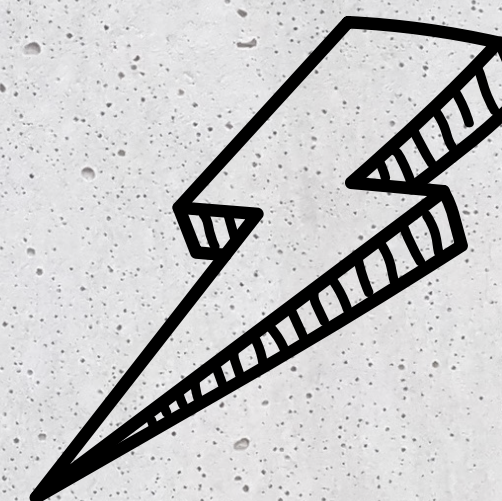
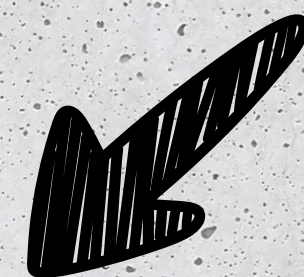




STANDARDS



WOD 02
FEBRUARY 2025



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01 RULEBOOK



BRIEFING

Athletes and teams will be informed about workouts through official social media accounts, the website, and the distribution of the standards document to all participants.

It is the responsibility of each athlete and team to review this document and familiarize themselves with the standards.

The organizer reserves the right to make any changes to the disciplines, organizational plan, or the competition day's schedule.

All barbells must be equipped with collars throughout the entire workout.

The organizer reserves the right to determine the success or failure of a video, even retroactively, based on the submitted video or other available materials for evaluation.

Permitted Equipment for Athletes During the Workout:

- Weightlifting belt
 - Wraps
 - Chalk
-
- Prohibited Equipment Includes (but is not limited to): straps.
-
- The organizer or Head Judges reserve the right to prohibit the use of certain equipment for a specific workout.

02

RESERVED
RIGHTS



LEAGUE STANDARDS

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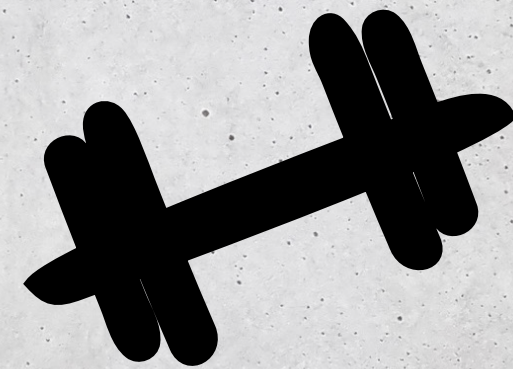
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03

WORKOUTS

+

FLOWS



LEAGUE

STANDARDS

CATEGORY

WOD 2
GRIP & GRIT

ELITE

A. AMRAP 5MIN

- 20 D-DB Suitcase hold Walking lunges 2x22.5/15kg
- 60 Double Unders

- rest 1 min -

B. EMOM 3

- MAX Unbroken Toes To Bar in each minute



FLOW:

The workout begins with a 5-minute AMRAP, where athletes alternate between two exercises.

First, they must complete 20 lunges with dumbbells in a suitcase hold – holding the weights at their sides (2×22.5 kg for men, 2×15 kg for women) – 10 lunges forward and 10 back.

During each lunge, the athlete must touch their knee to the ground and then stand up fully.

Both feet must be together and fully extended (hips and knees) before continuing to the next step.

There is no need to pause between steps, but the extended position and both feet contacting the ground must be clearly visible.

Every completed rep counts (right + left = 2 reps).

The last repetition must end in a fully extended position (not in a lunge).

After completing the lunges, the athlete transitions to 60 double unders (jump rope).

The goal is to complete as many rounds and reps as possible within 5 minutes.

FLOW:

Rest & Camera Setup:

After the first part of the workout, there is a 1-minute rest during which the athlete prepares the pull-up bar for the next section.

If the bar is not clearly visible, the athlete can adjust the camera during the rest to ensure better visibility of Toes To Bar (TTB).

(If the bar is clearly visible from the start, there is no need to move the camera.)

Second Part – EMOM 3 Minutes (Toes To Bar)

The second part of the workout is a 3-minute EMOM, where the athlete performs Toes To Bar (TTB).

Each minute, they must complete as many unbroken reps as possible (unbroken set).

The number of reps performed each minute is recorded and added together.

Athletes may release one hand for a brief rest, but they must not touch the ground or any support.

An UNBROKEN set is valid as long as the athlete stays on the bar and does not touch the floor (box or any other support).

Scoring:

Score A: Total number of reps completed in AMRAP 5 (lunges + double unders).

Score B: Sum of the highest number of unbroken TTB reps in each minute (Min 1 + Min 2 + Min 3).

CATEGORY

WOD 2
GRIP & GRIT

ADVANCED, MASTERS

A. AMRAP 5MIN

- 16 D-DB Suitcase hold Walking lunges 2x22.5/15kg
- 45 Double Unders

- rest 1 min -

B. EMOM 3

- MAX Unbroken Toes To Bar in each minute



FLOW:

The workout begins with a 5-minute AMRAP, where athletes alternate between two exercises.

First, they must complete 16 lunges with dumbbells in a suitcase hold – holding the weights at their sides (2×22.5 kg for men, 2×15 kg for women) – 8 lunges forward and 8 back.

During each lunge, the athlete must touch their knee to the ground and then stand up fully.

Both feet must be together and fully extended (hips and knees) before continuing to the next step.

There is no need to pause between steps, but the extended position and both feet contacting the ground must be clearly visible.

Every completed rep counts (right + left = 2 reps).

The last repetition must end in a fully extended position (not in a lunge).

After completing the lunges, the athlete transitions to 45 double unders (jump rope).

The goal is to complete as many rounds and reps as possible within 5 minutes.

FLOW:

Rest & Camera Setup:

After the first part of the workout, there is a 1-minute rest, during which the athlete prepares the pull-up bar for the next section.

If the bar is not clearly visible, the athlete can adjust the camera during the rest to ensure better visibility of Toes To Bar (TTB).

(If the bar is clearly visible from the start, there is no need to move the camera.)

Second Part – EMOM 3 Minutes (Toes To Bar)

The second part of the workout is a 3-minute EMOM, where the athlete performs Toes To Bar (TTB).

Each minute, they must complete as many unbroken reps as possible (unbroken set).

The number of reps performed each minute is recorded and added together.

Athletes may release one hand for a brief rest, but they must not touch the ground or any support.

An UNBROKEN set is valid as long as the athlete stays on the bar and does not touch the floor (box or any other support).

Scoring:

Score A: Total number of reps completed in AMRAP 5 (lunges + double unders).

Score B: Sum of the highest number of unbroken TTB reps in each minute (Min 1 + Min 2 + Min 3).

CATEGORY

WOD 2
GRIP & GRIT

SPORT

A. AMRAP 5MIN

- 16 D-DB Suitcase hold Walking lunges 2x15/9kg
- 25 Double Unders

- rest 1 min -

B. EMOM 3

- MAX Unbroken Toes To Bar in each minute



FLOW:

The workout begins with a 5-minute AMRAP, where athletes alternate between two exercises.

First, they must complete 16 lunges with dumbbells in a suitcase hold – holding the weights at their sides (2×15 kg for men, 2×9 kg for women) – 8 lunges forward and 8 back.

During each lunge, the athlete must touch their knee to the ground and then stand up fully.

Both feet must be together and fully extended (hips and knees) before continuing to the next step.

There is no need to pause between steps, but the extended position and both feet contacting the ground must be clearly visible.

Every completed rep counts (right + left = 2 reps).

The last repetition must end in a fully extended position (not in a lunge).

After completing the lunges, the athlete transitions to 25 double unders (jump rope).

The goal is to complete as many rounds and reps as possible within 5 minutes.

FLOW:

Rest & Camera Setup:

After the first part of the workout, there is a 1-minute rest, during which the athlete prepares the pull-up bar for the next section.

If the bar is not clearly visible, the athlete can adjust the camera during the rest to ensure better visibility of Toes To Bar (TTB).

(If the bar is clearly visible from the start, there is no need to move the camera.)

Second Part – EMOM 3 Minutes (Toes To Bar)

The second part of the workout is a 3-minute EMOM, where the athlete performs Toes To Bar (TTB).

Each minute, they must complete as many unbroken reps as possible (unbroken set).

The number of reps performed each minute is recorded and added together.

Athletes may release one hand for a brief rest, but they must not touch the ground or any support.

An UNBROKEN set is valid as long as the athlete stays on the bar and does not touch the floor (box or any other support).

Scoring:

Score A: Total number of reps completed in AMRAP 5 (lunges + double unders).

Score B: Sum of the highest number of unbroken TTB reps in each minute (Min 1 + Min 2 + Min 3).

VIDEO STANDARD

1. Camera Setup:

- The camera must be positioned so that the athlete's entire body is visible throughout the entire workout.
- During lunges and double unders, the camera must be set up in a way that both foot movement and jump rope motion are clearly visible at all times.
- For Toes to Bar (TTB), the starting position below the bar must be clearly visible, and both feet must touch the bar simultaneously during each rep. (Strict TTB is also allowed.)
- The video must be uploaded to YouTube as public or unlisted (link access only).
- The video quality should be sufficiently high (recommended resolution: at least 720p) to ensure clear visibility of all movements.
- Make sure the lighting is good so that all movements can be clearly assessed.
- A visible timer must be present throughout the entire workout.

2. Equipment Display (Before or After the Workout):

- The athlete must clearly show: Dumbbells with visible weights.

3. Workout Start:

- Before starting the workout (or at the end), the athlete must state:
- Their name, Workout number, Category



DURING THE WORKOUT

- The athlete must remain in the camera frame for the entire duration of the workout.
- Movements must be performed facing the camera or from the side to ensure that movement standards are clearly visible.
- The camera must remain stable, with no movement, zooming in, or zooming out.
- Following these requirements ensures proper review and fair evaluation of workout results.

CATEGORY

WOD 2
GRIP & GRIT

TEAM SPIADV

A. AMRAP 15MIN, I GO YOU GO

- 3-6-9-... Cal Row
- 3-6-9-... Wall Ball Shot 9/6kg

- rest 1 min -

B. 5 MIN WINDOW

- Find max weight for synchro complex
- 1 Clean + 1 Shoulder To Overhead + 1 Hang Clean + 1 Shoulder To Overhead



FLOW:

Part 1 – 15-Minute AMRAP (I go, you go)

The workout starts in an “I go, you go” format, where athletes alternate after completing full rounds.

The first athlete begins on the rowing machine and completes a set number of calories in an ascending rep scheme (3-6-9-...).

After finishing the final calorie, they move to Wall Ball Shots (9 kg for men / 6 kg for women), performing the same number of reps as calories rowed.

Once the first athlete completes both rowing and Wall Ball Shots, the second athlete takes over, performing the next round with a higher rep and calorie count.

This pattern continues for 15 minutes, with athletes alternating turns and increasing the calories and reps in a progressive format.

The rower display must be reset after each round to ensure an accurate count for each athlete.

After 15 minutes, athletes have a 1-minute rest, during which they prepare the barbell for Part 2. (The barbell can also be preloaded before the start of the entire workout.)

Part 2 – 5-Minute Window to Find the Max Weight for a Synchronized Complex

After the rest, athletes have 5 minutes to establish their heaviest successful attempt in the synchronized complex:

FLOW:

1 Clean

1 Shoulder to Overhead

1 Hang Clean

1 Shoulder to Overhead

Throughout the complex, athletes must synchronize in the following positions:

Clean – Both must reach the front rack position simultaneously or wait for each other.

Shoulder to Overhead – Both must lock out the bar overhead at the same time or wait for each other.

Hang Clean – Both must start the movement from the hang position at the same time and meet in the front rack position.

Shoulder to Overhead – Both must complete the final overhead position at the same time or wait for each other.

Athletes can increase or decrease weight freely. They do not have to lift the same weight, but the team's score is the sum of both successful lifts (e.g., 50 kg + 100 kg = 150 kg, or 55 kg + 95 kg = 150 kg).

Allowed movement variations:

Clean: Power Clean, Squat Clean, or Muscle Clean.

Shoulder to Overhead: Strict Press, Push Press, Push Jerk, or Split Jerk.

VIDEO STANDARD

1. Camera Setup:

- The camera must be stable and positioned to capture the entire athlete during all movements.
- Rowing: The frame must clearly show half of the rowing machine, especially the display with the calorie count and the athlete in the front position (legs fully extended). In the lean-back position, only the legs need to be visible.
- Wall Ball Shots: The camera must clearly capture the athletes, the target for the ball, and the squat position.
- Synchronized Complex: The camera must capture both athletes simultaneously, ensuring that synchronization and movement standards are clearly visible.
- A timer or stopwatch must be visible throughout the entire workout.

2. Equipment Check Before Workout Start:

- Before starting, the athlete must show and state on camera:
 - Wall Ball weight (9 kg for men, 6 kg for women).
 - Wall Ball target height setting.
 - Rowing machine display, showing zero calories before starting.
 - Barbell and weight plates with visible values (before loading onto the bar).
 -
- The video must be uploaded to YouTube as public or unlisted (link access only).

VIDEO STANDARD

- The video quality should be high (recommended resolution: at least 720p) to ensure all movements are clearly visible.
- Ensure good lighting so that movements can be properly evaluated.
- A visible timer must be present throughout the entire workout.

3. During the Workout:

- Athletes must remain in the camera frame for the entire workout.
- After each round, the rower display must be reset to 0 calories to ensure accurate measurement.
- In the Synchronized Complex, both athletes must be clearly visible to verify proper synchronization in the required positions.
- If athletes increase or decrease the barbell weight, it must be clearly recorded and visible in the video.

4. After the Workout:

- The barbell weight used for the heaviest successful attempt in the Synchronized Complex must be shown on camera.
- Athletes must state their name, workout number, and category either before starting or at the end of the workout.
- Athletes must show the final score (total weight of the heaviest successful complex attempt).

05

STANDARDS ✓



LEAGUE

STANDARDS

D-DB WALKING LUNGES

Walking lunges begin in an upright position with the legs side by side and the hips and knees fully extended. The athlete steps one foot forward into a lunge, with the back knee touching the ground. The athlete then straightens to a fully extended position where both legs must be side by side and the hips and knees extended before continuing to the next step.

It is not necessary to stop the movement, but the extended position and the contact of both feet with the ground must be clearly visible! If the athlete does not assume a fully upright position between repetitions, the movement does not count.

Each completed repetition counts as two steps (right + left = 2 reps). The last rep must end in an upright position, not in a lunge.

Errors that result in an invalid repetition:

Failure to touch the ground with the back knee.

Not dropping the hips and knees in between repetitions.

Failure to reach full upright position at the end of the last repetition.

DOUBLE UNDERS

To count as a valid repetition, the athlete must pass the rope twice under the feet on each jump. The jump rope must rotate forward.

TTB

In each valid repetition, the athlete must touch the bar with both feet simultaneously within the area between their hands. The movement starts from a full hang, where the feet are not in contact with the ground, and the arms are fully extended. Before each repetition, the feet must return behind the plane of the bar, meaning that if they remain in front of the body, the repetition will not be counted. The movement can be performed strictly or with kipping but must meet all technical requirements. A no rep occurs if the feet do not touch the bar, if only one foot makes contact, if the contact is outside the area between the hands, or if the feet do not pass behind the plane of the bar— in these cases, the repetition will not be counted. The use of hand grips for calluses is allowed, but gymnastics grips are prohibited.

CAL ROW

The movement begins when the athlete sits on the rowing machine with his/her feet secured in the straps and hands holding the handle. The rower display must be reset to 0 calories before each round and remain visible during the row.

Each stroke must be performed completely, with the athlete first bouncing with the legs, then engaging the torso, and finally completing the movement with the arms. Upon reaching the end position, the athlete must initiate a return to the starting position in reverse order (arms, trunk, legs).

Repetitions are counted based on the calories displayed on the display. The resulting calorie count must be completed before moving on to the next movement.
Important rules:

- The rower must be reset before each round.

- The athlete must remain on the rower until the display shows the desired number of calories.

- Half of the oar, especially the display and the front position of the athlete's body, must be visible during the video (legs visible in the backstroke is sufficient).

- Discontinuing rowing before reaching the required number of calories will result in an invalid repetition.

WALLBALL

The athlete begins the movement with the medicine ball held with both hands at chest level. Each repetition begins with a full squat with the hips dropping below knee level (depth below parallel). After performing the squat, the athlete throws the medicine ball to a set target on the wall (men: 3 meters, women: 2.7 meters).

The ball must hit the target for the repetition to be valid. If the ball does not reach the target, the squat is not deep enough or the ball is not under control, the repetition does not count. The entire movement must be fluid and executed in its entirety, with the medicine ball always returned to the starting position before the next repetition is started.

COMPLEX

1 CLEAN + 1 STOH + 1 HANG CLEAN + 1 SHOULDER TO OVERHEAD

This complex consists of four consecutive movements that must be completed in the order listed, without dropping the barbell between each phase.

Clean: The movement begins with the barbell on the ground. The athlete must get the barbell into a front rack position, and variations of the power clean, squat clean, or muscle clean may be used. The movement is valid if the athlete reaches a fully stable position with the barbell on the shoulders and the hips and knees are extended.

Shoulder to Overhead: From the front rack position, the athlete must get the barbell overhead to a fully locked position with arms, hips, knees and feet in line. Allowed variations are strict press, push press, push jerk or split jerk, but the dumbbell must be under control before it is lowered back into the front rack.

Hang Clean: After completing the first Shoulder to Overhead, the athlete must lower the dumbbell to the hang position (above the knees, below the hips) from where they perform a hang clean. The movement is valid if the athlete gets the dumbbell back to the front rack position in the same manner as the first clean (power, squat or muscle clean).

Shoulder to Overhead: The athlete performs the Shoulder to Overhead again using the same rules as the first rep (strict press, push press, push jerk or split jerk). The movement is valid as long as the athlete remains in a stable position with the barbell fully locked overhead.

Other rules:

The barbell cannot be dropped between movements. Any dropping of the dumbbell on the ground is an invalid attempt.

Each phase must be completed correctly before the athlete moves on to the next. If any movement fails to meet the standards, the entire complex is invalid.

For the split jerk, the athlete must line up the legs before lowering the barbell.

The hang clean must start above the knees. If the athlete drops the dumbbell below the knees, he must first get it back above the knees before performing the clean.

The complex is complete when the barbell is fully locked out overhead after the second Shoulder to Overhead and the athlete has a stable stance.

