



powered by

CROSSLIFTOR

QUALIFIER 2023

#### GENERAL RULES

- The workouts do not need to be performed on the same day or in a particular order.
- When on a team, all workouts need to be performed with the same team members. The workouts are completed individually and can be done in different boxes.
- The team's score in a 'for time' workout is the combined time upon completion of the workout. If a team member is unable to complete all of the work within the time cap, you will log the score for that athlete as the time cap +1 second for every rep not completed.
- 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](mailto: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](mailto:laura@theamsterdamthrowdown.com) as soon as possible.

# INDIVIDUAL TEAM

**B.Extra**  
Become Extraordinary

CROSSLIFTOR

BODY&FIT



**FITAID**



powered by

**CROSSLIFTOR**

## QUALIFIER WORKOUT 23.1 INDIVIDUAL | TEAM

### WORKOUT

16-minute AMRAP

12 Toes to bar

8 Double DB hang Clean & Jerks

- 22,5 | 15kg

8 Double DB Squats

- 22,5 | 15kg

40 Double-unders

### 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
- Two DB of 22,5kg for men and 15kg for women.
- Jump rope

### NOTES

Prior to starting, the athlete must video the dumbbells (2x22,5kg for men, 2x15kg for women).

The workout begins with the athlete standing below the rig. At the call of "3, 2, 1... go", the athlete can start with 12 toes to bar. Hereafter, the athlete advances to perform 8 double dumbbell hang clean & jerks and upon completion of these repetitions, the athlete will perform 8 double dumbbell squats and once these are completed the athlete continues to do 40 double unders. Upon completion of the 40 double unders within the time cap of 16 minutes, the athlete moves back to start a new entire round starting with 12 toes to bar.

This workout is an 'as many reps and round as possible' (AMRAP) for 16 minutes. The athlete's score for the entire workout will be the total repetitions completed within these 16 minutes.

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 double dumbbell hang clean & jerks as well as the double dumbbell squats.



powered by

**CROSSLIFTOR**

## QUALIFIER WORKOUT 23.1 INDIVIDUAL | TEAM

### **DOUBLE DUMBBELL HANG CLEAN & JERKS**

- The movement starts by deadlifting the dumbbells towards hang position, showing hip and knee extension in the top position before starting the hang clean. The pair of dumbbells may be cleaned from inside or outside the legs as long as the extension is shown well on the first rep from the ground.
- For the double dumbbell hang clean to be complete, the dumbbells must touch the top of the shoulders before moving into the jerk.
- When the athlete needs to break the set of 8, they again need to start the first rep with a clean double 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 athlete needs to show control at the end of the rep with the dumbbells overhead, full extension of the knees hips and elbows.

### **DOUBLE DUMBBELL SQUATS**

- During the dumbbell squats, the dumbbells must touch the top of the shoulders and the athlete must have contact with the handle of the dumbbell (no need to have a full grip on the dumbbell if that is not preferred).
- The first repetition may be performed from the ground into a squat clean.
- The first repetition may also be directly done after lowering the dumbbells to the shoulders following the double dumbbell hang clean & jerks.
- The rep begins from the top, with knees and hips extended and dumbbells on the shoulders. A muscle clean into a squat is allowed.
- At the bottom of the squat, the hip crease must pass below the knees (below parallel). The rep is credited when, at the top, the hips and knees are fully extended.



this workout is powered by

# B.Extra

Become Extraordinary

## QUALIFIER WORKOUT 23.1 INDIVIDUAL | TEAM

### WORKOUT

16-minute AMRAP

12 Toes to bar  
8 Double DB Hang Clean & Jerks  
8 Double DB Squats  
40 Double-unders

*Individual, Team, MALE = 22.5 kg*

*Individual, Team, FEMALE = 15 kg*

ROUND	12 TOES TO BAR	8 DB HANG C&J	8 DB SQUATS	40 DOUBLE-UNDERS
1	12	20	28	68
2	80	88	96	136
3	148	156	164	204
4	216	224	232	272
5	284	292	300	340
6	352	360	368	408
7	420	428	436	476
8	488	496	504	544
9	556	564	572	612
10	624	632	640	680
11	692	700	708	748
12	760	768	776	816



this workout is powered by

**B.Extra**

Become Extraordinary

QUALIFIER WORKOUT 23.1  
INDIVIDUAL | TEAM

**WORKOUT**

16-minute AMRAP

- 12 Toes to bar
- 8 Double DB Hang Clean & Jerks
- 8 Double DB Squats
- 40 Double-unders

*Individual, Team, MALE = 22.5 kg*

*Individual, Team, FEMALE = 15 kg*

**REPS AT 16 MIN** \_\_\_\_\_

**ATHLETE/TEAM NAME** \_\_\_\_\_

**WORKOUT LOCATION** \_\_\_\_\_ **JUDGE** \_\_\_\_\_

NAME OF AFFILIATE

NAME OF JUDGE



powered by

**CROSSLIFTOR**

## QUALIFIER WORKOUT 23.2 INDIVIDUAL | TEAM

### WORKOUT

For time, with a time cap of 12 minutes

50/40 calories ROW

40 Box jump overs

- 24" | 20"

30 Chest-to-bar Pull-ups

20 Double DB box step-overs

- 24" | 20" box with 22,5 | 15kg

10 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 22,5kg for men and 15kg 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 (2x22,5kg for men, 2x15kg for women), the height of the box used, the taped lines (distances) to be used for the wall walks and the concept 2 row erg screen at 0 calories rowed.

The workout begins with the athlete sitting on the concept 2 row erg. At the call of "3, 2, 1... go", the athlete can start with rowing the assigned 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 athlete advances to perform 40 box jump overs. Once these are completed the athlete continues to do 30 chest-to-bar pull-ups. Upon completion the athlete moves back to the box to pick up 2 dumbbells from the ground of the assigned weight and perform 20 double dumbbell box step-overs. Finally, the athlete performs 10 wall walks to complete the workout.

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. Please read all movement standards carefully.



powered by

CROSSLIFTOR

## QUALIFIER WORKOUT 23.2 INDIVIDUAL | 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

(<https://www.theamsterdamthrowdown.com/files/movement-standards.pdf>).

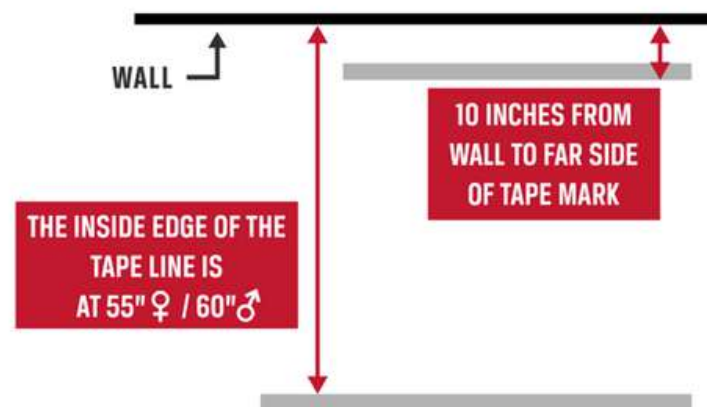
For this workout, we explicitly want to highlight the movement standard of the double dumbbell box step overs and wall walks.

### 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.

### WALL WALKS

- Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. For women, the distance from the wall to the tape is 55 inches. For men, the distance is 60 inches. This first line will be the start and finish line for each repetition. Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.
- 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 touch the first tape line (fingers touching is OK). Both hands must remain on the tape until both feet are on the wall.
- At the top of the movement, both hands must touch the tape line for the 10-inch mark before the athlete can descend. Any part of the hand may touch the tape line. On the descent, the feet must remain on the wall until both hands are touching the first line.
- The rep is credited when the athlete returns to the starting position, with both hands touching the first line and their chest, thighs, and feet touching the ground. Any part of the hand may make contact with the tape line.





this workout is powered by **CROSSLIFTOR**

## QUALIFIER WORKOUT 23.2 INDIVIDUAL | TEAM

### WORKOUT

FOR TIME - time cap 12min

- 50/40 cal ROW
- 40 Boxjumps over
- 30 Chest to bar pull-ups
- 20 Double DB step overs
- 10 Wall walks

*Male = 24" and 22.5 kg  
Female = 20" and 15 kg*

**FOR TIME**  
*time cap 12 min*

50/40 cal ROW	Male 50   Female 40
40 Boxjumps over	Male 90   Female 80
30 Chest to Bar pull-ups	Male 120   Female 110
20 Double DB Box step overs	Male 140   Female 130
10 Wall walks	Male 150   Female 140

**TIME OR REPS** \_\_\_\_\_

**ATHLETE/TEAM NAME** \_\_\_\_\_

**WORKOUT LOCATION** \_\_\_\_\_ **JUDGE** \_\_\_\_\_

NAME OF AFFILIATE

NAME OF JUDGE







powered by

**CROSSLIFTOR**

## QUALIFIER WORKOUT 23.3 INDIVIDUAL | TEAM

### WORKOUT

Qualifier workout 23.3 consists of two parts (A and B) with a total time-cap of 14 minutes.

#### Part A

3 minutes to find max weight  
A complex of: 1 Snatch + 1 hang snatch

- rest 1 minute

#### Part B

For time, with a time cap of 10 minutes

12-9-6

Snatches

- 60 | 40kg

24-18-12

Bar-facing 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
- Tape or line that bisects 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 athlete must video the loaded barbell with starting weight for the complex performed in 3A. Clearly video all plates on the barbells and extra plates that may be used for the complex. The athlete is allowed to have a second barbell for 3B and this must also be filmed prior to starting the workout. Moreover, the athlete will need to mark a long, straight line on the floor and place the barbell on the center of that line.

The workout begins with the athlete standing behind the barbell. At the call of "3, 2, 1... go", the athlete can start to find a max weight (in kg's) for a complex of a snatch into a hang snatch. The athlete has 3 minutes for this part of the workout and there is no limit on the number of attempts for the athlete. For the complex to count, it needs to be started (the barbell must have left the floor immediately into a snatch) before the 3:00 minute time cap.

Hereafter, the athlete 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 athlete standing behind the barbell. At the call of "3, 2, 1... go", the athlete starts with 12 snatches. These may be power, squat or muscle snatches. Upon completion of the 12 reps, the athlete moves to perform 24 bar-facing burpees. Hereafter, the athlete performs 9 snatches followed by 18 bar-facing burpees, etc. until the couplet is completed or the time cap hits.



powered by

**CROSSLIFTOR**

## QUALIFIER WORKOUT 23.3 INDIVIDUAL | TEAM

There will be two scores for the athlete in this workout: 1) 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>).

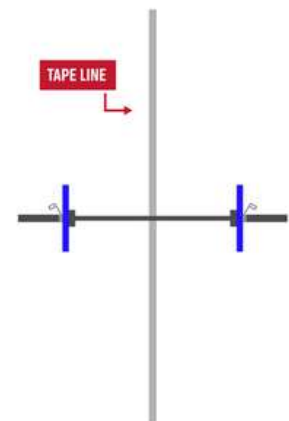
For this workout, we explicitly want to highlight the movement standard of snatch complex and bar-facing burpee.

### BAR-FACING BURPEES

- Athletes may jump or step back to reach the bottom position. The center of the athlete's chest must be on the line, and the feet and hands must be straddling the line. Stepping and/or jumping back up are both permitted.
- The athlete **MUST** jump over the barbell, stepping is not allowed. Both feet must be off the ground as the athlete passes over the bar. The athlete does not need a two-foot takeoff. The rep is credited when both feet have touched the ground on the opposite site of the barbell. The athlete must be perpendicular to and facing the barbell before starting 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.

### SNATCH COMPLEX

- The complex consists of a snatch + hang snatch.
- For the snatch: the barbell begins on the ground and must be lifted overhead in one motion. Power, squat, muscle and split snatches are all permitted, but in each instance the athlete's feet must be brought back in line. The snatch is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.
- The athlete then proceeds to perform a hang snatch directly from the completed snatch. The barbell thus does not touch the ground in between. The hang snatch starts from hang position above the knees and must be lifted overhead in one motion. Power, squat, muscle and split snatches are all permitted, but in each instance the athlete's feet must be brought back in line. The hang snatch is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.
- This is not a ground-to-overhead in any way. A clean and jerk is a no rep.
- The barbell can be dropped in front of the athlete from overhead after completion of the hang snatch.





## QUALIFIER WORKOUT 23.3 INDIVIDUAL | TEAM

### WORKOUT

23.3 A

3 minutes to find a max weight

A complex of 1 snatch and 1 hang snatch

- 1 minute REST

### WORKOUT

23.3 B

FOR TIME - time cap 10min

12 | 9 | 6

Snatches

24 | 18 | 12

Bar facing burpees

Individual = 60/40 kg

Team = 60/40 kg

### LOAD (WEIGHT IN KG'S)

ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	

### FOR TIME time cap 10 min

12 Snatches	12
24 Bar facing burpees	36
9 Snatches	45
18 Bar facing burpees	63
6 Snatches	69
12 Bar facing burpees	81

HEAVIEST LOAD \_\_\_\_\_

TIME OR REPS \_\_\_\_\_

ATHLETE/TEAM NAME \_\_\_\_\_

WORKOUT LOCATION \_\_\_\_\_ JUDGE \_\_\_\_\_

NAME OF AFFILIATE

NAME OF JUDGE