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QUALIFIER WORKOUTS 2021

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**SWISS
THROWDOWN**

INTRODUCTION

A big welcome to you, the everyday hero! This is the first edition of the Swiss Throwdown. In this document we will announce the workouts, the standards and the flow of the workouts. Please study these standards well so you can perform the workout correctly according to the given standards.

For readability of this document we use the words “she” and “her”. You may also read “he” and “his”.

WORKOUTS

All athletes will be performing two workouts, containing three scores. Athletes are allowed to perform the workouts in any order, on different days and to do them multiple times.

FINAL SCORING IS A TIE

When there is a tie between two athletes after the three events, the athlete with the highest ranking on one of the three events has advantage over the other athlete and will qualify (see example 1). When both athletes still have the same rankings on all three workouts, event 1 will decide who has the advantage in the cut-off (see example 2).

	Event 1	Event 2A	Event 2B	Total	Cut Off
Athlete 1	1	6	2	9	Athlete 1
Athlete 2	4	2	3	9	

	Event 1	Event 2A	Event 2B	Total	Cut Off
Athlete 1	4	3	2	9	Athlete 2
Athlete 2	2	4	3	9	

FILMING

Athletes aiming to qualify for the finals have to submit a video of their workouts by entering their scores in Competition Corner. Make sure you film the workout so standards are visible.

Videos will be viewed random by STD as part of the review process. If the video shows any faults, the score may be penalized or rejected.

The Swiss Throwdown strongly advises athletes to use a judge!

QUESTIONS

If there are any questions after reading this document, please feel free to contact us via info@swissthrowdown.ch. Don't assume, just ask! We will gladly answer all your questions. Questions or comments concerning the standards after the expiration of the qualifiers about the regulations are invalid and will no longer be dealt with. You can also find more information on our website.



SWISS THROWDOWN EVENT 1



SCALED

FOR TIME (CAP 12')

21-15-9

CAL ROW

ALT. DB SNATCH 15/10KG

KNEE RAISE

REGULAR

FOR TIME (CAP 12')

21-15-9

CAL ROW

ALT. DB SNATCH 22,5/15KG

ALT. SINGLE LEG TOES TO BAR

ADVANCED

FOR TIME (CAP 12')

21-15-9

CAL ROW

DUAL DB SNATCH 15/10KG

TOES TO BAR

INSTRUCTIONS

Start the video with stating your full name and box. Then film the weight of the barbell and all plates used.

The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (00:00-> 12:00) must be visible during the whole workout. (WodProof is allowed)

The athlete must be in the frame during the whole workout.

Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count. Also make sure the monitor of the row-erg is visible and readable.

FLOW OF THE WORKOUT

The athlete is allowed to start on the rower but is not allowed touching the handle. On the count of 3, 2, 1, GO the athlete may grab the handle and start rowing for her first 21 calories. Once the 21 calories are reached, the athlete may step off the rower and proceed to the dumbbell and perform 21 alternating dumbbell snatches. Upon completion, the athlete proceeds to her version of toes to bars and performs 21 reps. The athlete completes another round of 15 and 9 reps with these movements. Once the last rep has been made, the time stops.

Your score on this workout is the time after completing all 135 reps or the amount of reps completed within the timecap.



MOVEMENT STANDARDS EVENT 1



Row

Athletes can start on the rower but are not allowed to touch the handle before the workout starts. Athletes must stay on the rower until the screen shows the targeted amount of calories prescribed. Make sure it's visible on camera that you've hit the right amount of calories!

Dual Dumbbell Snatch

The athlete snatches the dumbbells from the floor in one smooth movement to an overhead position resulting in full extension and alignment in knees, hips and elbows. At least one head of each dumbbell touches the floor between the feet before snatching. This can be a power snatch or a muscle snatch.

Alternating Dumbbell Snatch

The athlete snatches the dumbbell from the floor in one smooth movement to an overhead position resulting in full **extension** and alignment in knees, hips and elbows. The non-lifting arm can not touch the dumbbell or support the body. At least one head of the dumbbell must touch the floor before snatching. The dumbbell must alternate arms after completing the rep. This can be a power snatch or a muscle snatch.

Toes To Bar

Start with a dead hang on the rig. (straight arms). Feet must start behind the vertical plane of the bar. Both feet must touch the bar at the same time inside the hands.

Alternating Single Leg Toes to bar

Start with a dead hang on the rig. (straight arms). Feet must start behind the vertical plane of the bar. One foot needs to touch the bar between the hands. Legs need to alternate (L/R/L/R/L/R/L/etc..).

If the athlete receives a no-rep on a certain rep, he or she needs to get a clear rep on that same side before proceeding.

Knee Raise

Start with a dead hang on the rig. (straight arms). Feet must start behind the vertical plane of the bar. Bring knees up with the knees above the horizontal line of the hip crease. Kipping and strict knee raises are allowed.

General Rules

Gymnastic grips are allowed.

Tape on the rig is allowed.

It's not allowed to use tape AND grips.

Weightlifting belt and shoes are allowed.

Weightlifting straps aren't allowed.

Wrist wraps are allowed

Clips are mandatory on the barbell for safety reasons.

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SCORECARD EVENT 1

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EVENT 1 (CAP 12')

SCALED	CAL ROW	DB SNATCH	KNEE RAISE
21	21	42	63
15	78	93	108
9	117	126	135
REPS/TIME			

REGULAR	CAL ROW	DB SNATCH	SINGLE LEG TOES TO BAR
21	21	42	63
15	78	93	108
9	117	126	135
REPS/TIME			

ADVANCED	CAL ROW	DB SNATCH	TOES TO BAR
21	21	42	63
15	78	93	108
9	117	126	135
REPS/TIME			

 Name Judge

 Name athlete

 Signature Judge

 Signature athlete

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SWISS THROWDOWN EVENT 2A & B

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SCALED

2A FOR TIME (CAP 13')**5 ROUNDS FOR TIME****5 DEADLIFTS 60/40KG****10 BURPEE BOX OVER 60/50CM****15 DB GOBLET SQUATS 15/10KG****- INTO -****2B FOR WEIGHT (CAP 17')****2RM CLEAN**

REGULAR

2A FOR TIME (CAP 13')**5 ROUNDS FOR TIME****5 DEADLIFTS 80/55KG****10 BURPEE BOX OVERS 60/50CM****15 DB GOBLET SQUATS 22,5/15KG****- INTO -****2B FOR WEIGHT (CAP 17')****2RM CLEAN**

ADVANCED

2A FOR TIME (CAP 13')**5 ROUNDS FOR TIME****5 DEADLIFTS 100/70KG****10 BURPEE BOX OVERS 60/50CM****15 DUAL DB SQUATS 2X 15/10KG****- INTO -****2B FOR WEIGHT (CAP 17')****2RM CLEAN**

INSTRUCTIONS

Start the video with stating your full name and box. Then film the weight of the barbell and all plates used.

The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (00:00-> 17:00) must be visible during the whole workout. (WodProof is allowed)

The athlete must be in the frame during the whole workout.

Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count.

Bystanders are allowed to help load and unload the barbell.

Also film the weights AFTER the workout.

FLOW OF THE WORKOUT

The athlete starts standing tall in front of the barbell. On the count of 3, 2, 1, GO the athlete may grab the barbell and start performing her first 5 deadlifts. Once the 5 deadlifts are completed, the athlete may proceed to the burpee box overs and perform 10 reps. After completing the 10 reps, the athlete proceeds to her version of dumbbell squats and performs 15 reps. This is one round. The athlete completes a total of 5 rounds. Once the last rep has been made, the athlete can move on to workout 2B. If the athlete has not finished the workout before the timecap, she has to stop with 2A and has to start with 2B.

In the remaining time until the 17 minute timecap the athlete must set a 2RM clean. This doesn't have to be a touch and go complex. These can be two single reps with a maximum of 15 seconds between lifts. Once the first lift is successfully lifted, the 15 seconds start running. For the second lift to be successful, the barbell has to be lifted from the floor within 15 seconds. The 2RM clean has to be finished within the timecap.

Your score on 2A is the time after completing all 150 reps or the amount of reps completed within the timecap.

Your score on 2B is the weight of the heaviest successful attempt.



MOVEMENT STANDARDS EVENT 2



Deadlifts

Athlete stands behind the bar. Pick up the bar and stand straight. Hips and knees are fully locked out. Shoulders are behind the bar. Conventional deadlift only! Mixed grip and pronated grip are allowed.

Burpee Box Overs ADVANCED & REGULAR

Athlete stands near the box. The athlete drops down to the floor hitting the floor with thighs, hips and chest. This can be a box facing burpee or a lateral burpee. The athlete comes back up on both feet and jumps on and over the box. Landing on the other side counts for a rep. A two foot jump is mandatory and both feet land on top of the box. The athlete is allowed to step and jump off the other side.

Burpee Box Overs SCALED

Athlete stands near the box. The athlete drops down to the floor hitting the floor with thighs, hips and chest. This can be a box facing burpee or a lateral burpee. The athlete comes back up on both feet and jumps or steps on and over the box. Landing on the other side counts for a rep. Both feet land on top of the box. The athlete is allowed to step and jump off the other side.

Goblet squat

Squat starts in the TOP position. A squat clean does NOT count as a rep. Athlete holds the dumbbell in the goblet position by holding the dumbbell at one head and elbows are below the dumbbell. Squat down with hips below parallel. Squat back up to full extension in hip and knees.

Dual Dumbbell Squat

Squat starts in the TOP position. A squat clean does NOT count as a rep. Athlete holds the dumbbells in the front rack position by placing the dumbbell with at least one head on top of the shoulder and the hands in contact with the dumbbells. Squat down with hips below parallel. Squat back up to full extension in hip and knees.

Clean

This can be a muscle clean, power clean or a squat clean.

The athlete stands behind the bar. The athlete picks up the bar and brings it to the front rack position in one smooth movement. The elbows are in front of the bar and the knees and hips are fully extended before the bar leaves the front rack position. Dropping the bar to soon results in a no rep. For the second lift to be successful, the barbell has to be lifted from the floor within 15 seconds after the first lift. Plates must be on the inside of the clips and clips are mandatory. Plates that are placed outside of the clips will not count for your score!

General Rules

Gymnastic grips are allowed.

Tape on the rig is allowed.

It's not allowed to use tape AND grips.

Weightlifting belt and shoes are allowed.

Weightlifting straps aren't allowed.

Wrist wraps are allowed

Clips are mandatory on the barbell for safety reasons.

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SCORECARD EVENT 2A & B

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EVENT 2A (CAP 13')**FOR TIME**

	5 DEADLIFTS	10 BURPEE BOX OVER	15 DB SQUATS
1	5	15	30
2	35	45	60
3	65	75	90
4	95	105	120
5	125	135	150
REPS/TIME			

EVENT 2B—IN THE REMAINING TIME (CAP 17')**FOR MAX WEIGHT****2RM CLEAN**

For the second lift to be successful, the barbell has to be lifted from the floor within 15 seconds after the first lift. A touch and go 2RM is also allowed.

Plates must always be on the inside of the clips. Plates that are placed outside of the clips will not count for your score!

 Name Judge

 Name athlete

 Signature Judge

 Signature athlete