



**BATTLEDROME
CROSSFIT
CHAMPIONSHIP
2024**



QUALIFIER

INDIVIDUAL DIVISION

TEAM DIVISION



WOD

CAP: 12 MIN

TIME

100 BURPEES OVER THE DUMBBELL

- START WITH A DOUBLE DUMBBELL SNATCH
- EVERY MINUTE ON THE MINUTE PERFORM A DUMBBELL SNATCH, ADDING 1 DUMBBELL SNATCH AT EVERY MINUTE

DUMBBELL
2 X 22,5 KG MAN
2 X 15 KG WOMAN

It is mandatory to upload to the YouTube platform.
Videos uploaded to the cloud WILL NOT BE CONSIDERED.

SCORE IS:
TOTAL TIME



WEIGHT AND VARIATIONS: M/W

DIVISION	DUMBBELL
RX	2 X 22,5 KG 2 X 15 KG
INTERMEDIATE	2 X 15 KG 2 X 12,5 KG
SCALED	2 X 10 KG 2 X 7,5 KG

TEAM: EACH TEAM MEMBER WILL PERFORM THE WOD INDIVIDUALLY. THE SUM OF INDIVIDUAL SCORES WILL CONSTITUTE THE TEAM'S FINAL SCORE.



READ CAREFULLY: VIDEO SUBMISSION STANDARDS

Before starting the video recording, clearly frame:

The dumbbell of the weight specified for your gender division and category (any substitute dumbbells must have the lowest part of the handle placed at a height of 10 cm from the ground).

NB: PAY ATTENTION TO BACKGROUND MUSIC

Tip: Remember that if there is music playing during your video, when you upload it, YouTube might censor it. Ensure that the video is visible, otherwise it cannot be evaluated.



FLOW

The athlete starts with their shoulders at the dumbbells (starting with shoulders: penalty 3 seconds/deduct 1 burpee).

At the 3, 2, 1 go, they turn, grab the dumbbells, and perform 1 double dumbbell snatch.

They will then place the dumbbells on the ground, bring them together, and for the remaining time until the minute is up, they must accumulate as many burpees over the dumbbell as possible.

Note: The athlete must jump over both dumbbells.

At the end of the minute, the athlete must perform 2 double dumbbell snatches. They will then resume accumulating burpees until the next minute when they will perform 3 double dumbbell snatches.

This pattern continues, increasing by 1 unit each minute.

Score:

1) If you finish within the time, your score will be the time taken.



STANDARD

Current Open standard 2023.

DOUBLE DUMBBELL SNATCH

The dumbbells start from the ground. Through one fluid motion, they must be brought to the top position where the athlete must have feet in line, knees locked out, hips open, elbows locked out, and dumbbells in the midline of the body.

BURPEE OVER THE DUMBBELL

The athlete begins the movement by positioning themselves beside the dumbbell. They will then perform a burpee, bringing their chest and thighs to the ground. They will then rise from the burpee and execute a jump over the dumbbell (stepping on the dumbbell is not allowed). A portion of the feet must pass over the dumbbell, not around it. Synchronous foot jumping or landing is not required. Touching the dumbbell during the jump constitutes a "no rep."

ATTENTION: IT IS EXPRESSLY REQUIRED TO BRING THE DUMBBELLS TOGETHER AND JUMP OVER THEM BOTH AS A SINGLE OBJECT.



SCORING PROTOCOL

Good Video: The athlete performed the required movements correctly. The score is therefore validated.

Valid With Minor Penalty: The athlete performs 1 to 9 "no reps". These will be deducted from their score.

Valid With Major Penalty: The athlete performs 10 or more "no reps". In this case, the score will be adjusted by subtracting 15% from the final result entered. If the number of "no reps" exceeds half of the reps for that specific movement, 15% will be subtracted plus the number of "no reps" performed.

Invalid: The athlete fails to complete the workout as required, performs a significant and unacceptable number of "no reps", or the video does not meet the required standards. The athlete's score will be rejected. If the athlete performs 5 double unders less than required in a round, a penalty of 30% will be applied. An athlete who avoids completing the workout or any part of it will have their score nullified. In weighted workouts, a rep-by-rep penalty will be applied by subtracting the corresponding weight. A rep-by-rep correction or correction up to 9 "no reps" may be applied, with a flat 15% penalty on the tenth.

Penalties:

If a floor setting is indicated and not executed, the video will be judged with a score of ZERO. Incorrect floor setting incurs a 15% penalty on the assigned score along with subsequent video correction.

The athlete must perform movements facing the camera or at a 3/4 angle. If the movements are performed in a way that makes it impossible to analyze one of the check points, a major penalty will be applied (e.g., movements with double dumbbells where examination of both elbows is required. A camera angle parallel to the movement obstructs the analysis of one elbow).

Starting position not as specifically requested: 3 seconds penalty (or deduct 1 burpee).



NOTES

- **Remember that if you record the video with background music, YouTube is likely to censor your video. This will make it impossible to evaluate it.**
- **DO NOT** use cloud services to upload your video (such as Drive, iCloud, Dropbox...) = **THEY WILL NOT BE CONSIDERED.**
- **Only links uploaded to YouTube or similar platforms where the upload within the specified deadlines can be proven will be considered.**
- Judges may need to send you an email, so regularly check your spam folder in case any communication is mistakenly sent there. In the event of a blocked video or an inaccessible link, **ONLY A WARNING EMAIL WILL BE SENT**, followed by the subsequent removal of the score.
- Reference email: judgesinfonorep@gmail.com