

BIG SUMMER GAMES 2023

# QUALIFICATION

**RULEBOOK & STANDARDS**



**TEAM**



**IGY**  
CENTRUM



**BCROSS**  
CHALLENGE



# GENERAL TERMS

**The qualifying workout must be recorded by each athlete himself, the results in the team are summed up.**

Teams are required to comply with the requirements of the way the qualifying workout is filmed and performed. Any failure of following the rules and standards regarding the filming of the workout may result in the entire video not being recognized.

It's team's responsibility to make sure the link of the video is completely functional with all essentials.

**© 2023 BCROSS CHALLENGE. ALL RIGHTS RESERVED.**

Any part of this document may not be used (especially copied, published, disseminated or otherwise reproduced) without prior written permission to use the copyrighted work by Bcross Challenge s.r.o. Using the copyrighted work without prior written permission for such use is an illegal act, which you expose yourself to the risk of punishment according to the relevant legal regulations.

# RECORDING STANDARDS

- Before the start of the workout, athletes will state their names and the category in which they are competing
- The video must clearly show the weights of the barbell, plates (also those to be attached during the workout)
- We require a clearly visible bar, that shows whether or not it's taped
- The video can't be at any point stopped or edited in any way
- A timer must be visible throughout the workout (we recommend using the WODProof app)
- Countdown timer may NOT be used
- It is forbidden to use „fish-eye“ lens/effect
- Athlete must be visible throughout the whole video  
(continued on next page)

# RECORDING STANDARDS

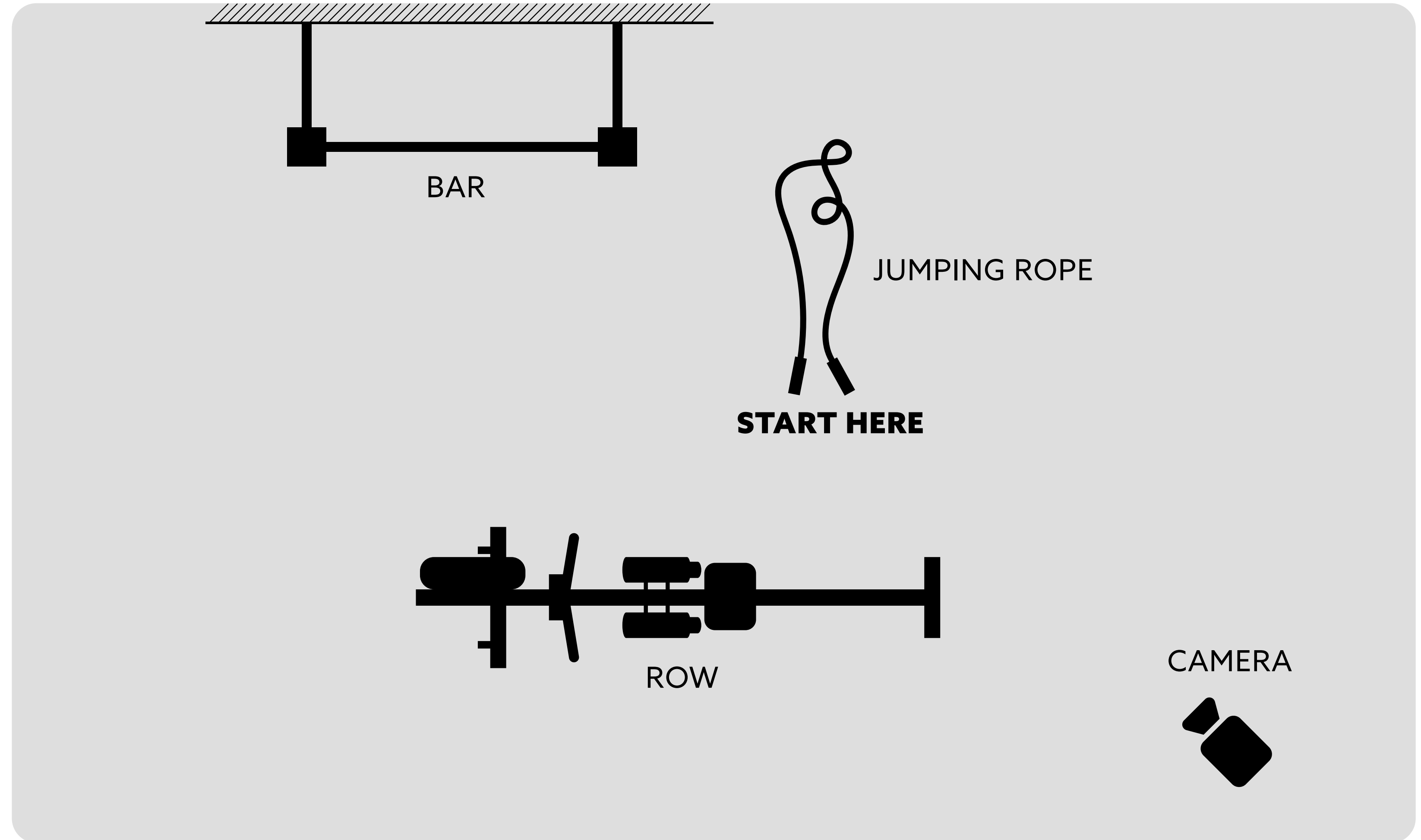
- It is not mandatory to have a judge
- Assistance from another person with loading the barbell etc., is not allowed!
- It's not allowed to use more than **1 barbell** throughout the whole workout!
- Before the start of the workout, all plates that will be used to adjust the weight on the barbell must be filmed.
- The video must be filmed in such a way that all exercises are clearly visible (for example the barbell in overhead position) in both parts A and B
- We recommend to place the RowErg as close to the camera as possible so that the calories on the display are easy to read. If the athlete goes partly or completely out of the frame during the RowErg workout, it will not be considered as a bad video.

# EQUIPMENT

- **EQUIPMENT ALLOWED FOR WORKOUTS:**
- Weightlifting belt, hand grips, jump rope, bandages, chalk
- It is not allowed to use both bar tape and hand grips combined, only one or the other can be used
- Equipment which is not allowed: lifting straps; combination of taped bar and hand grips!

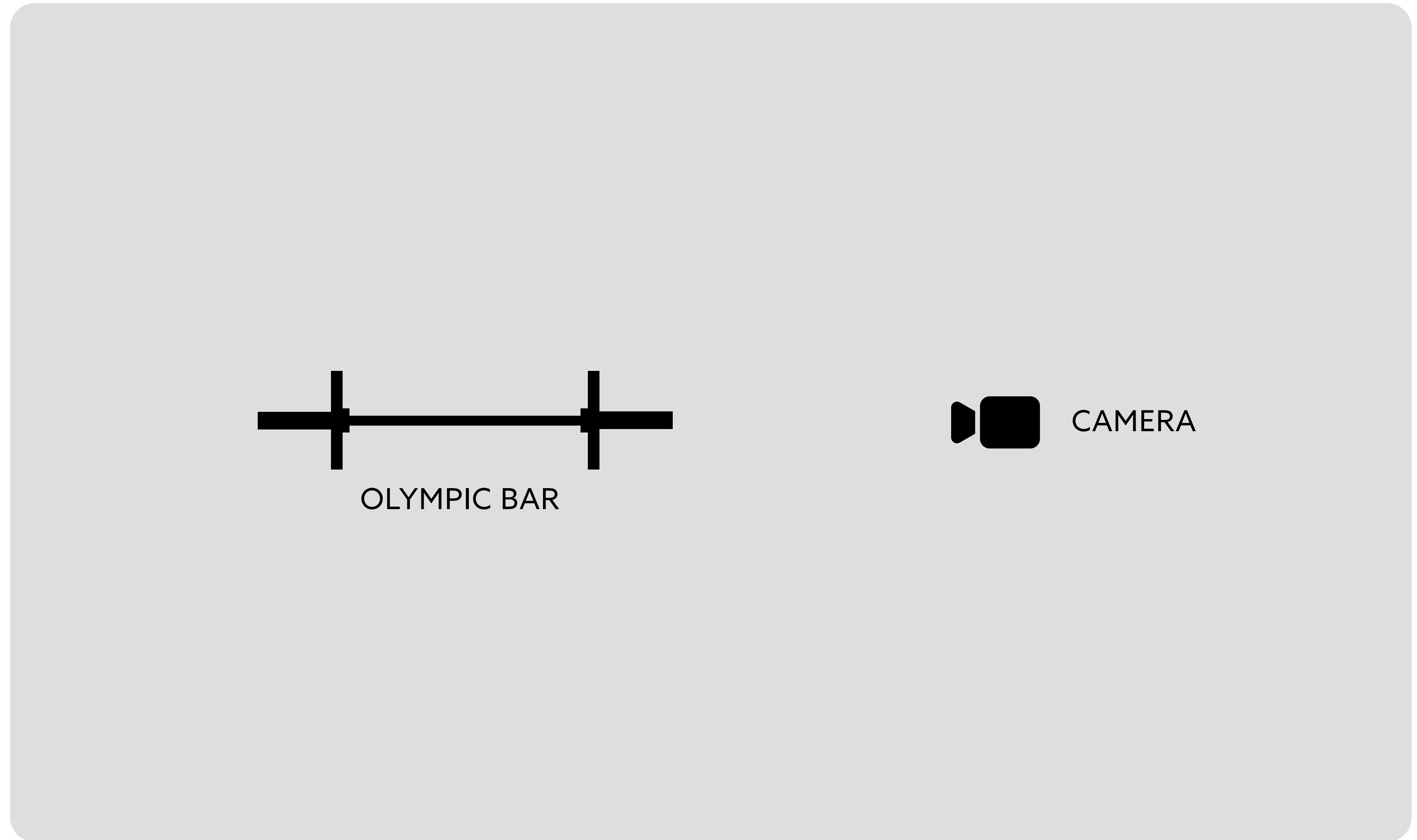
# FLOORPLAN

## PART A



# FLOORPLAN

## PART B





**TEAM SPORT**  
**TEAM ADVANCED**



**TEAM SPORT**  
**TEAM ADVANCED**  
**KVALIFIKAČNÍ**  
**WORKOUT**

**// PART A: 00:00-12:00**

**4 Sets: 2 min work / 1 min rest:**

- alternate: 1 and 2:

**1) 30 DU's + 15/12 T2B's  
+ Max Cals Rows**

**2) 30 DU's + 15/12 CH2B Pull Ups  
+ Max Cals Rows**

**// PART B: 12:00 - 22:00**

**10-8-6-4-2:**

**Snatches + Burpees Over Bar**

- **weight for 10: 40/30 kg**
- **weight for 8: 50/35 kg**
- **weight for 6: 60/40 kg**
- **weight for 4: 70/45 kg**
- **weight for 2: 80/50 kg**

**TC: 10 MIN**

**FLOW:**

The qualification workout consists of parts A and B. These are two separately evaluated workouts. However, the workouts are connected to each other, so they must be done at the same time.

Part A is a workout that consists of four two-minute intervals with a one-minute break in between, in which the goal is to perform the specified exercises and then max calories on the RowErg. (Part 1 will be done twice and Part 2 will be done twice - alternately). The result is the total amount of all reps performed during the mentioned 4 intervals.

Part B of the qualification workout starts at time 12:00. This is a time workout and the time cap is set at 10 minutes.

(continued on next page)

# TEAM SPORT TEAM ADVANCED QUALIFICATION WORKOUT

## **Flow PART A:**

The athlete starts in an upright position without the jump rope in hand - the jump rope must be on the ground (if this standard is not met, the athlete will get -5 reps penalty).

At time 00:00 athlete takes the jump rope in his/her hands and starts with the part nr.1 30 Double Unders (DU's), then moves to the bar and does 15/12 Toes To Bars (T2B's) and finally goes to the RowErg and does as many calories as possible until the end of the 2-minute interval. When the clock hits 2:00, 1minute break starts (2:00-3:00). At time 3:00, athlete starts with the part 2 of the workout., which starts again with 30 DU's (again, jump rope on the ground!), follows with 15/12 CH2B Pull Ups and then back to RowErg and does maximum calories until the end of second interval (time 5:00). 1minute break 5:00-6:00 and after that athlete repeats on more time part 1 and part 2.

Part A ends after 1minute break at time 12:00. At time 12:00 starts Part B of the workout.

The result of the workout is total amount of all reps (DU's + T2B's + CH2B Pull Ups + Cals) done during all 4 intervals.

Each round must start with 0 cals on the RowErg display. The athlete must reset the display himself/herself. Assistance from another person is not allowed. If another person assists, a penalty of -5 reps will be deducted. We recommend to place the RowErg as close to the camera as possible so that the calories on the display are easy to read. If the athlete goes partly or completely out of the frame during the RowErg workout, it will not be considered as a bad video.

The number of calories on display at the end of the interval will be counted as result. Calories gained during the break can't be counted. The last pull on the RowErg must start before the end of the interval.

# TEAM SPORT TEAM ADVANCED QUALIFICATION WORKOUT

## **Flow PART B:**

Workout „B“ starts at time 12:00. This is timed workout (12:00-22:00). This consists of 5 rounds in which each round reduces the repetition by 2. The athlete can only use one barbell, on which he/she adds/replaces plates to a set weight each round.

The workout starts in an upright position with hands NOT touching the barbell (if this standard is not met, the athlete will be penalized + 5 seconds). At 12:00 the athlete begins to perform 10 Snatches with a 40/30kg weight. He/she then performs 10 Burpees over bar (not specified whether facing or lateral). It is up to the athlete whether to adjust the weight on the barbell before or after completing the Burpees. In the next round, the weight on the barbell is changed to 50/35kg and the reps are reduced to 8 reps for both exercises. The third round must be performed 6 reps with a 60/40kg weight. The second to last round contains 4 reps and a weight of 70/45kg. In the last round, the last 2 reps of both exercises must be performed with the weight 80/50kg on the barbell.

The result is the finishing time (the time from the running clock will be required - meaning time between 12:00 - 22:00) or in case of not finishing in time, the result will be 22:00 + 1 second for each unfinished repetition.



# SCORECARD

# TEAM

<b>PART A - 1 RND 0:00-2:00</b> <ul style="list-style-type: none"> <li>• 30x DU's</li> <li>• 15/12x T2B's</li> <li>• Max cals ROW</li> </ul>	<b>1 RND REPS:</b>
--	--------------------

**1' REST**

<b>PART A - 2 RND 3:00-5:00</b> <ul style="list-style-type: none"> <li>• 30x DU's</li> <li>• 15/12x CH2B's</li> <li>• Max cals ROW</li> </ul>	<b>2 RND REPS:</b>
---	--------------------

**1' REST**

<b>PART A - 2 RND 6:00-8:00</b> <ul style="list-style-type: none"> <li>• 30x DU's</li> <li>• 15/12x T2B's</li> <li>• Max cals ROW</li> </ul>	<b>3 RND REPS:</b>
--	--------------------

**1' REST**

<b>PART A - 2 RND 9:00-11:00</b> <ul style="list-style-type: none"> <li>• 30x DU's</li> <li>• 15/12x CH2B's</li> <li>• Max cals ROW</li> </ul>	<b>TOTAL REPS:</b>
--	--------------------

**1' REST**

<b>PART B - 12:00-22:00</b> <b>10 - 8 - 6 - 4 - 2</b> <ul style="list-style-type: none"> <li>• Snatches</li> <li>• Burpees Over Bar</li> </ul>	<b>TOTAL TIME:</b>
---	--------------------

	40/30 kg	50/35 kg	60/40 kg	70/45 kg	80/50 kg
<b>SNCH</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
<b>BoR</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
	<b>*20</b>	<b>*36</b>	<b>*48</b>	<b>*56</b>	<b>*60</b>

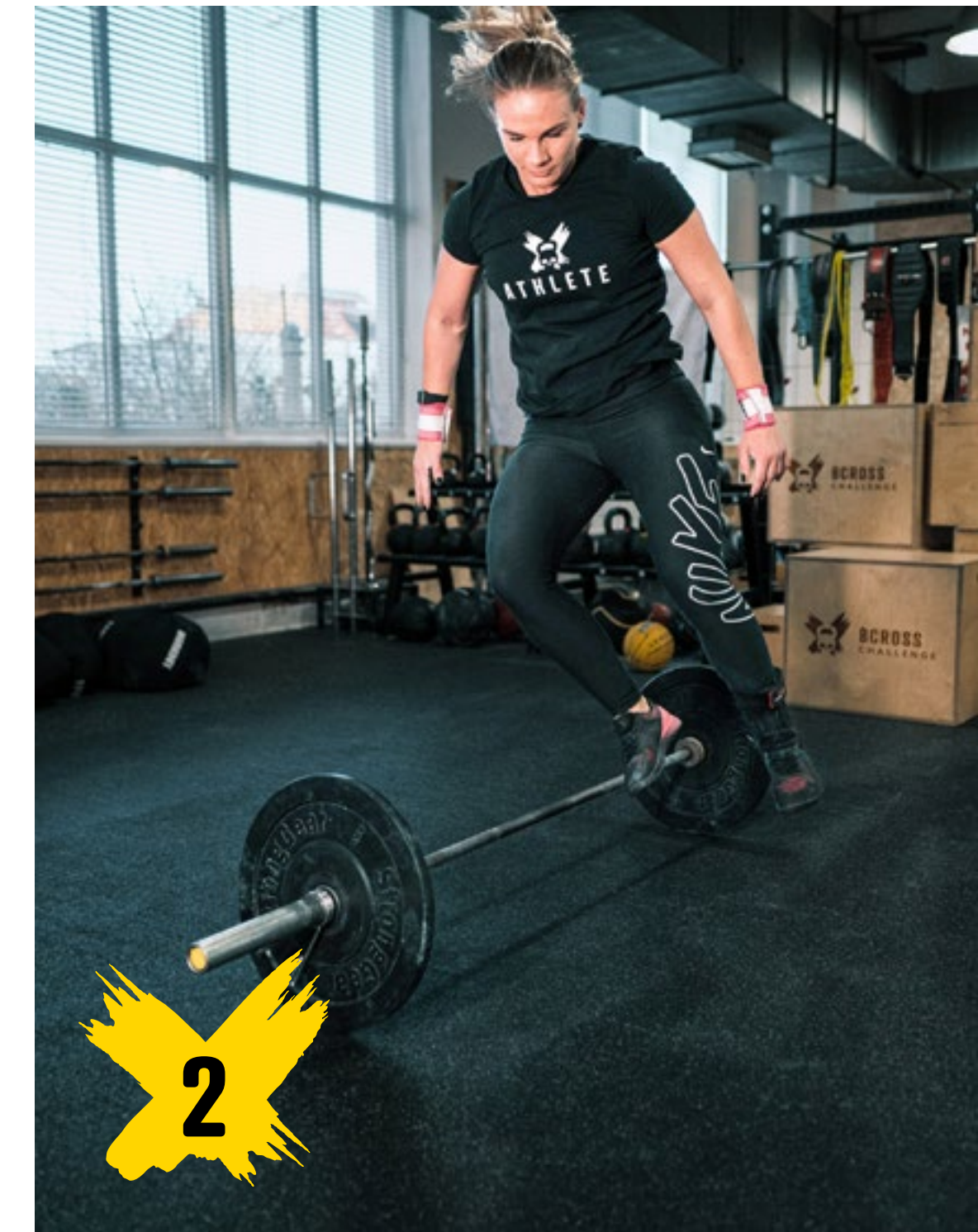


# STANDARDS

## BURPEE OVER BAR

The athlete moves from a standing position to a lying position (chest and thighs must touch the ground). The athlete lies down with his/her side or face to the barbell. He/she then goes back to his/her feet (but does not have to go through the full stretch) and jump over the barbell with a both feet at the same time. The athlete must jump from both feet simultaneously, but may land on both or just one foot. Touching the barbell during the jump is not considered a no rep if the athlete lands on his feet.

On an invalid rep of a jump, the athlete must start over the entire rep, including the burpee again, but does not have to return to the side of the barbell where the invalid rep began.





## DOUBLE UNDERS

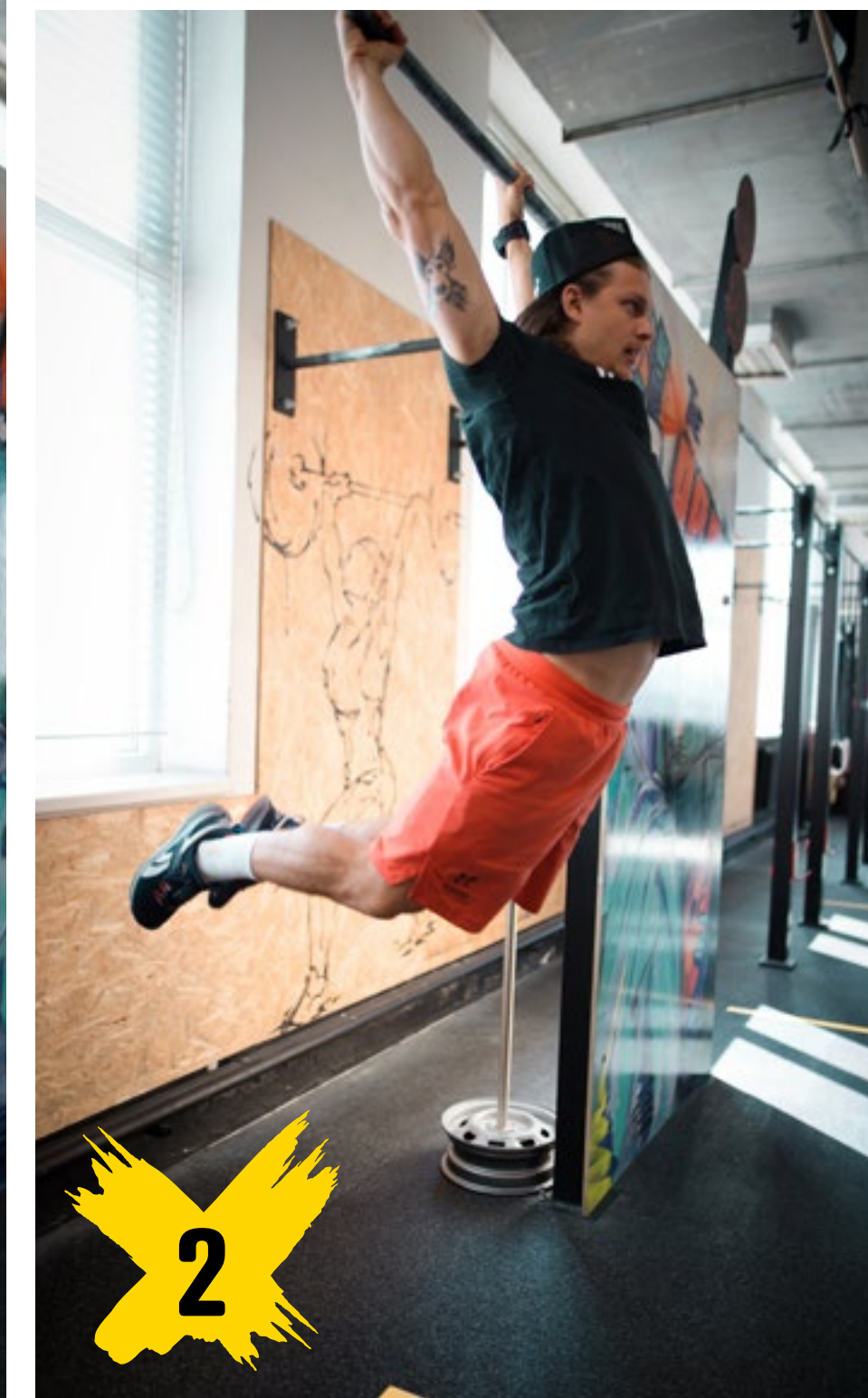
To count as a valid repeat, the athlete must pass the rope twice under the feet on each jump. The jump rope must rotate forward.





## CHEST TO BAR PULL UP (CH2B PULL UP)

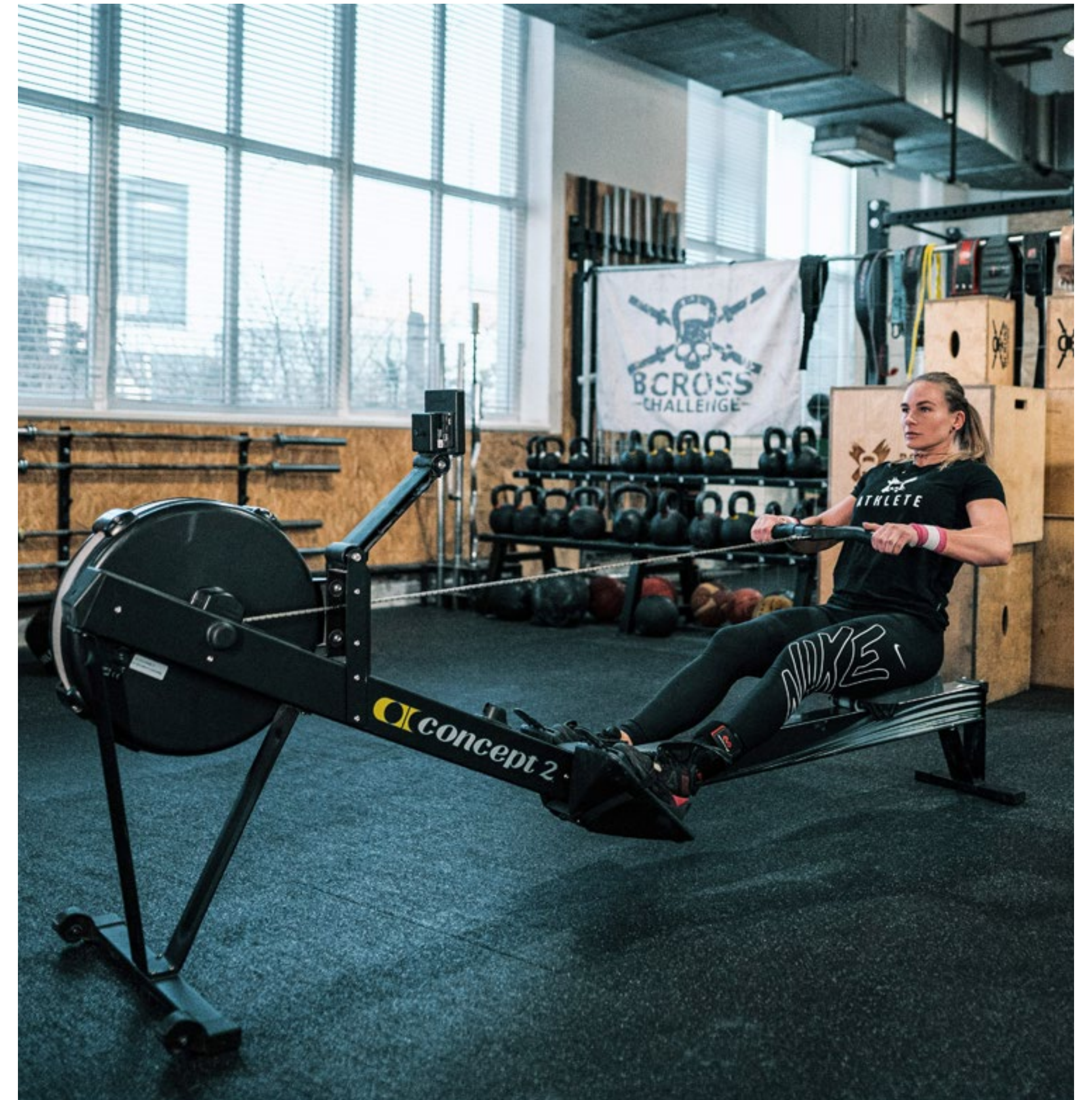
The athlete must first go through a full arm stretch in a hang on the trapeze before beginning CH2B Pull-Ups. In the top position, direct contact with the bar must be visibly made with the chest below the level of the athlete's collarbones. Any technique may be chosen as long as the standard is respected.





## ROWERG

Adjustment of the leg grip and weight is allowed (even during the workout). Athlete must always reset the Cals count (start with 0 on the display). All control of the RowErg must be done only by the athlete himself/herself. Assistance from another person - restarting etc. is forbidden for qualification.





## SNATCH (MUSCLE, POWER, SQUAT)

Snatch begins with the barbell on the ground. The athlete lifts the barbell above the head in one smooth motion into a stable overhead position. For a valid rep, the athlete must be fully stretched in the knees, hips, and elbows in the overhead position and have the barbell in a controlled straight line of the body overhead. Any technique (muscle, power, squat) is allowed. „Touch and go“ technique in between the reps is allowed, but bouncing the barbell off the ground is not acceptable. Throwing the barbell from an overhead position is allowed.





## TOES TO BAR

The athlete must first go through a full stretch of the arms in the hang position on the bar before starting the Toes To Bar, while getting the heels past the vertical level of the bar, in the top position athlete must touch the bar with both at the same time.

The touch can be done with any part of the shoe = from above (in-step) or below (sole).

