V: 1.3

QUALIFIER

NOV 28TH UNTIL MARCH 29TH '26

FINALS

JUNE 20/21

DUTCH THROWDOWN

10 ANNIVERSARY

WELCOME TO THE QUALIFIERS FOR THE DUTCH THROWDOWN – BACK TO THE ROOTS 2026!

Before starting the workout, we kindly ask you to read all of the following information carefully to ensure you are fully prepared.

All movement standards are aligned with the regulations of the standards of the International Functional FitnessFederation (iF3)

Although we would love to take your word for it and skip the online video qualification process, that is not how this competition operates.
In addition to submitting your scorecard, you – the athlete – must upload a video (link) of the prescribed test as visual proof.
The main objective of this requirement is to verify that you have completed the test correctly, that the number of repetitions and recorded times are accurate, and that all movement standards have been met.

To support you in this process, we have outlined a number of practical tips and rules to help ensure successful video submission.

One Workout – Three Parts

This is a "one-click" qualifier, meaning that you must complete all three workouts on a single, continuously running clock.
The clock must remain visible and running throughout the entire video. It may not be stopped, paused, or removed from view at any time.

Please ensure that all workouts are performed within the assigned time frames and in the correct order.
Once all three workouts are complete, upload your video to your preferred hosting platform (e.g., YouTube, Vimeo, etc.), and then enter the same video link for all three scores in the registration system.

Your team may include one or more helpers to change or adjust equipment between workouts, but not during a workout.

Please note: All movement standards are described in detail at the end of this document.

Before the Test

Make sure you review the workouts, movement flows, specific regulations, and standards by:

1. Reading them carefully first.
2. Asking questions afterward if anything remains unclear.

During the Test

Ensure your judge understands that officiating is not limited to counting repetitions. Your judge must also verify that you, as the athlete, meet all required rules and movement standards throughout the test.

It is your judge's responsibility to inform you immediately if a repetition does not meet the required standard – this results in a NO-REP.

Your judge may give verbal cues or reminders (e.g., "Squat deeper," "Fully extend your hips/arms," etc.), but a no-rep is always a no-rep and must be enforced consistently throughout the workout.

After the Test

We strongly recommend reviewing your own video recordings before submitting them to the competition platform. Compare your performance to the scorecard and verify the following details (if applicable):

- Are the total repetitions correct?
- Are the times correct?
- Are the weights correct?
- Are the distances correct?
- Are the heights correct?

It is your responsibility as the athlete to ensure all of the above are accurate.
Our review team will not correct or verify these elements for you.

Only once you have confirmed that everything is correct should you upload your video (link) for review – to avoid the risk of penalties or disqualification.

Video Format

We recommend using the WodProof app to record your workouts.
WodProof is available for both iOS and Android and offers a four-week free trial of its premium plan.

All videos must be uncut and unedited to allow for accurate review of your performance.
The use of fisheye lenses or similar effects is strictly prohibited and will result in invalidation by our review team.

Remember the Basics

At the start of your video, please ensure the following elements are clearly visible:

- State your name.
- Announce the event, division, and workout you are performing.
- Show a close-up of all weights (barbell, dumbbell, kettlebell, etc.), distances (e.g., shuttle run, handstand walk), and display screens (e.g., time, distance, or calories) to ensure full credit can be given.

Angle and Frame

Record your video in such a way that all movements are clearly visible and meet the required standards.
Your entire body must remain within the frame at all times. If we cannot see you, we cannot assess your performance.

- Please follow these guidelines for proper camera setup:
- Do not place your recording device on the ground with an upward angle.
- Do not place your recording device directly in front of you. (A 45° front-side angle is ideal.)
- Do not place your recording device too far away from your workout area.
- Ensure there are no gym obstacles blocking the view of your movements.

Scorecards

Scorecards are an essential tool for recording all correctly performed repetitions, allowing you to upload your final score to the online platform.
We strongly recommend that you review the scorecard carefully before starting your workout to ensure full understanding of the required standards and recording process.

Video Review

Once submitted, your score and video will undergo review.
Our review team will randomly assess videos to ensure that all athletes receive appropriate credit for their performances.

We kindly ask for your patience, both with the review process and potential technical delays.

If you have questions regarding your video or score, please wait until our team has had the opportunity to review and log your submission on the leaderboard.

If we contact you regarding a problem with your submission, you will have 24 hours to respond and make the necessary corrections.

Appeals

All appeals, scoring discrepancies, or questions regarding the review of online videos will be handled by the Event manager and Competition manager..

If a score is modified due to a penalty, the athlete will receive an email notification.
This message will include a brief explanation outlining the reason for the score adjustment.

After receiving this notification, the athlete has 24 hours to submit an official appeal.
Appeals submitted after the 24-hour deadline will not be reviewed or processed.

Only the affected athlete may submit an appeal regarding their own result.
Coaches, teammates, or any third parties are not permitted to appeal on behalf of an athlete.

Athletes may not appeal their performance outcome based on the review, scoring, or performance of another athlete.

Part A: DUMBBELL MAYHEM - 6 Rounds

No time cap
YOU GO I GO (Athletes alternate each round)
12 double DB hang cleans
9 double DB front squats
6 double DB S2OH

Directly into 1:00 rest after the 7 minutes of part B

Part B: MIDLINE BURNER - 7 min AMRAP

Athletes divide reps as wanted
10 Knee raises
20 Box step overs (50cm)
40 Single unders

Directly into 1:00 rest after 7 minutes

Part C: ENGINE OVERLOAD - 4 Rounds

No time cap
15 cal assault bike (Not for Adult/Kid) // Adult/Kids: 16 alternating burpees over partner
15 synchro Plate ground to overhead

Score Total Time (Part A+B+C)

Weights:
Part A
Beginners 2X DB Male 10 KG / Female 7.5 KG
Kids 2X DB 3 KG
Teens 2x DB 5 KG

Part C
Beginners Plate Male 10 KG / Female 5 KG
Teens Plate 5 KG
Kids 2.5 KG

*Adults use same weight as beginners
There is only one set of Dumbbells used per weight

Flow:

PART A

Buddy
Use a running clock during the full workout.
At the signal of 3-2-1 go: Athlete 1 starts and picks up the DB's to perform 12 DB hang cleans, followed by 9 DB front squats and finish the round with 6 DB shoulder to overhead.
When A1 is finished, he/she taps A2 and then A2 performs the same round.
Athletes keep alternating rounds until all 6 rounds are completed.
Then go into 1 minute mandatory rest.

Score for Part A is time as the last shoulder to overhead is completed.

Triplets
A1: working, when he/she is finished he/she taps A2, when A2 is finished, he/she taps A3 and he/she performs the same full round.
Athletes keep alternating rounds until all 6 rounds are completed.
Then go into 1 minute mandatory rest.

Score for Part A is time as the last shoulder to overhead is completed.

PART B

Buddy & Triplets
After that minute immediately start with part B:
One Athlete jumps in the rig and starts performing as many knee raises as possible.
Athletes can switch as often as they want to complete all 10 reps.
going into 20 box step overs and 40 single unders.
Athletes can keep switching to perform the total reps and keep going until the 7min are passed.
Score is rounds en reps completed at the end of the 7 minutes.

After they take a 1 minute mandatory rest.

PART C

Buddy & Triplets
After that minute immediately start with part C:
Athlete 1 or 2 (or 3) starts biking for as many calories as possible they can switch as often as wanted to complete the total amount of 15 calories
followed by 15 syncro plate ground to overhead.
They keep doing this until 4 rounds are finished.
Score is total time of the workout.
After the workout, show the screen with the total of calories in the video.

Adult & Kid

Athlete 1 or 2 starts performing 16 alternating burpees over partner.

When the 16 are completed start performing 15 syncro plate ground to overhead.
They keep doing this until 4 rounds are finished.
Score is total time of the workout.

Part A: BARBELL MAYHEM - 6 Rounds

No time cap

YOU GO I GO (Athletes alternate each round)

12 Hang cleans
9 Front squats
6 Shoulder to overhead

Directly into 1:00 rest after finishing

Part B: MIDLINE BURNER - 7 min AMRAP

10 single leg Toes To Bar (Regular) / Toes To Bar (Advanced)
20 box jump overs (Regular 50cm / Advanced M 60cm / F 50cm)
60 SU (Regular) / 60 DU (Advanced)

Directly into 1:00 rest after 7 minutes

Part C: ENGINE OVERLOAD - 4 Rounds

No time cap

15 Call assault bike
15 Syncro american KB swings

Score Total Time:....

Weight:
Part A
Regular Barbell Male 40 KG / Female 30 KG
Advanced Barbell Male 50 KG / Female 40 KG

Part C
Regular KB Male 20 KG / Female 16 KG
Advanced KB Male 24 KG / Female 20 KG

Same genders use the same barbell

Flow:

PART A

Buddy
Use a running clock during the full workout.
At the signal of 3-2-1 go: Athlete 1 starts and picks up the barbell to perform 12 hang power cleans, followed by 9 barbell front squats into 6 barbell shoulder to overhead.
When A1 is finished, he/she taps A2 and then A2 performs the same round.
Athletes keep alternating rounds until all 6 rounds are completed.
Then go into 1 minute mandatory rest.

Score for Part A is time as the last shoulder to overhead is completed.

Triplets
A1: working, when he/she is finished he/she taps A2, when A2 is finished, he/she taps A3 and he/she performs the same full round.
Athletes keep alternating rounds until all 6 rounds are completed.
Then go into 1 minute mandatory rest.

Score for Part A is time as the last shoulder to overhead is completed.

PART B

Buddy & Triplets
After that minute immediately start with part B:
One Athlete jumps in the rig and starts performing as many (Single leg) Toes to bar as possible.
Athletes can switch as often as they want to complete all 10 reps.
going into 20 box jump overs and 60 single/double unders.
Athletes can keep switching to perform the total reps and keep going until the 7min are passed.
Score is rounds en reps completed at the end of the 7 minutes.

After they take a 1 minute mandatory rest.

PART C

Buddy & Triplets
After that minute immediately start with part C:
Athlete 1 or 2 (or 3) starts biking for as many calories as possible they can switch as often as wanted to complete the total amount of 15 calories
followed by 15 syncro american kettlebell swings.
They keep doing this until 4 rounds are finished.
Score is total time of the workout.
After the workout, show the screen with the total of calories in the video.

SCORESCARDS Beginners / Teens + adults

Part A: DUMBBELL MAYHEM - For Time

Movement	R1	R2	R3	R4	R5	R6
12 double DB hang cleans						
9 double DB Front squats						
6 double DB S2O						

Score= Time: .....

Part B: MIDLINE BURNER - 7 min AMRAP

Movement	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12
10 knee raises												
20 box step overs												
40 Single unders												

Score= Rounds + reps .....

Part C: ENGINE OVERLOAD - For Time

Movement	R1	R2	R3	R4
15 Cal Air bike				
15 syncro plate ground 2 overhead				

Score= Part (A+B+C).....

SCORESCARDS Kids + Adults

Part A: DUMBBELL MAYHEM - For Time

Movement	R1	R2	R3	R4	R5	R6
12 double DB hang cleans						
9 double DB Front squats						
6 double DB S2OH						

Score= Time: .....

Part B: MIDLINE BURNER - 7 min AMRAP

Movement	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12
10 knee raises												
20 box step overs												
40 Single unders												

Score = Rounds + reps .....

Part C: ENGINE OVERLOAD - For Time

Movement	R1	R2	R3	R4
16 Burpees over partner				
15 syncro plate ground 2 overhead				

Score= Part (A+B+C): .....

SCORESCARDS | Regular

Part A: DUMBBELL MAYHEM - For Time

Movement	R1	R2	R3	R4	R5	R6
12 Hang cleans						
9 Front squats						
6 S2OH						

Score= Time: .....

Part B: MIDLINE BURNER - 7 min AMRAP

Movement	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12
10 Single leg toes to bar												
20 box jump overs												
60 Single unders												

Score= Rounds + reps: .....

Part C: ENGINE OVERLOAD - For Time

Movement	R1	R2	R3	R4
15 Cal Air bike				
15 syncro american kb swings				

Score= Part (A+B+C): .....

Part A: DUMBBELL MAYHEM - For Time

Movement	R1	R2	R3	R4	R5	R6
12 Hang cleans						
9 Front squats						
6 S2OH						

Score= Time: .....

Part B: MIDLINE BURNER - 7 min AMRAP

Movement	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12
10 Toes to bar												
20 Box jump overs												
60 Double unders												

Score= Rounds + reps: .....

Part C: ENGINE OVERLOAD - For Time

Movement	R1	R2	R3	R4
15 Cal Air bike				
15 syncro american kb swings				

Score= Part (A+B+C): .....

Movement Standards:

We follow the IF3 Movement standards
https://functionalfitness.sport/sport/movement-standards/

DUMBBELL HANG CLEAN, ANYHOW - ID 3.04
Athlete moves dumbbells from above knees to shoulders.
REP START
- Hang position.

REP END
- Front-rack lockout.

REP REQUIREMENTS
- dumbbell is moved in one fluid motion from hang to front rack.

CYCLE & POST REP
- Object can be returned to rep start in any controlled manner as long as it adheres to the hang rule.

DUMBBELL FRONT SQUAT - ID 1.03
Athlete, with dumbbells 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 the squat.
- Object in front rack throughout the full repetition.
- Hand(s) below chin.

CYCLE & POST REP
- Rep end is a valid rep start.

DUMBBELL SHOULDER TO OVERHEAD - ID 5.05
Athlete moves dumbbells from shoulders to overhead.
REP START
- Standing tall
- dumbell supported in the front-rack

REP END
- Overhead lock-out

REP REQUIREMENTS
- None.

CYCLE & POST REP
- The object can be returned to rep start in any controlled manner.

KNEE RAISES - 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

- The knees break the horizontal plane of the hip simultaneously

REP REQUIREMENTS

- None.

CYCLE & POST REP

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

BOX STEP OVER - ID 15.05

- Athlete steps over box.

REP START

- Standing free.

REP END

- Standing free on the other side of the box.

REP REQUIREMENTS

- Both feet must come in contact with the top of the box.

CYCLE & POST REP

- Rep end is a valid new rep start.

SINGLE UNDER - ID 10.06

Athlete jumps rope with the rope passing one time under their feet per jump.

REP START

- Standing free.
- Holding both ends of a jump-rope – one in each hand.

REP END

- Holding both ends of a jump-rope – one in each hand.

REP REQUIREMENTS

- Rope rotates around the saggital axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.

Number of rotations = 1

CYCLE & POST REP

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

AIR BIKE - ID 9.05

Athlete cycle on a bike with air resistance and handles for arms.

REP START

- Seated or standing on bike with both feet on pedals.
- At least one hand on the handle.

REP END

- Seated or standing on bike with both feet on pedals.
- At least one hand on the handle.

REP REQUIREMENTS

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

CYCLE & POST REP

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

BURPEE JUMP OVER PARTNER - ID 10.01

Athlete from lying on the ground, gets up and jumps over their partner

REP START

- Prone position.

REP END

- Standing free on the other side of the partner.

REP REQUIREMENTS

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

CYCLE & POST REP

- The athlete may return to rep start in any controlled

PLATE GROUND TO OVERHEAD

Athlete moves plate 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 a
- overhead position.
- Avoid the bottom of squat.

CYCLE & POST REP

- The object can be returned

TEAM SYNCHRO

- Rep end

BARBELL HANG POWER CLEAN - ID 3.05

Athlete moves barbell in one fluid motion from above groundto shoulders, never squatting below parallel.

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

- barbell is moved in one fluid motion from hang to front
- rack in the power position.
- Avoid the bottom of squat.
- Adhere to hang rule.

CYCLE & POST REP

- Object can be returned to rep start in any controlled
- manner as long as it adheres to the hang rule.

BARBELL FRONT SQUAT - ID 1.03

Athlete, with barbell on the 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 the squat.
- Object in front rack throughout the full repetition.
- Hand(s) below chin.

CYCLE & POST REP

- Rep end is a valid rep start.

BARBELL SHOULDER TO OVERHEAD - ID 5.05

Athlete moves barbell from shoulders to overhead.

REP START

- Standing tall
- barbell supported in the front-rack

REP END

- Overhead lock-out

REP REQUIREMENTS

- None.

CYCLE & POST REP

- The object can be returned to rep start in any controlled manner.

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. / Toes of one feet (for single leg)
- 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.

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.

CYCLE & POST REP

- Rep end is a valid new rep start.

DOUBLE UNDER - ID 10.07

- Athlete jumps rope with the rope passing two times under their feet per jump.

REP START

- Standing free.
- Holding both ends of a jump-rope – one in each hand.

REP END

- Holding both ends of a jump-rope – one in each hand.

REP REQUIREMENTS

- Rope rotates around the saggital axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 2

CYCLE & POST REP

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

AIR BIKE - ID 9.05

Athlete cycle on a bike with air resistance and handles for arms.

REP START

- Seated or standing on bike with both feet on pedals.
- At least one hand on the handle.

REP END

- Seated or standing on bike with both feet on pedals.
- At least one hand on the handle.

REP REQUIREMENTS

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

CYCLE & POST REP

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

AMERICAN KETTLEBELL SWING - ID 6.01

Athlete start with the kettlebell just below the groin,the kettlebell is then swung all the way overhead.

REP START

- Hang position.
- Entire kettlebell is behind the vertical plane made by tip of the athletes toes and inside the legs.

REP END

- Standing tall.
- The entire kettlebell with handle breaks the horizontal plane of the top of the athlete's head.

REP REQUIREMENTS

- Kettlebell must be swung up in one fluid motion.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- 1 Kettlebell (2 hands).

TEAM SYNCHRO

- Rep end

NOV 28TH UNTIL **MARCH** 29TH '26

LAST DAY TO UPLOAD SCORES & VIDEOS

MARCH 29TH '26 | 23:59