



QUALIFIER 3

HEAVY WITH A TWIST

3A / FOR TIME - TIME CAP: 6MIN (RUNNING CLOCK)

MOVEMENTS

TIME COMPLETED

ROW

ELITE / MAS. 35+ / TEEN / INTER - MALE: 1000M FEMALE: 800M
 SCALED - MALE: 850M FEMALE: 750M

3B / FOR MAX WEIGHT - IN REMAINING TIME

MOVEMENTS

ATTEMPTS - CIRCLE MAX WEIGHT ACHIEVED

**1RM OF 3 UNBROKEN
HANG CLEANS**

**YOUR QUAL 3A SCORE:
FOR TIME**

**YOUR QUAL 3B SCORE:
FOR MAX WEIGHT**

SCORE IS DETERMINED BY THE TIME AND MAX WEIGHT ACHIEVED BEFORE TIME CAP

DIVISION

Elite Inter. Team Elite Team Inter. Teens 16-20 M. 35-39 M. 40-44 M. 45+ Scaled

GENDER

Male Female

ATHLETE / TEAM NAME

X

ATHLETE / TEAM SIGNATURE

X

JUDGE INT.



QUALIFIER 3

STANDARDS

SIX minute workout where the athlete rows a set distance as fast as possible. The remaining time he or she performs 3 unbroken hang cleans with his / her maximum Weight. The score is determined by the time and the max weight achieved. For example an athlete who performs the set of 3 unbroken hang cleans with 80 kg will get 80 points.

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

ROW:

The monitor on the rower must be set to zero at the beginning of the rowing. The athlete must stay seated on the rower until the monitor reads the required DISTANCE. If the athlete leaves sooner, this will count as a no rep for the whole WOD.

HANG CLEANS (UNBROKEN SET OF 3):

Starting at the floor, the athlete lifts the barbell until hips and knees reach full extension and the shoulders are behind the bar. The arms must be straight throughout. (deadlift lockout) A pause here is necessary before beginning the rest of the exercise in order for the effort to count. This is also the starting position of each repetition of the hang clean and must be reached prior to the second and third hang clean. A muscle clean, power clean, squat clean or split clean may be used as long as the barbell starts from the hang and comes up to the shoulders, with the hips and knees fully extended, the feet in line and the elbows in front of the bar. The score is the max weight with which the athlete can perform 3 unbroken hangcleans.

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.