



BIG **SUMMER** *GAMES*

QUALIFICATION BSG 2025

EN

RULEBOOK



RULEBOOK 1

RESERVED RIGHTS 7

INDIVIDUALS WORKOUT 1 9

INDIVIDUALS WORKOUT 2..... 14

STANDARDS20

BRIEFING

Athletes are required to follow the video recording and execution standards for the qualification workout.

Any failure to meet the video standards may result in the entire video being rejected.

It is the responsibility of each athlete to ensure the video link is functional and meets all requirements.

The video link must be submitted no later than June 10th at 11:59 PM.

VIDEO STANDARDS

- Before the workout begins, athletes must clearly state their names on camera.
- The weight of the barbell and plates must be clearly shown in the video – otherwise, the video will be considered invalid.
- The shuttle run distance must be visibly marked, and both feet must clearly cross the line.
- The pull-up bar must be clearly visible to show whether it is taped or not.
- The video must not be paused, cut, or edited in any way.
- A visible timer must be running throughout the entire workout – we recommend using the WODProof app.
- Countdown timers are not allowed.
- The use of a fisheye lens is strictly prohibited.
- The athlete must remain visible on screen for the entire duration of the video.
- A judge is not required.

- Assistance with loading the barbell is not allowed.
- The video must be recorded in a way that clearly shows the completion of all movement standards – for example, full range of motion during squats. If this is not properly shown, the workout result may not be accepted.
- The camera position may be adjusted during the workout to best capture the full movement.
- For Workout 1, a diagonal rear angle of the rowing machine is required, filmed from a distance that makes the display screen clearly readable. The camera position may be changed to best capture the full range of motion.

ALLOWED EQUIPMENT FOR WORKOUTS

- Weightlifting belt, grips, knee sleeves/wraps, chalk.
- It is not allowed to use both tape on the pull-up bar and grips – only one or the other may be used.
- Prohibited Equipment:
- Lifting straps, non-standard footwear.

RESERVED
RIGHTS



© 2025 BCROSS CHALLENGE. Reserved Rights

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

Any use of this copyrighted material without such prior written authorization is considered illegal and may result in legal consequences under applicable laws.

INDIVIDUALS WORKOUT 1.



(ELITE, ADVANCED, SPORT, MASTERS, - TEEN)

WORKOUT 1. ELITE,ADVANCED,SPORT,MASTERS.

1

AMRAP 20 MIN

5–10–15–... Calories Row

10x Shuttle Run

5–10–15–... Pull-Ups



SCORE

- REPS
- DEADLINE 10.6. 23:59

* 10x Shuttle Run (8 m there and back = 10 lengths)

* In each new round, add +5 calories on the rower and +5 pull-ups.

The number of shuttle runs remains the same throughout:
(10 lengths = 80 m)

FLOW

The workout is a 20-minute AMRAP:

Row – Shuttle Run – Pull-Ups

Calories and pull-ups increase by 5 reps each round, shuttle run always stays at 10x8 m.

The goal is to complete as many rounds as possible in 20 minutes.

WORKOUT 1. TEEN - UP TO 17 YEARS OLD

1

AMRAP 14 MIN

3-6-9- ... Calories Row

10x Shuttle Run

3-6-9... Toes to bar



SCORE

- REPS
- DEADLINE 10.6. 23:59

* 10x Shuttle Run (8 m there and back = 10 lengths)

* In each new round, add +3 calories on the rower and +3 toes-to-bar (TTB)

The number of shuttle runs remains the same:
(10 lengths = 80 m)

FLOW:

The workout is a 14-minute AMRAP:

Row – Shuttle Run – Toes-to-Bar

Calories and toes-to-bar increase by 3 reps each round.

Shuttle run always stays at 10x8 m.

The goal is to complete as many rounds as possible in 14 minutes.

STANDARDS

Cal Row:

Rowing machine: CONCEPT2, must be reset to 0 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 – only releasing the handle or feet from the straps is permitted.

Shuttle Run:

Distance: 8 meters; each length (out/back) = 1 run. Total: 10 lengths (5 there and back).

Athletes must start behind the line and finish beyond the line on each run. Both feet must cross the line – touching with the hand is not required.

Pull-Ups:

Any variation is allowed (strict, kipping, butterfly). Chin must clearly pass above the bar.

TTB

Each rep starts from a dead hang on the bar with arms fully extended and the body in full extension.

Each rep must begin with the feet clearly behind the vertical plane of the bar. For a valid rep, both toes must touch the bar simultaneously between the hands.

VIDEO STANDARDS

1. Camera Setup

Use a stable camera, ideally positioned from the side with a clear view of the rower, pull-up bar, and shuttle run area.

The camera must clearly show the calories on the rower, every pull-up, and each shuttle run.

A visible timer must be present throughout the entire workout.

2. Before the Workout

The athlete must introduce themselves (name, qualification workout number, and name of the Games).

Record the following: The reset rower display, The visible timer, The running area with clearly marked lanes, The pull-up bar, visibly shown.

3. After the Workout

Start: The athlete begins from a resting position – no specific stance is required.

Rowing: The video must clearly show the start at 0 and the target calories being reached.

Shuttle Run: Every turn and foot crossing must be clearly captured.

Pull-Ups: The angle must show the chin passing above the bar.

4. After the Workout

Show the rower display again with the final calorie count. The video must not be cut, edited, or paused at any point.

INDIVIDUALS WORKOUT 2.

(ELITE, ADVANCED, SPORT, MASTERS, - TEEN)



WORKOUT 2. ELITE, ADVANCED, SPORT, MASTERS

2 FIND MAX WEIGHT FOR COMPLEX IN 10 MIN

1 Clean
1 Front Squat
1 Shoulder to overhead
1 Front Squat
1 Hang Clean



SCORE

- max weight

FLOW:

The athlete has 10 minutes to find their maximum weight for the following complex:

The entire complex must be performed in one continuous attempt without dropping the barbell.

Athletes may choose their own strategy and attempt order within the time limit, but only the heaviest successfully completed lift will count.

If any part of the complex is not completed, the attempt is invalid (NO REP).

WORKOUT 2. TEEN - UP TO 17 YEARS OLD

2 FIND MAX WEIGHT FOR COMPLEX IN 10 MIN

- 1 Clean
- 1 Front Squat
- 1 Shoulder to overhead



SCORE

- max weight

FLOW:

The athlete has 10 minutes to find their maximum weight for the given complex.

The entire complex must be completed in one continuous attempt without dropping the barbell.

The athlete may choose their own attempt strategy within the time limit, but only the heaviest successfully completed attempt will count.

If any phase of the complex is not completed, the attempt is invalid (NO REP).

STANDARDS

Clean:

Lifting the barbell from the ground to the front rack position.

Any technique is allowed (power clean, muscle clean, squat clean).

The movement ends in a stable position with the barbell resting on the shoulders.

Front Squat:

A squat starting from a fully extended front rack position, without interruption.

Depth: Hips must pass below the knees.

Finish in a fully upright position with knees and hips fully extended.

Shoulder to Overhead:

The barbell moves from the shoulders to overhead.

Any technique is allowed (strict press, push press, push jerk, split jerk).

Lockout: Arms, hips, and knees must be fully extended, with stable control in the overhead position.

STANDARDS

Hang Clean:

After the second squat, the barbell remains in the athlete's hands – the movement continues by transitioning into the hang position (above the knees).

From this position, perform a clean back into the front rack (power, muscle, or squat clean).

The movement ends in a stable position with the barbell on the shoulders.

NO REP situations

Dropping the barbell between phases

Breaking the complex (resting the bar on the ground)

Failing to reach the required squat depth

Missing the overhead lockout (full extension)

Lack of control or unstable final position.

VIDEO STANDARDS

1. Camera

Stable side or angled view that clearly captures all phases of the lift.

The athlete, barbell, and timer must be fully visible throughout the entire workout.

2. Before the Workout

The athlete must introduce themselves: name, qualification workout number, and name of the Games.

Show the loaded barbell and all plates with visible weights.

Display the timer, which must run continuously throughout the workout.

3. During the Workout:

Each attempt must be recorded without any cuts or edits.

All phases of the complex must be clearly visible and performed smoothly. After each attempt, the athlete must remain in the frame, and the barbell must be lifted and lowered within the visible area.

4. After the Workout:

Show the loaded barbell again, including all plates used.

Show the timer with the final time (within the 10-minute limit).

STANDARDS ✓

PUL-UPS

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

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

Reps 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.

TTB

Each rep starts from a dead hang on the bar with arms fully extended and the body in full extension.

Each rep must begin with the feet clearly behind the vertical plane of the bar. For a valid rep, both toes must touch the bar simultaneously between the hands.

SHUTTLE RUN

In the shuttle run, the athlete must cross the marked line with both feet – hand contact is not required. Each run must start and end behind the line, and each turn must be clearly executed in full motion without shortening the distance.

ROW

The rower must be a CONCEPT2 and reset to 0 before each round.

The athlete must remain seated on the rower until the display shows the required number of calories. When recording video, half of the rower must be visible, especially the display and the athlete's front body position (at least legs visible during the lean back).

Interrupting the row before reaching the required calories results in an invalid rep.

COMPLEX

1 CLEAN

1 FRONT SQUAT

1 SHOULDER TO OVERHEAD

1 FRONT SQUAT

1 HANG CLEAN

This complex consists of five consecutive movements, which must be completed in the listed order without dropping the barbell between any of the phases.

Clean: The movement starts with the barbell on the ground. The athlete must bring the barbell into the front rack position using either a power clean, squat clean, or muscle clean. The rep is valid if the athlete reaches a fully stable position with the barbell resting on the shoulders, and both hips and knees fully extended.

Front squat: Before beginning the squat, the athlete must stand fully upright with hips and knees extended, the barbell on the shoulders, and elbows visibly in front of the bar. Then the athlete performs a squat, with the hip crease clearly below the knee at the bottom, and stands back up into full extension, with knees, hips, and shoulders aligned in a straight vertical line.

Shoulder to Overhead: From the front rack position, the athlete must press the barbell overhead into a fully locked-out position with arms, hips, knees, and feet in one straight line. Any technique is allowed – strict press, push press, push jerk, or split jerk – but the barbell must be under full control before being brought back to the front rack.

Hang Clean: After completing the shoulder to overhead, the athlete lowers the barbell into a hang position (anywhere above the knees, below the hips, or in between). From there, they perform a hang clean (power, squat, or muscle clean). The rep is valid if the athlete returns the barbell to the front rack position using the same standards as the first clean.

ADDITIONAL RULES

The barbell may not be dropped between movements.

Placing the barbell on the ground at any point results in an invalid attempt.

Each phase of the complex must be completed correctly before moving on to the next.

If any movement fails to meet the standards, the entire complex is invalid.

In the case of a split jerk, the athlete must bring both feet back into a straight line before lowering the barbell.

PARTNERS

