

Workouts and standards

Buddy Dutch Qualifiers

Kids 8 – 10 years

Kids 11 – 13 years

Teens 14 – 17 years

Parents - Kids



Introduction

Hi there and welcome to the qualifiers of the Buddy Dutch 2019. In this document we will announce the workouts, the standards and the flow of the workout. Please study these standards so you know what will be expected of you during the workout.

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

Workouts

All athletes will be performing two workouts. Only the Teens aged 14 – 17 will perform three workouts. Please check your workout, workouts can be different from each other.

Division

This year there are different divisions and categories.

Kids 8-10	Kids 11-13	Teens 14-17	Parent Kid
Boy Boy Girl Girl	Boy Boy Girl Girl	Boy Boy Girl Girl	Mommy and kid Daddy and kid

Filming

Please make sure you film your workouts. We will randomly ask for video's after the deadline to confirm scores and check if all rules are being maintained.

Questions

If there are any questions after reading this document, please feel free to contact us via info@thedutchthrowdown.nl or via our Facebook chat message. Don't assume, just ask! We will gladly answer all your questions. You can also find more information on our website at the Q&A.

Workout 1

For time with a 15 minute time cap:

8 – 10 years	11 – 13 years	14 – 17 years
60 kb deadlifts	80 kb deadlifts	100 deadlifts
60 PVC thrusters	80 medball thrusters	100 wallballs
60 Box overs	80 Box overs	100 Box overs

Parent – Kid
6 rounds each, alternate rounds!

Parent	Kid
10 cal row	5 kb deadlifts
10 wallballs	5 PVC thrusters
10 deadlift	5 box overs 20"

Category	8 – 10 (B/G)	11 – 13 (B/G)	14 – 17 (B/G)	Parent (M/F)	Kid (B/G)
Deadlifts	12/8kg	16/12kg	35/25kg	60/42,5	12/8kg
Wallball	-	-	9/6kg 20/14lbs 10ft / 9ft	9/6kg 20/14 lbs 10ft / 9ft	-
Thrusters	Pvc	9/6kg 20/14lbs	-	-	Pvc
Box overs	20"	20"	24"/20"	-	20"

Flow of the workout

Both athletes must perform the reps of each movement together, not separately. Athletes can divide reps as they please. Only one athlete works at a time.

Athletes can choose their own order of movements but you must finish one movement before you move on to the next. The workout is done when all the reps are completed or when the timecap has been passed.

Athletes need to share their material (so one kettlebell, one medball etc.)

Your score is the time after finishing all the reps or the amount of reps after 15 minutes.

Parent/Kid

Both athletes perform 6 rounds each and alternate rounds. The both of you get your own material. You choose who will start, the parent or the kid. High five each other when you switch rounds. You must follow the order of movements as prescribed.

Your score is the time after finishing all the reps or the amount of reps after 15 minutes.

Movement Standards

(KB) Deadlift

You can read kettlebell instead of barbell when you have to perform the kb deadlift.

This is a standard deadlift. The barbell is on the floor with the athlete behind the bar. The athlete picks up the bar and stands straight up. The athlete holds the bar with the knees and hips extended and the shoulders behind the bar. Regular grip and mix grip are both allowed. Sumo deadlift is not allowed

Wallball

Start

The athlete picks up the medball and must squat below parallel before throwing the ball to the specified target. The “throw” must be a push-like movement.

End

The center of the ball must hit the target at or above the specified target height. If the ball hits too low or does not hit the target at all, it is a “no rep.” If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

(medball) Thrusters

You can read Medball instead of PVC if you have to do the medball thruster.

A movement where the PVC is brought overhead from a squatted position. A re-dip (jerk) isn't allowed. A squat clean thruster for the first rep is allowed.

Start

The PVC is picked up from the ground. At the bottom squat position, the crease of the hips must pass below the height of the kneecap. The PVC is in a front track position.

End

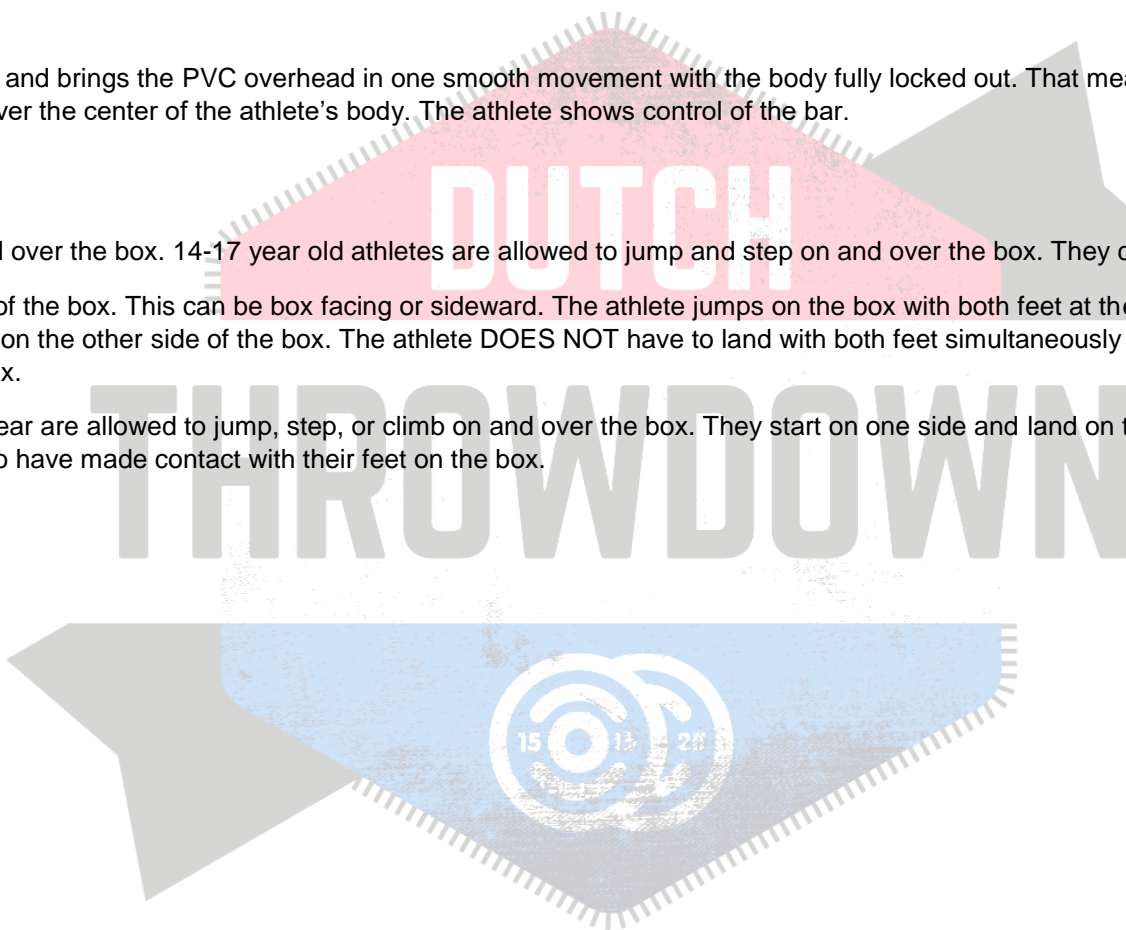
The athlete squats back up and brings the PVC overhead in one smooth movement with the body fully locked out. That means arms, hips and legs are extended and the PVC is over the center of the athlete's body. The athlete shows control of the bar.

Box over

Athletes need to get on and over the box. 14-17 year old athletes are allowed to jump and step on and over the box. They can not use their hands!

The athlete stands in front of the box. This can be box facing or sideward. The athlete jumps on the box with both feet at the same time or steps on the box and then lands on the floor on the other side of the box. The athlete DOES NOT have to land with both feet simultaneously on the box. The athlete can step and jump down from the box.

Athletes younger than 14 year are allowed to jump, step, or climb on and over the box. They start on one side and land on the other. They are allowed to use their hands but they need to have made contact with their feet on the box.



Workout 2

8 – 13 years

6 min amrap

1-2-3-4-5-6-7-8-etc...

burpees over the buddy

6m Shuttle sprint x 2

14 – 17 years

6 minutes for max weight

Athlete A: 1 rep max clean (from 0-3)

Athlete B: 1 rep max jerk (from 3-6)

Parent – Kid

6 minute emom

For max weight + reps

Minute	parent	kid
1	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
2	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
3	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
4	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
5	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
6	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint

TEENS, SHOW US HOW STRONG YOU ARE BUT ALWAYS PRIORITIZE TECHNIQUE! LISTEN CAREFULLY TO YOUR COACH AND MIND YOUR OWN SAFETY!

Category	8 – 13 years	14 – 17 years	Parent	Kid
Clean	-	-	From the floor	-
Jerk	-	From the rig		-
Shuttle sprint	6m per rep	-	-	6m per rep

Flow of the workout

8 – 13 years

On the count of 3, 2, 1 GO athletes are allowed to drop down on the floor and start their burpees. As soon as the first burpee is done, they can start their shuttle sprints and when they've finished their shuttle sprints, they can go to round 2 of the burpees. This sequence will be continued for 6 minutes with every round increasing in reps. Every 6m on the shuttle sprint is a rep.

Athletes can divide the reps as they please

The score on this workout is the total amount of reps made in 6 minutes.

14 – 17 years

The workout starts with athlete A performing the clean. After 3, 2, 1 GO athlete A has until 3:00 the time to perform a 1RM clean. When the clock hits 3:00 athlete B can start performing the jerk. The lifts must be finished within the time cap in order to count as a rep. Athlete B is allowed to use a rig for the lift but it's not mandatory. Jerk Blocks are NOT ALLOWED.

Both athletes may use their own bar and it is allowed to be loaded before the workout.

During the workout only athlete A and B are allowed to load the bar.

When the athlete drops the bar, he and his buddy are responsible for getting the bar back in the rig.

Athletes are allowed to make as many attempts as possible within the time cap.

After the workout, make sure you film the bar and the plates which have been used.

The score on this workout is the total weight of the heaviest successful attempt of both athletes.

Parent – Kid

This is a 6 minute emom where the parent gets one attempt per minute for an as heavy as possible clean and jerk. In the remaining time of the minute, the kid performs an amrap of burpees over the parent and shuttle sprints. This sequence will be repeated for 6 minutes. If the parent misses the jerk, but keeps it in athlete position, he is allowed to make a second attempt.

The score on this workout is the total weight of the successful attempts + the amount of reps.

Movement Standards

Clean

This can be a power clean or a squat clean.

The bar is in front of the athlete. The athlete picks up the bar and brings it to the athlete 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 athlete position. Dropping the bar too soon results in a no rep.

Jerk

This can be a push jerk or a split jerk. The bar can be lifted from the rig. The bar is in the athlete position. The athlete dips and drives the bar and will catch the bar in the overhead position. The bar is overhead, the feet are underneath the body and knees, hips and arms are fully extended. The athlete shows control of the bar. Not placing the feet back underneath the body after a split jerk will result in a no rep. Not showing control over the bar and dropping it will result in a no rep.

Clean and jerk

This is a standard clean and jerk where the bar is lifted from the floor to the front rack position before being lifted overhead. Please see standards above for the clean and the jerk.

Shuttle sprint

The athlete starts with both feet behind the line and runs to the other side. The athlete touches the line with one hand before he can run back. Every 6m counts as a rep.

Burpees over the buddy (parent)

This is a standard burpee. The athlete must jump back with both his feet and get back up with both feet. After getting up the athlete jumps over the buddy with a two foot jump and land. The burpees will be performed parallel to the buddy. The feet need to land first before the hands can touch the floor. Snaking is not allowed. Athletes are allowed to step in the burpee and over the buddy.

Workout 3

ONLY FOR 14 – 17 years

10 minute EMOM alternating minutes for reps.

Athlete A performs minute 1, 3, 5, 7 & 9

Athlete B performs minute 2, 4, 6, 8 & 10

14 – 17 years		
10 minute EMOM		
Athlete A odd minute, Athlete B even minute		
Minute	buy in	amrap
1	39 single unders	max rep jumping pull ups
2	8 burpees	max rep jumping pull ups
3	45 single unders	max rep jumping pull ups
4	9 burpees	max rep jumping pull ups
5	51 single unders	max rep jumping pull ups
6	10 burpees	max rep jumping pull ups
7	57 single unders	max rep pull ups
8	11 burpees	max rep pull ups
9	63 single unders	max rep pull ups
10	12 burpees	max rep pull ups

Flow of the workout

This workout is a 10 minute EMOM. On the count of 3, 2, 1 GO athlete A may start his buy in of single unders. When he finishes the rope jumps, the athlete may advance to the rig and perform in the remaining time of the minute (until 1:00) jumping pull ups for as many reps as possible. When the clock hits 1:00 athlete B can start his buy in of burpees and after the burpees he may proceed to the rig as well to perform as many reps as possible of jumping pull ups. This sequence will be continued for a full 10 minutes where every minute the buy in will increase in reps.

In minute 7, 8, 9 and 10 athletes will perform regular pull ups instead of jumping pull ups!

The score on is this workout is EVERY REP MADE (buy in + amrap).

Movement Standards

Single Under

This is the standard single-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts. Tripping on the rope will result in a no rep.

Burpees

Start

This is a standard burpee according to the new Open Standards. The athlete stands straight up, jumps back with both feet at the same time and makes sure his thighs, hips and chest touch the floor.

End

The athlete stands back up using a two foot jump and then jumps up, touches his hands behind or above his head making sure the chest is upright and there is a full extension in hips and knees.

Jumping pull ups

Start

For the jumping pull ups, the correct height is when the athlete stands with two feet together and brings both arms overhead with the thumbs to each other. The wrists of the athlete must be in contact with the rig in this position. A box or plates can be used to adjust the height for the athlete. For a rep to count, the athlete must grasp the rig, fully extend the arms with both feet on the ground (or box or plates etc.) From here the athlete can jump and pull up.

End

At the top the chin must break the horizontal plane of the bar. Only the regular grip is allowed!

Pull Up

The athlete starts from a deadhang on the bar with full extension in the arms. With every rep, the chin must be above the bar. Strict, kipping and butterfly pull ups are allowed as well as every type of grip as long as the requirements above are met.