



BIG **SUMMER** *GAMES*

KVALIFIKACE BSG 2025

TEAM - ENG

RULEBOOK



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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 24 th at 11:59 PM.

STANDARDY VIDEO

- Before starting the workout, athletes must state their names and the team name.
- The video must clearly show the weight of the barbell and plates — otherwise, the video will be considered invalid. The dimensions of the shuttle run area must also be visible, including both feet touching beyond the line.
- We require a clearly visible pull-up bar where it can be seen whether or not it is taped.
- The video must not be paused, edited, or cut in any way.
- A visible timer must be running throughout the entire workout — we recommend using the WODProof app.
- No countdown timer is allowed.
- Using a fisheye lens is strictly prohibited.
- The athlete must be visible in the frame for the entire duration of the qualifier video.
- A judge is not mandatory.

- Assistance with loading the barbell is allowed.
- The video must be recorded in a way that clearly shows the fulfillment of all movement standards for every exercise — for example, the depth of the squat. If these standards are not clearly met, the workout result may not be accepted.
- The camera position may be adjusted during the recording to best capture the full range of motion.

Allowed athlete equipment for workouts:

- Allowed athlete equipment for workouts:
- Weightlifting belt, grips, wraps, and chalk are permitted.
- It is not allowed to combine tape on the pull-up bar with grips — only one or the other may be used.
- Prohibited equipment includes lifting straps and non-standard footwear.

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TEAM WORKOUT 1.



(ADVANCED/SPORT)

WORKOUT 1. TEAM ADVANCED / SPORT

1 3 RND FOR TIME

100 Double under A1
25 S2 Bar facing Burpee
75 Double under A2
25 S2 Bar facing Burpee
50 Double under A3
25 S2 Bar facing Burpee

SCORE • time

At the beginning of the workout, the team selects who will be Athlete A, B, and C. This order must remain the same throughout the entire workout.

Structure of 1 round:

Athlete A: 100 Double Unders

- 25 Synchro Burpees Over the Bar (in a pair)

Athlete B: 25 Double Unders

- 25 Synchro Burpees Over the Bar (in a pair)

Athlete C: 50 Double Unders

- 25 Synchro Burpees Over the Bar (in a pair)

After Athlete C finishes their part, a new round begins again with Athlete A. There are a total of 3 rounds, meaning each athlete will return to their section three times.

The goal is to complete the workout in the fastest time possible.

STANDARDS

SYNCHRO BURPEES

- S2 = any two athletes – no specific order is required
- Athletes may switch freely throughout the workout
- The barbell must be loaded with standard 45 cm diameter plates
- The pair performing the burpees must always be on the same side of the bar
- Chest-to-ground contact must occur at the same time for both athletes
- The jump over the bar does not have to be synchronized, but:
 - The jump can be performed in any style
 - Both feet must be in the air at the same time (no stepping over allowed)

DOUBLE UNDERS

- The rope must pass under the body twice in a single jump
- Each athlete must complete their assigned number of reps:
 - Athlete A = 100
 - Athlete B = 75
 - Athlete C = 50

SCORING The score is the total time it takes for the team to complete 3 full rounds.

VIDEO STANDARD

1. Camera Setup:

- The camera must be stable, ideally positioned from the side with a clear view of the burpees.
- A visible timer must be displayed throughout the entire workout.

2. Before the Workout Starts:

- The team must introduce themselves: name, qualifier workout number, and name of the event.
- Record the following: The loaded barbell with plates. The timer. The jump rope area

3. During the Workout:

- Start: The athlete begins from a static position – no specific stance is required.
- Burpees: The chest-to-ground contact must be clearly visible.
- Double Unders: Should be performed facing the camera.

4. After the Workout:

- Show the timer with the final time.
- The video must not be edited, cut, or paused at any point.

TEAM WORKOUT 2.



(ADVANCED/SPORT)

WORKOUT 2. - TEAM ADVANCED / SPORT

2

A) 3 MIN AMRAP

MAX PULL UPS

B) 5 MIN WINDOW

1RM FRONT SQUAT FROM RACKS



SCORE

- 2.A - reps
- 2.B - weights

FLOW

A. Max Pull-ups – 3 min AMRAP

Time cap: 3 minutes

Goal: Perform as many pull-ups as possible as a team

Only one athlete works at a time

Athletes can switch freely during the 3 minutes

Two different pull-up bars may be used

The execution of the movement must be clearly visible – the camera may be moved during the workout if necessary

Pull-up Standards:

- The movement must start from a dead hang with fully extended arms
- Each repetition ends with the chin clearly over the bar
- All pull-up styles are allowed: kipping, butterfly, or strict
- The judge will count only valid repetitions

Immediately after this part, continue directly to Part B without a break.

B. 5-Minute WINDOW – 1RM Front Squat

Time window: 5 minutes

Goal: Each athlete in the team finds their heaviest successful Front Squat (1RM)

Rules:

- One men's and one women's barbell may be used
- Unlimited attempts – athletes may add or remove weight as needed
- The execution of the movement must be clearly visible
- After completing the squat, the athlete must demonstrate full control of the barbell
 - No walking or extra steps allowed after the lift
- The camera may be repositioned for better visibility

Movement Standards – Front Squat:

- The squat must reach below parallel (hip crease below the knee)
- Athlete must stand back up to full extension – hips and knees fully locked out
- The barbell may be loaded in advance

VIDEO STANDARD

1. Camera Setup:

- The camera must be stable, positioned from the side or at an angle to clearly capture all phases of the movement.
- Athletes, the barbell, and the timer must be fully visible in the frame throughout the entire workout.

2. Before the Workout:

- The team must introduce themselves: name, qualifier workout number, and event name (Games title)
- Clearly show the two selected pull-up bars
- Show the timer that will run continuously during the workout

3. During the Workout:

- Every attempt must be filmed without cuts or interruptions
- Pull-ups and squats must be clearly visible and performed smoothly
- Athletes must remain in frame after each attempt
- Show the loaded barbell and all plates with visible weight markings

4. After the Workout:

- Show the fully loaded barbell with all weights clearly visible (final lift)
- Show the timer with the final time

STANDARDS ✓

DOUBLE UNDERS

For each repetition, the rope must pass twice under the feet during a single jump before the athlete lands.

The athlete must be in the air for every rep, and the rope must complete a double rotation around the body within one jump.

A valid repetition ends when the athlete lands back on the ground.

BURPEES OVER THE BAR

During the workout, burpees are performed in pairs. The team can choose any two athletes, and may switch pairs freely at any time – there is no fixed order required.

Burpees are performed over a barbell loaded with standard 45 cm plates.

Both athletes must perform the burpees on the same side of the bar, and their chest must touch the ground at the same time – this is the key synchronization point.

The jump over the bar does not need to be synchronized, but must be executed with both feet leaving the ground at the same time (stepping over the bar is not allowed).

PULL-UPS

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

All styles are allowed: strict, kipping, or butterfly.

Repetitions where the chin does not reach the required height will not be counted.

The bar must be high enough to allow the athlete to hang without touching the ground during the movement.

FRONT SQUAT

The starting position requires the barbell to be resting on the shoulders, with the elbows clearly in front of the bar, and both hips and knees fully extended.

The athlete then squats until the hip crease is visibly below the top of the knees.

To complete the repetition, the athlete must return to full extension – knees and hips locked out, with the barbell, shoulders, hips, and heels aligned vertically.

PARTNEŘI



STANDARDS