



# QUALIFIER 2

## CALVES OF THRONES

**FOR TIME THEN REPS / TIME CAP: 12MIN**

MOVEMENTS	1	2	3	4	5
<b>50 DOUBLE UNDERS</b> SCALED - 100 SINGLES UNDERS					
<b>10 HANDSTAND PUSHUPS</b> SCALED - 10 HAND RELEASE PUSHUPS					
<b>10 DEADLIFTS</b> ELITE / MASTERS 35-39 - MALE: 80KG FEMALE: 60KG INTER. / TEENS / MAS. 40+ - MALE: 60KG FEMALE: 40KG SCALED - MALE: 35KG FEMALE: 25KG					
<b>10 BOX JUMP OVERS</b> MALE: 24IN FEMALE: 20IN SCALED - ALLOWED TO STEP OVER					
<b>POSSIBLE REPS - ELITE / INTER / MAS. / TEENS</b>	<b>80</b>	<b>160</b>	<b>240</b>	<b>320</b>	<b>400</b>
<b>POSSIBLE REPS - SCALED</b>	<b>130</b>	<b>260</b>	<b>390</b>	<b>520</b>	<b>600</b>

**YOUR QUAL 2 SCORE:  
FOR TIME**

**1 MISSED REP = 1 SECOND PENALTY ADDED TO CAP**

**SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS**

DIVISION							GENDER		
<input type="radio"/> Elite	<input type="radio"/> Inter.	<input type="radio"/> Team Elite	<input type="radio"/> Team Inter.	<input type="radio"/> Teens 16-20	<input type="radio"/> M. 35-39	<input type="radio"/> M. 40-44	<input type="radio"/> M. 45+	<input type="radio"/> Scaled	<input type="radio"/> Male <input type="radio"/> Female
ATHLETE / TEAM NAME				ATHLETE / TEAM SIGNATURE				JUDGE INT.	
X				X					



# QUALIFIER 2

## STANDARDS

This workout is a for time, with a 12 minute time cap. Athletes perform 5 rounds of 50 double-unders, 10 handstand pushups, 10 deadlifts and 10 box jump overs. Scaled athletes perform 5 rounds of 100 single-unders, 10 hand-release pushups, 10 deadlifts and 10 box jump overs. The athlete's score will be determined by the time to complete the reps before the 12 minutes. Per missed rep within that time cap, 1 second is added. For example when an elite athlete has 350 reps from a possible max of 400 reps, then she missed 50 reps. Her total time will be 12 min 50 s.

**Unless otherwise specified, the latest Crossfit Open standards should be followed.**

### **DOUBLE UNDERS:**

The rope must spin forward and pass completely under the feet twice for each jump. It is not required to perform jumps unbroken.

### **SINGLE UNDERS(SCALED ONLY):**

The rope must spin forward and pass completely under the feet once for each jump. It is not required to perform jumps unbroken.

### **HAND STAND PUSHUPS (HSPU):**

Prior to starting, the athlete will need to establish the foot line on the wall for the handstand push-up. For the first step, measure the distance from the athlete's elbow to the athlete's middle knuckle while he or she makes a fist. In step 2, the athlete will stand with his or her back to the wall on the same surface the hands will be on, with feet at hip width and heels touching the wall. A line will need to be drawn on the wall, marking the height of the top of the athlete's head. From the mark for the top of the athlete's head (step 2), add half the distance measured in step 1 and make a second mark. This will be the height of the target line for the handstand push-ups. For example, if an athlete is 165 cm tall and measures 36 cm from elbow to knuckle, he or she would add 18 cm to the height mark for a final target line of 183 cm. Once the height of the target line is established, mark it with a marker, chalk or tape. Judges may restore the line between rounds as needed. Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. The athlete's heels must start the rep above the pre-marked target line. At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement but must touch above the line at the beginning and end of each rep. Kipping is allowed.

### **HAND RELEASE PUSHUPS (SCALED ONLY):**

A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.

### **DEADLIFTS:**

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.

Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing.

### **BOX JUMP OVERS:**

Males use a box with a height of 24 inches, females a box of 20 inches. Athletes must be facing the box at the start of each rep. The athlete must jump onto the box using a two foot takeoff, land on the box using a two foot landing, then get down from the box on the opposite side to begin the next rep. Scaled athletes can step on the box. There is no requirement to stand tall on top of the box, and athletes may step down or jump down when returning to the ground. Each rep is counted when the athlete lands on the opposite side of the box. A running start is allowed as long as a two-foot takeoff is used. Lateral jumps are allowed. Only the athlete's feet may touch the box. Males use a box with a height of 24 inches, females a box of 20 inches. Each box must have a top of at least 38-by-38 cm.



# QUALIFIER 2

## STANDARDS

### VIDEO SUBMISSION GUIDELINES:

Prior to starting, film the pull-up bar, plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. You, your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. The athlete and the judge have to introduce themselves and clearly mention their name and/or team name and box. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

### VIDEO REVIEW GUIDELINES:

All submitted videos of the Qualifier WODs may be reviewed by a Video Judge for quality and compliance purposes. 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 posted is correct. The score will be accepted.
- **Valid With Minor Penalty:** Over the course of the video, the athlete demonstrates 1 to 4 “no reps” that may be removed from the athlete’s final score as required. This penalty is used for video submissions for which the score needs to be adjusted by fewer than 5 reps. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.
- **Valid With Major Penalty:** Over the course of the video, the athlete demonstrates 5 or more “no reps.” In this case, the score may be modified by subtracting 15 percent 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.
- **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 score will be rejected, and the video will be removed from the CrossFit Games website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.