

ATHLETE NAME	
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FOR TIME			
ROUND & REPS	ROUND 1 12 REPS	ROUND 2 9 REPS	ROUND 3 6 REPS
HANG SQUAT/POWER SNATCH	12	45	69
OVERHEAD SQUAT	24	54	75
PULL-UP VARIATION	36	63	81
TIME CAP: 8 MIN			

FINAL TIME	
NOT FINISHED? = TOTAL REPS	<u>REPS</u>

WORKOUT VARIATIONS PER DIVISION	ELITE (RX)	ADVANCED	REGULAR	SCALED	TEENS
MALE	Hang Squat Snatch 65 KG OH Squat 65 KG Chest to bar Pull-ups	Hang Squat Snatch 55 KG OH Squat 55 KG Pull-ups	Hang Power Snatch 45 KG OH Squat 45 KG Jumping Pull-ups	Hang Power 35 KG Snatch 35 KG OH Squat 35 KG Jumping Pull-ups	Hang Power Snatch 35 KG (15-17) & 10 KG Dumbbells (12-14) OH Squat Jumping Pull-ups
FEMALE	Hang Squat Snatch 45 KG OH Squat 45 KG Chest to bar Pull-ups	Hang Squat Snatch 35 KG OH Squat 35 KG Pull-ups	Hang Power Snatch 25 KG OH Squat 25 KG Jumping Pull-ups	Hang Power Snatch 15 KG OH Squat 15 KG Jumping Pull-ups	Hang Power Snatch 15 KG (15-17) & 5 KG Dumbbells (12-14) OH Squat Jumping Pull-ups



ATHLETE NAME

FOR TIME

PART A (2 MIN)

MAX CAL ROW

REST (1 MIN)

PART B (12 MIN)

ROUND	1	2	3	4	5	6	7	8	9	10
12/9 CAL ROW	12/9	30/24	48/39	66/54	84/69	102/84	120/99	138/114	156/129	174/144
3 (SCALED) WALL WALKS	15/12	33/27	51/42	69/57	87/72	105/87	123/102	141/117	159/132	177/147
3 SHUTTLE RUNS	18/15	36/30	54/45	72/60	90/75	108/90	126/105	144/120	162/135	180/150
TIME CAP: 15 MIN										

SCORE A: MAX CAL ROW (2 MIN)

CAL

SCORE B: TOTAL REPS (12 MIN)

REPS

WORKOUT VARIATIONS PER DIVISION	ELITE (RX)	ADVANCED	REGULAR	SCALED	TEENS
MALE	12 cal row Wall walks Shuttle run 5 meter	12 cal row wall walks Shuttle run 5 meter	12 cal row Scaled wall walks Shuttle run 5 meter	12 cal row Scaled wall walks Shuttle run 5 meter	12 cal row Scaled wall walks Shuttle run 5 meter
FEMALE	9 cal row Wall walks Shuttle run 5 meter	9 cal row Wall walks Shuttle run 5 meter	9 cal row Scaled wall walks Shuttle run 5 meter	9 cal row Scaled wall walks Shuttle run 5 meter	9 cal row Scaled wall walks Shuttle run 5 meter

ATHLETE NAME

FOR TIME				
ROUNDS	Round 1	Round 2	Round 3	Round 4
9 BURPEES OVER THE BAR	9	27	45	63
6 DEADLIFTS	15	33	51	69
3 THRUSTERS	18	36	54	72
TIME CAP: 6 MIN				

FINAL TIME

NOT FINISHED? = TOTAL REPS

REPS

WORKOUT VARIATIONS PER DIVISION	ELITE (RX)	ADVANCED	REGULAR	SCALED	TEENS
MALE	Burpees over the Bar Deadlift & Thruster 60 KG	Burpees over the Bar Deadlift & Thruster 50 KG	Burpees over the Bar Deadlift & Thruster 42.5 KG	Burpees over the Bar Deadlift & Thruster 35 KG	Burpees over the Bar Deadlift & Thruster 35 KG (15-17) & 20 KG (12-14)
FEMALE	Burpees over the Bar Deadlift & Thruster 42.5 KG	Burpees over the Bar Deadlift & Thruster 35 KG	Burpees over the Bar Deadlift & Thruster 30 KG	Burpees over the Bar Deadlift & Thruster 25 KG	Burpees over the Bar Deadlift & Thruster 25 KG (15-17) & 15 KG (12-14)



Beach SHOWDOWN

The logo features the word "Beach" in a large, white, cursive script. Below it, the word "SHOWDOWN" is in a white, sans-serif, all-caps font. A stylized graphic of a sun with rays is positioned between the two words, partially overlapping the "O" in "SHOW". Below the text are three stylized waves: a white wave on top, a teal wave in the middle, and a white wave on the bottom.

CrossFit

LICENSED EVENT | 2024

Dear athlete,

Welcome to the qualifiers for the individual Beach Showdown Indoor Edition 2023/2024.

Before starting with the workout, we ask you to read through everything from this point on so that you are well prepared. In this document we will announce the workouts, the standards, and the flow of the workouts. Please study these standards, so you know what will be expected of you during the workouts.

Although we would love to take your word and not have an online video qualifier process, that's not how this works. In addition to the scorecard, you, the athlete, will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify that you have performed the test, that the number of repetitions and times specified are correct and that you meet up with the movement standards. Let us help you by setting up these practical tips and rules to insure you for video submission success.

Scoring and videos will be reviewed randomly after the qualifier deadline, please be patient and let us complete this task to make the final leaderboard live as soon as possible.

Before the test

Make sure that you will go over all workouts, flow and standards by:

1. READING them first;
2. Ask questions later if something is not clear to you.

We always recommend the use of a judge, even if it is not mandatory. If you do, make sure that your judge does the same steps like above.

Before starting the test, DO NOT FORGET:

- Tell us your name;
- State which event and division you're in;
- Zoom in/focus on the weights (barbell, dumbbell, kettlebell, etc...), distances (shuttle run, handstand walk, etc...) and time/distance/calories on the screens from the machines so we can give you the full credit;
- If required, do not forget to reset the screens of the machines before starting the next round.

During the test

Make it clear to your judge that officiating is not just counting reps. Your judge must also be aware that you, as an athlete, have to meet up with all the required rules and standards.

It's your judge's responsibility to inform you if you don't meet up with the rules and standards = NO-REP. Your judge can give you verbal instructions (squat deeper, extend those hips/arms, etc...) but a no-rep is a no-rep and should be given at ALL times in this process!

Movement standards

We have a partnership with the iF3 (International Functional Fitness Federation) and only use their most recent Movement standards Manual. Read and study this unique manual.

https://functionalfitness.sport/wp-content/uploads/2023/03/2023_iF3-Movement_Standards.pdf

After the test

We recommend you to check your videos yourself before submitting them to the competition platform. Make a comparison with the scorecard and check the following (if applicable):

- Are the totals correct?
- Are the times correct?
- Are the weights correct?
- Are the distances correct?
- Are the heights correct?

It's NOT to our review team to determine all of the above. You are responsible for this! If everything is correct and only then, you can upload your video (link) for review without the risk of getting penalties or invalidation of it.

Video format

YOUTUBE, VIMEO, GOOGLE, iCloud, WODPROOF, etc...whichever works best for you is allowed but remember this IMPORTANT RULES:

- Set your video to PUBLIC modus;
- If using GOOGLE or iCloud, please make sure it's NOT password protected (if it's password protected, the video is NOT valid);
- Be aware of COPYRIGHTS on music in the background as these get your video taken down (if it's blocked, the video is NOT valid);
- You MUST upload the video link in the competition platform. Under no circumstances can the participant transfer their scores and videos directly to the organiser in any form whatsoever;
- Videos must be uncut and unedited to accurately display the performance;
- A clock or timer must be visible throughout the workout;
- Shoot the video so ALL exercises can be clearly meeting the movement standards;
- Videos shoot with fisheye or similar lens will be rejected;
- DO NOT use a countdown timer.

Angle and frame

Record the video so that all exercises can be clearly seen meeting the movement standards. As for framing, make sure your ENTIRE body stays in the frame at ALL times. If we can not see you, we can not assess the video!

TIPS!

- do not place your recording device on the ground with an upward angle;
- do not place your recording device right in front of you (The anterior 45° angle position is the most ideal place);
- do not place your recording device far away from you
- watch out for box related obstacles

Equipment

- The use of gymnastic style grips is only allowed on the rig.
- Lifting belts and lifting shoes, tape, sleeves and wristbands and fitness gloves are allowed during the workout. Any other form of external aid such as lifting straps or elastic bands are never allowed.
- Taping both your hands, or wearing gloves + taping the rig is never allowed.
- When a barbell movement is programmed, always use safety collars, and make sure all the plates are placed on the inside of the safety collars.

Scorecards

The scorecards are a tool that allows you to record all correctly performed reps in order to upload the final score on the online platform. We strongly recommend that you review this scorecard before performing the workout.

Submitting your score

For more info please visit the following link for instructions:

<https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>

Video review

When submitted, your score and video will be under review. Our review team will watch the videos randomly to make sure to give or don't give you the full credit of your hard work.

Please try to be patient - with technology and us.

If you have questions about your video or score, please try to hold off until we have had a chance to review your submission and log it for you on the leaderboard.

If we contact you about submission problems, you will have 24-hours to reply and comply.

Reasons for modification or invalidation of a score include, but are not limited to:

- Failure to provide the required video;
- Videos inaccessible to the review team due to a variety of reasons;
- Failure to follow the rules and standards for submitting videos;
- Not following the rules and standards of the test;
- Failure to follow the rules written in the General Rulebook and these regulations.

Appeals

Appeals, scoring discrepancies or questions about the review of online videos will be handled by our head judge. Athletes will receive an email if the score posted is modified due a penalty. The message will give a brief description explaining the reason for the change in the score. After this notification, athletes will have 24-hour time to appeal. All appeals received after this 24-hour deadline will not be processed! Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the athlete. Athletes may not appeal their own performance outcome based on the review, scoring or performance of another athlete.†

If you have any additional questions, after reading the rulebook and reviewing the scorecard, please contact us via info@beachshowdown.com instead of sliding in our DM's. Our team will answer your email within 48 hours.

Most important: Don't forget to have fun!
Remember to share on social media and tag us using the hashtags:
#beachshowdown #seeyouatthebeach

Yours truly, The Beach Showdown Team

BEACHSHOWDOWN

ONLINE

QUALIFIER

INDOOR ^{edition} 2024

QUALIFIER WOD 23.1

FOR TIME – TIME CAP = 8 MIN

ELITE (RX)

12-9-6

Hang Squat Snatch
Overhead Squat
Chest to bar Pull-ups

Weight:

♂ 65 kg

♀ 45 kg

ADVANCED

12-9-6

Hang Squat Snatch
Overhead Squat
Pull-ups

Weight:

♂ 55 kg

♀ 35 kg

REGULAR

12-9-6

Hang Power Snatch
Overhead Squat
Jumping Pull-ups

Weight:

♂ 45 kg

♀ 25 kg

SCALED

12-9-6

Hang Power Snatch
Overhead Squat
Jumping Pull-ups

Weight:

♂ 35 kg

♀ 15 kg

TEENS

12-9-6

Hang Power Snatch
Overhead Squat
Jumping Pull-ups

Weight (15 - 17):

♂ 35 kg

♀ 15 kg

Weight (12 - 14):

♂ 2 x 10 kg dumbbell

♀ 2 x 5 kg dumbbell

WORKOUT FLOW

1. Once the timer starts, the athlete starts with the workout as prescribed;
2. 12 Hang Squat/Power Snatch → 12 Overhead Squats → 12 Pull-up variations;
3. Continue in the same order for the set of 9 and 6 reps as prescribed;
4. The final score will be the time after the last good rep of the pull-up variation within the time cap or CAP+ the number of performed good reps.

MOVEMENT STANDARDS

HANG SQUAT SNATCH

Athlete moves object in one fluid motion starting above the knees to overhead catching the object at full squat depth.

REP START

- Hang position.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from hang to a overhead position;
- Without pause, after receiving the object, the bottom of squat must be achieved;
- Adhere to the hang rule (if an object is in contact with the ground, including before the initial rep, a deadlift lockout MUST be achieved before the rep can be initiated);

CYCLE & POST REP

- The athlete may return to rep start in any controlled manner as long as it adheres to the hang rule.

HANG POWER SNATCH

Athlete moves object in one fluid motion starting above the knees to overhead, never squatting down to full depth.

REP START

- Hang position.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from hang to a overhead position;
- Avoid the bottom of squat;
- Adhere to the hang rule (if an object is in contact with the ground, including before the initial rep, a deadlift lockout MUST be achieved before the rep can be initiated);

CYCLE & POST REP

- The athlete may return to rep start in any controlled manner as long as it adheres to the hang rule.

OVERHEAD SQUAT

Athlete, with weight overhead, squats down below parallel and returns to standing.

REP START

- Overhead lockout.

REP END

- Overhead lockout.

REP REQUIREMENTS

- Achieve the bottom of squat;
- Object is kept overhead throughout the full repetition.

CYCLE & POST REP

- REP END is a valid REP START.

CHEST TO BAR:

Athlete hanging from a horizontal bar pulls himself up until chest comes in contact with the bar.

REP START

- Vertical hang from horizontal bar.

REP END

- Chest in contact with the horizontal bar.

REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.

ALLOWED VARIATIONS

- Strict.
- Kipping.
- Butterfly.

PULL-UP:

Athlete hanging from a horizontal bar pulls himself up until chin is above the bar.

REP START

- Vertical hang from horizontal bar.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bar.

REP REQUIREMENTS

- Only hands and chin can touch the bar during the movement.

CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.

ALLOWED VARIATIONS

- Strict.
- Kipping.
- Butterfly.

JUMPING VARIATION:

- The pull-up bar should be at least 15 cm above the top of the head when the athlete is standing upright;
- Plates or other stable platforms may be needed to reduce the distance between the top of the head and the bar;
- The athlete must start each rep showing:
 - holding the horizontal bar with both hands;
 - goes down (bending the knees) to a partial vertical hang (hanging vertically from a suspended bar using both hands, full extension of the elbows, the shoulder angle is open or rearward of the frontal plane on the horizontal bar);
 - Athlete jumps him- or herself up till the bottom plane of the chin breaks the top-most horizontal plane of the bar.

BEACHSHOWDOWN

ONLINE

QUALIFIER

INDOOR ^{edition}
2024

QUALIFIER WOD 23.2 A + B

AMRAP – TIME CAP = 15 MIN

ELITE (RX)

Part A = 2 min

Buy in:
Max cal row

1 MIN REST

Part B = 12 min

12/9 cal row
3 Wall Walks
3 Shuttle runs (5 m)

ADVANCED

Part A = 2 min

Buy in:
Max cal row

1 MIN REST

Part B = 12 min

12/9 cal row
3 Wall Walks
3 Shuttle runs (5 m)

REGULAR

Part A = 2 min

Buy in:
Max cal row

1 MIN REST

Part B = 12 min

12/9 cal row
3 Scaled Wall Walks
3 Shuttle runs (5 m)

SCALED

Part A = 2 min

Buy in:
Max cal row

1 MIN REST

Part B = 12 min

12/9 cal row
3 Scaled Wall Walks
3 Shuttle runs (5 m)

TEENS

Part A = 2 min

Buy in:
Max cal row

1 MIN REST

Part B = 12 min

12/9 cal row
3 Scaled Wall Walks
3 Shuttle runs (5 m)

WORKOUT FLOW

1. Once the timer starts, the athlete starts with:
 1. Part A: the 2 minute buy in of max calories rowing.
2. After the buy in, you MUST rest 1 minute;
3. After 1 minute of rest you will continue with part B of the workout as prescribed for the remaining 12 minutes;
4. You MUST work with a 15 minute upward counting clock;
5. Your score will be Part A: max calories in 2 minutes and Part B: max reps in 12 minutes;
6. You MUST upload two (2) scores in the competition platform (marked 23.2A and 23.2B)†

MOVEMENT STANDARDS**ROW:**

Athlete rows on a rowing machine.

REP START:

- Seated on rower;
- At least one hand on the handle.

REP END:

- Seated on rower;
- Both feet on foot plates;
- At least one hand on the handle.

REP REQUIREMENTS:

- Row until the designated goal is met (time, distance or calories).

CYCLE & POST REP:

- Cycle: The rower must be reset before a new rep is started (rep = new goal).
- Post rep: In fixed time test (max meters/cals) or time cap in a rep, the athlete will have to stop applying force to the machine at the time cap, the score will be what is shown when the rower stops moving.

VALID OBJECT/EQUIPMENT:

- Any type of rower that shows time, distance or calories.

WALL WALKS:

Athletes elevate themselves from a prone position on the ground to a handstand position against the wall by placing their feet on the wall and walking their hands toward the wall before walking on their hands back to start position.

REP START:

- Prone position (generally flat in the the ground, not arching);
- Any part of both hands in/on designated area.

REP END:

- Prone position;
- Any part of both hands in/on designated area.

REP REQUIREMENTS:

- Both feet must be on the wall with knees off the ground before either hand can leave the start area;
- Both hands must be in contact with the wall line at the same time;
- Feet must be no wider than hand width before the hands leave the wall line;
- Both hands must return to the start area before the feet can come off the wall.

CYCLE & POST REP:

- REP END is a valid REP START.

STANDARD MEASUREMENTS:

- There will be a tape line to designate the start/finish line;
- For females, the distance from the wall to the tape is 139 cm. For males, the distance is 152 cm;
- This first line will be the start and finish line for each repetition;
- The second line leaves 25 cm of space between the tape's far edge and the wall.

SCALED WALL WALKS:

- All basics standards above also apply to the scaled version;
- There will be a tape line to designate the start/finish line;
- For ALL genders, the distance from the wall to the tape is 139 cm;
- This line will be 5 cm wide and will be the start and finish line for each repetition;
- Both hands must be in FRONT of the line;
- NO part of the hands may be touching this line;
- Both hands must remain in front of the tape until both feet are ON the wall;
- The athlete will walk up the wall until both hands are on the other side of the line;
- The athlete will walk down the wall until both hands are back in front of the line;
- NO part of the hand may touch the line.

SHUTTLE RUN:

Athlete runs back-and-forth touching hand to the ground on each turn.

REP START:

- Standing free behind the starting line;
- One hand in contact with the ground behind the start line.†

REP END:

- Standing free behind the end line;
- One hand in contact with the ground behind the start line.†

REP REQUIREMENTS:

- Both feet behind the starting/end line.

CYCLE & POST REP:

- Continuous segments: REP END is a valid new REP START;
- Otherwise: the athlete may return to REP START in any controlled manner.†

MEASUREMENTS:

5 meters back and forth.

BEACHSHOWDOWN

ONLINE

QUALIFIER

INDOOR ^{edition} 2024

QUALIFIER WOD 23.3

FOR TIME – TIME CAP = 6 MIN

ELITE (RX)

4 ROUNDS OF:
9 Burpees over Bar
6 Deadlifts
3 Thrusters

Weight:

♂60 kg

♀42,5 kg

ADVANCED

4 ROUNDS OF:
9 Burpees over Bar
6 Deadlifts
3 Thrusters

Weight:

♂50 kg

♀35 kg

REGULAR

4 ROUNDS OF:
9 Burpees over Bar
6 Deadlifts
3 Thrusters

Weight:

♂42,5 kg

♀30 kg

SCALED

4 ROUNDS OF:
9 Burpees over Bar
6 Deadlifts
3 Thrusters

Weight:

♂35 kg

♀25 kg

TEENS

4 ROUNDS OF:
9 Burpees over Bar
6 Deadlifts
3 Thrusters

Weight (15 - 17):

♂35 kg

♀25 kg

Weight (12 - 14):

♂20 kg†

♀15 kg

WORKOUT FLOW

1. Once the timer starts, the athlete starts with the workout as prescribed;
2. 4 rounds of: 9 Burpees over the bAR → 6 Deadlifts → 3 Thrusters
3. The final score will be the time when the workout is finished (4 rounds) within the time cap or CAP+ the number of performed reps.

MOVEMENT STANDARDS**BURPEES OVER BAR:**

Athlete from lying on the ground, gets up and jumps over the bar.

REP START:

- Prone position.

REP END:

- Standing free on the other side of the bar.

REP REQUIREMENTS:

- Athlete passess over the bar with entire body;
- Making contact with bar while passing over = NO-REP;
- Jumping over the bar with the two feet at the same time is not mandatory;
- Regular MAY step over the bar;
- Scaled and parent/kid MUST step over the bar.

CYCLE & POST REP:

- The athlete may return to REP START in a controlled manner.

DEADLIFT:

Athlete moves object from ground to hips.

REP START:

- Bottom of squat with object in front of torso, supported by the hands.

REP END:

- Deadlift lockout.

REP REQUIREMENTS:

- Hands and arms are kept outside of the legs;
- Object cannot bounce, that is, have notable upwards momentum from ground impact.

CYCLE & POST REP:

- The object can be returned to REP START in any controlled manner.

THRUSTER:

Athlete performs a front squat and in one fluid movement continues to press the object overhead.

REP START:

- Bottom of squat with object in front of torso (front rack position), supported by the hands.

REP END:

- Overhead lockout.

REP REQUIREMENTS:

- Object is moved in one fluid motion from the bottom of the squat to overhead position;
- A full cluster is permitted;
- Maintaining extended knees and hips after the object has left the front-rack and until the object is supported overhead with locked elbows.

CYCLE & POST REP:

- The object can be returned to REP START in any controlled manner.