



**BATTLEDROME  
CROSSFIT  
CHAMPIONSHIP  
2024**



# QUALIFIER

**INDIVIDUAL DIVISION**

**TEAM DIVISION**



# WOD 2

# TIME CAP: 16 MIN

25 TOES TO BAR  
50 DOUBLE UNDER  
15 CLEAN AND JERK a 60/40 kg

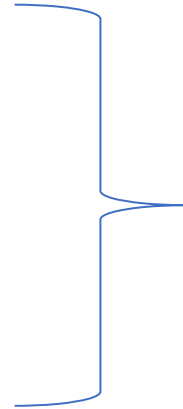
25 TOES TO BAR  
50 DOUBLE UNDER  
12 CLEAN AND JERK a 80/50 kg

IF YOU FINISH INTO 8 MIN TIME CAP MOVE IMMEDIATELY INTO:

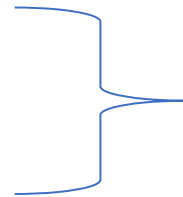
25 TOES TO BAR  
50 DOUBLE UNDER  
9 CLEAN AND JERK 100/60 kg

IF YOU FINISH INTO 12 MIN TIME CAP MOVE IMMEDIATELY INTO:

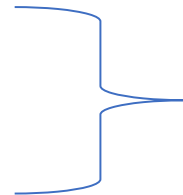
25 TOES TO BAR  
50 DOUBLE UNDER  
6 CLEAN AND JERK 120/70 kg



FIRST BLOCK



SECOND BLOCK



THIRD BLOCK

SCORE IS:  
TIME



# WOD 2 SCALED DIVISION TIME CAP: 14 MIN

25 TOES TO RING  
50 SINGLE UNDER  
15 THRUSTER 20/15 kg

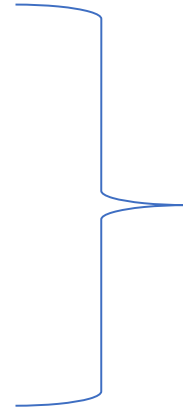
25 TOES TO RING  
50 SINGLE UNDER  
12 THRUSTER 30/20 kg

IF YOU FINISH INTO 6 MIN TIME CAP MOVE IMMEDIATELY INTO:

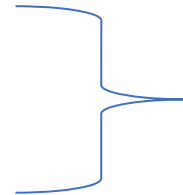
25 TOES TO RING  
50 SINGLE UNDER  
9 THRUSTER 40/25kg

IF YOU FINISH INTO 10 MIN TIME CAP MOVE IMMEDIATELY INTO

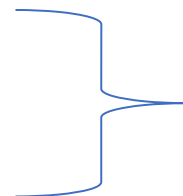
25 TOES TO RING  
50 SINGLE UNDER  
6 THRUSTER 45/30kg



FIRST BLOCK



SECOND BLOCK



THIRD BLOCK

SCORE IS:  
TIME



## SCORE:

If you finish the first block within the prescribed times, proceed to the next block with the expected load increases.

If you do not finish the block within the prescribed time, your score will be the sum of the completed reps.



# WEIGHT AND VARIATIONS M/F

**INDIVIDUAL**

DIVISION	TOES TO BAR	DOUBLE UNDER	CLEAN AND JERK
RX	25	50	60/40 KG 80/50 KG 100/60 KG 120/70 KG
MASTER 35	✓	✓	✓
INTERMEDIATE	✓	✓	50/30 KG 60/40 KG 70/45 KG 80/55 KG
SCALED	OWN WOD	OWN WOD	OWN WOD



# **READ CAREFULLY: VIDEO SUBMISSION STANDARDS**

**Before starting the video recording, clearly frame the following:**

- Jumping rope
- Rig/Ring: The use of wrist wraps or tape on the bar is allowed. The simultaneous use of both tape and wrist wraps is NOT ALLOWED (major penalty).
- Barbell: Men's weight 20kg; Women's weight 15kg; bumper plates of the specified weight for each category; collars (absence of collars: major penalty; use of a barbell not of one's own gender: invalid video).
- CAUTION: ONLY ONE BARBELL IS ALLOWED

**NB: BE MINDFUL OF THE BACKGROUND MUSIC**

***Tips: Remember that if there is background music playing during your video, when you upload it, YouTube might censor it. Make sure the video is visible, otherwise, it cannot be evaluated***



# HOW TO MAKE THE RECORDING

- Ensure that your recording is meticulous to facilitate the analysis of the reps.
- There is no room for subjective interpretation of the movement, as this would result in performance discrimination
- Remember: what a judge cannot see cannot be evaluated, and consequently, it is a "no rep."





# FLOW WOD 2A

## **FIRST WORK WINDOW: 8 MINUTES**

At 3, 2, 1, go, the athlete moves to the rig and performs 25 toes to bar. Grabbing the jumping rope, they then complete 50 double unders. Next, they move to the barbell and perform 15 clean and jerks. They then return to the rig for another 25 toes to bar, followed by 50 double unders. The athlete then moves to the barbell and loads it with the next weight to perform 12 clean and jerks. If the athlete finishes the work within eight minutes, they can proceed to the next segment.

## **SECOND WORK WINDOW:**

The athlete will perform 25 toes to bar followed by 50 double unders. Then they will go to the barbell and load it with the next weight to perform 9 clean and jerks. If the athlete finishes this second block within the 12-minute time cap, they can proceed to the third and final work window.

## **THIRD WORK WINDOW:**

The athlete will perform 25 toes to bar, followed by 50 double unders, and then 6 clean and jerks with the last weight specified in the technical sheet.



# STANDARD

## **DOUBLE UNDER**

For each jump, the jumping rope must pass twice under the heels. The jump must be performed with the rope moving forward.

## **SINGLE UNDER**

For each jump, the jumping rope must pass once under the heels. The jump must be performed with the rope moving forward and with synchronized feet.



# STANDARD

## TOES TO BAR

The athlete starts in a hang position with arms extended and feet off the ground. For each rep, the heels must go behind the vertical plane of the bar. Both feet must touch the bar between the hands at the same time.

## TOES TO RING

The athlete grabs the rings with feet off the ground and arms fully extended. In the bottom position, the heels must break the perpendicular line of the body. In the top position, the feet can touch the rings externally or internally, enter the rings, or touch the hand holding the ring. They cannot touch the wrist, forearm, or the ring's suspension strap.



# STANDARD

## CLEAN AND JERK

The barbell starts from the ground; touch and go is allowed, but bouncing is not. The barbell must come into contact with the shoulders from the ground (the movement is clean and then jerk). Therefore, snatching is not allowed. Once the barbell is in contact with the shoulders, it can be brought overhead with a shoulder press, push press, push jerk, or split jerk. In the top position, the athlete must have their feet in line, knees locked, hips open, elbows locked, and the barbell in the midline over the body. If the jerk is missed and the barbell returns to the front rack position, the movement can be repeated. It is not required to perform a clean that ends in the correct top position; the athlete can go directly to the top position with the barbell overhead once it is received on the shoulders.

**CAUTION: ONLY ONE BARBELL IS ALLOWED, AND IT MUST BE LOADED ONLY BY THE ATHLETE. NO EXTERNAL ASSISTANCE IS PERMITTED.**



# STANDARD

## THRUSTER

The barbell starts from the ground. The first rep can be a cluster. In the bottom position, the athlete must have the iliac crest below the highest point of the knee. From here, through a single upward movement, the athlete must reach the top position with feet in line, knees locked, hips open, elbows locked, and the barbell in the midline over the body



# SCORING PROTOCOL

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

**Valid With Minor Penalty:** The athlete performs 1 to 9 no reps. These will be removed 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 submitted result. If the number of no reps exceeds half of the reps for the specific movement, 15% plus the no reps performed will be subtracted.

**Invalid:** The athlete did not complete the workout as required or performed an unacceptable number of no reps. In this case, the evaluation is solely at the discretion of the head judge and calculated based on the proportion of no reps present in the workout, or the video does not meet the required standards. The athlete's score will be rejected. If the athlete performs 5 fewer double unders than required in a round, a 15% penalty will be applied. An athlete who skips any part of the workout will have their score nullified.

For weight workouts, a rep-for-rep penalty will be applied by subtracting the corresponding weight. A correction can be applied rep by rep or up to 9 no reps, with the tenth resulting in a flat 15% penalty.

**Penalties:** If a specified floor setting is not followed, the video will be scored ZERO. An incorrect floor setting will result in a 15% penalty on the assigned score along with subsequent video corrections. The athlete must perform movements facing the camera or at a  $\frac{3}{4}$  angle. If movements are performed in a way that makes it impossible to analyze any of the check points, a major penalty will be applied (e.g., movements with double dumbbells where both elbows need to be examined. A parallel recording to the camera makes it impossible to analyze one elbow)



# NOTES

- **Remember that if you record your video with background music, YouTube may censor it, making it impossible to evaluate.**
- **DO NOT use cloud services to upload your video (Drive, iCloud, Dropbox, etc.) = THEY WILL NOT BE CONSIDERED.**
- **The only links that will be considered are those uploaded to YouTube or similar platforms where the upload within the indicated deadlines can be verified.**
- Judges may need to send you an email, so regularly check your spam folder in case a communication ends up there by mistake. If the video is blocked or the link is not accessible, **ONLY ONE WARNING EMAIL** will be sent, followed by the removal of the score
- Reference email for the individual category: [judgesinfonorep@gmail.com](mailto:judgesinfonorep@gmail.com)
- **VIDEO REVIEW DEADLINE: WITHIN ONE MONTH FROM THE LIVE EVENT.**