



# 2025

**BUDDY** *EDITION*  
QUALIFIER RULEBOOK





# SCORECARD 25.1

## FOR TIME (TC 12 MIN)

YOU GO I GO (BOTH ATHLETES COMPLETE ALL REPETITIONS)

- Weight of the kettlebells**
- RX: 32/24 kg
  - Advanced: 24/16 kg
  - Regular: 16/12 kg
  - Scaled and Parents: 12/8 kg
  - Kids: 6/4 kg

**DIVISION:**

WOD 1 – FOR TIME	ATHLETE 1	ATHLETE 2
21 Calories row		
21 Burpee over the rower		
21 American KB Swings		
15 Calories row		
15 Burpee over the rower		
15 American KB Swings		
9 Calories row		
9 Burpee over the rower		
9 American KB Swings		

**FINISH TIME:**

**TOTAL REPS WHEN CAP:**



# SCORECARD 25.2

## PLEASE NOTE!

**PARENT/KID-DIVISION WILL NOT PERFORM THIS WORKOUT.**

### FOR TOTAL LOAD (A1+A2):

- 1 rep max of barbell complex

### At 0:00-3:00 minutes, Athlete 1 will attempt as heavy complex as possible of:

- 1 Power snatch
- 1 OH squat
- 1 Hang squat snatch

### At 3:00-6:00 minutes, Athlete 2 will attempt as heavy complex as possible of:

- 1 Power clean
- 1 Front squat
- 1 Hang squat clean

WOD 2 – FOR TOTAL LOAD	ATHLETE 1	ATHLETE 2
<b>1 Rep Max weight Complex</b>		

<b>TOTAL TIME: 6 MINUTES</b>	
<b>TOTAL WEIGHT ATHLETE 1 + 2:</b>	



# SCORECARD 25.3

## 4 ROUNDS FOR TIME (TC 12 MIN)

ALL MOVEMENTS HAVE TO BE PERFORMED SYNCHRONIZED

### RX & ADVANCED

- Round 1
- 10 single-arm DB thrusters
  - 12 box-jump overs
  - 20 toes-to-bar
- Round 2
- 10 single-arm DB thrusters
  - 12 box-jump overs
  - 15 pull-ups
- Round 3
- 10 single-arm DB thrusters
  - 12 box-jump overs
  - 12 chest-to-bar pull-ups
- Round 4
- 10 single-arm DB thrusters
  - 12 box-jump overs
  - 10 bar muscle-ups

- DUMBBELLS:
- RX: 22.5/17.5 kg
  - Advanced: 20/15 kg

- BOXES:
- Men: 60 cm
  - Women: 50 cm

WOD 3 – FOR TIME	RX & ADVANCED	TIMECAP: 12 MIN.
<b>ROUND 1:</b>	10 single-arm DB thrusters	
	12 box -jump overs	
	20 toes-to-bar	
<b>ROUND 2:</b>	10 single-arm DB thrusters	
	12 box-jump overs	
	15 pull-ups	
<b>ROUND 3:</b>	10 single-arm DB thrusters	
	12 box-jump overs	
	12 chest-to-bar pull-ups	
<b>ROUND 4:</b>	10 single -arm DB thrusters	
	12 box-jump overs	
	<b>TIE BRAKE TIME</b>	
	10 bar muscle-up	

**TIEBRAKE TIME:**

**TOTAL REPS WHEN CAP:**

### REGULAR, SCALED & PARENT/KID

- Round 1
- 10 single-arm DB thrusters
  - 12 box-jump overs
  - 20 ring rows
- Round 2
- 10 single-arm DB thrusters
  - 12 box-jump overs
  - 15 knee raises
- Round 3
- 10 single-arm DB thrusters
  - 12 box-jump overs
  - 12 leg raises
- Round 4
- 10 single-arm DB thrusters
  - 12 box-jump overs
  - 10 single leg toes-to-bar

- DUMBBELLS:
- Regular: 17.5/12.5 kg
  - Scaled & Parents: 15/10 kg
  - Kids: 8/6 kg

- BOXES:
- Men: 60 cm
  - Women: 50 cm
  - Kids: 50 cm

WOD 3 – FOR TIME	REGULAR, SCALED, PARENT & KID	TIMECAP: 12 MIN.
<b>ROUND 1:</b>	10 single-arm DB thrusters	
	12 box-jump overs	
	20 ring rows	
<b>ROUND 2:</b>	10 single-arm DB thrusters	
	12 box-jump overs	
	15 knee raises	
<b>ROUND 3:</b>	10 single-arm DB thrusters	
	12 box-jump overs	
	12 leg raises	
<b>ROUND 4:</b>	10 single-arm DB thrusters	
	12 box-jump overs	
	<b>TIE BRAKE TIME</b>	
	10 single leg toes-to-bar	

**TIEBRAKE TIME:**

**TOTAL REPS WHEN CAP:**

## Welcome!

Before starting with the workout, we ask you to read through everything from this point on so that you are well-prepared.

All movement standards are aligned with the standards of the International Functional Fitness Federation (iF3), that can be found here: <https://functionalfitness.sport/sport/movement-standards/>

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 the movement standards.

Let us help you by setting up these practical tips and rules to ensure video submission success.

### Before the test

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

- READING them first;
- Asking questions later if something is unclear 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 as mentioned above.

### 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 all the required rules and standards.

It's your judge's responsibility to inform you if you don't meet 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 during this process!

### After the test

We recommend that you 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 up to our review team to determine all of the above. You are responsible for this! If everything is correct and only then, should you upload your video (link) for review without the risk of getting penalties or invalidation of it.

### Video format

We recommend that you use the WodProof app to record your workouts. WodProof offers apps for iOS and Android and they also offer a 4-week free of charge trial on their premium plan.

ALL videos must be uncut/unedited to allow an accurate display of the test performance. The use of fisheye or similar lens is NOT ALLOWED and will be invalidated by our review team.

### Remember your BASICS

- The first thing we want to see when the video starts is you;
- Telling us your name;
- Stating which event, division and workout you are doing;
- Zooming in/focusing on the weights (barbell, dumbbell, kettlebell, etc...), distance (shuttle run, handstand walk, etc...) and time/distance/calories on those screens so we can give you full credit.

If required, don't forget to reset the screens of the machines before starting another round.

### 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!

- 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);
- do not place your recording device far away from you
- watch out for gym related obstacles

### 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 (available in English only): <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 subtract 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.

### 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 to 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.



UPLOAD SCORES



DEADLINE TO UPLOAD SCORES &amp; VIDEOS: MONDAY, 13/01/2025, BY 22:00

# TDTD Q25.1

## FOR TIME (TC 12 MIN)

YOU GO I GO (BOTH ATHLETES COMPLETE ALL REPETITIONS)

### 21-15-9 reps of

- Calories Row
- Burpees over the rower
- American Kettlebell swings

### Weight of the kettlebells

- RX: 32/24 kg
- Advanced: 24/16 kg
- Regular: 16/12 kg
- Scaled and Parents: 12/8 kg
- Kids: 6/4 kg

### FLOW

- At the signal, Athlete 1 (A1) gets on the rower and does 21 calories. When he or she is done, Athlete 2 (A2) gets on the same rower and does his/her 21 calories.
- When both have completed 21 cals, A1 does 21 burpees over the rower and then A2 does the same thing.
- Then A1 moves to the kettlebell and does 21 American swings. When he/she is done, A2 does the same thing.
- The athletes then move back to the row-erg and repeats the pattern of the first round but with 15 and 9 reps for rounds two and three.
- Time is stopped when A2 is done with their final rep of KB swings at the round of 9. If the team does not perform all repetitions before the end of the 12-minute time-cap, their score is the total number of repetitions performed.

### SPECIAL REGULATIONS

- Athletes must keep the same order of work throughout the entire workout.
- Only one row-erg can be used during the workout
- Burpees do not have to be two-foot take-off, but there has to be a clear visible jump over the machine.
- In the parent/kid-division, parents are allowed to do some of the kids portion of the calories on the rower. This means they can divide it 30 + 12 cals in rnd 1, 22 + 8 cals in rnd 2 and 12 + 6 cals in rnd 3.



# TDTD Q25.1

## MOVEMENT STANDARDS

### ROW (ID 9.03)

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).

### BURPEES OVER ROWER (ID 10.01)

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

#### REP START

- Prone position.

#### REP END

- Standing free on the other side of the object.

#### REP REQUIREMENTS

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

### AMERICAN KETTLEBELL SWINGS (ID 6.06)

Athlete starts with the kettlebell just below the groin, the kettlebell is then swung up above the head.

#### REP START

- Hang position.
- Entire kettlebell is behind the vertical plane made by the tip of the athlete's TOES AND INSIDE THE LEGS.

#### REP END

- Standing tall
- Object is overhead.
- Full extension of elbows.

#### REP REQUIREMENTS

- Kettlebell must be swung up in one fluid motion.





# TDTD Q25.2

## PLEASE NOTE!

**TEAMS FROM PARENT/KID-DIVISIONS WILL NOT PERFORM THIS WORKOUT.**

### FOR TOTAL LOAD (A1+A2):

- 1 rep max of barbell complex

### At 0:00-3:00 minutes, Athlete 1 will attempt as heavy complex as possible of:

- 1 Power snatch
- 1 OH squat
- 1 Hang squat snatch

### At 3:00-6:00 minutes, Athlete 2 will attempt as heavy complex as possible of:

- 1 Power clean
- 1 Front squat
- 1 Hang squat clean

### FLOW

- This workout starts with an empty barbell
- At the signal the athletes can start loading the barbell.
- Athlete 1 may make as many attempts as they wish within the given timecap and they may increase or decrease the weight as they wish.
- At 3:00, it is time for Athlete 2 to do the clean complex. As with A1, they can make as many attempts as they wish and change the weights however they like within the timecap.
- The entire complex must be fully completed within the timecap to count as a good lift.

### SPECIAL REGULATIONS

- Only one barbell can be used for same-sex divisions (M/M and F/F)
- Athletes can make as many attempts as they wish within the time-cap
- Only the athletes can load the barbell and change weights.
- It must be clear in the video how much is on the barbell before each attempt.
- Complex 1 must be a power snatch directly followed by an overhead squat, directly followed by a hang squat snatch. Athlete cannot rest with the barbell in back or front rack positions or drop it to the ground. Athlete can rest with the barbell in the hang position as long as they don't release their grip or drop the barbell to the ground.
- Complex 2 must be a power clean directly followed by a front squat, directly followed by a hang squat clean. Athlete cannot drop the barbell to the ground. Athlete can rest with the barbell in the hang position as long as they don't release their grip or drop the barbell to the ground.
- If athlete fails any part of the complex, they can make another try at that same movement as long as the barbell is not dropped to the ground or rested in an unallowed position.
- Scaled and regular: It is allowed to catch the bar in a power position and directly go into an overhead squat / front rack squat. To hit the standard below parallel.

## MOVEMENT STANDARDS

### POWER SNATCH (ID 4.02)

Athlete moves object in one fluid motion from ground to overhead, never squatting down to full depth.

REP START

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

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to an overhead position.
- Avoid the bottom of squat.

### OVERHEAD SQUAT (ID 1.04)

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.

### HANG SQUAT SNATCH (ID 4.06)

Athlete moves object in one fluid motion starting above 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 hang rule.

### POWER CLEAN (ID 3.02)

Athlete moves object in one fluid motion from ground to shoulders, never squatting down to full depth.

REP START

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

REP END

- Front-rack lockout.

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to front rack in the power position.
- Avoid the bottom of squat.

### FRONT SQUAT (ID 1.03)

Athlete, with weight on front of shoulders, squats down below parallel and returns to standing.

REP START

- Front rack lockout.

REP END

- Front rack lockout.

REP REQUIREMENTS

- Achieve the bottom of squat.
- Object in front rack throughout the full repetition.
- Hand(s) below chin.



UPLOAD SCORES



HERE



DEADLINE TO UPLOAD SCORES & VIDEOS: MONDAY, 13/01/2025, BY 22:00

# TDTD Q25.2

## HANG SQUAT CLEAN (ID 3.06)

Athlete moves object in one fluid motion from above ground to shoulders catching the object while squatting below parallel.

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

- Object is moved in one fluid motion from hang to front rack.
- Without pause after receiving the object, the bottom of squat must be achieved.
- Adhere to hang rule.

# TDTD Q25.3

## 4 ROUNDS FOR TIME (TC 12 MIN)

ALL MOVEMENTS HAVE TO BE PERFORMED SYNCHRONIZED

RX & ADVANCED	REGULAR, SCALED & PARENT/KID
<p>Round 1</p> <ul style="list-style-type: none"> <li>• 10 single-arm DB thrusters</li> <li>• 12 box-jump overs</li> <li>• 20 toes-to-bar</li> </ul> <p>Round 2</p> <ul style="list-style-type: none"> <li>• 10 single-arm DB thrusters</li> <li>• 12 box-jump overs</li> <li>• 15 pull-ups</li> </ul> <p>Round 3</p> <ul style="list-style-type: none"> <li>• 10 single-arm DB thrusters</li> <li>• 12 box-jump overs</li> <li>• 12 chest-to-bar pull-ups</li> </ul> <p>Round 4</p> <ul style="list-style-type: none"> <li>• 10 single-arm DB thrusters</li> <li>• 12 box-jump overs</li> <li>• 10 bar muscle-ups</li> </ul>	<p>Round 1</p> <ul style="list-style-type: none"> <li>• 10 single-arm DB thrusters</li> <li>• 12 box-jump overs</li> <li>• 20 ring rows</li> </ul> <p>Round 2</p> <ul style="list-style-type: none"> <li>• 10 single-arm DB thrusters</li> <li>• 12 box-jump overs</li> <li>• 15 knee raises</li> </ul> <p>Round 3</p> <ul style="list-style-type: none"> <li>• 10 single-arm DB thrusters</li> <li>• 12 box-jump overs</li> <li>• 12 leg raises</li> </ul> <p>Round 4</p> <ul style="list-style-type: none"> <li>• 10 single-arm DB thrusters</li> <li>• 12 box-jump overs</li> <li>• 10 single leg toes-to-bar</li> </ul>
<p>DUMBBELLS:</p> <ul style="list-style-type: none"> <li>• RX: 22.5/17.5 kg</li> <li>• Advanced: 20/15 kg</li> </ul>	<p>DUMBBELLS:</p> <ul style="list-style-type: none"> <li>• Regular: 17.5/12.5 kg</li> <li>• Scaled &amp; Parents: 15/10 kg</li> <li>• Kids: 8/6 kg</li> </ul>
<p>BOXES:</p> <ul style="list-style-type: none"> <li>• Men: 60 cm</li> <li>• Women: 50 cm</li> </ul>	<p>BOXES:</p> <ul style="list-style-type: none"> <li>• Men: 60 cm</li> <li>• Women: 50 cm</li> <li>• Kids: 50 cm</li> </ul>

### RX - ADVANCED

The story behind the muscle up in qualifier 25.3 is to test your skills and divide the leaderboard, as you will see every qualifier testing on other parts of your skill set. So the most allround athletes will end on top. After the box jump overs there is a tie break time. And also to get the best leaderboard possible we will review the scores and if as an advanced team you are scoring as high as our RX teams they get an invite for an RX finals ticket.

### SCALED - REGULAR

The story behind the Single leg toes to bar in qualifier 25.3 is to test your skills and divide the leaderboard, as you will see every qualifier testing on other parts of your skill set. So the most allround athletes will end on top. After the box jump overs there is a tie break time. And also to get the best leaderboard possible we will review the scores and if as a scaled team you are scoring as high as our Regular teams they get an invite for a Regular finals ticket.



# TDTD Q25.3

## FLOW

- At the signal, the athletes both start performing 10 synchronised dumbbell thrusters where each athlete holds 1 dumbbell.
- They then move into 12 synchronised box-jump overs and then end round 1 with 20 repetitions of the movement described above.
- They move along to round 2 where they repeat 10 synchro DB thrusters and 12 synchro box-jump overs and finish the round with 15 reps of the next movement.
- They complete this pattern for rounds 3 and 4, performing the movements and repetitions as described above.

## SPECIAL REGULATIONS

- The time after the last box-jump over in round 4 will serve as a tie-breaker time in case one or many teams do not succeed to complete all of the repetitions.
- All movements in the entire workout have to be synchronized.
- Kids are allowed to get over the box in any style: jumping, stepping, climbing, crawling. The sync for parent + kid is only at rep start and rep end (standing tall next to the box).
- For Regular and Scaled divisions, the box-jump over does NOT need to have a two-foot take-off, as long as it still is a clear jump onto the box.

## MOVEMENT STANDARDS

### SINGLE ARM DUMBBELL THRUSTER (ID 5.06)

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, supported by the hand.

REP END

- Overhead lock-out.

REP REQUIREMENTS

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

TEAM SYNCHRO

- Rep end

### BOX-JUMP OVER (ID 10.05)

Athlete jumps over box.

REP START

- Standing free.

REP END

- Standing free on the other side of the object.

REP REQUIREMENTS

- Jump over object with simultaneous take-off with both feet.
- Athlete passes over the object with entire body.
- Landing or contacting the object with feet during the transition over is ok, but not required.
- Step down is allowed

TEAM SYNCHRO

- Rep start, on top of the box and rep end.

### TOES-TO-BAR (ID 7.01)

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.

TEAM SYNCHRO

- Rep end

### PULL-UPS (ID 7.04)

Athlete hanging from a horizontal bar pulls himself up until chin is above 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 chest or above can touch anything during the movement.

TEAM SYNCHRO

- Rep end

### CHEST-TO-BAR PULL-UPS (ID 7.05)

Athlete hanging from a horizontal bar pulls himself up until chest come 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.

TEAM SYNCHRO

- Rep end

## BAR MUSCLE-UPS (ID 7.07)

Athlete hanging from a horizontal bar pulls himself up over the bar, and continues to press out finishing in a support position above the bar.

REP START

- Vertical hang from horizontal bar.

REP END

- Vertical support.

REP REQUIREMENTS

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.
- Must pass through a portion of the dip.
- The athlete may not rest on top of horizontal bar in any other way than vertical support. If so happens, athlete needs to jump down to floor before achieving a new rep start.

TEAM SYNCHRO

- Rep end

## RING ROWS

REP START

- Rings at belly-button
- Feet in a direct vertical line from the rings
- Hanging with both hands from the rings and arms fully extended.

REP END

- Any part of both hands touching the chest.

REP REQUIREMENTS

- Body must be fully extended with lockout in hips and knees.

TEAM SYNCHRO

- Rep start and rep end

## KNEE RAISES (ID 7.09)

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

- Both knees must pass the horizontal plane of the hip.

REP REQUIREMENTS

- None.

TEAM SYNCHRO

- Rep end

## LEG RAISES

Athlete hanging from a horizontal bar move their feet 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

- Both feet must pass the horizontal plane of the hip.

REP REQUIREMENTS

- None.

TEAM SYNCHRO

- Rep end

## SINGLE-LEG 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 one foot touch the bar.
- The contact point is within the width of the hands.

REP REQUIREMENTS

- None.

TEAM SYNCHRO

- Rep end

NO QUALIFIERS | GO STRAIGHT TO THE FINALS

REGISTER NOW



SPOTS ARE LIMITED | REGULAR, ADVANCED, RX

# TRIPLET TRIPLET

