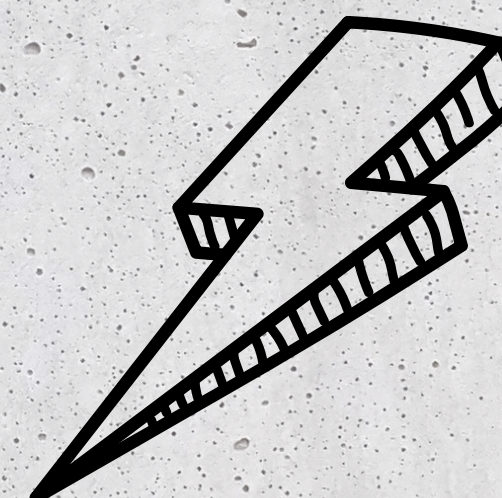




STANDARDY



WOD 03
MARCH 2025



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01 RULEBOOK



BRIEFING

Athletes and teams will be informed about the workouts via official social media accounts, the website, and by distributing the standards document among athletes.

It is the responsibility of each athlete and team to study this document and become familiar with the standards.

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

All bars must be secured with collars throughout the entire workout.

The organizer reserves the right to evaluate video submissions retrospectively based on available footage or other supporting materials.

PERMITTED ATHLETE EQUIPMENT FOR WORKOUTS:

Weightlifting belt, wraps, chalk

Prohibited equipment includes, among others: lifting straps

The organizer/Head Judges reserve the right to prohibit the use of certain equipment for a given workout.

02

RESERVED
RIGHTS



LEAGUE STANDARDS

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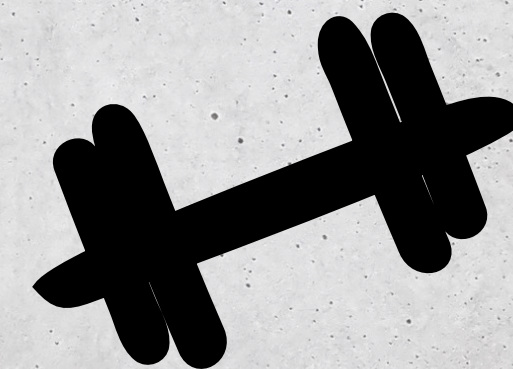
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03

WORKOUTS

+

FLOWS



LEAGUE

STANDARDS

WOD 3
DIVIDER

KATEGORIE

ELITE

AMRAP 12

50/40 CAL ROW
40 PULL UP
30 BURPEE OVER ROW
20 STOH 60/40
10 RING MU



Flow:

The workout begins with a 12-minute AMRAP where athletes progress through each exercise in a prescribed order.

Rowing (50 calories for men / 40 calories for women).

Pull-Ups (40 reps): The athlete performs pull-ups on the trapeze. Any technique may be used (strict, kipping, butterfly) as long as the standards of the movement are maintained.

Burpee Over Row (30 reps): The athlete performs classic burpees with the chest on the ground and then jumps over the rowing machine. The jump must be a somersault.

StoH (Shoulder to Overhead) 60 kg for men / 40 kg for women) 20 reps: The athlete must get the barbell off the ground into a front rack position and overhead. Allowed variations are strict press, push press, push jerk or split jerk.

Ring Muscle-Ups (10 reps): The athlete performs muscle-ups on the rings. Each repetition must be completed in a stable overhead position with elbows locked.

After completing the entire round, the athlete returns to rowing and continues the next round until the time limit of 12 minutes has expired. The goal is to complete as many rounds and reps as possible.

VIDEO standard:

1. Camera settings:

The camera must be stable and capture the athlete's entire body during all movements.

Rowing. In the backstroke, it is sufficient that the legs are visible.

Pull-Ups: The camera must clearly capture the athlete's entire body, including the full extension of the arms in the hang position and the chin above the level of the bar in the top position.

Burpee Over Row: The shot must show the athlete's entire body and the rowing machine, with a clear view of the chest on the ground and the coxswain performing the over row.

Shoulder to Overhead: the camera must take in the athlete's entire body from a side angle to show the locked elbows overhead and the correct front rack position at the start.

Ring Muscle-Ups: The camera must show the rings and the athlete's entire body while clearly showing the starting vis and locked elbows in the overhead position.

The timing device or stopwatch must be visible throughout the workout.

2. Show equipment before the start of the workout:

The athlete must announce his/her name, workout number and category before the start or at the end.

Film and show:

A rowing machine with the display set to 0 calories.

Dumbbell and axis and discs with visible values

The timing device that will be used to measure the workout.

3. During the workout:

The athlete must remain in the camera frame throughout the workout.

The oar display must be visible at each start and finish of the row.

Movements must be performed frontally or laterally so that the standards are clearly visible.

The camera must be stable - no zooming in, zooming out or panning the camera during the workout is allowed.

4. After the workout:

The athlete must remain in the frame and show the timing device with the final time immediately after the workout is completed.

Film the rowing machine with the final calorie count.

Show dumbbell and discs with weight used for Shoulder to Overhead.

The athlete must read and show the score (number of completed rounds and reps) on camera.

Adherence to these rules will ensure proper verification of performance and fair evaluation of workout results.

WOD 3
DIVIDER

KATEGORIE

ADVANCED, MASTERS

AMRAP 12

50/40 CAL ROW
40 PULL UP
30 BURPEE OVER ROW
20 STOH 50/35
10 BAR MU



FLOW:

The workout begins with a 12-minute AMRAP where athletes progress through each exercise in a prescribed order.

Rowing (50 calories for men / 40 calories for women).

Pull-Ups (40 reps): The athlete performs pull-ups on the trapeze. Any technique may be used (strict, kipping, butterfly) as long as the standards of the movement are maintained.

Burpee Over Row (30 reps): The athlete performs classic burpees with the chest on the ground and then jumps over the rowing machine. The jump must be a somersault.

StoH (Shoulder to Overhead) 50 kg for men / 35 kg for women) 20 reps: The athlete must get the barbell off the ground into a front rack position and overhead. Allowed variations are strict press, push press, push jerk or split jerk.

Bar Muscle-Ups (10 reps). Each repetition must be completed in a stable overhead position with elbows locked.

After completing the entire round, the athlete returns to the rower and continues the next round until the time limit of 12 minutes has expired. The goal is to complete as many rounds and reps as possible.

VIDEO standard:

1. Camera settings:

The camera must be stable and capture the athlete's entire body during all movements.

Rowing. In the backstroke, it is sufficient that the legs are visible.

Pull-Ups: The camera must clearly capture the athlete's entire body, including the full extension of the arms in the hang position and the chin above the level of the bar in the top position.

Burpee Over Row: The shot must show the athlete's entire body and the rowing machine, with a clear view of the chest on the ground and the coxswain performing the over row.

Shoulder to Overhead: The camera must take in the athlete's entire body from a side angle to show the elbows locked overhead and the correct front rack position at the start.

Bar Muscle-Ups: The camera must show the bar and the athlete's entire body while clearly showing the starting vis and locked elbows in the overhead position.

The timing device or stopwatch must be visible throughout the workout.

2. Show equipment before the start of the workout:

The athlete must announce his/her name, workout number and category before the start or at the end.

Film and show:

A rowing machine with the display set to 0 calories.

Dumbbell and axis and discs with visible values

The timing device that will be used to measure the workout.

3. During the workout:

The athlete must remain in the camera frame throughout the workout.

The oar display must be visible at each start and finish of the row.

Movements must be performed frontally or laterally so that the standards are clearly visible.

The camera must be stable - no zooming in, zooming out or panning the camera during the workout is allowed.

4. After the workout:

The athlete must remain in the frame and show the timing device with the final time immediately after the workout is completed.

Film the rowing machine with the final calorie count.

Show dumbbell and discs with weight used for Shoulder to Overhead.

The athlete must read and show the score (number of completed rounds and reps) on camera.

Adherence to these rules will ensure proper verification of performance and fair evaluation of workout results.

WOD 3
DIVIDER

KATEGORIE

SPORT

AMRAP 12

40/30 CAL ROW
30 BURPEE OVER ROW
20/15 PULL UP
10 STOH 40/27,5
10/5 CHEST TO BAR



FLOW:

The workout begins with a 12-minute AMRAP where athletes progress through each exercise in a prescribed order.

Rowing (40 calories for men / 30 calories for women).

Burpee Over Row (30 reps): The athlete performs classic burpees with the chest on the ground and then jumps over the rowing machine. The jump must be a somersault.

Pull-Ups (20 reps for men / 15 reps for women): The athlete performs pull-ups on the trapeze. Any technique may be used (strict, kipping, butterfly) as long as the standards of the movement are met.

StoH (Shoulder to Overhead) 40 kg for men / 27.5 kg for women) 10 reps: The athlete must get the barbell off the ground into a front rack position and overhead. Allowed variations are strict press, push press, push jerk or split jerk.

Chest to bar (10 reps for men / 5 reps for women). Each repetition must be completed with a touch of the chest bar.

After completing the entire round, the athlete returns to rowing and continues with the next round until the time limit of 12 minutes has elapsed. The goal is to complete as many rounds and reps as possible.

VIDEO standard:

1. Camera settings:

The camera must be stable and capture the athlete's entire body during all movements.

Rowing. In the backstroke, it is sufficient that the legs are visible.

Burpee Over Row: The shot must show the athlete's entire body and the rowing machine, with a clear view of the chest on the ground and the coxswain performing the over row.

Pull-Ups: The camera must clearly capture the athlete's entire body, including the full extension of the arms in the hang position and the chin above the level of the bar in the top position.

Shoulder to Overhead: The camera must take in the athlete's entire body from a side angle to show the elbows locked overhead and the correct front rack position at the start.

Chest to Bar: The camera must show the bar and the athlete's entire body, with a clear view of the starting position, chest contact and the downward sag.

The timer or stopwatch must be visible throughout the workout.

2. Show equipment before the start of the workout:

The athlete must announce his/her name, workout number and category before the start or at the end.

Film and show:

A rowing machine with the display set to 0 calories.

Dumbbell and axis and discs with visible values

The timing device that will be used to measure the workout.

3. During the workout:

The athlete must remain in the camera frame throughout the workout.

The oar display must be visible at each start and finish of the row.

Movements must be performed frontally or laterally so that the standards are clearly visible.

The camera must be stable - no zooming in, zooming out or panning the camera during the workout is allowed.

4. After the workout:

The athlete must remain in the frame and show the timing device with the final time immediately after the workout is completed.

Film the rowing machine with the final calorie count.

Show dumbbell and discs with weight used for Shoulder to Overhead.

The athlete must read and show the score (number of completed rounds and reps) on camera.

Adherence to these rules will ensure proper verification of performance and fair evaluation of workout results.

WOD 3
DIVIDED

KATEGORIE

TEAM ADVANCED

AMRAP 10

10 SYNCHRO SHUTTLE RUN 7,5M (=75M)

ATHLETE A: 10 POWER SNATCH 50/35KG

10 SYNCHRO SHUTTLE RUN 7,5M

ATHLETE B: 10 POWER CLEAN 60/40KG

-REST 3 MIN-

AMRAP 10

10 SYNCHRO SHUTTLE RUN 7,5M

ATHLETE B: 15 OVERHEAD SQUATS 50/35KG

10 SYNCHRO SHUTTLE RUN 7,5M

ATHLETE A: 15 DEADLIFT 60/40KG



FLOW:

The workout consists of two 10-minute AMRAPs with 3 minutes of rest in between. Athletes take turns performing each exercise, with each block beginning and ending with a synchronized shuttle run. At the beginning of the workout, athletes will choose who will be ATHLETE A and who will be ATHLETE B, and will alternate accordingly throughout the workout.

First AMRAP (10 minutes)

10 synchro shuttle run (7.5m = 75m): both athletes run together, synchronisation counts when both athletes cross the line with both feet.

Athlete A - 10 Power Snatch (50/35 kg): Athlete A completes all 10 reps while Athlete B waits.

10 Synchro Shuttle Run (7.5 m = 75 m): Both athletes run together again with the same synchronisation as at the start.

Athlete B - 10 Power Clean (60/40 kg): Athlete B completes all 10 reps while Athlete A waits.

Athletes continue to alternate until time runs out.

After the first AMRAP is completed, there is a 3 minute rest period.

Second AMRAP (10 minutes)

10 synchro shuttle run (7.5 m = 75 m): same principle as in the first part.

Athlete B - 15 Overhead Squats (50/35 kg): Athlete B performs all 15 reps, Athlete A waits.

10 Synchro Shuttle Run (7.5 m = 75 m): Again, both athletes run together.

Athlete A - 15 Deadlifts (60/40 kg): Athlete A completes all 15 reps, Athlete B waits.

Athletes continue to alternate until time runs out.

The goal of the workout is to complete as many rounds and reps as possible in each 10 minute block. Synchronization during the shuttle run and smooth alternation between exercises are key to achieving a high score.

VIDEO STANDRAD

1. Camera settings:

The camera must be stable and capture the entire body of both athletes during all movements.
Shuttle Run.

Power Snatch, Power Clean, Overhead Squat, Deadlift.

The timer or stopwatch must be visible throughout the entire workout.

2. Show equipment before the start of the workout:

Athletes must announce their name, category and workout number aloud.

Record and show:

The length of the shuttle run (7.5 m) with clearly marked lines.

Chin and reels with values visible.

The timing device that will be used to measure the workout.

3. During the workout:

Athletes must be in camera view at all times.

For the shuttle run, both athletes must be seen crossing the line with both feet at the same time.

The movements with the barbell must be clearly visible from an appropriate angle (full body, barbell, locked position).

The camera must be stable - no zooming in, zooming out or filming with the camera during the workout is allowed.

4. After the end of the workout:

Athletes must remain in the shot and show the timing clock with the final time immediately after the workout is completed.

Rotate the barbell and discus with the weight used.

Athletes must read and show the scores (number of completed rounds and reps in each AMRAP) on camera.

Adherence to these rules will ensure proper verification of performance and fair evaluation of workout results.

WOD 3
DIVIDED

KATEGORIE

TEAM SPORT

AMRAP 10

8 SYNCHRO SHUTTLE RUN 7,5M (=60M)
ATHLETE A: 8 POWER SNATCH 40/27.5KG
8 SYNCHRO SHUTTLE RUN 7,5M (=60M)
ATHLETE B: 8 POWER CLEAN 50/35KG

-REST 3 MIN-

AMRAP 10

8 SYNCHRO SHUTTLE RUN 7,5M (=60M)
ATHLETE B: 10 OVERHEAD SQUATS 40/27.5KG
8 SYNCHRO SHUTTLE RUN 7,5M (=60M)
ATHLETE A: 10 DEADLIFT 50/35KG



FLOW:

The workout consists of two 10-minute AMRAPs with 3 minutes of rest in between. Athletes take turns performing each exercise, with each block beginning and ending with a synchronized shuttle run. At the beginning of the workout, athletes will choose who will be ATHLETE A and who will be ATHLETE B, and will alternate accordingly throughout the workout.

First AMRAP (10 minutes)

8 synchro shuttle run (7.5m = 60m): both athletes run together, synchronisation counts when both athletes cross the line with both feet.

Athlete A - 8 Power Snatch (40 kg for men/ 27.5 kg for women): Athlete A completes all 8 reps while Athlete B waits.

8 Synchro Shuttle Run (7.5 m = 60 m): Both athletes run together again with the same synchronisation as at the start.

Athlete B - 8 Power Clean (50 kg for men/ 35 kg for women): Athlete B completes all 8 reps while Athlete A waits.

Athletes continue to alternate until time runs out.

After the first AMRAP is completed, a 3 minute rest period follows.

Second AMRAP (10 minutes)

8 synchro shuttle run (7.5 m = 60 m): Same principle as in the first part.

Athlete B - 10 Overhead Squats (40 kg for men/ 27.5 kg for women): Athlete B performs all 10 reps, Athlete A waits.

8 Synchro Shuttle Run (7.5 m = 60 m).

Athlete A - 10 Deadlift (50 kg for men/ 35 kg for women): Athlete A completes all 10 reps, Athlete B waits.

Athletes continue to alternate until time runs out.

The goal of the workout is to complete as many rounds and reps as possible in each 10 minute block. Synchronization during the shuttle run and smooth alternation between exercises are key to achieving a high score.

VIDEO STANDRAD

1. Camera settings:

The camera must be stable and capture the entire body of both athletes during all movements.

Shuttle Run.

Power Snatch, Power Clean, Overhead Squat, Deadlift.

The timer or stopwatch must be visible throughout the entire workout.

2. Show equipment before the start of the workout:

Athletes must announce their name, category and workout number aloud.

Record and show:

The length of the shuttle run (7.5 m) with clearly marked lines.

Chin and reels with values visible.

The timing device that will be used to measure the workout.

3. During the workout:

Athletes must be in camera view at all times.

For the shuttle run, both athletes must be seen crossing the line with both feet at the same time.

The movements with the barbell must be clearly visible from an appropriate angle (full body, barbell, locked position).

The camera must be stable - no zooming in, zooming out or filming with the camera during the workout is allowed.

4. After the end of the workout:

Athletes must remain in the shot and show the timing clock with the final time immediately after the workout is completed.

Rotate the barbell and discus with the weight used.

Athletes must read and show the scores (number of completed rounds and reps in each AMRAP) on camera.

Adherence to these rules will ensure proper verification of performance and fair evaluation of workout results.

05

STANDARDS ✓



STANDARDS

Pull-Ups

The movement begins when the athlete hangs on the trapeze with the arms fully extended and the feet off the ground. The athlete must pull himself up so that his chin clearly crosses the horizontal plane of the trapeze. Any technique is allowed - strict, kipping or butterfly - as long as all required standards are met. A repetition is valid when the athlete returns to the starting position with arms fully extended. If the athlete does not reach full extension in the bottom position or the chin does not get above the bar in the top position, the repetition is invalid. The athlete must be in control of the movement at all times and any excessive swing or failure to meet standards will result in an invalid repetition.

Burpee Over (any hurdle)

The movement begins in an upright position next to the obstacle. The athlete performs a classic burpee, with the chest touching the ground. The athlete then rises and jumps over obstacle (when jumping, both legs come off at the same time)

Valid repetitions:

Burpee: The chest must be in contact with the ground. The athlete may stand in any manner (e.g., over step or straight).

The athlete must jump over the barrier.

The movement must be fluid, but full body extension between the burpee and the jump is not required.

Shoulder To Overhead (S2OH)

Unless specified to perform the exercise from the rack, the athlete must get the barbell into the initial frontrack position with full knee and hip extension. The athlete then uses any technique to get the barbell overhead (Strict Press, Push Press, Push Jerk, Split Jerk). For a valid repetition, the athlete in the overhead position must have full extension in the elbows, knees, and hips with both feet side by side. The axis must be controlled in a straight line of the body. The athlete may then proceed to the next repetition. The athlete may use the touch and go technique. If the athlete breaks and drops the axis, the next repetition starts again in the front rack. When performing the exercise from the ground, the first repetition of the Squat Clean Thruster is not allowed, also the Thruster technique is not allowed between repetitions.

CAL row

The movement begins when the athlete sits on the rowing machine with his feet secured in the straps and his hands holding the handle. The rower display must be reset to 0 calories before each round and remain visible during the row. Reps are calculated 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 marked CONCEPT 2 and reset before each lap.

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 bend is sufficient).

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

Ring Muscle-Up

The movement begins in a full full circle, with arms extended and feet off the ground. The athlete then pulls up and moves through the rings into a dip to get into the top position (with or without a false grip).

Valid Reps: Athlete must start from full vis with elbows extended.

The transition through the rings must be smooth and controlled - no bouncing off the rings or the ground is allowed

The movement ends in a stable top position where the arms must be fully extended and the body fully above the rings.

Any technique may be used - strict, kipping as long as all standards of movement are maintained.

Muscle Up Bar

Each repetition begins with your arms fully extended and your legs in the air. Kipping Muscle Up is allowed as opposed to lunging or folding. No part of the foot may be above the level of the bar while performing the exercise. In the top position, the arms are fully extended over the trapeze and the shoulders are above or in front of the axis of the trapeze. No part of the arm other than the hands may touch the trapeze. Gloves, callouses or other hand protection devices are permitted. No modification of the trapeze is allowed (other than by applying magnesium). Competitive gymnastic callouses are not permitted.

Chest-to-Bar Pull-Up

The movement begins in a hang position on the trapeze bar with arms fully extended and feet off the ground. The athlete must pull up so that part of the chest (below the level of the collarbones) clearly contacts the trapeze bar. The touch must be visible and controlled, not just a glancing touch with the triceps or shoulder.

Any pull-up technique may be used - strict, kipping or butterfly, as long as all standards of movement are maintained.

Repetition is invalid if: the athlete does not achieve full extension of the arms in the down position.

The chest does not touch the bar or only the chin, shoulder or other body part is touched.

The movement is not controlled (invalid repetition includes, for example, bouncing off the bar without clear chest contact).

Each repetition begins from a full hang with arms extended and ends with the chest touching the trapeze.

Shuttle Run

The movement starts in the starting position behind the marked line. The athlete runs to the opposite line for the distance specified in the workout and must cross the line with both feet and touch the ground with the hand behind the line before turning and running back (Unless otherwise stated in the workout)

Valid Reps:

Athlete must cross the line with both feet and touch the ground with hands behind the line each round before changing direction.

The entire movement must be fluid and controlled.

The start and end of the run must always be behind the marked line.

Power Snatch

The movement starts with the barbell on the ground and the athlete must get it overhead in one fluid motion with arms, hips and knees fully extended. The movement must not be performed as a squat snatch, the hips must not be below the level of the knees (below 90°)

Valid reps:

The barbell must be lifted off the ground directly overhead without stopping at the shoulders.

The movement ends in a stable overhead position where the arms, hips and knees must be fully extended and the barbell under control.

Power Clean

The athlete starts with the barbell on the ground. The movement begins with a dumbbell pull-up, where the athlete brings the dumbbell to a front rack position on the shoulders in one fluid motion. The elbows must be in the top position clearly in front of the dumbbell, the knees and hips fully extended and the dumbbell controlled. No full squat is allowed during the movement (the clean must be performed as a „power“). The dumbbell must return to the floor before the next repetition. If the movement is not performed smoothly,

the barbell is not stable in the top position or does not reach the prescribed starting and finishing position, the repetition does not count

The movement must not be performed as a squat clean, the hips must not be below knee level (below 90°)

Overhead Squat (OHS)

The movement begins with a dumbbell held overhead with the arms fully extended. The athlete then performs a squat until the hips drop below the level of the knees (min. 90°), and then returns to an upright position.

Valid reps:

The barbell must be overhead at all times, with the arms fully extended and controlled.

The athlete must drop into a squat position where the bottom of the hips are clearly below the level of the knees min 90°

The movement ends in a stable upright position, with hips, knees and arms fully extended and barbell under control.

Deadlift

The athlete begins with the barbell on the ground, with the barbell equipped with discs on both sides. The movement begins by simultaneously lifting the barbell with active engagement of the legs, hips and back. The repetition is valid if the athlete reaches a fully upright position where the knees and hips are fully extended, the shoulders are behind the dumbbell and the dumbbell is controlled. On return to the ground, the dumbbell must be lowered under control. If the dumbbell is not fully controlled, the hips or knees are not fully extended, or the dumbbell does not reach the desired starting and ending position, the repetition does not count.

