

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

LOWLANDS
THROWDOWN

SPONSORED BY Reebok 

QUALIFIER 2018
WORKOUT 18.3

THE QUALIFIER
AUG 30TH — SEPT 02ND

THE FINALS
OCT 12TH — OCT 14TH

**THIS WORKOUT MUST BE DONE AFTER WORKOUT
18.1 AND 18.2, ON THE SAME DAY.**

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

WORKOUT 18.3

ELITE, MASTERS 35-39

FOR TIME:

150 DOUBLE-UNDERS

50 CHEST-TO-BAR PULL-UPS

40 DEADLIFTS

30 BURPEE BOX JUMP-OVERS

40 DEADLIFTS

50 CHEST-TO-BAR PULL-UPS

150 DOUBLE-UNDERS

85KG/60KG

24"/20" (61CM/51CM)

85KG/60KG

*** TIME CAP: 18 MIN**

**THIS WORKOUT MUST BE DONE AFTER WORKOUT
18.1 AND 18.2, ON THE SAME DAY.**

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

WORKOUT 18.3

MASTERS 40+, TEENS

FOR TIME:

150 DOUBLE-UNDERS

50 CHEST-TO-BAR PULL-UPS

(FEMALE: PULL-UPS)

40 DEADLIFTS

70^{KG}/40^{KG}

30 BURPEE OVER-THE-BOX JUMPS 24"/20" (61CM/51CM)

40 DEADLIFTS

70^{KG}/40^{KG}

50 CHEST-TO-BAR PULL-UPS

(FEMALE: PULL-UPS)

150 DOUBLE-UNDERS

*** TIME CAP: 18 MIN**

**THIS WORKOUT MUST BE DONE AFTER WORKOUT
18.1 AND 18.2, ON THE SAME DAY.**

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

WORKOUT 18.3

SCALED

150 SINGLE-UNDERS

50 JUMPING CHEST-TO-BAR PULL-UPS

40 DEADLIFTS

50^{KG}/35^{KG}

30 BURPEE OVER-THE-BOX JUMPS 24"/20" (61CM/51CM)

40 DEADLIFTS

50^{KG}/35^{KG}

50 JUMPING CHEST-TO-BAR PULL-UPS

150 SINGLE-UNDERS

*** TIME CAP: 18 MIN**

18.3 WORKOUT DESCRIPTION

This workout begins with the athlete standing tall with their jump rope in their hands. At the call of “3, 2, 1... go,” the athlete will perform 150 double-unders, then 50 chest-to-bar pull-ups, then 40 deadlifts, then 30 burpee box jump-overs. They then go back to the barbell to perform 40 deadlifts, 50 chest-to-bar pull-ups and 150 double-unders. This workout ends when the athlete completes their last double-under or when they hit the 18-minute time cap.

The athlete’s score is the total time it takes for them to complete the event or the amount of repetitions they have completed within the 18-minute time cap.

Double-unders

This is the standard double-under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

Chest-to-bar pull-ups

This is a standard chest-to-bar pull-up. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone. Strict, kipping or butterfly pull-ups are allowed as long as all the requirements are met.

Deadlifts

This is a traditional deadlift with the hands outside the knees. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the head and shoulders behind the bar. The arms must be straight throughout. No bouncing. Sumo deadlifts are not allowed. A mixed grip may be used.

Burpee box jump-over

The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box and landing on the other side. There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete’s feet may touch the box. Hands are not allowed to touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

Only athletes that perform the workout scaled may choose to step up during the box jump.

Jumping chest-to-bar pull-up

For the jumping chest-to-bar pull-up, the bar should be at least six inches (15cm) above the top of the athlete’s head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower their body so the arms are fully extended. At the top, the chest must clearly come into contact with the bar below the collarbone.

Good luck!

LLTDQ 18.3



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ROGUE

FITAID

For time (timecap 18 min.)

*) See the workout description for the variations for each category (scaled / teens / masters)

150 Double Unders <i>Single Unders *)</i>	150	150
50 Chest to Bar Pull Ups <i>Jumping C2B / Pull Ups *)</i>	50	200
40 Deadlifts	40	240
30 Burpee Box Jump-overs <i>Burpee over-the-box *)</i>	30	270

40 Deadlifts	40	310
50 Chest to Bar Pull Ups <i>Jumping C2B / Pull Ups *)</i>	50	360
150 Double Unders <i>Single Unders *)</i>	150	510

If completed all 510 reps within the timecap of 18 minutes, submit the total time. Otherwise submit the number of reps completed.

ATHLETE NAME _____

REPS / TOTAL TIME _____ RX / SCALED
(circle)

CATEGORY _____

DATE & TIME _____

JUDGE NAME _____

ATHLETE SIGNATURE _____



JUDGE COPY
ATHLETE COPY - LLTDQ 18.3

ATHLETE NAME _____

REPS / TOTAL TIME _____ RX / SCALED
(circle)

JUDGE NAME _____

DATE & TIME _____

JUDGE E-MAIL _____

JUDGE SIGNATURE _____

LLTDQ 18.3



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ATHLETE COPY - LLTDQ 18.3

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JUDGE COPY
ATHLETE COPY - LLTDQ 18.3

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LLTDQ 18.3



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REPS / TOTAL TIME _____ RX / SCALED
(circle)

CATEGORY _____

DATE & TIME _____

JUDGE NAME _____

ATHLETE SIGNATURE _____



JUDGE COPY
ATHLETE COPY - LLTDQ 18.3

ATHLETE NAME _____

REPS / TOTAL TIME _____ RX / SCALED
(circle)

JUDGE NAME _____

DATE & TIME _____

JUDGE E-MAIL _____

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.