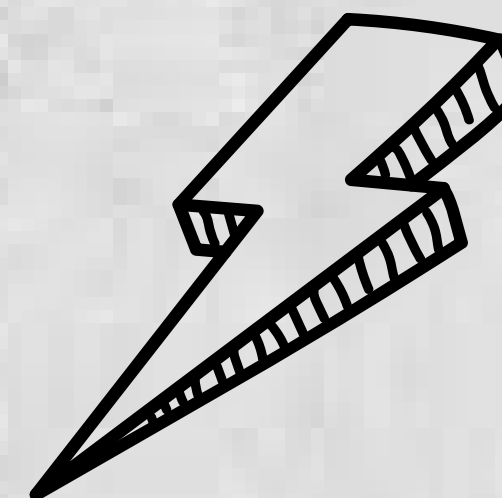


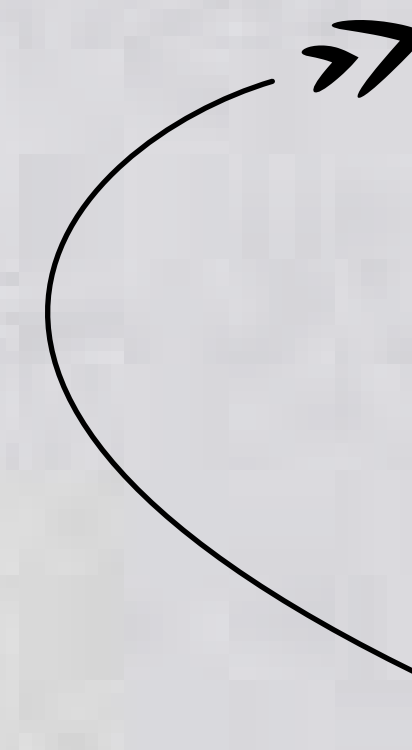
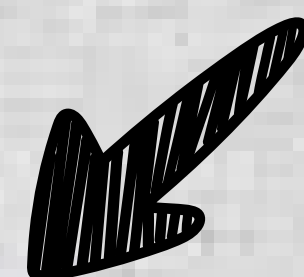


LEAGUE

STANDARDY



WOD 08
AUGUST 2025



01 RULEBOOK



LEAGUE STANDARDS

RULEBOOK	1
ALL RIGHTS RESERVED	5
INDIVIDUALS	8
TEAM	13
STANDARDS	19
SPONZOŘI	22

BRIEFING

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

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

The organizer reserves the right to make any changes to the workouts, the organizational plan, or the event day schedule.

All barbells must be secured with collars throughout the entire duration of each workout.

The organizer reserves the right to assess and determine the validity of a video — whether successful or unsuccessful — even retrospectively, based on the available footage or other evaluation materials.

PERMITTED ATHLETE 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 certain equipment for a specific workout.

02

ALL RIGHTS
RESERVED



STANDARDS

© 2025 BCROSS CHALLENGE. All rights reserved

No part of this document may be used (in particular copied, published, distributed, or otherwise reproduced) without the prior written permission for the use of the copyrighted work from Bcross Challenge, s.r.o.

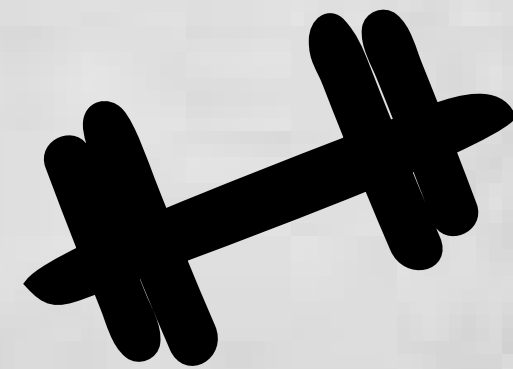
Any use of the copyrighted work without such prior written permission constitutes unlawful conduct and may result in legal consequences in accordance with applicable legislation.

03

WORKOUTS

+

FLOWS



LEAGUE

STANDARDS

CATEGORY

WOD 8

INDIVIDUALS

FOR TIME:

24 BENCH PRESS
8X 8M DOUBLE DB FARMER CARRY
24X 8M SHUTTLE RUN

18 BENCH PRESS
16X 8M DOUBLE DB FARMER CARRY
18X 8M SHUTTLE RUN

12 BENCH PRESS
24X 8M DOUBLE DB FARMER CARRY
12X 8M SHUTTLE RUN



Weights:

ELITE: Bench press 70/42.5 kg, DBs 2×22.5/15 kg

ADVANCED: Bench press 60/35 kg, DBs 2×22.5/15 kg

SPORT: Bench press 45/25 kg, DBs 2×15/9 kg

FLOW:

The workout starts from a standing position, with the barbell and dumbbells prepared in advance.

After the start signal, the first round begins with the bench press, followed by a double dumbbell farmer carry and a shuttle run.

All parts of the workout must be completed fully and in the correct order.

For the bench press, the barbell must clearly touch the chest and the elbows must be fully extended at the top. (Collars must be used on the barbell.)

For the carry and shuttle run, both feet must clearly touch beyond the line.

During the carry, dumbbells may only be set down after both feet have crossed the line — otherwise, the full 8m segment must be repeated. The 8m carry must be performed unbroken (UB).

VIDEO STANDARDS

1. Camera Setup:

The athlete's full body, barbell, and dumbbells must be clearly visible in the frame at all times.

Camera angle should ideally be from the side, slightly diagonal.

A visible timer must be present throughout the entire video.

The camera must remain stationary — no movement or cuts are allowed.

2. Before the Workout Starts:

The athlete must introduce themselves: name, category, and WOD number.

Show all weights clearly: barbell with loaded plates and dumbbells.

Show the shuttle run area with clearly marked lines.

3. During the Workout:

Every bench press rep must be complete (bar touches the chest + full lockout at the top).

Both feet must visibly cross the line during shuttle runs and carries.



4. After the Workout:

Show the final time on the timer.

Film the barbell and dumbbells again to confirm the weights (if not shown at the start of the WOD).

Recommendation:

We recommend having a spotter during the bench press for safety.

Collars must be used on the barbell.

DEADLINE:

The workout video must be submitted by August 25, 2025, 23:59.

WOD 8

CATEGORY

TEAMS

FOR TIME:

24 BENCH PRESS
8X 8M DOUBLE DB FARMER CARRY
24X 8M SHUTTLE RUN

18 BENCH PRESS
16X 8M DOUBLE DB FARMER CARRY
18X 8M SHUTTLE RUN

12 BENCH PRESS
24X 8M DOUBLE DB FARMER CARRY
12X 8M SHUTTLE RUN

„Each athlete records their workout individually, and the team's results are summed up.“



Each team member performs their WOD individually.
Workouts do not need to be performed simultaneously.
Final score = the sum of both individual times.

Weights:

ADVANCED: Bench press 60/35 kg, DBs 2×22.5/15 kg

SPORT: Bench press 45/25 kg, DBs 2×15/9 kg

FLOW:

The workout starts from a standing position, with the barbell and dumbbells prepared in advance.

After the start signal, the first round begins with the bench press, followed by a double dumbbell farmer carry and a shuttle run.

All parts of the workout must be completed fully and in the correct order.

For the bench press, the barbell must clearly touch the chest, and elbows must be fully locked out at the top. (Collars must be used on the barbell.)

During the carry and shuttle run, both feet must clearly cross the line.

During the carry, dumbbells may only be dropped after both feet have crossed the line — otherwise, the entire 8m segment must be repeated. The 8m carry must be performed unbroken (UB).

VIDEO STANDARDS

1. Camera Setup:

The athlete's full body, barbell, and dumbbells must be clearly visible in the frame at all times.

Camera angle should ideally be from the side, slightly diagonal.

A visible timer must be present throughout the entire video.

The camera must remain stationary — no movement or cuts are allowed.

2. Before the Workout Starts:

The athlete must introduce themselves: name, category, and WOD number.

Show all weights clearly: barbell with loaded plates and dumbbells.

Show the shuttle run area with clearly marked lines.

3. During the Workout:

Every bench press rep must be complete (bar touches the chest + full lockout at the top).

Both feet must visibly cross the line during shuttle runs and carries.



4. After the Workout:

Show the final time on the timer.

Film the barbell and dumbbells again to confirm the weights (if not shown at the start of the WOD).

Recommendation:

We recommend having a spotter during the bench press for safety.

Collars must be used on the barbell.

DEADLINE:

The workout video must be submitted by August 25, 2025, 23:59.

05 STANDARDS ✓

Shuttle Run

In the shuttle run, the athlete must cross the designated line with both feet — hand touch is not required.

Each run must start and end behind the line. The turn must be clear and executed in full motion without cutting the distance.

Bench Press

The athlete lies on the bench with their back flat and feet firmly on the ground.

The barbell must be lowered under control until it touches the chest. After contact, the bar is pressed upward in one smooth motion until full elbow lockout. Each rep must be performed with visible control at both the bottom and top positions.

Any lift without chest contact or without full lockout will not be counted.

For safety reasons, a spotter is recommended. Collars must be used on the barbell.

DB Farmer Carry

The athlete holds one dumbbell in each hand and walks straight along a designated 8-meter lane. At the end of each segment, both feet must fully cross the end line before the dumbbells can be put down. If the dumbbells are dropped before completing the full segment, the entire 8m must be repeated from the start. Each segment must be completed unbroken — without dropping the weights during the walk.

The athlete must hold the dumbbells in their hands at all times — dragging or placing them on the ground during movement is not allowed.

