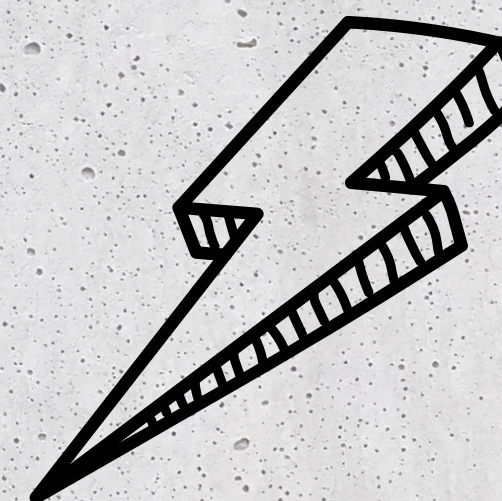
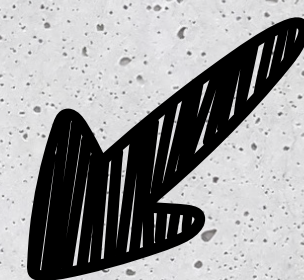




STANDARDY



WOD 06
JUNE 2025



01 RULEBOOK



RULEBOOK 1

ALL RIGHTS RESERVED 5

WORKOUTS + FLOWS 6

INDIVIDUALS 8

TEAM MIX SPORT / ADVANCED 12

TEAM MIX SPORT / ADVANCED 13

STANDARDS 18

SPONSORS 20

BRIEFING

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

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 the workouts, the organizational plan, or the competition day schedule.

All barbells must be equipped with collars for each workout and remain secured throughout the entire workout.

The organizer reserves the right to retroactively decide on the validity of a video submission based on the available footage or other evaluation materials.

ALLOWED EQUIPMENT FOR THE WORKOUT:

- Weightlifting belt, wraps, chalk
- Prohibited equipment includes (but is not limited to): lifting straps
- The organizer and Head Judges reserve the right to ban the use of specific equipment for a given workout.

02

ALL RIGHTS
RESERVED



LEAGUE STANDARDS

© 2025 BCROSS CHALLENGE. All rights reserved.

No part of this document may be used (including but not limited to copying, publishing, distributing, or otherwise reproducing) without the prior written permission from Bcross Challenge, s.r.o.

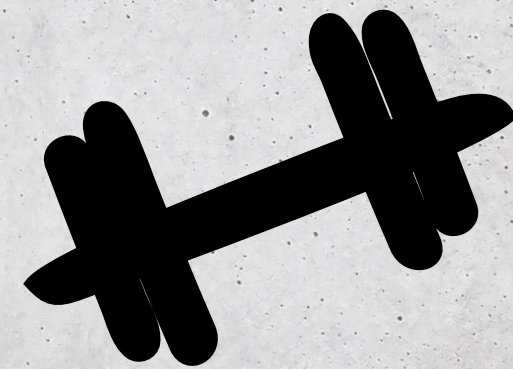
Any use of this copyrighted material without such prior written authorization constitutes an unlawful act and may result in legal consequences under applicable

03

WORKOUTS

+

FLOWS



LEAGUE

STANDARDS

CATEGORY

WOD 6

INDIVIDUALS

20 MIN AMRAP

5-10-15-... CAL ROW
10 SHUTTLE RUN 8M (=10X 8M)
5-10-15-... PULL UP

EACH ADDITIONAL ROUND: +5 CALS AND +5 PULL-UPS
PART OF BIG SUMMER GAMES QUALIFICATION



FLOW:

This workout is the same for all individual categories. 20-minute AMRAP: Row, Shuttle Run, Pull-ups
Calories and pull-ups increase by +5 each round, while the shuttle run always stays the same: 10 x 8 meters.
The goal is to complete as many rounds as possible within 20 minutes.

FLOW of each round: Row (Calories)

Start with 5 calories

In every new round, add +5 calories

Round 1 = 5 cal, Round 2 = 10 cal, Round 3 = 15 cal, And so on...

Shuttle Run (10 x 8m) Each round, complete a fixed 10 x 8 meters (total 80 meters)

Every turnaround counts as a rep. Both feet must visibly cross the line

Begin your run immediately after finishing the row

Pull-ups - Start with 5 pull-ups

In every new round, add +5 reps

Round 1 = 5 pull-ups, Round 2 = 10 pull-ups, Round 3 = 15 pull-ups

And so on...



MOVEMENT STANDARDS

Cal Row:

Rowing machine: CONCEPT2, reset to zero before each attempt.

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

It is not allowed to stand up early – the athlete may only release the handle or feet from the straps after the calories are completed.

Shuttle Run:

Distance: 8 meters

Each length (out/back) = 1 rep

A total of 10 lengths (5 out and 5 back) per round

Athletes must start behind the line and finish with both feet fully over the line

Hand touch behind the line is not required

Pull-Ups:

Any variation is allowed: strict, kipping, or butterfly

The chin must clearly pass above the bar for the rep to count

VIDEO STANDARDS

Camera Setup:

- Use a stable camera, ideally positioned from the side to capture the rower, pull-up bar, and shuttle run lane.
- The camera must clearly show:
 - Calorie count on the rower display, Each pull-up rep
 - Every shuttle run turnaround, Timer must be visible throughout the entire workout.

2. Before the Workout Starts:

- The athlete must introduce themselves (name, category, WOD number).
- Record the following:
 - Rower display reset to zero, Visible timer
 - Running lane with clearly marked 8m distance, Pull-up bar clearly visible

3. During the Workout:

- Start: Athlete begins from a resting position (no specific starting stance required).
- Rowing: Footage must show the rower starting from 0 calories and ending at the required target.
- Shuttle Run: Every turnaround and foot contact must be clearly recorded.
- Pull-Ups: The angle must clearly show the chin passing above the bar.

WOD 6

CATEGORY

TEAM ADVANCED

FOR TIME

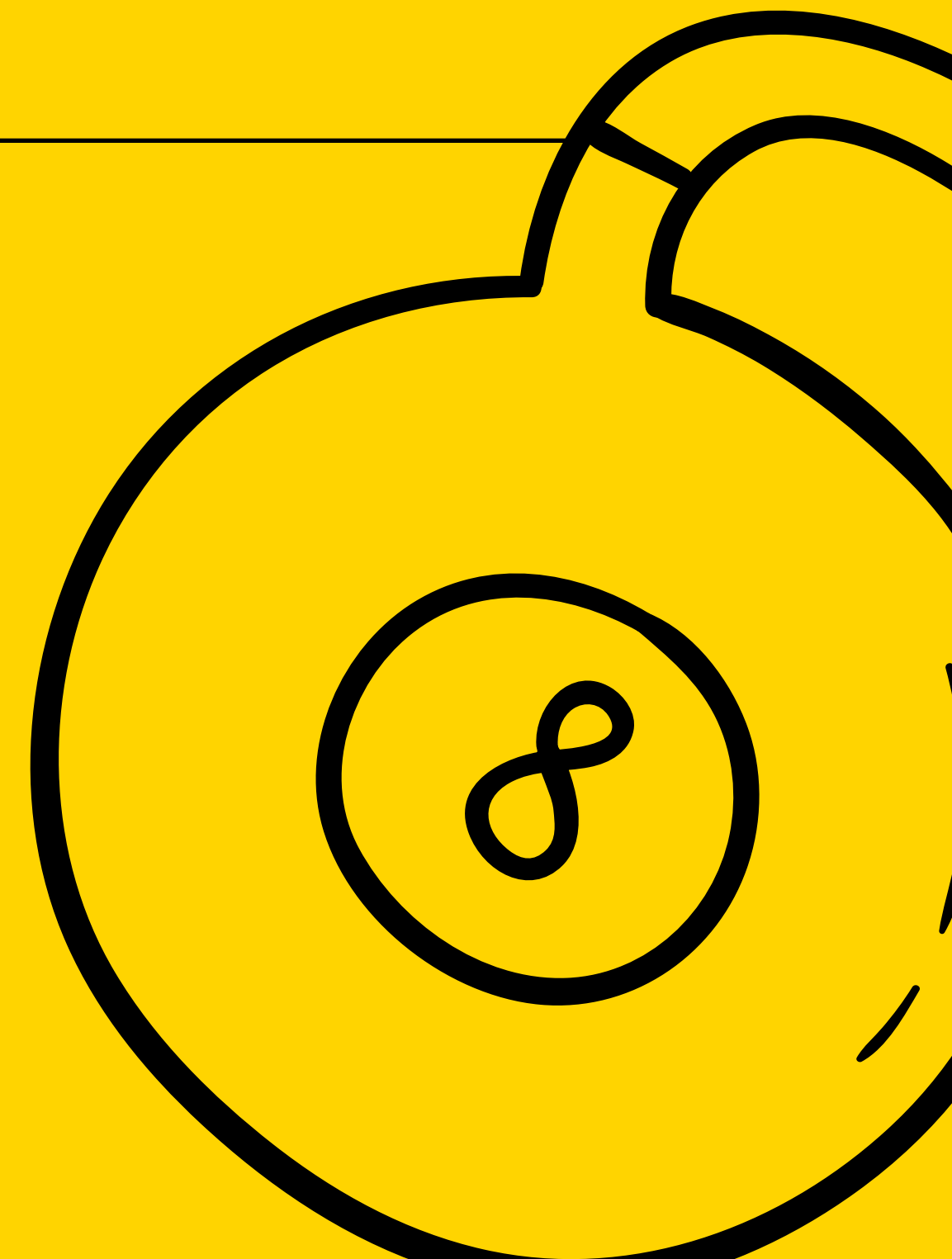
AT1: 20 THRUSTERS, 20 BURPEES OVER ROWER, 20 CAL ROW

AT2: 20 THRUSTERS, 20 BURPEES OVER ROWER, 20 CAL ROW

AT1: 10 THRUSTERS, 10 BURPEES OVER ROWER, 10 CAL ROW

AT2: 10 THRUSTERS, 10 BURPEES OVER ROWER, 10 CAL ROW

40/27,5kg



WOD 6

CATEGORY

TEAM SPORT

FOR TIME

AT1: 15 THRUSTERS, 15 BURPEES OVER ROWER, 15 CAL ROW

AT2: 15 THRUSTERS, 15 BURPEES OVER ROWER, 15 CAL ROW

AT1: 10 THRUSTERS, 10 BURPEES OVER ROWER, 10 CAL ROW

AT2: 10 THRUSTERS, 10 BURPEES OVER ROWER, 10 CAL ROW

30/20 kg



FLOW:

This workout is for time.

The workout is performed in teams of two – Athlete A and Athlete B – who alternate according to a prescribed order.

Each athlete must complete the entire block of movements (thrusters, burpees, rowing) before switching.

Only one athlete works at a time, the other rests.

At the start of the workout, the team decides who is Athlete A and who is Athlete B – this order must be maintained throughout the workout.

Workout Structure: **Thrusters**

The barbell starts on the ground. The athlete lifts it into the front rack position and performs a thruster (full squat + overhead press). For the first rep, the athlete may perform a squat clean into a thruster.

Each rep must start below parallel and finish with the bar locked out overhead in a stable position.

Burpees Over Rower

The burpee starts from a standing position next to the rower. The athlete moves from standing to lying on the ground (chest and thighs must touch the floor) and then returns to standing. Then, the athlete jumps over the rower (two-foot takeoff is not required).

No jump-and-clap is needed, but full contact with the floor (chest) is mandatory.

The jump over the rower can be performed facing or lateral.

Cal Row

The athlete rows the prescribed number of calories.

The score is based on the number shown on the rower monitor after rowing stops.

The athlete must complete the full calorie count before leaving the rower.

GOAL:

Finish the workout as fast as possible.

Key elements are smooth transitions, well-managed pacing, and efficient movement flow.

The team's final time is the official result.

Video Standards

1. Camera Setup:

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

The camera may be moved during the workout if needed to clearly show the rower display.

Thrusters: The camera must capture the athlete from the side or front, clearly showing full range of motion and lockout at the top.

A visible timer or stopwatch must be present throughout the entire workout.

2. Equipment Check Before the Workout:

Athletes must state their name, category, and workout number on camera.

They must also record and show:

The CONCEPT2 rower, The barbell and plates, with visible weight markings

The timer or stopwatch that will be used during the workout

3. During the Workout:

Athletes must remain in the frame at all times.

The rower display must be reset to zero before each rowing segment.

The rower settings can be adjusted during the workout.

If the display is not reset, the team will receive a penalty.

Barbell Movements:

Movements with the barbell must be clearly visible from an appropriate angle, showing the full body, the barbell, and the lockout position.

The camera must remain stable and fixed during each movement – zooming, panning, or moving the camera is not allowed.

The only exception: the camera may be moved only to clearly show the rower display.

4. After the Workout:

Athletes must remain in the frame and immediately show the timer with the final result.

Record and show the barbell and weight plates used (if not shown at the beginning of the workout).

Athletes must clearly state and show the final score on camera.

Following these video standards ensures proper performance validation and fair scoring.

5. Barbell Weights by Division:

Sport Team: 30 kg (men) / 20 kg (women)

Advanced Team: 40 kg (men) / 27.5 kg (women)

05

STANDARDS ✓



STANDARDS

PULL-UPS

Each repetition must end with the chin clearly above the height of the bar.

Any variation is allowed – strict, kipping, or butterfly.

A rep will not be counted if the chin does not reach the required height.

The pull-up bar must be high enough so that the athlete does not touch the ground during the movement.

SHUTTLE RUN

During the shuttle run, the athlete must clearly cross the marked line with both feet – hand touch is not required.

Each run must start and finish behind the line, and the turnaround must be clearly executed without shortening the distance or breaking the flow of movement.

ROW

The rower must be CONCEPT2 brand and reset before each round.

The athlete must remain seated on the rower until the display shows the required number of calories.

When filming, at least half of the rower must be visible, especially the monitor and the athlete's upper body (legs are sufficient in the lay-back position).

Stopping the row before reaching the required calorie count results in an invalid repetition.

THRUSTER

Starting Position: The barbell starts on the ground. Use of racks is not allowed.

Execution:

The athlete performs a thruster in one fluid motion from the bottom of a front squat, where the hip crease clearly passes below the top of the knees.

Transition to Press:

From the bottom squat position, the movement transitions directly into an overhead press.

The movement must be continuous, with no pause between the squat and the press.

Finish Position:

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

BURPEES

The athlete moves freely from standing to lying down, with the chest and thighs touching the floor, and then returns to a standing position.

After touching the ground, the athlete stands back up.

(Two-foot takeoff is not required when returning to standing.)

