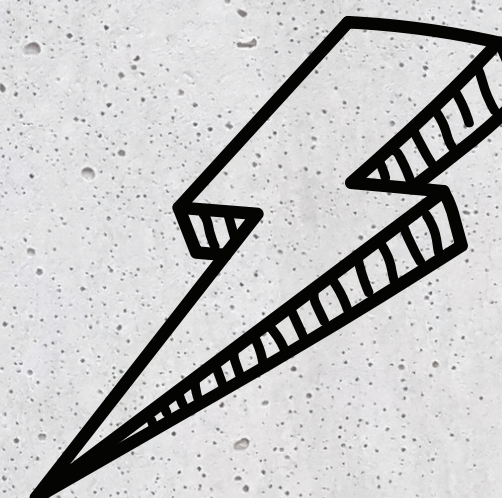




STANDARDY



WOD 04
APRIL 2025



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01

RULEBOOK



LEAGUE STANDARDS

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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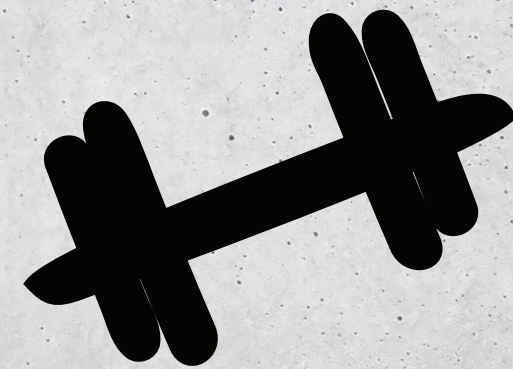
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03

WORKOUTS

+

FLOWS



LEAGUE

STANDARDS

KATEGORIE

WOD 4
ROW & RAGE

ELITE, MASTERS

FOR TIME

30/25 CAL ROW
30 THRUSTER 60/37,5KG
30/25 CAL ROW



FLOW:

The workout is "For Time", with the goal to complete all three parts as fast as possible.

Workout Start:

The athlete begins facing away from the barbell, standing in front of it, and must not turn or move until the start signal is given. After the signal, they may turn around or step back over the bar and sit on the rower.

Part 1 – 30/25 Cal Row:

The rower must be reset to zero before the workout begins.

Only a CONCEPT brand rower is allowed.

The athlete rows until the display shows 30 calories for men / 25 for women.

The athlete must remain seated on the rower until the full number of calories is completed. They may release the handle or remove their feet from the straps, but they must not stand up.

Part 2 – 30 Thrusters (60 kg men / 37.5 kg women):

The athlete performs thrusters starting from the ground: the barbell is brought to the front rack position and transitions into a squat, which flows into a press overhead. Any technique is allowed – power or squat clean. If a squat clean is performed, the first rep will be counted automatically.

Each rep begins with a squat (hips below the level of the knees, below 90°) and ends with the barbell fully locked out overhead, with elbows, hips, and knees fully extended.

The athlete may break the set as needed; the movement must remain controlled.

Part 3 – 30/25 Cal Row:

The athlete returns to the rower, which must be reset to zero before rowing begins.

Same rules apply as in Part 1: the athlete must remain seated on the rower until the target calorie count is reached.

The time stops once the target is achieved.

Goal:

Complete the entire workout as fast as possible. The result is the total time from the start until the end of the final rowing portion.

Emphasis is placed on proper thruster technique and adherence to the rules for entering and exiting the rower.

VIDEO standard:

To have the performance validated, the video must be clear, continuous, and uncut, with visible technique and equipment throughout the entire workout.

1. Camera Setup:

The camera must be stable and must capture the athlete's full body, the rowing machine, the barbell, and the timer at all times.

The camera angle must allow for:

A clear view of the rower display (calories must be legible).

A visible starting position – the athlete standing with their back to the barbell.

The full range of motion during thrusters – from the squat to the overhead position.

The athlete must be in view of the camera during the entire workout

2. Before the Workout Starts:

The athlete must do the following on camera:

Introduce themselves (name, category, WOD number).

Show the loaded barbell and the weight plates with clearly visible weights (60/37.5 kg).

Film the rowing monitor, which must be reset to 0 calories.

Show the timer to be used – it must remain visible throughout the entire workout.

3. During the Workout:

Start:

The athlete starts facing away from the barbell and must not turn until the start signal is given. After the signal, they turn, step over the barbell, and sit on the rower.

Rowing:

The rower display must be visible and start at 0 calories.

The athlete must remain seated until the prescribed number of calories is reached (30/25).

They may release the handle or remove their feet from the straps, but they must not stand up.

Thrusters:

Each repetition must be filmed from the side or a slight angle to clearly show:

Squat depth (hips below the knees).

Overhead lockout (arms, hips, and knees fully extended).

All 30 reps must be clearly countable.

Second Rowing Segment:

Before starting the second row, the rower monitor must again be shown reset to 0 calories.

The same rules apply as in the first rowing portion – the athlete must remain seated until the target is reached.

4. After the Workout:

Show the rower display with the final result clearly visible.

Show the timer with the final time.

Show the loaded barbell (if it was not shown at the beginning of the workout).

KATEGORIE

WOD 4
ROW & RAGE

ADVANCED

FOR TIME

25/20 CAL ROW
30 THRUSTER 50/32,5KG
25/20 CAL ROW



FLOW:

The workout is "For Time", with the goal to complete all three parts as fast as possible.

Workout Start:

The athlete starts facing away from the barbell, standing in front of it, and must not turn or move until the start signal is given.

After the signal, they may turn around or step back over the bar and sit on the rower.

Part 1 – 25/20 Cal Row:

The rower must be reset to zero before the workout begins.

Only a CONCEPT brand rower is allowed.

The athlete rows until the display shows 25 calories for men / 20 for women.

The athlete must remain seated on the rower until the full number of calories is completed. They may release the handle or remove their feet from the straps, but they must not stand up.

Part 2 – 30 Thrusters (50 kg men / 32.5 kg women):

The athlete performs thrusters starting from the ground: the barbell is brought to the front rack position and transitions into a squat, which flows into a press overhead. Any technique is allowed – power or squat clean. If a squat clean is performed, the first rep will be counted automatically.

Each rep begins with a squat (hips below the level of the knees, below 90°) and ends with the barbell fully locked out overhead, with arms, hips, and knees fully extended.

The athlete may break the set as needed; the movement must remain controlled.

Part 3 – 25/20 Cal Row:

The athlete returns to the rower, which must be reset to zero before rowing begins.

Same rules apply as in Part 1: the athlete must remain seated on the rower until the target calorie count is reached.

Time stops once the target is reached.

Goal:

Complete the entire workout as fast as possible. The result is the total time from the start until the end of the final rowing portion.

Emphasis is placed on proper thruster technique and adherence to the rules for entering and exiting the rower.

VIDEO standard:

To have the performance validated, the video must be clear, continuous, and uncut, with visible technique and equipment throughout the entire workout.

1. Camera Setup:

The camera must be stable and must capture the athlete's full body, the rowing machine, the barbell, and the timer at all times.

The camera angle must allow for:

A clear view of the rower display (calories must be legible).

A visible starting position – the athlete standing with their back to the barbell.

The full range of motion during thrusters – from the squat to the overhead position.

The athlete must be in view of the camera during the entire workout

2. Before the Workout Starts:

The athlete must do the following on camera:

Introduce themselves (name, category, WOD number).

Show the loaded barbell and the weight plates with clearly visible weights (50/32.5 kg).

Film the rowing monitor, which must be reset to 0 calories.

Show the timer to be used – it must remain visible throughout the entire workout.

3. During the Workout:

Start:

The athlete starts facing away from the barbell and must not turn until the start signal is given. After the signal, they turn, step over the barbell, and sit on the rower.

Rowing:

The rower display must be visible and start at 0 calories.

The athlete must remain seated until the prescribed number of calories is reached (25/20).

They may release the handle or remove their feet from the straps, but they must not stand up.

Thrusters:

Each repetition must be filmed from the side or a slight angle to clearly show:

Squat depth (hips below the knees).

Overhead lockout (arms, hips, and knees fully extended).

All 30 reps must be clearly countable.

Second Rowing Segment:

Before starting the second row, the rower monitor must again be shown reset to 0 calories.

The same rules apply as in the first rowing portion – the athlete must remain seated until the target is reached.

4. After the Workout:

Show the rower display with the final result clearly visible.

Show the timer with the final time.

Show the loaded barbell (if it was not shown at the beginning of the workout).

KATEGORIE

WOD 4
ROW & RAGE

SPORT

FOR TIME

20/15 CAL ROW
30 THRUSTER 40/27,5KG
20/15 CAL ROW



FLOW:

The workout is "For Time", with the goal to complete all three parts as fast as possible.

Workout Start:

The athlete starts facing away from the barbell, standing in front of it, and must not turn or move until the start signal is given. After the signal, they may turn around or step back over the bar and sit on the rower.

Part 1 – 20/15 Cal Row:

The rower must be reset to zero before the workout begins.

Only a CONCEPT brand rower is allowed.

The athlete rows until the display shows 20 calories for men / 15 calories for women.

The athlete must remain seated on the rower until the full number of calories is completed. They may release the handle or remove their feet from the straps, but they must not stand up.

Part 2 – 30 Thrusters (40 kg men / 27.5 kg women):

The athlete performs thrusters starting from the ground: the barbell is brought to the front rack position and transitions into a squat, which flows into a press overhead. Any technique is allowed – power or squat clean. If a squat clean is performed, the first rep will be counted automatically.

Each rep begins with a squat (hips below the level of the knees, below 90°) and ends with the barbell fully locked out overhead, with elbows, hips, and knees fully extended.

The athlete may break the set as needed; the movement must remain controlled.

Part 3 – 20/15 Cal Row:

The athlete returns to the rower, which must be reset to zero before rowing begins.

Same rules apply as in Part 1: the athlete must remain seated on the rower until the target calorie count is reached.

Time stops once the target is reached.

Goal:

Complete the entire workout as fast as possible. The result is the total time from the start until the end of the final rowing portion.

Emphasis is placed on proper thruster technique and adherence to the rules for entering and exiting the rower.

VIDEO standard:

To have the performance validated, the video must be clear, continuous, and uncut, with visible technique and equipment throughout the entire workout.

1. Camera Setup:

The camera must be stable and must capture the athlete's full body, the rowing machine, the barbell, and the timer at all times.

The camera angle must allow for:

A clear view of the rower display (calories must be legible).

A visible starting position – the athlete standing with their back to the barbell.

The full range of motion during thrusters – from the squat to the overhead position.

The athlete must be in view of the camera during the entire workout

2. Before the Workout Starts:

The athlete must do the following on camera:

Introduce themselves (name, category, WOD number).

Show the loaded barbell and the weight plates with clearly visible weights (40/27.5 kg).

Film the rowing monitor, which must be reset to 0 calories.

Show the timer to be used – it must remain visible throughout the entire workout.

3. During the Workout:

Start:

The athlete starts facing away from the barbell and must not turn until the start signal is given. After the signal, they turn, step over the barbell, and sit on the rower.

Rowing:

The rower display must be visible and start at 0 calories.

The athlete must remain seated until the prescribed number of calories is reached (20/15).

They may release the handle or remove their feet from the straps, but they must not stand up.

Thrusters:

Each repetition must be filmed from the side or a slight angle to clearly show:

Squat depth (hips below the knees).

Overhead lockout (arms, hips, and knees fully extended).

All 30 reps must be clearly countable.

Second Rowing Segment:

Before starting the second row, the rower monitor must again be shown reset to 0 calories.

The same rules apply as in the first rowing portion – the athlete must remain seated until the target is reached.

4. After the Workout:

Show the rower display with the final result clearly visible.

Show the timer with the final time.

Show the loaded barbell (if it was not shown at the beginning of the workout).

KATEGORIE

WOD 4
THE DEVIL'S WALK

TEAM ADVANCED

AMRAP 9

3 SYNCHRO SINGLE ARM DEVILS PRESS
6 SINGLE ARM DB OVERHEAD HOLD WALKING
LUNGES, BOTH ATHLETES

6 SYNCHRO SINGLE ARM DEVILS PRESS
12 SINGLE ARM DB OVERHEAD HOLD WALKING
LUNGES, BOTH ATHLETES

9 SYNCHRO SINGLE ARM DEVILS PRESS
18 SINGLE ARM DB OVERHEAD HOLD WALKING
LUNGES, BOTH ATHLETES

....



FLOW:

The workout is performed in pairs (2 athletes) and lasts 9 minutes. Both athletes work simultaneously, but only certain movements require synchronization.

Round Structure:

3 Synchro Single Arm Devil's Press

6 Single Arm Overhead Hold Walking Lunges (both moving at the same time)

6 Synchro Single Arm Devil's Press

12 Single Arm Overhead Hold Walking Lunges (both moving at the same time)

9 Synchro Single Arm Devil's Press

18 Single Arm Overhead Hold Walking Lunges (both moving at the same time)

... and continue adding:

+3 Synchro Devil's Press

+6 OH Lunges each round

Dumbbells: 1x 22.5 kg (men) / 15 kg (women)

Devil's Press (Synchro):

Each athlete works with one dumbbell (22.5 kg for men / 15 kg for women).

The movement begins with a standard burpee, including chest-to-floor contact.

The athlete then lifts the dumbbell directly overhead in a snatch-like motion (a clean and jerk is allowed but not required).

Synchronization occurs at the top position, where both athletes must have the dumbbell locked out overhead at the same time or wait for each other to reach it.

There is no requirement to switch hands.

Single Arm Overhead Hold Walking Lunges (Both Athletes):

Both athletes perform lunges simultaneously, but do not need to be synchronized.

Each holds one dumbbell overhead in either arm. The dumbbell must not touch the head.

After every 6 lunges, athletes must change direction (6 reps out, 6 reps back).

Lunges must be unbroken – each 6-rep section must be completed without stopping.

The arm holding the dumbbell may be switched between sets, after every 6 reps.

Each lunge requires the knee to touch the ground, followed by a full lockout with both feet side by side, hips and knees fully extended, before proceeding to the next step.

There is no need to pause, but the lockout position and contact of both feet with the floor must be clearly visible.

Each completed lunge counts as one rep (right + left = 2 reps).

The last rep must end in a full standing position, not in a lunge.

Goal:

The pair aims to complete as many reps and rounds as possible in 9 minutes, following the increasing rep scheme (3-6-9... / 6-12-18...).

The pace is dictated by the precision of synchronization in the Devil's Press and control during the lunges.

The score is the total number of reps completed in 9 minutes.

VIDEO STANDRAD

To have the performance validated, the video must be complete, uncut, and provide a clear view of all movements, equipment, and both athletes throughout the entire workout.

1. Camera Setup:

The camera must be stable and stationary.

The full frame must include:

Both athletes at all times (full body view)

The dumbbells being used

Sufficient space for walking lunges (forward and back)

A timer that runs for the entire duration of the workout

2. Before the Workout Starts:

The athletes must introduce themselves on camera:

Name, category, and workout number

They must also clearly show on video:

The dumbbells (with visible weight markings: 22.5 kg / 15 kg)

A functioning timer ready to start

3. During the Workout:

Synchro Single Arm Devil's Press:

Both athletes must be visible at the same time for every rep.

Synchronization occurs at the top position, where both dumbbells must be locked out overhead simultaneously.

There is no requirement to switch arms – the movement can be performed on the same side throughout.

Single Arm Overhead Hold Walking Lunges:

Both athletes perform lunges at the same time – they do not need to be synchronized, but must remain in frame at all times.

After every 6 lunges, a change of direction must be clearly recorded.

4. After the Workout:

The recording must end by showing:

The timer after the 9-minute mark

The dumbbells (if not shown at the beginning)

Optional: Verbal announcement of the final score (total completed reps)

Important:

The entire video must be unbroken, without cuts, and include audible sound.

Synchronization accuracy and lunge technique must be clearly visible on camera.

KATEGORIE

WOD 4
THE DEVIL'S WALK

TEAM SPORT

AMRAP 9

3 SYNCHRO SINGLE ARM DEVILS PRESS
6 SINGLE ARM DB SUITCASE HOLD WALKING LUN-
GES, BOTH ATHLETES

6 SYNCHRO SINGLE ARM DEVILS PRESS
12 SINGLE ARM DB SUITCASE HOLD WALKING
LUNGES, BOTH ATHLETES

9 SYNCHRO SINGLE ARM DEVILS PRESS
18 SINGLE ARM DB SUITCASE HOLD WALKING
LUNGES, BOTH ATHLETES

....



FLOW:

The workout is performed in pairs (2 athletes) and lasts 9 minutes. Both athletes work at the same time, but only specific parts require synchronization.

Round Structure:

3 Synchro Single Arm Devil's Press

6 Single Arm Dumbbell Suitcase Hold Walking Lunges (both athletes)

6 Synchro Single Arm Devil's Press

12 Single Arm Dumbbell Suitcase Hold Walking Lunges (both athletes)

9 Synchro Single Arm Devil's Press

18 Single Arm Dumbbell Suitcase Hold Walking Lunges (both athletes)

... and continue each round by adding:

+3 Synchro Devil's Press

+6 Suitcase Hold Walking Lunges

Dumbbells: 1x 15 kg (men) / 9 kg (women)

Devil's Press (Synchro):

Each athlete uses one dumbbell (15 kg for men / 9 kg for women).

The movement begins with a standard burpee, with the chest touching the ground.

Then the athlete lifts the dumbbell directly overhead in a snatch-style movement (passing through the shoulder is allowed but not required).

Synchronization occurs at the top position, where both athletes must have their dumbbell locked out overhead at the same time, or wait for each other to reach that point.

There is no requirement to switch arms.

Single Arm DB Suitcase Hold Walking Lunges (Both Athletes):

Both athletes perform the lunges at the same time, but synchronization is not required.

Each athlete holds one dumbbell in a straight arm at their side (suitcase hold), in either hand.

After every 6 lunges, the athletes must change direction (6 forward, 6 back).

Lunges must be unbroken – each 6-rep segment must be completed without stopping.

The dumbbell arm may be switched between segments, after completing 6 lunges.

In every lunge, the knee must touch the floor, then the athlete must fully stand up. Both feet must come together and be fully extended (hips and knees locked out) before taking the next step.

A full lockout position and visible contact of both feet with the ground must be clearly shown.

Each completed lunge counts as one rep (right + left = 2 reps).

The final lunge must end in a fully upright standing position (not in a lunge).

Goal:

The pair aims to complete as many rounds and reps as possible in 9 minutes, following the increasing scheme (3-6-9... / 6-12-18...).

The pace is dictated by synchronization accuracy during Devil's Press and movement control during lunges.

The score is the total number of reps completed in 9 minutes.

VIDEO STANDRAD

To have the performance validated, the video must be complete, uncut, and provide a clear view of all movements, equipment, and both athletes throughout the entire workout.

1. Camera Setup:

The camera must be stable and stationary.

The full frame must include:

Both athletes at all times (full body)

The dumbbells being used

Sufficient space for walking lunges (forward and back)

A timer running throughout the entire workout

2. Before the Workout Starts:

The athletes must introduce themselves on camera:

Name, category, and workout number

They must clearly show:

The dumbbells with visible weight markings (15 kg / 9 kg)

A functioning timer prepared to start

3. During the Workout:

Synchro Single Arm Devil's Press:

Both athletes must be visible at the same time for every repetition.

Synchronization occurs at the top position, where both dumbbells must be locked out overhead simultaneously.

There is no requirement to switch arms – the movement can be performed on the same side throughout.

Single Arm DB Suitcase Hold Walking Lunges:

Both athletes perform lunges simultaneously – synchronization is not required, but both must remain visible in the frame at all times.

After every 6 lunges, a change of direction must be clearly shown.

4. After the Workout:

The recording ends by showing:

The timer after the full 9 minutes have elapsed

The dumbbells (if not shown at the beginning)

Optional: Verbal announcement of the final score (total number of completed reps)

Important:

The entire video must be continuous and uncut, with clearly audible sound.

Synchronization during Devil's Press and proper lunge technique must be clearly visible on camera.

05 STANDARDS ✓

Row

The rower must be a CONCEPT 2 and must be reset before each round.

The athlete must remain seated on the rower until the required number of calories is displayed.

In the video, at least half of the rower must be visible, especially the monitor and the front of the athlete's body (legs must be visible during the lean-back phase).

Interrupting the rowing before reaching the target calorie count will result in an invalid repetition.

Thruster

Starting position: The barbell must start on the ground. Using a rack is not allowed.

The athlete performs a thruster in one smooth motion from the bottom of a front squat, with the hip clearly passing below the top of the knees.

Transition to press: From the bottom squat, the athlete moves continuously into an overhead press. The movement must be fluid, with no pause between the squat and the press.

Finish: The barbell must be fully locked out overhead with hips, knees, and arms fully extended, and the barbell aligned directly over the body.

Devil Press

The movement starts with both dumbbells placed on the ground. The athlete must perform a burpee, with the chest and thighs touching the floor — either while holding the dumbbells or with hands next to them.

From the bottom position, the athlete rises and brings both dumbbells overhead in one smooth motion.

The dumbbells must finish fully extended overhead, with the arms in line with the ears, and hips, knees, and feet in one straight line, in a stable position.

The movement may be performed as a swing or a snatch, but must be continuous, with no pause at the shoulders.

If the dumbbells are not fully controlled overhead or movement standards are not met, the rep is invalid.

The dumbbells must be lowered to the ground in a controlled manner before starting the next rep.

Single Arm Dumbbell Suitcase hold Walking lunges

The movement begins from a fully upright position, with the dumbbell held in a suitcase position (arm extended straight down by the side), feet together, and hips and knees fully extended.

The athlete steps forward into a lunge, and the back knee must touch the floor.

The athlete then returns to a fully upright position, with both feet next to each other and hips and knees fully extended, before continuing with the next step.

There is no requirement to pause, but the lockout position and clear contact of both feet with the ground must be clearly visible. If the athlete does not reach full extension between reps, the movement will not be counted.

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

Errors that result in a no-rep:

The back knee does not touch the ground.

Failure to extend the hips and knees between repetitions.

Not finishing the final repetition in a fully upright position.

The athlete does not reach full extension between lunges or at the end of the final rep.

Single Arm Dumbbell Overhead Hold Walking Lunges

The movement begins from a fully upright position, with the dumbbell held overhead in one hand.

The arm must be fully extended, and the dumbbell must be stable and directly overhead; not drifting outside the line of the body.

The athlete steps forward into a lunge, with the back knee touching the ground.

They must then stand up into a fully upright position, with both feet together and hips and knees fully extended, before continuing to the next step.

There is no requirement to pause, but control, full extension, and clear contact of both feet with the ground must be visibly maintained.

If the athlete does not reach a fully upright position between lunges, the rep is invalid.

Each lunge counts as two reps (right + left = 2 reps).

The final lunge must end in an upright standing position, not mid-step.

Errors that result in a no-rep:

The back knee does not touch the ground.

The arm holding the dumbbell is bent or the dumbbell is not overhead.

The athlete does not reach full extension between lunges or at the end of the final rep.

The dumbbell drops below head level during the movement.

