

# SCANDINAVIAN THR WDOWN



2024 QUALIFIERS

# RULEBOOK



## WELCOME!

Before starting with the workout, we ask you to read through everything from this point on so that you are well-prepared.

Although we would love to take your word and not have an online video qualifier process, that's not how this works. In addition to the scorecard, you, the athlete, will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify that you have performed the test, that the number of repetitions and times specified are correct, and that you meet the movement standards.

Let us help you by setting up these practical tips and rules to ensure video submission success.

## BEFORE THE TEST

Make sure that you go over all workouts, flow, special regulations and standards by:

- READING them first;
- Asking questions later if something is unclear to you.

We always recommend the use of a judge, even if it is not mandatory. If you do, make sure that your judge does the same steps as mentioned above.

## DURING THE TEST

Make it clear to your judge that officiating is not just counting reps. Your judge must also be aware that you, as an athlete, have to meet all the required rules and standards.

It's your judge's responsibility to inform you if you don't meet the rules and standards = NO-REP.

Your judge can give you verbal instructions (squat deeper, extend those hips/arms, etc...) but a no-rep is a no-rep and should be given at ALL times during this process!

## AFTER THE TEST

We recommend that you check your videos yourself before submitting them to the competition platform. Make a comparison with the scorecard and check the following (if applicable):

- Are the totals correct?
- Are the times correct?
- Are the weights correct?
- Are the distances correct?
- Are the heights correct?

It's NOT up to our review team to determine all of the above. You are responsible for this! If everything is correct and only then, should you upload your video (link) for review without the risk of getting penalties or invalidation of it.

## VIDEO FORMAT

**For this qualifier you MUST use the WodProof app to record your workouts.** WodProof offers apps for iOS and Android and they also offer a 4-week free of charge trial on their premium plan.

ALL videos must be uncut/unedited to allow an accurate display of the test performance. The use of fisheye or similar lens is NOT ALLOWED and will be invalidated by our review team.

## REMEMBER YOUR BASICS

The first thing we want to see when the video starts is you:

- Telling us your name;
- Stating which event, division and workout you are doing;
- Zooming in/focusing on the weights (barbell, dumbbell, kettlebell, etc...), distance (shuttle run, handstand walk, etc...) and time/distance/calories on those screens so we can give you full credit.

If required, don't forget to reset the screens of the machines before starting another round.

## ANGLE AND FRAME

Record the video so that all exercises can be clearly seen, meeting the movement standards. As for framing, make sure your ENTIRE body stays in the frame at ALL times. If we can not see you, we can not assess the video!

- do not place your recording device on the ground with an upward angle;
- do not place your recording device right in front of you (The anterior 45° angle position is the most ideal);
- do not place your recording device far away from you
- watch out for gym related obstacles

## SCORECARDS

The scorecards are a tool that allows you to record all correctly performed reps in order to upload the final score on the online platform. We strongly recommend that you review this scorecard before performing the workout.

## SUBMITTING YOUR SCORE

For more info, please visit the following link for instructions (available in English only): <https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>

## VIDEO REVIEW

When submitted, your score and video will be under review. Our review team will watch the videos randomly to make sure to give or subtract full credit of your hard work.

Please try to be patient - with technology and us.

If you have questions about your video or score, please try to hold off until we have had a chance to review your submission and log it for you on the leaderboard. If we contact you about submission problems, you will have 24-hours to reply and comply.

## APPEALS

Appeals, scoring discrepancies or questions about the review

of online videos will be handled by our head judge. Athletes will receive an email if the score posted is modified due to a penalty. The message will give a brief description explaining the reason for the change in the score. After this notification, athletes will have 24-hour time to appeal. All appeals received after this 24-hour deadline will not be processed!

Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the athlete. Athletes may not appeal their own performance outcome based on the review, scoring or performance of another athlete.

## WORKOUT Q24.1

This workout has two parts: A and B. You will register the scores separately. Keep the clock running for the entire 14 minutes.

### PART A (00:00 - 10:00)

Complete as many rounds and reps as possible of:

- 5 power clean
- 10 pull-up variations
- 15 wallballs

### PART B (10:00 - 14:00)

- 1 RM clean

**NOTE! Parents + kids will not do PART B**

RX	Advanced	Regular
<b>Barbells:</b> 60/40 kg	<b>Barbells:</b> 50/35 kg	<b>Barbells:</b> 40/30 kg
<ul style="list-style-type: none"><li>• 5 power clean</li><li>• 10 C2B pull-ups</li><li>• 15 wallballs (9/6)</li></ul>	<ul style="list-style-type: none"><li>• 5 power clean</li><li>• 10 pull-ups</li><li>• 15 wallballs (9/6)</li></ul>	<ul style="list-style-type: none"><li>• 5 power clean</li><li>• 10 jumping pull-ups</li><li>• 15 wallballs (6/4)</li></ul>
Scaled + Parents	Kids	
<b>Barbells:</b> 30/20 kg	<b>Dumbbells:</b> 2 x 7 / 5 kg	
<ul style="list-style-type: none"><li>• 5 power clean</li><li>• 10 jumping pull-ups</li><li>• 15 wallballs (6/4)</li></ul>	<ul style="list-style-type: none"><li>• 5 power clean</li><li>• 10 ring rows (one ring)</li><li>• 15 wallball thrusters (4 kg)</li></ul>	

## FLOW

- For the AMRAP, athletes can share repetitions however they want. However, there needs to be a clear tag between athletes each time they switch.
- When the first 10 minutes are over, athletes have 4 minutes to attempt their heaviest lift. Both athletes must attempt at least one lift each.
- For part B, a lift must be initiated before the timecap to count. That means the barbell has to leave the floor before the clock reaches 14:00.
- For parents + kids the workout will end at 10:00 as they will not do part B.

## SPECIAL REGULATIONS

- For part B, the clean can be anyhow (squat, power, muscle).
- For part B, athletes are allowed to use separate barbells and these barbells may be preloaded.
- Athletes are allowed to help each other the reload barbells.
- For part B, only one athlete can lift at a time.
- No-one else except the athletes are allowed to touch the equipment.
- Kids will use double dumbbells instead of a barbell for the power clean in Part A. Both dumbbells must touch the ground at the beginning of each repetition, but only one head on the dumbbell must touch the ground.

## MOVEMENT STANDARDS

For complete movement standards please see the entries for:

- Power Clean (ID 3.02)
- Pull-up (ID 7.04)
- Chest-to-bar Pull-up (ID 7.05)
- Wallball (ID 15.04)
- Clean anyhow (ID 3.01)

in the [International Functional Fitness Federation's Movement Standards Document](#).

- For **ring rows**, athlete must place feet directly under the vertical plane of the rings. The rings must be at chest height or lower. Arms must be fully extended at rep start and any part of the hand(s) must touch the chest at rep end. Body must maintain plank position with shoulders, hips and feet in alignment.

- For **jumping pull-ups** the bar should be set up so it is at least 0,2 m above the top of the athlete's head when the athlete is standing tall.
- For **wallball thrusters**, the ball has to be held with both hands in front of the chest, a full squat must be achieved and then full extension (standing tall) with the ball in overhead position.

## SCORING

Score for part A is the total number of repetitions performed within 10 minutes.

Score for part B is the sum of the heaviest successful lift for both athletes.



## WORKOUT Q24.2

Complete as many rounds and repetitions as possible in 10 minutes.

**Cash in:** 1500 m row

**Then, AMRAP:**

- 5 sync burpee box jump-over
- 20 alternating DB snatch

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### WEIGHTS and SCALING

RX	22,5 / 15 kg	box jump-overs
Advanced	20 / 12,5 kg	box jump-overs
Regular	15 / 10 kg	box step-overs
Scaled	12,5 / 7 kg	box step-overs
Parents	12,5 / 7 kg	box step-overs
Kids	5 / 3 kg	box over anyhow

### FLOW

- The workout starts with 1500 m row. Athletes can share that distance anyhow, except for one rule: both athletes need to row at least 250 meters each.
- After the row is complete, the team has the remaining time up to 10 minutes to complete as many reps as possible of 5 sync burpee box jump-overs and 20 alternating dumbbell snatches.

### SPECIAL REGULATIONS

- Only one row-erg can be used.
- Two plyo-boxes should be used for the sync burpee box jump-overs.
- The sync of the burpee box-overs is the prone position on the ground (bottom of burpee).
- Both heads of the dumbbell must touch the floor in the DB snatch.
- Athletes can share the repetitions of the dumbbell snatch as they wish, but there must be a clear tag in the switch.

## MOVEMENT STANDARDS

For complete movement standards please see the entries for:

- Rowing (ID 9.03)
- Object facing burpee over object (ID 10.02)
- Snatch anyhow (ID 4.01)

in the [International Functional Fitness Federation's Movement Standards Document](#).

## SCORING

The score for this workour is the total number of repetitons of synced burpees and dumbbell snatches.

## WORKOUT Q24.3

FOR TIME (TC 14 min)

- 100 deadlifts (weight 1)
- 80 gymnastics var 1
- 60 deadlifts (weight 2)
- 40 gymnastics var 2
- 20 deadlifts (weight 3)\*
- 10 gymnastics var 3

\*Tiebreaker time

### WEIGHTS

	Weight 1	Weight 2	Weight 3
<b>RX</b>	60 / 40 kg	80 / 55 kg	100 / 70 kg
<b>Advanced</b>	50 / 35 kg	65 / 45 kg	80 / 55 kg
<b>Regular</b>	40 / 25 kg	55 / 35 kg	70 / 45 kg
<b>Scaled</b>	30 / 20 kg	45 / 30 kg	60 / 40 kg
<b>Parents</b>	30 / 20 kg	45 / 30 kg	60 / 40 kg
<b>Kids</b>	15 / 10 kg	20 / 15 kg	30 / 20 kg

### GYMNASTICS

	Variation 1	Variation 2	Variation 3
<b>RX</b>	Toes-to-bar	Chest-to-bar pull-ups	Bar muscle-ups
<b>Advanced</b>	Toes-to-bar	Pull-ups	Chest-to-bar pull-ups
<b>Regular</b>	Single leg T2B	Jumping pull-ups	Pull-ups
<b>Scaled</b>	Knee-raises	Ring rows	Pull-ups
<b>Parents</b>	Knee-raises	Ring rows	Pull-ups
<b>Kids</b>	Knee-raises	Ring rows	Ring rows

## FLOW

- For this workout, athletes can divide the repetitions however they like between them. As always there has to be a clear tag in every switch.
- When the clock starts, athletes will do 100 deadlifts together at the first weight. They will then do 80 repetitions of the first gymnastics movement, followed by 60 deadlifts at the second weight.
- They now continue to 40 reps of the second gymnastics movement before moving on to the third and final weight for 20 deadlifts.
- After the last deadlift, they will note their time as this will be their tie-breaker time for the workout.
- Finally they do 10 reps on the last gymnastics variation.

## SPECIAL REGULATIONS

- A team is allowed to use more than one barbell.
- If team chooses to use one barbell, no one outside the team can change the weights. However, an athlete is allowed to change weights while the other athlete is working on other movements.

## MOVEMENT STANDARDS

For complete movement standards please see the entries for:

- Deadlift (ID 2.01)
- Toes-to-bar (ID 7.01)
- Pull-ups (ID 7.04)
- Chest-to-bar pull-ups (ID 7.05)
- Bar muscle-ups (ID 7.07)
- Knee raises (ID 7.09)

in the [International Functional Fitness Federation's Movement Standards Document](#).

- For **ring rows**, athletes must use two rings and place feet directly under the vertical plane of the rings. The rings must be at chest height or lower. Arms must be fully extended at rep start and any part of the hand(s) must touch the chest at rep end. Body must maintain plank position with shoulders, hips and feet in alignment.
- For **single leg toes-to-bar**, same rules apply as for regular toes-to-bar except that only one foot must touch the bar.

2024 QUALIFIERS

# SCORECARDS



# SCORECARD STD Q 24 . 1

**PART A: FROM 00:00 - 10:00  
AMRAP**

- 5 power cleans
- 10 pull-up variations
- 15 wallballs

**PART B: FROM 10:00 - 14:00**

- 1 RM clean

TEAM NAME

DIVISION

DATE AND TIME

		1	2	3	4	5	6	7	8	9	10
<b>5</b>	<b>Power Cleans</b>										
<b>10</b>	<b>Pull-ups</b>										
<b>15</b>	<b>Wallballs</b>										
		30	60	90	120	150	180	210	240	270	300

	ATHLETE 1	ATHLETE 2
<b>1 RM Clean</b>		

**SCORE PART A (REPS)**

**SCORE PART B (WEIGHT)**

SIGNATURE CAPTAIN

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SIGNATURE JUDGE

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# SCORECARD STD Q 24 . 2

**TC 10 min**

**Cash in: 1500 m row**

**Then, AMRAP:**

- **5 sync burpee box jump-overs**
- **20 alt DB snatch**

TEAM NAME

DIVISION

DATE AND TIME

**1500 m ROW**

	1	2	3	4	5	6	7	8
<b>5</b> Sync burpee box jump-overs								
<b>20</b> alt DB snatch								
	25	50	75	100	125	150	175	200

SIGNATURE CAPTAIN

SIGNATURE JUDGE

**SCORE (REPS)**

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# SCORECARD STD Q 24 . 3

## FOR TIME (TC 14 min)

- 100 deadlifts (weight 1)
- 80 gymnastics var 1
- 60 deadlifts (weight 2)
- 40 gymnastics var 2
- 20 deadlifts (weight 3)\*
- 10 gymnastics var 3

TEAM NAME

DIVISION

DATE AND TIME

Please enter the correct weights and gymnastics variation on the scorecard below:

<b>100</b>	<b>Deadlifts ( kg)</b>	
<b>80</b>		<i>(Gymnastics variation 1)</i>
<b>60</b>	<b>Deadlifts ( kg)</b>	
<b>40</b>		<i>(Gymnastics variation 2)</i>
<b>20</b>	<b>Deadlifts ( kg)</b>	
<b>10</b>		<i>(Gymnastics variation 3)</i>

TIE-BREAKER TIME

SIGNATURE CAPTAIN

SIGNATURE JUDGE

**SCORE (TIME OR REPS)**

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