

C H A R G E D U P & R E A D Y !

LOWLANDS
THROWDOWN

SPONSORED BY Reebok 

QUALIFIER 2018
WORKOUT 18.1

THE QUALIFIER
AUG 30TH — SEPT 02ND

THE FINALS
OCT 12TH — OCT 14TH

**THIS WORKOUT MUST BE DONE BEFORE
WORKOUT 18.2 AND 18.3, ON THE SAME DAY.**

**YOU CAN ONLY SUBMIT SCORES FROM ONE SET OF
THREE WORKOUTS DONE ON THE SAME DAY.**

WORKOUT 18.1

ELITE, MASTERS & TEENS

9 MIN AMRAP OF:

27 WALL-BALL SHOTS

20^{LBS}/14^{LBS} (9KG/6KG)

9 POWER SNATCHES

40^{KG}/30^{KG}

3 MUSCLE-UPS

*** MALE ATHLETES USE A 10-FT. (3M) TARGET,
FEMALE ATHLETES USE A 9-FT. (2.75M) TARGET.**

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WORKOUT 18.1

SCALED 9 MIN AMRAP OF:

27 WALL-BALL SHOTS

14^{LBS}/10^{LBS} (6KG/4KG)

9 POWER SNATCHES

30^{KG}/20^{KG}

3 PULL-UPS

*** MALE ATHLETES USE A 10-FT. (3M) TARGET,
FEMALE ATHLETES USE A 9-FT. (2.75M) TARGET.**

18.1 WORKOUT DESCRIPTION

This workout begins with the athlete standing tall in front of the medicine ball. At the call of “3, 2, 1... go,” the athlete will perform 27 wall-ball shots, then 9 power snatches, then 3 muscle-ups. If the 3 muscle-ups are completed, the athlete will move back to the medicine ball to begin another round.

The athlete’s score will be the total number of repetitions completed within the 9-minute time cap.

Wall-ball shots

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown the hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Power snatches

For the power snatch, the barbell begins on the ground and must be lifted overhead in one smooth motion. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. A power snatch, muscle snatch, split snatch, or squat snatch is permitted, as long as all requirements are met.

Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. If you are performing this workout as a scaled female athlete and you use a 15kg barbell with fractional plates, you may start your next repetition when the barbell is below the knee. No part of the body other than the feet may touch the ground during the repetition.

Muscle-up

In the muscle-up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The heels may not rise above the height of the rings during the kip. The athlete must go through some portion of the dip. The elbows must be fully locked out while in the support position above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

Pull-up

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom with the feet off the ground. At the top of the movement, the chin must break the horizontal plane of the bar. Any grip is allowed.

Good luck!

LLTDQ 18.1

9 min AMRAP



ROGUE

FITAID

	Wall Ball	Power Snatch	Muscle Up (Rx) / Pull Up (Sc)	Total reps
R1	27	9	3	39
R2	27	9	3	78
R3	27	9	3	117
R4	27	9	3	156

	Wall Ball	Power Snatch	Muscle Up (Rx) / Pull Up (Sc)	Total reps
R5	27	9	3	195
R6	27	9	3	234
R7	27	9	3	273
R8	27	9	3	312

ATHLETE NAME _____

CATEGORY _____

JUDGE NAME _____

TOTAL REPS _____ RX / SCALED
(circle)

DATE & TIME _____

ATHLETE SIGNATURE _____



JUDGE COPY

ATHLETE COPY - LLTDQ 18.1

ATHLETE NAME _____

JUDGE NAME _____

JUDGE E-MAIL _____

TOTAL REPS _____ RX / SCALED
(circle)

DATE & TIME _____

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JUDGE NAME _____

JUDGE E-MAIL _____

TOTAL REPS _____ RX / SCALED
(circle)

DATE & TIME _____

JUDGE SIGNATURE _____

READ THIS

ATHLETES

Know the standards! Watch the instructional videos, read the standards, and know what is expected from you. It is your responsibility to perform to the standards.

Respect your judge. No discussion if you are no-repped, repeat the repetition and keep going. If it is not clear why your rep did not count, ask politely and continue. Arguing takes time that you could be using to get more reps.

Stay safe! We understand this is a competition and you will all be fired up but think beyond the competition day. If you are injured, you cannot train. Take care of yourself.

Most importantly, Have Fun!! This is CrossFit, enjoy yourself, enjoy the community surrounding you and enjoy the awesome day you are going to have!

JUDGES

You as a judge are critical to making this a fair and successful event! We cannot stress enough how important you are to make this competition the best in Europe! We have people traveling from all over Europe to participate, let us show them how professional we are.

Be strict! Make sure you know all the prescribed standards that need to be met. "Almost", "close" and "they're trying hard" **DON'T COUNT**. There is no grey area, the standard is met, or it is not.

You are judging not coaching. You are not judging the athlete's technique. You are only judging whether or not the movement standard is met.

You are judging, not cheerleading. Focus on judging, not motivating or providing inspiration. If in doubt, there is no doubt! The call is a No-Rep. It is the athlete's responsibility to show you correct repetitions clearly. Make sure to call reps and No-Reps clearly. If the athlete is moving quickly it is more important to call No-Rep and maintain the standards than explain why. If the athlete asks, tell them.

Mark all reps and rounds clearly on the scorecard during the workout. Do not lose track of where the athlete is in the workout! The scorecard is the official scoring document and all scores will be determined from the data on the scorecard.

The score card consist of two parts. One part is for the athlete, one part for the Judge.

VIDEO REGISTRATION

If you rank high enough for possible qualification to the Final Event, we will request the video of **ALL THREE** workouts. It is your responsibility to correctly video your performance and to have them uploaded to, for example, YouTube or Vimeo.

If you are in qualifying position, we will request the three videos. You will receive an e-mail with instructions to deliver the link to the video. Make sure the video is not private! We will use the e-mail address you used to register with Competition Corner. You have 24 hours to deliver the links to the videos! If we did not receive the link to the videos within that time, your score will be automatically removed from the leaderboard.

Prior to starting the workout, you have to tell, facing the camera:

- your full name
- your division (Elite, Masters 35+, Masters 40+ or Teen)
- the date (Thursday 30 August, Friday 31 August, Saturday 1 September or Sunday 2 September)
- the current time

Show the equipment used (Weights, Handstand Push Up measurement etc.)

The total video of the introduction and the workout must be in one recording without cuts and edits. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Remember

You cannot redo only one workout. If you would like another attempt, you have to do all three workouts again in the prescribed order (wod1, wod2, wod3).
You can only submit scores from one set.

VIDEO RECORDING TIPS:

THE TECHNICAL STUFF

- Don't use music with copyright protection, it may be blocked.
- If you are new to YouTube, by default YouTube requires you to request a limit increase to upload a video longer than 15 minutes. To do so, follow the instructions in the link below – <https://support.google.com/youtube/answer/71673?hl=en>
- Make sure your video is set for PUBLIC or UNLISTED viewing
- If you're using a phone, set it to airplane mode to avoid unwanted interruptions during filming.
- Ensure your filming device has enough battery life and memory to film the entire WOD.

THE CONTENT

- Athlete should state name, division, affiliate, date and time.
- All equipment used must be shown (per event details).
- A timer must be in sight at all times (tip: if a gym timer is not available, use a tablet. There are several free apps you can download)

HOW DO I SUBMIT MY ONLINE SCORE?

You can do this in one of two ways. From the main menu on Competition Corner or from the leaderboard on competition corner.

FROM THE MAIN MENU

1. Go to www.competitioncorner.net
2. Sign In using the SAME EMAIL ADDRESS you registered with, if you forgot your password go to: <https://competitioncorner.net/?reset-password=true>
3. Expand the side menu bar and click "Submit Score"
4. Select a workout
5. Submit your score

FROM THE COMPETITION CORNER LEADERBOARD

1. Go to the leaderboard (not the affiliate leaderboard)
2. Click 'Workout Details' for the workout you want to submit to
3. Click Submit Scores

IS THERE A DEADLINE TO SUBMIT MY SCORE?

Yes!

1. Athletes can submit their scores until 2nd September 2018 21:00 CET.
2. Judges have 24 hours after the Workout deadline to validate the athletes score at the latest.

It is the athlete and judge responsibility to have the scores validated on time.

DO I NEED TO SUBMIT A VIDEO LINK?

Not all athletes are asked to provide videos of their workouts. There are two groups that must provide video evidence.

These are:

1. Athletes who qualify for the finals will be asked to submit a video of all three workouts of the qualifier.
2. If the workouts are not performed at an official CrossFit affiliate a video registration and submission is always required.

It is the responsibility of the athlete to film his or her workouts.

I HAVE BEEN ASKED TO SUBMIT A VIDEO LINK

1. First upload your video to YouTube, Vimeo, Daily Motion, Google Drive, Dropbox, or iCloud.
2. Get a shareable link
3. Log into Competition Corner
4. Go to My Competitions
5. Click on your Event
6. Click on the Workouts tab
7. Click on the workout you're being asked to provide a video link for.
8. Click "Change"
9. Add your link and submit your change.

Please note, that video should match the score you originally submitted.

UPLOADING

- If a video is required for submission, upload videos with plenty of time to spare, uploading large video files can take a long time!
- We support link YouTube, Vimeo, Daily Motion, Google Drive, Dropbox, iCloud or Microsoft Drive links.
- If you run into technical issues uploading to the video platform, please contact that platforms support directly. Uploading issues are outside our or Competition Corner's control.

I HAVE JUDGED AND NOW HAVE TO VALIDATE. HOW?

You just received an email to validate your athlete's performance for an online qualifier, what now?

Once the athlete is done submitting their online score, they will add you as the judge. An email is sent to you to log in and validate that score on behalf of that athlete.

Here is what will happen:

- You receive your email, it will have an email subject of "A score is awaiting validation for <Event Name>"
- Click the VALIDATE SCORE button in the email to review and validate their score.
- Click on the Workout tab and review the athlete's score.
- You can view the Workout Description, Review the Standards Video and See the Deadline Date
- You can Reject or Accept the Athlete's score at this point.
- If you Reject Athlete's score, you can provide a reason. They will receive a notification to re-submit their score and their score will be removed from the leaderboard
- If you Accept the Athlete's score, their unofficial annotation next to their score will be removed from the leaderboard.