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QUALIFIER 2022

GENERAL RULES

- The workouts have to be performed on the same day in the prescribed order.
- Start your video recording by showing the running clock on our website for at least 10 seconds.
- If you forget to film the clock on The Amsterdam Throwdown website and cannot prove that the workouts were performed on the same day, a 'major penalty' will be given. 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.
- When on a team, all team members need to participate in the online qualifier as individuals.
- If you want to qualify for the finals, you have to submit a video when you submit your score.

For questions regarding the qualifier workouts or submission of your score, please contact: judges@theamsterdamthrowdown.com, as soon as possible.



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QUALIFIER WORKOUT 22.1 INDIVIDUAL | MASTERS | TEAM

WORKOUT

6 rounds of 2-minute AMRAP

Round 1:

14 wallballs 9/6kg
14 box jump overs 24/20"
Max repetitions pull-ups

Round 2:

14 wallballs 9/6kg
14 box jump overs 24/20"
Max repetitions pull-ups

Round 3:

14 wallballs 9/6kg
14 box jump overs 24/20"
Max repetitions chest-to-bar pull-ups

Round 4:

14 wallballs 9/6kg
14 box jump overs 24/20"
Max repetitions chest-to-bar pull-ups

Round 5:

14 wallballs 9/6kg
14 box jump overs 24/20"
Max repetitions bar muscle-ups

Round 6:

14 wallballs 9/6kg
14 box jump overs 24/20"
Max repetitions bar muscle-ups

VIDEO STANDARDS

In case an athlete wants to qualify for the finals, one must submit a valid video of the qualifier workout. Please keep the following standards in mind:

- Film all competition area measurements so the distances and/or heights can be seen clearly. For example: think of filming the height of the box and weight of the medicine ball prior to the start of your workout.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly, meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

EQUIPMENT

- Medicine ball 9/6kg
- Box of appropriate height for the athlete's division.
- The top of the box must be at least 15-by-15 inches.
- Pull-up bar

NOTES

Prior to starting, the athlete must video the medicine ball (9kg for men, 6kg for women) and the height of the box (24" for men, 20" for women).

The workout begins with the athlete standing near the medicine ball that is placed on the ground. At the call of "3, 2, 1... go", the athlete picks the medicine ball up and starts with 14 wallballs. Hereafter, the athlete advances to perform 14 box jump overs and upon completion of these repetitions, the athlete moves towards the pull-up bar to perform as many as possible repetitions of the prescribed movement for that round.

This workout consists of 6 rounds, each round is a two-minute AMRAP and there is no rest in between rounds. The score per round is the total repetitions made in that round (including wallballs and box jump overs). The athlete is not allowed to start with the wallballs of the next round prior to the end of the previous two-minute round.

The athlete's score for the entire workout will be the total repetitions completed in all 6 rounds.

There is no tiebreak time for this workout.

MOVEMENT STANDARDS

Make sure to be aware of our movement standards. For all movement standards, we refer you to the movement standards document which can be found on our website.



QUALIFIER WORKOUT 22.2 INDIVIDUAL | MASTERS | TEAM

WORKOUT

Qualifier 22.2 consists of two parts (A and B) with a time-cap of 18 minutes.

A. For time, with a time-cap of 14 minutes

3 rounds of:
8 burpees over the bar (tie break time)
8 ground-to-overhead 60/42,5kg

2 rounds of:
8 burpees over the bar (tie break time)
8 ground-to-overhead 80/55kg

1 round of:
8 burpees over the bar (tie break time)
8 ground-to-overhead 100/70kg

B. For max load, with a time-cap for part A+B of 18 minutes

Find your one rep max ground-to-overhead

VIDEO STANDARDS

In case an athlete wants to qualify for the finals, one must submit a valid video of the qualifier workout. Please keep the following standards in mind:

- Film all competition area measurements so the distances and/or heights can be seen clearly. For example: think of filming the loaded barbell prior to the start of your workout as well as after the workout with the accomplished weight lifted.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

EQUIPMENT

- 1 Barbell
- Standard bumper plates
- Collars to secure the plates on the barbell

NOTES

Prior to starting, the athlete must video the loaded barbell.

The workout begins with the athlete standing behind their pre-loaded barbell. At the call of "3, 2, 1... go", the athlete starts the first 3 rounds of burpees over the bar and ground-to-overhead. Throughout the workout, the burpees may be performed lateral to or bar-facing the barbell. After each set of burpees over the bar, note the tie break time. After the first 3 rounds, the athlete progresses to the 2 rounds of similar reps and movements, but with a heavier barbell. Only one barbell may be used and loaded during the entire workout. The athlete is allowed to get help with loading the barbell, but not by the judge. After these 2 rounds, the athlete progresses to the last round, again similar movements and reps but a heavier barbell.

After finishing part A, the athlete may progress to part B. In this case, the athlete does not have to wait until the time-cap of part A is finished. If the athlete does not finish part A in the first 14 minutes, the athlete still progresses to part B to set a one rep max ground to overhead until the time-cap for both parts A+B (18 minutes) is reached.

The athlete's score for this workout will consist of two scores. For part A, the athlete's score for this workout will be the total time it takes to complete that part of the workout or the total number of repetitions completed at the 14-minute time-cap. The tiebreak for this workout is after the last completed full set of burpees over the bar. For part B, the athlete's score is the max weight lifted correctly.



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QUALIFIER WORKOUT 22.2 INDIVIDUAL | MASTERS | TEAM

MOVEMENT STANDARDS

Make sure to be aware of our movement standards. For all movement standards, we refer you to the movement standards document which can be found on our website.

GROUND-TO-OVERHEAD

- The movement starts with the athlete standing tall with the barbell with both plates in contact with the floor.
- Collars must be placed outside the plates during all attempts.
- Athletes must declare the load they are attempting before starting the lift in part B of the workout.
- The athlete is allowed to snatch (muscle snatch, power snatch or squat snatch) the weight or perform a clean (muscle clean, power clean or split clean are all permitted) followed by a shoulder-to overhead variation (strict press, push press, push jerk, split jerk are all permitted). The movement standards of these movements are described in the movement standard document, which can be found on our website.



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QUALIFIER WORKOUT 22.3 INDIVIDUAL | MASTERS | TEAM

WORKOUT

For time, with a time-cap of 12 minutes

40/30 cal ROW

30 overhead squats 42,5/30kg

20 toes-to-bar

10 handstand push-ups

20 toes-to-bar

30 overhead squats 42,5/30kg

40/30 cal ROW

VIDEO STANDARDS

In case an athlete wants to qualify for the finals, one must submit a valid video of the qualifier workout. Please keep the following standards in mind:

- Film all competition area measurements so the distances and/or heights can be seen clearly. For example: think of filming the taped area for your handstand push-ups and the loaded barbell prior to the start of your workout.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen, clearly meeting the movement standards.
- Shoot the video so the screen of the rower is visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.

EQUIPMENT

- Concept 2 row erg
- Barbell
- Standard bumper plates
- Collars to secure the plates on the barbell
- Pull-up bar
- Tape to mark the box for the handstand push-ups

NOTES

Prior to starting, the athlete must video the loaded barbell, the handstand push-up area and screen of the rower set to 0.

The workout begins with the athlete sitting on the row-erg. At the call of "3, 2, 1... go", the athlete starts with rowing prescribed the number of calories (40 calories for the men, 30 for the women). After finishing the rowing, the athlete will perform 30 overhead squats. A squat snatch is allowed as the first rep, but not permitted. Upon completion of the overhead squats, the athlete will perform 20 toes-to-bar. Once the toes-to-bar are complete, the athlete will perform 10 handstand push-ups. These may be strict or kipping. After completing the handstand push-ups, the athlete returns to the rig to perform 20 toes-to-bar. Hereafter, the athlete will complete 30 overhead squats. Finally, the athlete will complete 40/30 calories on the row-erg. The athlete needs to make sure that the row-erg was set to zero prior to starting the final row, either by themselves or their judge.

The athlete's score will be the total time it takes to complete the entire workout, or the total number of repetitions completed before the 12-minute time-cap. There is no tiebreak for this workout.



QUALIFIER WORKOUT 22.1 SCALED

WORKOUT

6 rounds of 2-minute AMRAP

A

14 KB swings US 24/16kg
14 box jump overs 24/20"
Max reps wallballs 9/6kg

B

14 KB swings US 24/16kg
14 wallballs 9/6kg
Max reps box jump overs 24/20"

Alternate between A and B (so: A-B-A-B-A-B)

VIDEO STANDARDS

In case an athlete wants to qualify for the finals, one must submit a valid video of the qualifier workout. Please keep the following standards in mind:

- Film all competition area measurements so the distances and/or heights can be seen clearly. For example: think of filming the height of the box and weight of the medicine ball and kettlebell prior to the start of your workout.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

MOVEMENT STANDARDS

Make sure to be aware of our movement standards. For all movement standards, we refer you to the movement standards document which can be found on our website.

EQUIPMENT

- Medicine ball 9/6kg
- Box of appropriate height for the athlete's division. The top of the box must be at least 15-by-15 inches.
- Kettlebell 24/16kg

NOTES

Prior to starting, the athlete must video the medicine ball (9kg for men, 6kg for women), the height of the box (24" for men, 20" for women) and the weight of the kettlebell (24kg for men, 16 kg for women).

The workout begins with the athlete standing near the kettlebell that is placed on the ground. At the call of "3, 2, 1... go", the athlete starts with AMRAP A and picks up the kettlebell and starts with 14 KB swings USA height. Hereafter, the athlete advances to perform 14 box jump overs and upon completion of these repetitions, the athlete moves towards the box to perform as many repetitions as possible of the wallball shots.

When you finish AMRAP A after 2 minutes, you move on to AMRAP B. The movements are the same but the order changes. The athlete starts again with 14 KB swings USA height. Hereafter, the athlete advances to perform 14 wallball shots and upon completion of these repetitions, the athlete moves towards the medicine ball to perform as many repetitions as possible of box jump overs.

This workout consists of 6 rounds, each round is a two-minute AMRAP and there is no rest in between rounds. You alternate between A and B. The score per round is the total repetitions made in that round. The athlete is not allowed to start with movements of the next round prior to the end of the previous two-minute round.

The athlete's score for the entire workout will be the total repetitions completed in all 6 rounds. There is no tiebreak time for this workout.



QUALIFIER WORKOUT 22.2 SCALED

WORKOUT

Qualifier 22.2 consists of two parts (A and B) with a time-cap of 18 minutes.

A. For time with a time-cap of 14 minutes

5 rounds of:

8 burpees over the bar (tie break time)

8 ground-to-overhead 42,5/30kg

B. For max load with a time-cap for part A+B of 18 minutes

Find your one rep max ground-to-overhead

VIDEO STANDARDS

In case an athlete wants to qualify for the finals, one must submit a valid video of the qualifier workout. Please keep the following standards in mind:

- Film all competition area measurements so the distances and/or heights can be seen clearly. For example: think of filming the loaded barbell prior to the start of your workout as well as after the workout with the accomplished weight lifted.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

MOVEMENT STANDARDS

Make sure to be aware of our movement standards. For all movement standards, we refer you to the movement standards document which can be found on our website.

EQUIPMENT

- 1 Barbell
- Standard bumper plates
- Collars to secure the plates on the barbell

NOTES

Prior to starting, the athlete must video the loaded barbell.

The workout begins with the athlete standing behind their pre-loaded barbell. At the call of "3, 2, 1... go", the athlete starts with the burpees over the bar and ground-to-overhead. Throughout the workout, the burpees may be performed either lateral to or bar-facing the barbell. After each set of burpees over the bar, note the tie break time. Only one barbell may be used and loaded during the entire workout. The athlete is allowed to get help with loading the barbell, but not by the judge.

After finishing part A, the athlete may progress to part B. In this case, the athlete does not have to wait until the time-cap of part A is finished. If the athlete does not finish part A in the first 14 minutes, the athlete still progresses to part B to set a one rep max ground to overhead until the time-cap for both parts A+B (18 minutes) is reached.

The athlete's score for this workout will consist of two scores. For part A, the athlete's score for this workout will be the total time it takes to complete that part of the workout or the total number of repetitions completed before the 14-minute time-cap. The tiebreak for this workout is after the last completed full set of burpees over the bar. For part B, the athlete's score is the max weight lifted correctly.



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QUALIFIER WORKOUT 22.2 SCALED

GROUND-TO-OVERHEAD

- The movement starts with the athlete standing tall with the barbell with both plates in contact with the floor.
- Collars must be placed outside the plates during all attempts.
- Athletes must declare the load they are attempting before starting the lift in part B of the workout.
- The athlete is allowed to snatch (muscle snatch, power snatch or squat snatch) the weight or perform a clean (muscle clean, power clean or split clean are all permitted) followed by a shoulder-to overhead variation (strict press, push press, push jerk, split jerk are all permitted). The movement standards of these movements are described in the movement standard document, which can be found on our website.



QUALIFIER WORKOUT 22.3 SCALED

WORKOUT

For time, with a 12 minute time-cap
40/30 cal ROW
30 overhead squats 30/25kg
10 snatches 30/25kg
40/30 cal ROW
10 snatches 30/25kg
30 overhead squats 30/25kg
40/30 cal ROW

VIDEO STANDARDS

In case an athlete wants to qualify for the finals, one must submit a valid video of the qualifier workout. Please keep the following standards in mind:

- Film all competition area measurements so the distances and/or heights can be seen clearly. For example: think of filming the loaded barbell prior to the start of your workout.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Shoot the video so the screen of the rower is visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.

MOVEMENT STANDARDS

Make sure to be aware of our movement standards. For all movement standards, we refer you to the movement standards document which can be found on our website.

EQUIPMENT

- Concept 2 row erg
- Barbell
- Standard bumper plates
- Collars to secure the plates on the barbell

NOTES

Prior to starting, the athlete must video the loaded barbell and screen of the rower set to 0.

The workout begins with the athlete sitting on the row-erg. At the call of "3, 2, 1... go", the athlete starts with rowing the prescribed number of calories (40 calories for the men, 30 for the women). After finishing the rowing, the athlete will perform 30 overhead squats. A squat snatch is allowed as the first rep, but not permitted. Upon completion of the overhead squats, the athlete will perform 10 snatches, any snatch is allowed. Once the snatches are complete, the athlete will again perform the prescribed calories on the rower. After finishing the rowing, the athlete returns to the barbell to again perform 10 snatches and 30 overhead squats. Finally, the athlete will again complete 40/30 calories on the row-erg. The athlete needs to make sure that the row-erg was set to zero prior to starting all the rowing, either by themselves or their judge.

The athlete's score will be the total time it takes to complete the entire workout, or the total number of repetitions completed before the 12-minute time-cap. There is no tiebreak for this workout.