



OUTDOOR EDITION BUDDY FINALS



CrossFit LICENSED EVENT | 2024 CFF

GENERAL COMPETITION RULES, FINAL WORKOUTS & MOVEMENT STANDARDS

WELCOME

Dear athletes,

Congratulations for reaching the finals of the 2024 Beach Showdown Outdoor Buddy edition, official 2024 CrossFit Licensed Event.

In this document, you can find our general competition rules, the final workouts along with their flow and movement standards. Read, study and memorize them so you know what we expect from you.

NOTE: We use the movement standards of the International Functional Fitness Federation (iF3). If anything is not clear, we recommend reading and studying this unique 155-page book. You can download this book from this link: https://functionalfitness.sport/wp-content/uploads/2024/01/2024_iF3_Movement_standards.pdf

General Competition Rules

1. You and you alone are responsible for reading the workouts, flow and standards **BEFORE** the event;
2. The competition field is neither the place nor the time to overload the judge with all sorts of questions because you have not read this document;
3. The warm-up zone is a **SHARED** zone for athletes getting ready just before he or she goes on the field. Just before means that you may enter this zone 30 minutes prior to your heat. You have about 20 minutes to warm up and must be ready 10 minutes prior to starting at staging 1, 2 or 3 (check-in). Have the **DISCIPLINE** to comply with this yourself, if not there will be access control
4. It is the team's own responsibility to be **ON TIME** at athletes' control and staging (check-in) where you will receive your pre-filled scorecard which you hand over to your assigned judge;
5. Athletes will **ALWAYS** start in the assigned lane, **BEHIND** the starting line;
6. Please show respect to our equipment. **DO NOT DROP/THROW** equipment intentionally (dumbbells, kettlebells, barbells, etc.). Dropping will **ALWAYS** result in a **NO-REP**;
7. Have **RESPECT** for our judges and crew in general. If you have issues, please address the head judge on the field and the competition manager off the field;
8. The judge calls a rep as they see it. You might not always agree but be aware that their call is final;
9. Videos can only be used as a memory to yourself or social media. No video footage will be taken in consideration to review your or someone else's score/judges decisions;
10. If you sign off your scorecard = you agree with the score that is written on it;
11. We have a **ZERO-TOLERANCE** policy about abusive behavior. Shouting, swearing, disrespect or aggression towards judges, crew members, management, athletes, vendors and spectators can result in immediate exclusion from the competition;
12. It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake;
13. Don't confuse the judge. He or she will count for you and guide you in the flow if needed. It is what they are there to do for you;
14. Exceptionally a malfunction of equipment can occur. Always continue in that what you are doing till the head judge or competition manager says otherwise;
15. The use of gymnastic grips (or style) are only allowed on the rig. Lifting belts and shoes, sleeves, wristbands and gloves are allowed. Lifting straps are **NEVER** allowed;
16. All workouts are performed in beach sand which you should know is always physically tougher and you are less stable here.

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



FIELD 1 – CONCEPT

FOR MAX CALORIES – TIME CAP = 12 MIN

RX	ADVANCED
<p>MAX CALORIES BIKE</p> <p>ROUNDS OF: OBSTACLE (FORTH) RUN OBSTACLE (BACK)</p> <p>*ATHLETES SWITCH AFTER EACH ROUND</p>	<p>MAX CALORIES BIKE</p> <p>ROUNDS OF: OBSTACLE (FORTH) RUN OBSTACLE (BACK)</p> <p>*ATHLETES SWITCH AFTER EACH ROUND</p>

REGULAR	SCALED	PARENT & KID
<p>MAX CALORIES BIKE</p> <p>ROUNDS OF: OBSTACLE (FORTH) RUN OBSTACLE (BACK)</p> <p>*ATHLETES SWITCH AFTER EACH ROUND</p>	<p>MAX CALORIES BIKE</p> <p>ROUNDS OF: OBSTACLE (FORTH) RUN OBSTACLE (BACK)</p> <p>*ATHLETES SWITCH AFTER EACH ROUND</p>	<p><u>EVERY 3 MINUTES</u></p> <p>OBSTACLE (FORTH) RUN OBSTACLE (BACK)</p> <p>MAX CALORIES BIKE</p>

important!

During this workout, one athlete cycles for calories and the other athlete completes a full round of the obstacle & running. Athletes must switch after each round. For each complete round the team receives **10** bonus calories. The final score will be the total calories on the bike + bonus calories of the complete rounds.

**BEACH BLITZ: BIKE, CLIMB, RUN & REPEAT****WORKOUT FLOW– ALL DIVISIONS**

1. Both athletes start in the "Start/Finish" box
2. After '3.....2.....1.....GO!' (start signal) Athlete **A** starts on the concept bike and Athlete **B** starts with the obstacle & running
3. Athlete **A** cycles for maximum calories
4. Athlete **B** goes over the obstacle and runs a complete lap around the field
5. Athlete **B** goes back over the obstacle and taps his buddy to switch
6. Athlete **B** then start cycles on the concept bike and Athlete **A** does a lap of the obstacle & running (see points 4 & 5)
7. Athletes continue to alternate until the end signal (time cap 12 min)

SCORES

- ▶ For each complete round of the obstacle and run, teams receive a bonus of 10 calories. The final scores are the total number of calories on the concept bike + bonus calories from the complete rounds.

RULES

- ▶ Athletes may only switch to the concept bike when an athlete has completed a full lap of the obstacle and run. During the entire workout, it is not allowed to alternate cycling and skipping the obstacle/run.
- ▶ Athletes must touch each other when changing on the bike.
- ▶ It is not allowed to jump from the obstacle above the +/- 1.5 meter mark. If athletes do jump off the obstacle, they receive a penalty of 5 calories (safety). Judges may give this penalty, and this penalty will be included in the scores without consultation.
- ▶ On the obstacle, athletes must stay in their own line (1 meter wide). Pay attention to the athletes next to you.
- ▶ Athletes only receive a bonus lap of 10 calories if they complete a full lap of the obstacle (back and forth) and run (athlete needs to be in the finish box to get the bonus calories).
- ▶ It is not allowed to touch the screen of the concept bike. Only the height of the saddle may be adjusted during the workout.

**WORKOUT FLOW – PARENT/KID**

1. Both athletes start in the "Start/Finish" box.
2. After '3.....2.....1.....GO!' (start signal) both athletes start with the obstacle.
3. Both athletes go over the obstacle and run a complete lap around the field
4. Both athletes go back over the obstacle and Athlete **A** (kids) starts at the concept bike.
5. Athlete **A** (kids) continues cycling for the remaining time until the signal sounds.
6. Both athletes then do another lap of the obstacle and run (see points 2 & 3).
7. Both athletes go back over the obstacle and Athlete **B** (parents) starts at the concept bike.
8. Athlete **B** (parent) continues cycling for the remaining time until the signal sounds.
9. There are a total of 4 rounds of 3 minutes (time cap 12 minutes). Both athletes do two rounds on the concept bike.
10. In the final lap, Athlete **B** (parents) finishes on the concept bike until the end signal sounds.

SCORES

- ▶ The final scores are the total number of calories on the concept bike after 4 rounds.

RULES

- ▶ Athletes must follow the order of cycling and may not switch while cycling (two rounds for children, two rounds for parents).
- ▶ Children are allowed to cycle standing up if they are too small to sit on the saddle.
- ▶ As soon as the signal sounds, athletes must immediately stop cycling and start a new lap over the obstacle and run.
- ▶ It is not allowed to jump from the obstacle above the +/- 1.5 meter mark. If athletes do jump off the obstacle, they receive a penalty of 5 calories (safety). Judges may give this penalty, and this penalty will be included in the scores without consultation.
- ▶ On the obstacle, athletes must stay in their own line (1 meter wide). Pay attention to the athletes next to you. Parents are allowed to help their children on the obstacle and are responsible for safety.
- ▶ It is not allowed to touch the screen of the concept bike. Only the height of the saddle may be adjusted during the workout.



BEACH BLITZ: BIKE, CLIMB, RUN & REPEAT

MOVEMENT STANDARDS

BIKE-ERG

Athlete cycle using a BikeErg machine

REP START

- ▶ Seated or standing on bike with both feet on pedals

REP END

- ▶ Seated or standing on bike with both feet on pedals

REP REQUIREMENTS

- ▶ Bike until the designated goal is met (max. calories)

CYCLE & POST REP

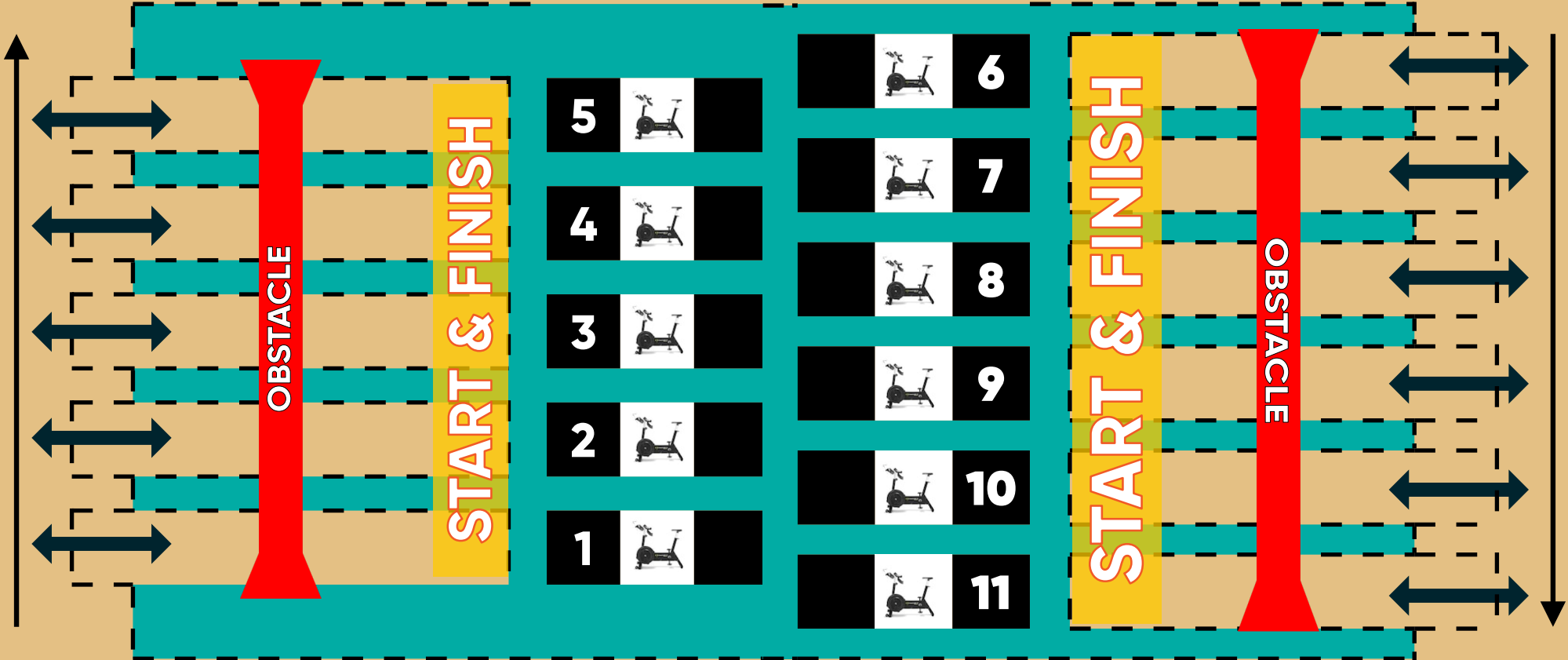
- ▶ None at this time

VALID OBJECT/EQUIPMENT

- ▶ We will use a Concept 2 BikeErg
- ▶ It is not allowed to touch the screen of the concept bike

CHECK-IN

RUN



START & FINISH

5



4



3



2



1



6



7



8



9



10



11



START & FINISH

OBSTACLE

SCORING



**FIELD 2 – KINGSBOX
FOR TIME – TIME CAP = 12 MIN**

RX	ADVANCED
<p>BUY IN: 10 SYNC SINGLE ARM DEVIL PRESSES</p> <p>-INTO-</p> <p>40 SYNC SINGLE ARM HANG DUMBBELL SNATCHES 30 TOES TO BAR 20 BURPEES OVER BUDDY SYNC SINGLE ARM OVERHEAD DUMBBELL LUNGES (1 LANE UP AND DOWN) 20 BURPEES OVER BUDDY 30 TOES TO BAR 40 SYNC SINGLE ARM HANG DUMBBELL SNATCHES</p> <p>WEIGHT DUMBBELL: ♂ 22.5 KG ♀ 15 KG</p>	<p>BUY IN: 10 SYNC SINGLE ARM DEVIL PRESSES</p> <p>-INTO-</p> <p>40 SYNC SINGLE ARM HANG DUMBBELL SNATCHES 30 ALTERNATING TOES TO BAR 20 BURPEES OVER BUDDY SYNC SINGLE ARM OVERHEAD DUMBBELL LUNGES (1 LANE UP AND DOWN) 20 BURPEES OVER BUDDY 30 ALTERNATING TOES TO BAR 40 SYNC SINGLE ARM HANG DUMBBELL SNATCHES</p> <p>WEIGHT DUMBBELL: ♂ 20 KG ♀ 12.5 KG</p>

REGULAR	SCALED
<p>BUY IN: 10 SYNC SINGLE ARM DEVIL PRESSES</p> <p>-INTO-</p> <p>40 SYNC SINGLE ARM HANG DUMBBELL SNATCHES 30 LEG RAISES 20 BURPEES OVER BUDDY SYNC SINGLE ARM OVERHEAD DUMBBELL LUNGES (1 LANE UP AND DOWN) 20 BURPEES OVER BUDDY 30 LEG RAISES 40 SYNC SINGLE ARM HANG DUMBBELL SNATCHES</p> <p>WEIGHT DUMBBELL: ♂ 15 KG ♀ 10 KG</p>	<p>BUY IN: 10 SYNC SINGLE ARM DEVIL PRESSES</p> <p>-INTO-</p> <p>40 SYNC SINGLE ARM HANG DUMBBELL SNATCHES 30 HANGING KNEE RAISES 20 BURPEES OVER BUDDY SYNC SINGLE ARM OVERHEAD DUMBBELL LUNGES (1 LANE UP AND DOWN) 20 BURPEES OVER BUDDY 30 HANGING KNEE RAISES 40 SYNC SINGLE ARM HANG DUMBBELL SNATCHES</p> <p>WEIGHT DUMBBELL: ♂ 12.5 KG ♀ 7 KG</p>



PARENT & KID

BUY IN:

10 SYNC SINGLE ARM DEVIL PRESSES

-INTO-

30 SYNC SINGLE ARM HANG DUMBBELL SNATCHES

25 HANGING KNEE RAISES

20 BURPEES OVER BUDDY

SYNC SINGLE ARM OVERHEAD DUMBBELL LUNGES
(1 LANE UP AND DOWN)

20 BURPEES OVER BUDDY

25 HANGING KNEE RAISES

30 SYNC SINGLE ARM HANG DUMBBELL SNATCHES

WEIGHT DUMBBELL (PARENTS):

♂ 12.5 KG

♀ 7 KG

WEIGHT DUMBBELL (KIDS):

♂ 5 KG

♀ 3 KG

**BEACH BUDDY BLAZE: SYNC & SWEAT****WORKOUT FLOW**

1. After '3.....2.....1.....GO!' (start signal) The Athletes may start with a buy-in of 10 synchronized single arm devil presses.
2. After the buy in the athletes continues with the synchronized single arm hang dumbbell snatches.
3. When all reps are completed they move the dumbbells to the other side of the rack.
4. When the dumbbells are moved they start their toes to bar variation at the rack while one athlete is working and the other athlete rests. Athletes can switch as often as they want.
5. After completing the designated number of reps the athletes can move on to the burpees over the buddy.
6. One athlete is laying on the ground in a forearm plank position while their partner can start performing burpees as long as the plank position is held or the reps are all completed.
7. After completing all repetitions of the burpees the athletes can move on to their synchronized single arm overhead lunges for 1 lane up and down the field.
8. After completing the lunges both athletes will reverse the workout (burpees over buddy, toes to bar variation) until they complete their last dumbbell snatches which will mark the end of their workout.
9. During the workout, the athletes must move the dumbbell from one side of the rack to the other. Athletes may take the dumbbells with them during each movement or only move them for the dumbbell movements (snatches & lunges). Athletes are responsible for moving the dumbbells during the workout NOT the judges!

SCORES

- ▶ This workout is for time. Your score will be the final time after completing the workout (time cap 12 minutes). If you do not finish the workout your score will be the total reps.

**MOVEMENT STANDARDS****SYNC SINGLE ARM DEVIL PRESSES**

Athletes perform a burpee with a dumbbell (single arm).

REP START

- ▶ Dumbbell on the ground.
- ▶ Prone position.
- ▶ Hand in contact with the dumbbell.

REP END

- ▶ Overhead lock-out.

REP REQUIREMENTS

- ▶ Dumbbell must be kept in hand during complete rep.

CYCLE & POST REP

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

TEAM SYNCHRO

- ▶ Rep start and rep end

SYNC SINGLE ARM HANG DUMBBELL SNATCHES

Athlete moves object in one fluid motion starting above knees to overhead.

REP START

Hang position.

- ▶ Entire dumbbell is behind the vertical plane made by the tip of the athlete's toes and inside the legs.

REP END

- ▶ Overhead lock-out.

REP REQUIREMENTS

- ▶ Dumbbell is moved in one fluid motion from rep-start to an overhead position.

CYCLE & POST REP

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

TEAM SYNCHRO

- ▶ Rep end

TOES TO BAR

Athlete hanging from a horizontal bar moves toes to contact bar.

REP START:

- ▶ Vertical hang from horizontal bar.
- ▶ Hips fully extended.
- ▶ Heels break the vertical plane directly under the bar.

REP END:

- ▶ Toes on both feet touch the bar simultaneously.
- ▶ The contact point is within the width of the hands.

REP REQUIREMENTS:

- ▶ None.

CYCLE & POST REP:

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

**ALTERNATING TOES TO BAR**

Athlete hanging from a horizontal bar moves toe to contact bar.

REP START:

- ▶ Vertical hang from horizontal bar.
- ▶ Hips fully extended.
- ▶ Heels break the vertical plane directly under the bar.

REP END:

- ▶ One toe touches the bar
- ▶ The contact point is within the width of the hands.

REP REQUIREMENTS:

- ▶ Reps need to be alternated between legs

CYCLE & POST REP:

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

LEG RAISES

Athlete hanging from a horizontal bar move their legs above the horizontal plane of the hip.

REP START

- ▶ Vertical hang from horizontal bar.
- ▶ Hips fully extended.
- ▶ Heels break the vertical plane directly under the bar.

REP END

- ▶ Hips bent, forming an L-shape with straight legs.
- ▶ Both legs must pass the horizontal plane of the hip.

REP REQUIREMENTS

- ▶ None.

CYCLE & POST REP

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

HANGING KNEE RAISES

Athlete hanging from a horizontal bar move their knees above the horizontal plane of the hip.

REP START:

- ▶ Vertical hang from horizontal bar.
- ▶ Hips fully extended.
- ▶ Heels break the vertical plane directly under the bar.

REP END:

- ▶ Knees break the horizontal plane at hip height.

REP REQUIREMENTS:

- ▶ None.

CYCLE & POST REP:

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



BURPEES OVER BUDDY

Athlete from lying on the ground, gets up and jumps over their buddy. Their buddy is in the forearm plank position.

REP START

- ▶ Prone position (Chest, hips and toes in contact with the ground).

REP END

- ▶ Standing free on the other side of the buddy.

REP REQUIREMENTS

- ▶ Jump over buddy with simultaneous take-off with both feet.
- ▶ Athlete passes over the buddy with the entire body.
- ▶ Unless specified in a special regulation, landing or contacting the buddy with feet during the transition over is ok, but not required.

CYCLE & POST REP

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

REP REQUIREMENTS:

- ▶ Athlete is only allowed to complete a burpee when their buddy is in forearm plank position.
- ▶ Scaled, Regular and Parent/Kid can step over buddy

SYNC SINGLE ARM OVERHEAD DUMBBELL LUNGES

Athlete walks with trailing knee touching the ground per step and with one dumbbell overhead.

REP START

- ▶ Standing free with a dumbbell in overhead position.
- ▶ Both feet behind the start line.

REP END

- ▶ Standing free with a dumbbell in overhead position.
- ▶ Both feet behind the end line.

REP REQUIREMENTS

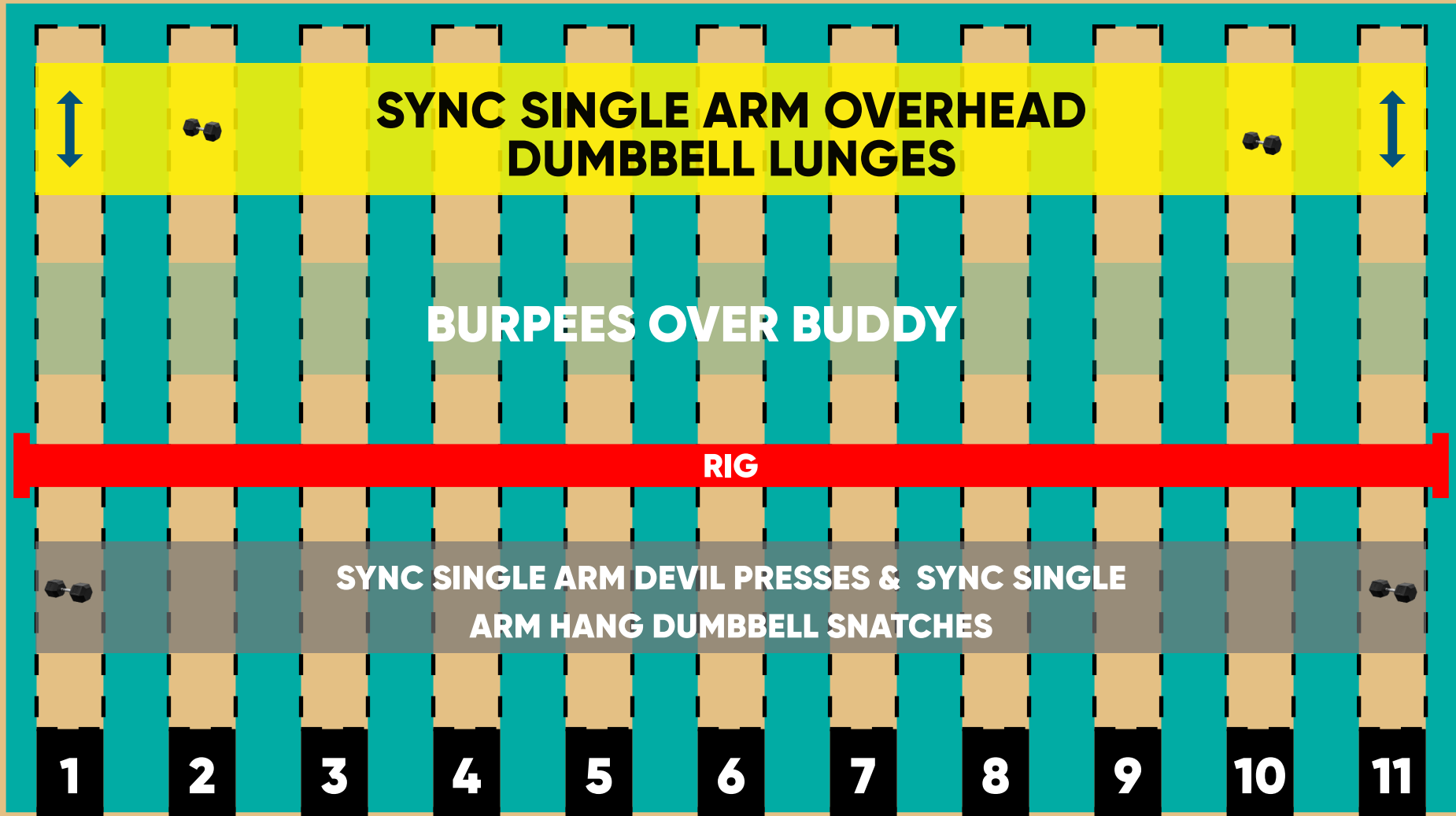
- ▶ Walk is performed with the trailing knee touching the ground per step.
- ▶ The entire dumbbell has to be above the top of the head, without touching anything but the hand.
- ▶ Each step must end by passing through the position in rep-start.
- ▶ Kids can hold the dumbbell how they like.

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.

TEAM Synchro

- ▶ Rep start and rep end
- ▶ Trailing knee touching the ground per step



CHECK-IN



AMRAP – TIME CAP = 12 MIN

FIELD 3 – ESN BEACH

RX	ADVANCED
<p>3 BUDDY OBJECT CARRY: 30 KG SLAM BALL – 20 KG PLATES – 24 KG KETTLEBELLS</p>	<p>3 BUDDY OBJECT CARRY: 30 KG SLAM BALL – 20 KG PLATES – 24 KG KETTLEBELLS</p>
<p>-INTO-</p>	<p>-INTO-</p>
<p>1 HEAVY SANDBAG CARRY 30 SANDBAG SQUATS</p>	<p>1 HEAVY SANDBAG CARRY 30 SANDBAG SQUATS</p>
<p>-INTO-</p>	<p>-INTO-</p>
<p>3 BUDDY OBJECT CARRY: 30 KG SLAM BALL – 20 KG PLATES – 24 KG KETTLEBELLS</p>	<p>3 BUDDY OBJECT CARRY: 30 KG SLAM BALL – 20 KG PLATES – 24 KG KETTLEBELLS</p>
<p>-INTO-</p>	<p>-INTO-</p>
<p>1 HEAVY SANDBAG CARRY MAX REPS SANDBAG CLEANS</p>	<p>1 HEAVY SANDBAG CARRY MAX REPS SANDBAG CLEANS</p>
<p>WEIGHT HEAVY SANDBAG: ♂ 70 KG ♀ 50 KG ♂ / ♀ 60 KG (M/F DIVISIONS)</p>	<p>WEIGHT HEAVY SANDBAG: ♂ 60 KG ♀ 40 KG ♂ / ♀ 50 KG (M/F DIVISIONS)</p>



REGULAR	SCALED	PARENT & KID
<p>3 BUDDY OBJECT CARRY: 20 KG SLAM BALL - 15 KG PLATES - 16 KG KETTLEBELLS</p>	<p>3 BUDDY OBJECT CARRY: 20 KG SLAM BALL - 15 KG PLATES - 16 KG KETTLEBELLS</p>	<p>3 BUDDY OBJECT CARRY: 20 KG SLAM BALL - 15/5 KG PLATES - 16/4 KG KETTLEBELLS</p>
<p>-INTO-</p>	<p>-INTO-</p>	<p>-INTO-</p>
<p>1 HEAVY SANDBAG CARRY 30 SANDBAG SQUATS</p>	<p>1 HEAVY SANDBAG CARRY 30 SANDBAG SQUATS</p>	<p>1 HEAVY SANDBAG CARRY (PARENT) 30 SANDBAG/SLAM BALL SQUATS</p>
<p>-INTO-</p>	<p>-INTO-</p>	<p>-INTO-</p>
<p>3 BUDDY OBJECT CARRY: 20 KG SLAM BALL - 15 KG PLATES - 16 KG KETTLEBELLS</p>	<p>3 BUDDY OBJECT CARRY: 20 KG SLAM BALL - 15 KG PLATES - 16 KG KETTLEBELLS</p>	<p>3 BUDDY OBJECT CARRY: 20 KG SLAM BALL - 15/5 KG PLATES - 16/4 KG KETTLEBELLS</p>
<p>-INTO-</p>	<p>-INTO-</p>	<p>-INTO-</p>
<p>1 HEAVY SANDBAG CARRY MAX REPS SANDBAG CLEANS</p>	<p>1 HEAVY SANDBAG CARRY MAX REPS SANDBAG CLEANS</p>	<p>1 HEAVY SANDBAG CARRY (PARENT) MAX REPS SANDBAG/SLAM BALL CLEANS</p>
<p>WEIGHT HEAVY SANDBAG: ♂ 50 KG ♀ 40 KG ♂ / ♀ 40 KG (M/F DIVISIONS)</p>	<p>WEIGHT HEAVY SANDBAG: ♂ 40 KG ♀ 30 KG ♂ / ♀ 30 KG (M/F DIVISIONS)</p>	<p>WEIGHT HEAVY SANDBAG (PARENTS): ♂ 40 KG ♀ 30 KG</p>
		<p>WEIGHT SLAM BALL (KIDS): ♂ 6 KG ♀ 4 KG</p>

important!

During this workout, both athletes must walk/run to the other side of the field during the carry.

Only if both athletes are in the indicated box they are allowed to go back. Athletes must adhere to the order as described in the workout.



WORKOUT FLOW

1. After '3.....2.....1.....GO!' (start signal) The Athletes may start their workout.
2. On the field the athletes will find 3 (pairs of) objects which need to be moved to the other side of the field (from box **A** to box **D**)
3. First, the athletes move the slamball to the other side of the field. Both athletes must walk/run to the other side and they are allowed to hand over the slamball as many times as they wish.
4. When both athletes are on the other side, they go back to get the plates.
5. Again both athletes have to carry the plates to the other side. The plates can be divided among the athletes or an athlete may lift both plates and switch when necessary.
6. Finally, both athletes go back to get the kettlebells and bring them to the other side as well.
7. When all objects are on the other side and both athletes pass the indicated line they can go back to take the heavy sandbag.
8. The athletes can start carrying the sandbag in bearhug carry to the other side of the field (from box **B** to box **C**). Athletes can switch as often as they want during the carry. For the parent & kid division, the parent does the sandbag carry.
9. After dropping the sandbag in the designated area (box **C**), the athletes can start their **30** sandbag squats also with the sandbag on the front portion of the body. Athletes can switch as often as they want during the squats.
10. After completing the squats the athletes can start bringing the 3 objects back to the starting point (from box **D** to box **A**) in the same order as described in points 3 to 6.
11. When all objects are back to the starting point and both athletes pass the indicated line they can go back to take the heavy sandbag.
12. The athletes can start carrying the sandbag in bearhug carry back to the other side of the field (from box **C** to box **B**).
13. After this point the athletes will start an AMRAP of sandbag cleans to the shoulder until the time runs out. Athletes can switch as often as they want during the cleans.

SCORES

- ▶ This workout is for repetitions. Your score will be the total number of reps which are made before the workout is over (time cap 12 minutes). These are the reps of the movements plus the extra reps made with the sandbag cleans.

**MOVEMENT STANDARDS****OBJECT CARRY**

Athlete carries object(s) over a specific distance. Athlete can carry the object(s) any way.

REP START

- ▶ Standing free.
- ▶ Both feet behind the start line.

REP END

- ▶ Standing free.
- ▶ Both feet behind the end line.

REP REQUIREMENTS

- ▶ When athletes switch during the carry, the object(s) should be placed directly between the feet on the ground where the athlete stopped. It is not allowed to throw the object(s) forward. It is also permitted to hand over the object(s) when both athletes stand still.
- ▶ When both athletes have crossed the line with both feet, they are allowed to put down the objects. Throwing is never allowed!
- ▶ The carry must be done for the full repetition (segment).

CYCLE & POST REP

- ▶ Continuous segments: rep end is a valid new rep start.
- ▶ Otherwise: the athlete may return to rep start in a controlled manner.

SANDBAG CARRY

Athlete, with weight in front of chest, carries object(s) over a specific distance.

REP START

- ▶ Sandbag is kept in front of the chest and/or abs.
- ▶ Both feet behind the start line.

REP END

- ▶ Sandbag is kept in front of the chest and/or abs.
- ▶ Both feet behind the end line.

REP REQUIREMENTS

- ▶ When athletes switch during the carry, the sandbag should be placed directly between the feet on the ground where the athlete stopped. It is not allowed to throw the sandbag forward. It is also permitted to hand over the sandbag when both athletes stand still.
- ▶ When both athletes have crossed the line with both feet, they are allowed to put down the sandbag. Throwing is never allowed!
- ▶ The carry must be done for the full repetition (segment).
- ▶ Sandbag is kept front of chest and/or abs throughout the full repetition.

CYCLE & POST REP

- ▶ Rep end is a valid rep start.

**SANDBAG SQUAT**

Athlete, with weight in front of chest, squats down below parallel and returns to standing.

REP START

- ▶ Standing tall.
- ▶ Sandbag is kept in front of the chest and/or abs.

REP END

- ▶ Standing tall.
- ▶ Sandbag is kept in front of the chest and/or abs.

REP REQUIREMENTS

- ▶ Achieve the bottom of the squat.
- ▶ Sandbag is kept in front of the chest and/or abs throughout the full repetition.

CYCLE & POST REP

- ▶ Rep end is a valid rep start.

SANDBAG CLEAN

The athlete takes an object from the ground, moves it to the shoulder.

REP START

- ▶ Object-on-ground.
- ▶ Hand(s) on object.

REP END

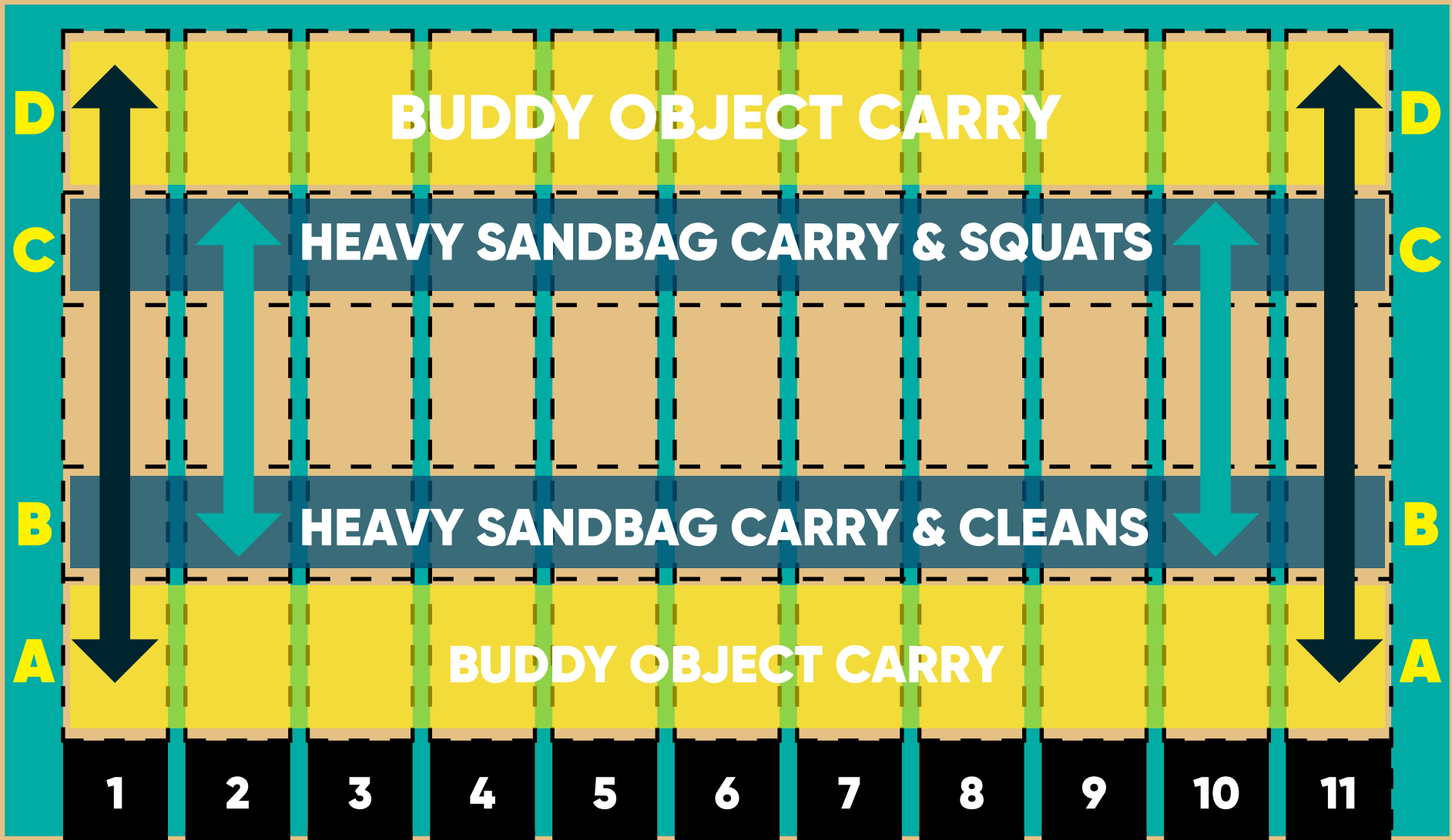
- ▶ Standing tall.
- ▶ Sandbag on the shoulder while hips and knees are fully extended

REP REQUIREMENTS

- ▶ Athlete shows control when the sandbag is on the shoulder

CYCLE & POST REP

- ▶ Rep end is a valid rep start.



CHECK-IN