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QUALIFIER 2023

GENERAL RULES

- The workouts do not need to be performed on the same day or in a particular order.
- When on a buddy team, all workouts need to be performed with the same team members. All workouts are completed together.
- Every time you switch during the workout when repetitions may be shared as wished, you need to high five/fist bump your buddy before the other person can continue the workout.
- If you want to qualify for the finals, you have to submit a video for every qualifier workout when you submit your score.

For questions regarding the qualifier workouts or submission of your score, please contact: info@theamsterdamthrowdown.com as soon as possible. If you have questions regarding the workout (flow), movement standards, etc. please read all provided information carefully and check the movement standard document on our website. If questions remain, please contact: laura@theamsterdamthrowdown.com as soon as possible.

BUDDY SCALED

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BODY&FIT



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QUALIFIER WORKOUT 23.1 BUDDY SCALED

WORKOUT

15-minute AMRAP

10 Toes to bar (shared)

10 Single DB sync. alt. hang Clean & Jerks

- 15 | 10kg

10 Sync. DB Goblet Squats

- 15 | 10kg

100 Single-unders (shared)

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 weight of the dumbbells prior to the start of your workout and make sure the video referee is able to see you throughout the different movements in your video.
- 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

- Rig to perform the gymnastics movement
- A DB of 15 kg for men and 10kg for women.
- Jump rope

NOTES

Prior to starting, the athletes must video the dumbbells (15kg for men and 10kg for women).

The workout begins with the athlete(s) standing below the rig. At the call of "3, 2, 1... go", athlete 1 can start with the toes to bar. He/she completes as many repetitions as preferred, in total 10 toes to bar need to be made and these may be shared among the athletes. It is also allowed that only 1 athlete performs the toes to bar. Upon completion of the 10 toes to bar, the athletes move to the 10 synchronized alternating single arm hang clean & jerks. Hereafter, the athletes will perform 10 synchronized goblet squats. Finally, one athlete starts with single unders. In total 100 reps need to be obtained, these may be divided as preferred. Upon completion of the 100 single unders within the 15-minute time cap, the athletes will start a new round to eventually collect as many rounds and reps as possible.

Please note: every time you switch during the workout in completing repetitions, you need to high five/fist bump your buddy before the other athlete can continue the workout.

This workout is an 'as many reps and round as possible' (AMRAP) for 15 minutes. The buddy pairs 'score for the entire workout will be the total repetitions completed within these 15 minutes.

There is no tiebreak for this workout. Please read all movement standards carefully.



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QUALIFIER WORKOUT 23.1 BUDDY SCALED

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 (<https://www.theamsterdamthrowdown.com/files/movement-standards.pdf>). For this workout, we explicitly want to highlight the movement standard of the synchronized single arm hang clean & jerks as well as the synchronized goblet squats.

SYNCHRONIZED ALTERNATING SINGLE ARM HANG CLEAN & JERKS:

- The movement starts by deadlifting the dumbbell towards hang position, showing hip and knee extension in the top position before starting the hang clean. The dumbbell may be cleaned from inside or outside the legs as long as the extension is shown well on the first rep from the ground. The athletes need to start with the same arm (either left or right) and keep this in sync throughout the workout.
- For the dumbbell hang clean to be complete, the dumbbells must touch the top of the shoulders before moving into the jerk. When the athletes need to break the set of 10 and put the dumbbell on the floor, they again need to start the first rep with a clean dumbbell deadlift prior to moving into the hang clean.
- The 'jerk' portion of the movement can be a push jerk, split jerk, push press or strict press.
- Once the athlete has cleaned the dumbbells and the dumbbells touch the top of the shoulders, he/she is allowed to move directly into the jerk. The clean does not need to be a full clean hip and knee extension before starting the jerk.

- The synchronization part happens in overhead position when the jerk is completed. The athletes need to show control at the end of the rep with the dumbbell overhead, full extension of the knees hips and elbows.

SYNCHRONIZED GOBLET SQUATS

- The athletes are allowed to directly move into the synchronized goblet squats after completing the synchronized alternating single arm hang clean & jerks.
- During the synchronized dumbbell goblet squats, the dumbbell must be held in front of the athlete in front rack position with both hands on the dumbbell. The athletes start the movement upright, fully extending the hips and knees before moving into squat position below parallel. Hereafter, the athletes complete the rep by again fully extending knees and hips whilst holding the dumbbell in front rack position with both hands on the dumbbell.
- The synchronization of this movement happens in both the squat position (below parallel) and top position (full extension of the knees and hips).



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QUALIFIER WORKOUT 23.1
BUDDY SCALED

WORKOUT

15-minute AMRAP

- 10 Toes to bar (shared)
- 10 sync. alt. Single DB arm Hang Clean & Jerk
- 10 sync. DB Goblet squats
- 100 Single-unders (shared)

Male = 15 kg

Female = 10 kg

ROUND	10 TOES TO BAR	10 DB HANG C&J	10 DB GOBLET SQUATS	100 SINGLE-UNDERS
1	10	20	30	130
2	140	150	160	260
3	270	280	290	390
4	400	410	420	520
5	530	540	550	650
6	660	670	680	780
7	790	800	810	910
8	920	930	940	1040
9	1050	1060	1070	1170
10	1180	1190	1200	1300
11	1310	1320	1330	1430
12	1440	1450	1460	1560



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QUALIFIER WORKOUT 23.1 BUDDY SCALED

WORKOUT

15-minute AMRAP

- 10 Toes to bar (shared)
- 10 sync. alt. Single DB arm Hang Clean & Jerk
- 10 sync. DB Goblet squats
- 100 Single-unders (shared)

Male = 15 kg

Female = 10 kg

REPS AT 15 MIN _____

ATHLETE/TEAM NAME _____

WORKOUT LOCATION _____ **JUDGE** _____

NAME OF AFFILIATE

NAME OF JUDGE



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QUALIFIER WORKOUT 23.2 BUDDY SCALED

WORKOUT

In this workout, everything is shared, you can use each other's strengths and divide the repetitions however you prefer.

3 Rounds for time, with a time cap of 20 minutes

40/30 calories ROW

30 Box jump overs

- 24" | 20"

20 Double DB box step-overs

- 24" | 20" box with 10 | 7.5kg

10 Pull-ups

5 Scaled wall walks

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 weight of the dumbbells prior to the start of your workout and make sure the video referee is able to see you throughout the different movements in your video.
- 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

- Concept 2 row erg.
- Box of appropriate height for the athlete's division (24" for men, 20" for women). The top of the box must be at least 15-by-15 inches.
- Rig to perform the gymnastics movement
- Two DB of 10kg for men and 7.5kg for women.
- Wall to perform wall walks and tape to mark the floor for the wall walks.

NOTES

Prior to starting, the athlete must video the dumbbells (2x10kg for men, 2x7.5kg for women), the height of the box used, the taped lines (distances) to be used for the scaled wall walks and the concept 2 row erg screen at 0 calories rowed.

The workout begins with athlete A sitting on the concept 2 row erg. At the call of "3, 2, 1... go", athlete A can start with rowing the assigned calories. One athlete may complete all calories, or athlete B may jump in and they may switch in between and share the calories. Let someone video the completed calories before moving to the box jump overs or connect WODPROOF to your rower so the calories are shown live. Hereafter, the athletes advance to perform 30 box jump overs. Again, all these reps in this workout may be divided as you wish. Once these are completed athlete A or B picks up 2 dumbbells from the ground of the assigned weight and perform 20 dual dumbbell box step-overs. Hereafter, the buddy pair moves to complete 10 pull-ups and once this is complete, they perform 5 scaled wall walks to finish round 1. They need to complete a total of 3 rounds.

Please note: every time you switch during the workout in completing repetitions, you need to high five/fist bump your buddy before the other athlete can continue the workout.



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QUALIFIER WORKOUT 23.2 BUDDY SCALED

The buddy pairs 'score will be the total time it takes to complete the entire workout, or the total number of repetitions completed before the 20-minute time cap.

There is no tiebreak for this workout. Please read all movement standards carefully.

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 (<https://www.theamsterdamthrowdown.com/files/movement-standards.pdf>). For this workout, we explicitly want to highlight the movement standard of the dual dumbbell box step overs and wall walks.

DOUBLE DUMBBELL BOX STEP OVERS

- The athlete will pick up the dumbbells from the ground, the dumbbells can be placed on the shoulders, but the athlete is also allowed to let the dumbbells hang by their side.
- It is not allowed to have the dumbbells rest on the knees/hips whilst performing these double dumbbell box step overs.
- If the athlete wants to put the dumbbells on their shoulder, both dumbbells must be held/touched while performing the box step overs and cannot just lie on top of the shoulder. So, the athlete must hold/touch both dumbbells, but is free to choose where it wants to hold/touch the dumbbell (on the handles or the heads of the dumbbell).
- If the athlete wants to step over the box with the dumbbells hanging by their side, the dumbbells must be held on the handles and cannot touch the box during the dual dumbbell box step overs.
- Both feet must touch the top of the box while moving over the box. There is no need for extension on top of the box. The repetition is credited when both feet touch ground on the opposite side of the box.



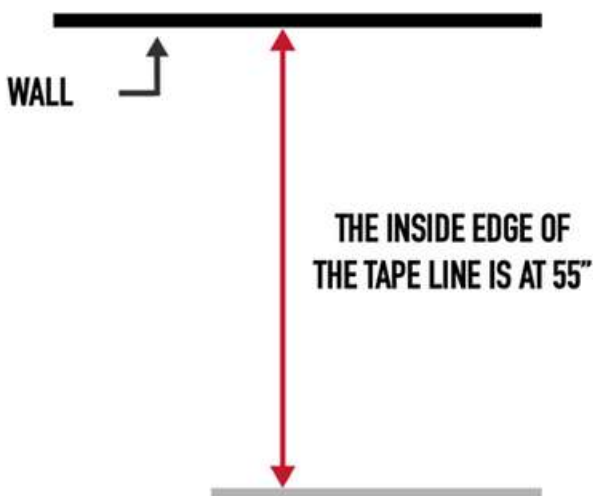
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QUALIFIER WORKOUT 23.2 BUDDY SCALED

SCALED WALL WALKS

- Mark a tape line that measures 55 inches from the wall to the edge of the tape that is CLOSEST to the wall, to designate the start/finish line. The line must be 2 inches wide.
- Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must be in front of the tape line. No part of the hand may be touching the line.
- Both hands must remain in front of the tape until both feet are on the wall. The athlete will walk up the wall until both hands are on the other side of the 2-inch tape line. The fingers may NOT be touching the tape line.
- On the descent, the feet must remain on the wall until both hands are in front of the tape line. No part of the hand may be touching the line.
- The rep is credited when the athlete returns to the starting position, with their hands in front of the line and their chest, thighs, and feet touching the ground.





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QUALIFIER WORKOUT 23.2 BUDDY SCALED

WORKOUT

3 rounds FOR TIME - time cap 20min

- everything is shared

40/30 cal ROW

30 Boxjumps over

20 Double DB box step overs

10 Pull-ups

5 Scaled Wall walks

Male = 24" and 10 kg

Female = 20" and 7.5 kg

FOR TIME

time cap 20 min

ROUND	40/30 CAL ROW	30 BOXJUMPS OVER	20 DB BOX STEP OVERS	10 PULL-UPS	5 SCALED WALL WALKS
1	Male 40 Female 30	Male 70 Female 60	Male 90 Female 80	Male 100 Female 90	Male 105 Female 95
2	Male 145 Female 125	Male 175 Female 155	Male 195 Female 175	Male 205 Female 185	Male 210 Female 190
3	Male 250 Female 220	Male 280 Female 250	Male 300 Female 270	Male 310 Female 280	Male 315 Female 285

TIME OR REPS _____

ATHLETE/TEAM NAME _____

WORKOUT LOCATION _____ **JUDGE** _____

NAME OF AFFILIATE

NAME OF JUDGE





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QUALIFIER WORKOUT 23.3 BUDDY SCALED

WORKOUT

Qualifier WOD 3 consists of two parts (A and B) with a total time-cap of 15 minutes.

Part A

4 minutes to find max weight
A complex of: 1 Clean+ 1 hang Clean

- rest 1 minute

Part B

For time, with a time cap of 10 minutes
24-18-12

Snatches

- 40 | 30kg

Sync. lateral burpees over the barbell

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 weight of the barbell and plates prior to the start of your workout and make sure the video referee is able to see you throughout the different movements in your video.
- 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

- Barbell 20 | 15 kg
- Standard bumper plates
- Collars to secure plates on the barbell
- Athletes may NOT wear gymnastics or lifting grips during this workout. Doing so will result in a penalty.

NOTES

Prior to starting, the athletes must video the loaded barbell with starting weight for the complex performed in 3A. The athletes share their barbell on 3A. Clearly video all plates on the barbells and extra plates that may be used for the complex. The athletes are allowed to have a second barbell for 3B and this must also be filmed prior to starting the workout.

The workout begins with the athletes standing behind the barbell. At the call of "3, 2, 1... go", athlete A can start to find a max weight (in kg's) for a complex of a clean into a hang clean. The athletes have a total of 4 minutes for this part of the workout and there is no limit on the number of attempts for each of the athletes. They can choose to go you-go-I-go or first athlete A and then athlete B. For the final complex to count, it needs to be started (the barbell must have left the floor immediately into a clean) before the 4:00 minute time cap.

Hereafter, the athletes will have a 1-minute rest before part B of the workout. Part B is for time, with a 10-minute time cap. The workout begins with the athletes standing behind the barbell. At the call of "3, 2, 1... go", athlete A starts with 24 snatches. These may be power, squat or muscle snatches and may be shared between the athletes or one athlete can complete all reps. Upon completion of the 24 reps, the athletes will perform 24 synchronized lateral burpees over the bar.



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QUALIFIER WORKOUT 23.3 BUDDY SCALED

The synchronization part happens on the floor with the chests and upper thighs of the athletes touching the floor at the same time. Hereafter, the athletes perform 18 snatches (divided as you wish) followed by 18 synchronized lateral burpees over the bar, etc. until the couplet is completed or the time cap hits.

Please note: every time you switch during the workout in completing repetitions, you need to high five/fist bump your buddy before the other athlete can continue the workout.

The buddy pairs 'score will consist of two parts in this workout: 1) the combined weight of both athlete A and athlete B heaviest weight lifted for the complex in kilograms and 2) the total time it takes to complete workout 3B or the total number of repetitions completed before the 10-minute time cap.

Please film the final barbell with successfully lifted weight for the complex once the time-cap hits.

There is no tiebreak for this workout. Please read all movement standards carefully.

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 (<https://www.theamsterdamthrowdown.com/files/movement-standards.pdf>). For this workout, we explicitly want to highlight the movement standard of clean complex and sync. lateral burpees over the bar.

CLEAN COMPLEX

- The complex consists of a clean + hang clean.
- For the clean: the barbell begins on the ground and must be lifted to the shoulders in one motion. Power, squat, muscle and split cleans are all permitted, but in each instance the athlete's feet must be brought back in line. The clean is credited when the barbell is on the shoulders, elbows in front of the barbell with full extension of the hips and knees. The athlete needs to show control over the barbell before moving into a hang clean.
- The athlete then proceeds to perform a hang clean directly from the completed clean. The barbell thus does not touch the ground in between. The hang clean starts from hang position above the knees and must be lifted to the shoulders in one motion. Power, squat, muscle and split clean are all permitted, but in each instance the athlete's feet must be brought back in line. The hang clean is credited when the barbell is on the shoulders, elbows in front of the barbell with full extension of the hips and knees. The athlete needs to show control over the barbell before the rep is credited.
- The barbell can be dropped in front of the athlete from front rack position after completion of the hang clean.



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QUALIFIER WORKOUT 23.3 BUDDY SCALED

SYNCHRONIZED LATERAL BURPEES OVER THE BARBELL:

- The synchronized lateral burpees over the barbell start with the athletes standing on opposite sides of the barbell. The burpee may be performed lateral to the barbell and synchronization takes place on the floor.
- The burpee starts with the athletes standing tall next to the barbell. Afterwards, the athletes move towards the floor, this may be done by stepping into a burpee or jumping into a burpee. On the floor, the chest and upper thighs of both athletes must touch the floor at the same time before stepping/jumping up into upright position. There is no need for extension at the top of the burpee. Hereafter, the athletes may jump/step over the barbell. The rep is credited once both athletes are on the opposite side of the barbell from where the burpee started with both feet on the ground. Hereafter, they will continue to perform the next rep.
- Touching the barbell on the jump or step-over is a no rep. The athlete will need to re-do the entire burpee as well as the jump.



QUALIFIER WORKOUT 23.3 BUDDY SCALED

WORKOUT

23.3 A

4 minutes to both find a max weight

A complex of 1 clean and 1 hang clean

- 1 minute REST

WORKOUT

23.3 B

FOR TIME - time cap 10min

24 | 18 | 12

Snatches (shared)

Sync. lateral burpees over the bar

Male = 40 kg

Female = 30 kg

LOAD (WEIGHT IN KG'S)

	ATHLETE 1	ATHLETE 2
ATTEMPT 1		
ATTEMPT 2		
ATTEMPT 3		
ATTEMPT 4		
ATTEMPT 5		

FOR TIME time cap 10 min

24 Snatches	24
24 Burpees over the bar	48
18 Snatches	66
18 Burpees over the bar	84
12 Snatches	96
12 Burpees over the bar	108

HEAVIEST LOAD ATHLETE 1 _____

TIME OR REPS _____

HEAVIEST LOAD ATHLETE 2 _____

ATHLETE/TEAM NAME _____

WORKOUT LOCATION _____ JUDGE _____

NAME OF AFFILIATE

NAME OF JUDGE