

SCANDINAVIAN THR WDOWN



2024 FINALS

RULEBOOK



WELCOME

In this document, you can find our general competition rules, the workouts along with their flow and special regulations. Movement standards are documented in the [International Functional Fitness Federation \(iF3\) Movement Standards document](#). Read, study and memorise them so you know what we expect from you.

All athletes will have 4 workouts of 10 minutes each. There will be no cut-off. Every athlete, regardless of age will get the same workout as prescribed in their division.

GENERAL RULES

1. You and you alone are responsible for reading the workouts, flow and standards BEFORE the event.
2. The competition field is neither the place nor the time to overload the judge with all sorts of questions because you have not read this document.
3. The warm-up area is a shared zone. Please respect the timetable. You may present yourself 30 minutes prior to your heat start. You have 20 minutes warm-up time and must present yourself to the pre-staging area of your heat field, not later than 10 minutes before the start.
4. It is the team's own responsibility to be ON TIME at athletes' control and staging where you will receive your scorecard which you hand over to your assigned judge.
5. Athletes will ALWAYS start at on the starting mat.
6. Please show respect to our equipment. DO NOT DROP equipment intentionally (dumbbells, kettlebells, barbells, etc..). Dropping will ALWAYS result in a no-rep.
7. Have RESPECT for our judges and crew in general. If you have issues, please address the Competition Manager.
8. The judge calls a rep as they see it. You might not always agree but be aware that their call is final.
9. Videos can only be used as a memory to yourself or social media. No video footage will be taken in consideration to review your or someone else's score/judges decisions.
10. If you sign off your scorecard you agree with the score that is written on it.
11. We have a ZERO-TOLERANCE policy about abusive behaviour. Shouting, swearing, disrespect or aggression towards judges, crew members, management, athletes, vendors and spectators can result in immediate exclusion from the competition.
12. It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake.
13. Don't confuse the judge. He or she will count for you and guide you in the flow if needed. It is what they are there to do for you.
14. A malfunction of equipment could occur. Always continue in that what you are doing till the team leader or competition manager says otherwise.
15. The use of gymnastic grips (or style) are only allowed on the rig. Lifting belts and shoes, sleeves, wristbands and gloves are allowed. Lifting straps are NEVER allowed.

WORKOUT 24.1 A

FOR CALORIES

In 10 minutes, athletes will as a team collect:

- MAX cal row-erg

Athlete not working on the rower must hold slamball.

Athletes must switch every 2:30 minutes.

FLOW

- Athletes need to start on the designated starting mat.
- After the starting signal, Athlete 1 moves to the row-erg and Athlete 2 moves to the slamball.
- Athletes must switch position on the signal. Rowing can only start as soon as the other athlete holds the slamball.

MOVEMENT STANDARDS

Slamball can be held in any style as long as athlete is standing tall.

SPECIAL REGULATIONS

- Athletes can adjust the damper and footstraps;
- DO NOT TOUCH the screen at any time. This workout is computer controlled and our staff will handle the monitors remotely.

SCORING

The score is the total number of calories on the row-erg after 10 minutes.

WORKOUT 24.1 B

FOR CALORIES

In 10 minutes, athletes will as a team collect:

- MAX cal row-erg

Athletes must switch every 30 seconds. This means athletes will do 10 sets each.

FLOW

- Athlete 1 will start on the rower with his or her hands on the knees.
- On **GO**, athlete 1 will start rowing for 30 seconds.
- Athletes then switch. They perform this pattern for 10 minutes.

SPECIAL REGULATIONS

- Athletes can adjust the damper and footstraps;
- DO NOT TOUCH the screen at any time. This workout is computer controlled and our staff will handle the monitors remotely.

SCORING

The score is the total number of calories on the row-erg after 10 minutes.

WORKOUT 24.2

FOR TIME (TC 10 min)

- 10 bar muscle-ups
- 20 sync dumbbell facing burpees
- 30 toes-to-bar
- 40 alternating dumbbell snatch
- 50 box-jump overs (60/50 cm for all divisions)
- 40 alternating dumbbell snatch
- 30 toes-to-bar
- 20 sync dumbbell facing burpees
- 10 bar muscle-ups

SCALING

	DUMBBELLS	GYMNASTICS 1	GYMNASTICS 2
RX	22,5 / 17,5 kg	bar muscle-ups	toes-to-bar
Advanced	20 / 15 kg	chest-to-bar pullups	toes-to-bar
Regular	17,5 / 12,5 kg	pull-ups	single leg toes-to-bar
Scaled	15 / 10 kg	sync ring-rows	knee raises
Parents	15 / 10 kg	sync ring-rows	knee raises
Kids	7 / 5 kg	sync ring-rows	knee raises

FLOW

- Athletes need to start on the designated starting mat.
- On the starting signal, the team starts performing repetitions according to the scheme above.
- All switching happens on the starting mats - the resting athlete must always be on the starting mat. Only during sync ring-rows and sync burpees will two athletes be allowed on the field.

WORKOUT 24.2, cont...

MOVEMENT STANDARDS

For complete movement standards please see the [International Functional Fitness Federation's Movement Standards Document](#).

- BAR MUSCLE-UPS (ID 7.07)
- CHEST TO BAR PULL-UPS (ID 7.05)
- PULL-UPS (ID 7.04)
- SYNC DUMBBELL FACING BURPEES (ID 10.02)
- TOES-TO-BAR (ID 7.01)
- KNEE RAISES (ID 7.09)
- ALTERNATING DUMBBELL SNATCH (ID 4.01)
- BOX-JUMP OVERS (ID 10.05)

- SYNC RING ROWS

Athletes will place their feet in a direct vertical line from the rings and lean backwards. Rep start is with both hands the ring and arms fully extended. Rep end is when any part of the hands touches the chest. Sync is both at rep start and rep end (bottom and top of movement). Body must be fully extended during the entire repetition with lockout in hips and knees.

SPECIAL REGULATIONS

- For sync dumbbell facing burpees, athletes do **not** need to do a two-foot take-off, as long as there is a clear jump over the dumbbell. Sync for this movement is in the bottom (prone) position only.
- For single-leg toes-to-bar, only one foot has to touch the bar for rep to count.
- For dumbbell snatch, both heads of the dumbbell must touch the ground before each repetition begins.

WORKOUT 24.3

AMRAP (TC 10 min)

6 rounds (3 rounds each) of

- 12 power cleans
- 12 front squats
- 30 m shuttle run (4 x 7,5m)

Then:

- Max reps front squats

SCALING

	BARBELLS
RX	60/40 kg
Advanced	50/35 kg
Regular	40/30 kg
Scaled	35/25 kg
Parents	35/25 kg
Kids	7/5 kg (Dumbbells)

FLOW

- Athletes need to start on the designated starting mat.
- After the starting signal, athlete 1 will move to the barbell and perform a full round of 12 power cleans and 12 front squats.
- He or she will then do 4 shuttle runs, starting by touching the line closest to the starting mat and then touching the furthest part of the rig. One run from the line to the rig and back counts as 2 shuttle runs (2 x 7,5m).
- When athlete 1 is done with his or her round, they switch to athlete 2 who does the exact same thing. They then repeat this pattern another two times, totalling in 6 rounds (3 rounds each).
- When all six rounds are completed, the team has the remaining time to do as many front squats as possible. Only one athlete can work at a time and the resting athlete must remain on the starting mat. They can switch whenever they want for this part.

WORKOUT 24.3, cont...

MOVEMENT STANDARDS

For complete movement standards please see the [International Functional Fitness Federation's Movement Standards Document](#).

- POWER CLEANS (ID 3.02)
- FRONT SQUATS (ID 1.03)
- SHUTTLE RUN (ID 9.02)