KG)

FEMALE: 60 - 65 - 70 - 75 - 80 ... KG (+5 KG)

SCALED

REPETITIONS PER ROUND STAY THE SAME:

8 TOES-TO-RINGS
4 CLEANS - 40 KG MALE / 30 KG FEMALE

INCREASE THE WEIGHT AFTER EVERY TWO COMPLETED ROUNDS
AS FOLLOWS:

MALE: 40 - 50 - 60 - 70 - 80 ... KG (+10 KG)

FEMALE: 30 - 35 - 40 - 45 - 50 ... KG (+5 KG)

ONLINE QUALIFIER

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WORKOUT

This workout has to be done by each team member individually. Try to complete as many rounds and repetitions as possible within the time of 8 minutes. Scores and videos must be submitted by 5th of July at 9pm. Late submissions will not be considered.

EQUIPMENT AND SETUP

- Pull-up bar or pair of rings (for scaled division)
- 20 kg / 15 kg barbell
- Standard bumper plates to load the barbell to the required weights.
- Collars/clips. All plates must be secured by the collars/clips on both sides of the barbell. Otherwise it is a no-rep.
- No lifting straps or similar assistance devices are allowed.
- Gymnastic grips are permitted.
- Timer must be clearly visible in the video frame at all times.
- Floor plan: There is no specific layout required. However, all movements (toes-to-bar, toes-to-rings, cleans, transitions) must be fully and clearly visible at all times. The athlete must remain in the video frame throughout the entire workout.

WORKOUT FLOW

- Before the workout begins, preload the barbell with the designated starting weight for your division.
- Athletes must start standing tall under the pull-up bar or rings, without touching the equipment.
- At the call of "3, 2, 1... GO!", the workout starts with toes-to-bar, immediately followed by cleans.
- Complete two full rounds of 8 or 6 toes-to-bar (8 toes-to-rings if you are in the scaled division) and 4 cleans using the starting weight as prescribed.
- After every two completed rounds, increase the weight by 10 kg for the male and 5 kg for the female athlete.
- This pattern continues for the entire duration of the 8 minute AMRAP.
- The number of repetitions remains the same in every round.
- Third parties are allowed to load the barbell while the athlete is still performing the toes-to-bar / toes-to-rings..

SCORING

This workout is performed individually by each team member. The team score is the total repetitions of both athletes combined.

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MOVEMENT STANDARDS

- TOES-TO-BAR**
- Each repetition begins with the athlete hanging from the pull-up bar, with arms fully extended and feet off the ground.
 - At the start of each rep, the athlete's heels must move behind the vertical plane of the pull-up bar.
 - Both feet must make contact with the bar at the same time, between the hands.
 - Any part of the feet (toes, instep, etc.) may touch the bar.
 - Overhand, underhand, or mixed grips are permitted.
 - Hand protection (e.g. grips or gloves) is allowed.
 - Taping the pull-up bar is also permitted. However, using both, tape on the bar and hand protection at the same time, is not allowed.

- TOES-TO-RINGS**
- Each repetition begins with the athlete hanging from the rings, with arms fully extended and feet off the ground.
 - At the start of each rep, the athlete's heels must move behind the vertical plane of the rings.
 - A valid repetition requires either both feet making contact with the rings at the same time or both feet passing through the inside of the rings simultaneously.
 - Overhand, underhand, or mixed grips on the rings are permitted.
 - Any part of the feet may make contact with the rings.
 - Hand protection (e.g. grips or gloves) is allowed.
 - Taping the rings is permitted. However, using both, tape on the rings and hand protection simultaneously, is not allowed.

- CLEAN**
- You can use several barbells for the workout. They can be preloaded.
 - Each repetition begins with the barbell on the ground.
 - The barbell must be lifted to the shoulders in one continuous motion.
 - Muscle clean, power clean, split clean and squat clean are all permitted.
 - No pause or regrip is allowed once the barbell has left the ground.
 - It is not a complex. Single cleans are permitted.
 - If any body part other than the feet touches the ground during the lift, the repetition is invalid.
 - A repetition is credited when: The bar is received in the front rack position, with the elbows clearly in front of the barbell. The athlete reaches full extension of the knees and hips, standing tall with control.
 - Both feet must return to the same line, with the athlete fully upright before lowering the barbell.
 - Lowering the barbell before reaching full extension, results in a no-rep.
 - Third parties are allowed to load the barbell.
 - All plates must be secured by the collars/clips on both sides of the barbell. Otherwise it is a no-rep.

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WORKOUT 25.3

FOR TIME

TIME CAP: 9 MINUTES

20 BOX JUMP OVERS - 60/50 cm
40 PULL-UPS
20 BOX JUMP OVERS - 60/50 cm
20 CHEST-TO-BAR PULL-UPS
20 BOX JUMP OVERS - 60/50 cm
10 BURPEE BAR MUSCLE-UPS

ELITE | RX

20 BOX JUMP OVERS - 60/50 cm
40 PULL-UPS
20 BOX JUMP OVERS - 60/50 cm
20 CHEST-TO-BAR PULL-UPS
20 BOX JUMP OVERS - 60/50 cm
10 BURPEE BAR MUSCLE-UPS

MASTER 35+

20 BOX JUMP OVERS - 60/50 cm
30 PULL-UPS
20 BOX JUMP OVERS - 60/50 cm
15 CHEST-TO-BAR PULL-UPS
20 BOX JUMP OVERS - 60/50 cm
5 BURPEE BAR MUSCLE-UPS

INTERMEDIATE

20 BOX JUMP OVERS - 60/50 cm
60 DOUBLE UNDERS
20 BOX JUMP OVERS - 60/50 cm
20 PULL-UPS
20 BOX JUMP OVERS - 60/50 cm
10 BURPEE CHEST-TO-BAR PULL-UPS

SCALED

20 BOX JUMP OVERS - 60/50 cm
80 SINGLE UNDERS
20 BOX JUMP OVERS - 60/50 cm
20 RING ROWS
20 BOX JUMP OVERS - 60/50 cm
10 BURPEE PULL-UPS

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WORKOUT

This workout has to be done by each team member individually. Try to complete the workout as fast as possible within the time cap of 9 minutes. Scores and videos must be submitted by 5th of July at 9pm. Late submissions will not be considered.

EQUIPMENT AND SETUP

- Pull-up bar or a pair of rings (for the ring rows in the scaled division).
- Plyo box or similar with the appropriate height. 60 centimeters for the male athlete, 50 centimeters for the female athlete.
- Gymnastic grips are permitted.
- Taping the pull-up bar or using grips is permitted, but not both simultaneously.
- Timer must be clearly visible in the video frame at all times.
- Floor plan: There is no specific layout required. However, all movements (box jump overs, pull-ups, transitions) must be fully and clearly visible throughout the entire workout.
- The athlete must remain in the video frame at all times.

WORKOUT FLOW

- Athletes must start standing tall next to the plyo box, without touching the box.
- At the call of “3, 2, 1... GO!”, the workout begins with 20 box jump overs.
- Athletes then move to the pull-up bar and complete 40 pull-ups*.
- Afterward, they return to the box for another 20 box jump overs.
- This is followed by 20 chest-to-bar pull-ups*.
- A third set of 20 box jump overs comes next.
- The workout finishes with 10 burpee bar muscle-ups*.
- The workout is complete once all repetitions are finished or the 9 minute time cap is reached.

*Division modifications

- Master 35+: 30 pull-ups, 15 chest-to-bar pull-ups, 5 burpee bar muscle-ups
- Intermediate: 60 double unders, 20 pull-ups, 10 burpee chest-to-bar pull-ups
- Scaled: 80 single unders, 20 ring rows, 10 burpee pull-ups

SCORING

This workout is performed individually by each team member. The team score is the total time (or number of reps if you do not finish the workout) of both athletes combined.

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MOVEMENT STANDARDS

BOX JUMP OVERS

- The movement begins with the athlete standing on one side of the box.
- The athlete must jump off with both feet simultaneously. Stepping up is not permitted. Stepping down after landing is allowed.
- Athletes 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 athletes choose to clear the box, the feet must pass over the top of the box height and cannot pass around the side of the box at lower than box height. No part of the body may touch the box.
- The repetition is credited when both feet land on the ground on the opposite side of the box from where the athlete started.

PULL-UPS

- Each rep begins with the athlete hanging from the pull-up bar with arms fully extended and feet off the ground.
- Strict, kipping, and butterfly pull-ups are allowed.
- Overhand, underhand, or mixed grips are permitted as long as you reach the designated start- and end position of each repetition.
- The rep is credited when the chin clearly passes above the height of the bar.
- 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-UPS

- Each rep begins with the athlete hanging from the pull-up bar with arms fully extended and feet off the ground.
- Strict, kipping, and butterfly chest-to-bar pull-ups are all allowed.
- Overhand, underhand, or mixed grips are permitted as long as you reach the designated start- and end position of each repetition.
- 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.

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BURPEE BAR MUSCLE-UPS

- The bar must be high enough; the feet do not touch the floor while hanging.
- Each rep consists of one burpee followed immediately by one bar muscle-up.
- For the burpee: The chest and thighs must touch the floor at the bottom. The athlete may jump or step up and down and transition directly into the muscle-up.
- A direct jump into the muscle-up or a kip after the burpee are both permitted.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not allowed.
- No part of the feet may rise above the height of the bar during the kip.
- A rep is credited when the athlete reaches a support position above the bar with arms fully locked out and shoulders directly over or slightly in front of the bar.
- Athletes must pass through some portion of a dip to achieve full lockout.
- Only the hands may contact the bar during the transition.
- Removing the hands or resting on the hips while on top of the bar is not allowed.
- After reaching the lockout position above the bar, the athlete must return backward under the bar.
- Rolling or dismounting forward over the bar is not permitted.
- In case of a no-rep, regardless of whether it occurs during the burpee or the bar muscle-up, the entire movement must be repeated, starting from the beginning of the burpee.

BURPEE PULL-UPS / BURPEE CHEST-TO-BAR PULL-UPS

- The bar must be high enough so that the feet do not touch the floor while hanging.
- Each rep consists of one burpee followed immediately by one pull-up or chest-to-bar pull-up
- For the burpee: The chest and thighs must touch the floor at the bottom. The athlete may jump or step up and down and transition directly into the pull-up variation.
- A direct jump into the pull-up or a kip after the burpee are both permitted.
- Jumping, kipping, strict and butterfly pull-ups are permitted.
- Depending on the division, the following standards apply:
- Burpee pull-up: The rep is credited when the chin clearly passes above the height of the bar.
- Burpee chest-to-bar pull-up: The rep is credited when the chest clearly makes contact with the bar below the collarbone.
- In the case of a no-rep, regardless of whether it occurs during the burpee or the pull-up variation, the entire movement must be repeated, starting from the beginning of the burpee.

ONLINE QUALIFIER

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SINGLE UNDER / DOUBLE UNDER

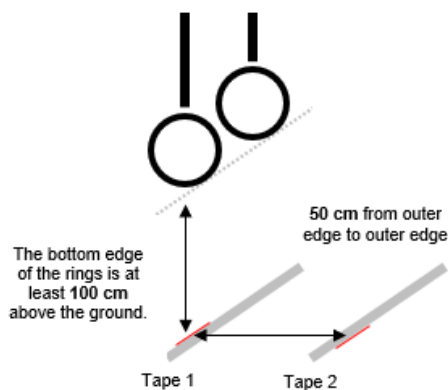
- In both variations, the rope must spin forward, and both feet must leave the ground simultaneously for each jump.
- The rep is only credited if the rope passes completely under the feet without interruption.
- Single Under: The rope must pass once under the feet for each jump.
- Double Under: The rope must pass twice under the feet for each jump.

RING ROWS

- 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.
- A kipping ring row is permitted.
- 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.

SETUP FOR THE RING ROWS

- The rings must be set at a maximum height of 1 meter from the ground. Height is measured from the bottom of the rings to the floor. Lower is allowed; higher is not.
- Place a first tape line directly under the rings.
- Place a second tape line exactly 50 cm in front of the first. The outer edge of each tape line defines the limit.
- Feet must remain clearly in front of the second line and must be fully visible at all times. Touching the tape with the feet during a rep results in a no rep.



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WORKOUTSCORE AND VIDEO SUBMISSION RULES

To be eligible for the finals, all teams must submit a video link along with their score, regardless of training location. Only scores with valid videos will be reviewed for top rankings. The TnR team reserves the right to correct scores if necessary.

Video Requirements

To ensure your video is valid, follow these guidelines:

- Use an app with a visible timer (e.g. WodProof), or a regular camera + visible external timer.
- Read the workout flow and movement standards carefully.
- A judge is strongly recommended – their job is not just to count reps, but to enforce standards and call no-reps.
- Videos must be uncut and unedited.
- At the start of each video, clearly state and show:
 - Team name, Workout, Equipment and weights used
- Camera angle must show the timer, athletes, equipment, and movements clearly. Standards must be visibly judgeable.

The TnR team will review top-ranking videos rigorously and expects athletes to uphold the highest movement standards.

GOOD VIDEO

All reps meet standards. Score is accepted.

VALID WITH MINOR PENALTY

Up to 5% no-reps based on total reps or movement type. A small rep deduction or time penalty will be applied.

VALID WITH MAJOR PENALTY

More than 5% and up to 20% no-reps (total or per movement). A 15% rep deduction or a greater time penalty is applied.

INVALID VIDEO

Workout not completed as required, too many no-reps, or missing video criteria. Score is rejected. You must submit a new video before the deadline. No late entries.

NOTES AND CLARIFICATION

- Penalty Basis: We apply penalties based on total rep count and movement-specific errors.
- Time Penalties: Time-based scores will be adjusted by adding time, not subtracting reps.
- Video Format: Apps as WodProof are recommended but not mandatory. Any continuous video with a clearly visible timer is accepted.

1 QUALIFIER 3 EVENTS



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**AUSTRIAN²⁵
THROWDOWN**

PRESENTED BY

mucki®
ANOVONA

HOW IT WORKS

You choose your division, you do the qualifier, and you submit it for one, two or even three competitions.

One effort.

Multiple chances to shine.

Simply sign up for the competitions and submit your scores and videos.

Let's show the world what you're made of!

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

ALL DIVISIONS

SCORECARD 25.1

FOR TIME - NO TIME CAP

METER / REPS	MOVEMENT	REPS / TIME
2000	METER BIKE ERG	
50	DOUBLE DUMBBELL SHOULDER TO OVERHEAD	
TIEBREAK TIME		
2000	METER BIKE ERG	
TIME		

TIME	
ATHLETE / TEAM	JUDGE

WEIGHTS FOR THE DOUBLE DUMBBELL SHOULDER TO OVERHEAD

DIVISION	MALE	FEMALE
ELITE/RX	2 x 22.5 KG	2 x 15 KG
MASTER 35+	2 x 17.5 KG	2 x 12.5 KG
INTERMEDIATE	2 x 17.5 KG	2 x 12.5 KG
SCALED	2 x 15 KG	2 x 10 KG

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

ELITE / RX

SCORECARD 25.2

8 MINUTE AMRAP

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	8	20
4	CLEANS 90/60 KG	12	24

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	32	44
4	CLEANS 100/65 KG	36	48

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	56	68
4	CLEANS 110/70 KG	60	72

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	80	92
4	CLEANS 120/75 KG	84	96

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	104	116
4	CLEANS 130/80 KG	108	120

... INCREASE BY 10/5 KG AFTER EVERY TWO COMPLETED ROUNDS

TOTAL REPETITIONS	
ATHLETE / TEAM	JUDGE

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

MASTER 35+

SCORECARD 25.2

8 MINUTE AMRAP

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	8	20
4	CLEANS 80/55 KG	12	24

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	32	44
4	CLEANS 90/60 KG	36	48

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	56	68
4	CLEANS 100/65 KG	60	72

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	80	92
4	CLEANS 110/70 KG	84	96

REPS	MOVEMENT	R1	R2
8	TOES-TO-BAR	104	116
4	CLEANS 120/75 KG	108	120

... INCREASE BY 10/5 KG AFTER EVERY TWO COMPLETED ROUNDS

TOTAL REPETITIONS	
ATHLETE / TEAM	JUDGE

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

INTERMEDIATE

SCORECARD 25.2

8 MINUTE AMRAP

REPS	MOVEMENT	R1	R2
6	TOES-TO-BAR	6	16
4	CLEANS 60/40 KG	10	20

REPS	MOVEMENT	R1	R2
6	TOES-TO-BAR	26	36
4	CLEANS 70/45 KG	30	40

REPS	MOVEMENT	R1	R2
6	TOES-TO-BAR	46	56
4	CLEANS 80/50 KG	50	60

REPS	MOVEMENT	R1	R2
6	TOES-TO-BAR	66	76
4	CLEANS 90/55 KG	70	80

REPS	MOVEMENT	R1	R2
6	TOES-TO-BAR	86	96
4	CLEANS 100/60 KG	90	100

... INCREASE BY 10/5 KG AFTER EVERY TWO COMPLETED ROUNDS

TOTAL REPETITIONS	
ATHLETE / TEAM	JUDGE

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

SCALED

SCORECARD 25.2

8 MINUTE AMRAP

REPS	MOVEMENT	R1	R2
8	TOES-TO-RINGS	8	20
4	CLEANS 40/30 KG	12	24

REPS	MOVEMENT	R1	R2
8	TOES-TO-RINGS	32	44
4	CLEANS 50/35 KG	36	48

REPS	MOVEMENT	R1	R2
8	TOES-TO-RINGS	56	68
4	CLEANS 60/40 KG	60	72

REPS	MOVEMENT	R1	R2
8	TOES-TO-RINGS	80	92
4	CLEANS 70/45 KG	84	96

REPS	MOVEMENT	R1	R2
8	TOES-TO-RINGS	104	116
4	CLEANS 80/50 KG	108	120

... INCREASE BY 10/5 KG AFTER EVERY TWO COMPLETED ROUNDS

TOTAL REPETITIONS	
ATHLETE / TEAM	JUDGE

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

ELITE / RX

SCORECARD 25.3

FOR TIME

REPS	MOVEMENT	TOTAL
20	BOX JUMP OVERS 60/50 CM	20
40	PULL-UPS	60
20	BOX JUMP OVERS 60/50 CM	80
20	CHEST-TO-BAR PULL-UPS	100
20	BOX JUMP OVERS 60/50 CM	120
10	BURPEE BAR MUSCLE-UPS	130
	TIME OR TOTAL REPETITIONS	

TIME CAP: 9 MINUTES

TIME OR TOTAL REPETITIONS	
ATHLETE / TEAM	JUDGE

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

MASTER 35+

SCORECARD 25.3

FOR TIME

REPS	MOVEMENT	TOTAL
20	BOX JUMP OVERS 60/50 CM	20
30	PULL-UPS	50
20	BOX JUMP OVERS 60/50 CM	70
15	CHEST-TO-BAR PULL-UPS	85
20	BOX JUMP OVERS 60/50 CM	105
5	BURPEE BAR MUSCLE-UPS	110
	TIME OR TOTAL REPETITIONS	

TIME CAP: 9 MINUTES

TIME OR TOTAL REPETITIONS	
ATHLETE / TEAM	JUDGE

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

INTERMEDIATE

SCORECARD 25.3

FOR TIME

REPS	MOVEMENT	TOTAL
20	BOX JUMP OVERS 60/50 CM	20
60	DOUBLE UNDERS	80
20	BOX JUMP OVERS 60/50 CM	100
20	PULL-UPS	120
20	BOX JUMP OVERS 60/50 CM	140
10	BURPEE CHEST-TO-BAR PULL-UPS	150
	TIME OR TOTAL REPETITIONS	

TIME CAP: 9 MINUTES

TIME OR TOTAL REPETITIONS	
ATHLETE / TEAM	JUDGE

TOUGH'N'ROUGH 2025

ONLINE QUALIFIER

SCALED

SCORECARD 25.3

FOR TIME

REPS	MOVEMENT	TOTAL
20	BOX JUMP OVERS 60/50 CM	20
80	SINGLE UNDERS	100
20	BOX JUMP OVERS 60/50 CM	120
20	RING ROWS	140
20	BOX JUMP OVERS 60/50 CM	160
10	BURPEE PULL-UPS	170
	TIME OR TOTAL REPETITIONS	

TIME CAP: 9 MINUTES

TIME OR TOTAL REPETITIONS	
ATHLETE / TEAM	JUDGE