



# QUALIFIER 1

## BELGIAN TONIC

**MUST COMPLETE FIRST / TIME CAP: 12MIN (RUNNING CLOCK)**

MOVEMENTS	21	15	9
<b>THRUSTERS</b> ELITE / MASTER 35-39 - MALE: 42,5KG FEMALE: 30KG INTER / TEEN / M. 40+ - MALE: 35KG FEMALE: 25KG SCALED - MALE: 20KG FEMALE: 15KG			
<b>BURPEES FACING THE BAR</b> SCALED - STEP OVER THE BAR IS ALLOWED			
<b>TOES TO BAR</b> SCALED - HANGING KNEE RAISES			
<b>POSSIBLE REPS</b>	<b>63</b>	<b>108</b>	<b>135</b>

**IN REMAINING TIME**

MOVEMENTS	REPS COMPLETED
<b>MAX GROUND TO OVERHEAD</b> ELITE / MASTER 35-39 - MALE: 60KG FEMALE: 40KG INTER / TEEN / M. 40+ - MALE: 50KG FEMALE: 35KG SCALED - MALE: 35KG FEMALE: 25KG	

**YOUR QUAL 1 SCORE:  
FOR TOTAL REPS**

**SCORE IS DETERMINED BY THE TOTAL REPS BEFORE THE TIME CAP**

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 1

## STANDARDS

This workout begins with the loaded barbell on the floor and the athlete standing tall. At the start signal the athlete may perform 21 thrusters, then 21 burpees-facing-the-bar and 21 Toes-to-bar. The athlete will repeat this couplet, performing 15 and then 9 repetitions of each exercise. The athlete's score will be determined by the time and the total number of reps performed within 12 minutes.

This is a 12 minute workout where the athlete performs as many rounds as possible. The scoring for this workout includes a tiebreak. When you submit your final result, your score will be the number of reps completed. When the athlete finishes all reps within the time cap of 12 minutes, he/she continues to perform a maximum set of repetitions ground to overhead. In the case where 2 athletes have the same score (total number of reps), the athlete with the higher tiebreak reps will be ranked higher.

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

### **THRUSTERS:**

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. The rep is credited when the barbell is locked out overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body. Every rep starts with a front squat below the top of the knees in the bottom position.

### **BAR FACING BURPEES:**

The burpee must be performed perpendicular to and facing the barbell. The athlete will jump the feet back so that he or she is lying on the ground. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom. The athlete must jump over the barbell with both feet and land on both feet. Single-legged jumping or stepping over is not permitted (scaled divisions excluded). The barbell must be loaded with standard-height bumper plates for the athlete to jump over. The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell. Using a two-foot jump, the feet must move back and forth together in the burpee. **IMPORTANT:** Unless the athlete is performing the workout scaled, he or she may NOT step backward or forward one foot at a time when lowering and raising to and from the ground. On the way down, the athlete must jump both feet back simultaneously. On the way up, the athlete must jump both feet forward simultaneously. Stepping back and/or stepping up is permitted for athletes in the scaled divisions only. Scaled athletes may also choose to step over the barbell instead of jumping

### **TOES TO BAR:**

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted. Both feet must come into contact with the bar at the same time, inside the hands. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

### **HANGING KNEE RAISES (SCALED ONLY):**

In the hanging knee-raise, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted.



# QUALIFIER 1

## STANDARDS

### GROUND TO OVERHEAD:

The barbell begins on the ground. Touch-and-go is permitted. No bouncing.

The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. This is typically performed as either a Power Snatch, Power Clean and Jerk or Power Clean and Push Press.

### 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.