



DUTCH THROWDOWN

2025
FINALS
RULEBOOK



WELCOME

TO THE DUTCH THROWDOWN FINALS!

Dear Athletes,

Congratulations on your remarkable achievement! After months of hard work, dedication, and perseverance, you've secured your spot in the Dutch Throwdown Finals – one of the most exciting and inclusive CrossFit competitions in the Netherlands.

From day one, the Dutch Throwdown has been about celebrating athletes of all levels, and now it's your moment to shine on this grand stage! You've made it here because of your relentless drive, resilience, and passion for functional fitness. No matter your experience level, whether you're an RX, Scaled, or Master's athlete, you've earned the right to compete in the finals.

We can't wait to witness the energy, camaraderie, and spirit that make this community so unique. The Finals will challenge you in ways you've never experienced, pushing you to your limits and beyond – but also offering the opportunity to celebrate your fitness journey with fellow athletes who share the same passion.

We're honored to have you compete with us at this year's event. Get ready to give everything on the competition floor, to inspire, and be inspired. The Dutch Throwdown Finals are about more than winning – it's about showing up, giving your best, and celebrating the athlete in you.

Good luck, and we'll see you out there!

Let the Dutch Throwdown Finals begin!

You are responsible as a team for reading the workouts, flow and standards BEFORE the event;

1. The warm-up area is a shared athlete only zone. Please respect the timetable. You may only present yourself to enter the warm-up area 30 minutes before your heat starts. You will be given 20 minutes to warm up and must present yourself to the staging area of your workout field, no later than 10 minutes before the start;
2. Please sign in 10 minutes before the start of your heat at staging 1,2,3 or 4 (floater). You will receive the scorecard where (if not already done by staging) you write down the team name, heat and lane number clearly and readable.
3. When you get permission to enter the competition field, immediately go to your assigned lane and hand over the scorecard to the judge;
4. Please respect our equipment. Don't drop equipment intentionally (dumbbells, kettlebell, barbells, etc.) not even in the warm-up area. Dropping will ALWAYS result in a no-rep;
5. Between movements, athletes must tap each other's hands, in view of the judge, to demonstrate a change of athletes. Only hand tapping is allowed. The non-working athlete will wait at a safe distance, without interfering with his buddy and/or the judge;
6. Liquid chalk is available in the warm-up area and on the competition field;
7. 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.

RESPECT THE JUDGE/VOLUNTEERS:

1. The judge calls a rep as they see it, you might not always agree, but be aware the judge's call is final;
2. Videos can only be used as a memory to yourself or social media. No video footage will be taken into consideration to review your or someone else's scores/judging decisions.
3. It is the athlete's responsibility to perform the workouts in the correct order and rep scheme. No scores will be adjusted as a result of your mistakes;
4. Do not confuse the judge. He or she will count for- and guide you in the flow if needed. It is what they are there to do for you;
5. Signing off your scoresheet means you agree with the score of your workout.
6. Exceptionally, a malfunction of equipment is possible. Always continue your workout, the head judge will decide if the heat is repeated or the reps will be counted in a different way.
7. We have a zero tolerance policy about abusive behavior. Any shouting, swearing, disrespect or aggression shown towards judges, crew members, management, other athletes, vendors and spectators can result in immediate exclusion from the competition.

The Dutch Throwdown is using the [movement standards from the International Functional Fitness Federation \(iF3\)](#). All standards and positions are defined in that document. If any changes or adjustments are made, they will be defined and explained in the "Special Regulations" section of each workout.

PARENT & KIDS WORKOUTS START ON [PAGES 12-14](#)

AMRAP 10 MIN

ROW FOR CALORIES

Buddy

- 1 athlete on the rower
- 1 athlete holds sandbag

Triplets

- 1 athlete on the rower
- 1 athlete holds sandbag
- 1 athlete does running laps

Holds

- RX and Advanced: OH hold
- Regular & Scaled: Bear hug hold

Weight sandbags

- Scaled: 10 kg
- Regular: 15/10 kg
- Advanced: 20/15 kg
- RX: 30/20 kg

FLOW

Buddy

Athletes start on their mats, and on the signal A1 gets on the rower and starts rowing as soon as A2 picks up the sandbag and holds it overhead or bearhug (depending on the category).

When the siren goes off both athletes run around the field sandbag can be held as wanted during the run. You can hand over the slamball or sandbag to your fellow buddy. When both athletes are back and the bag is held correctly they can start rowing again, after each run they can switch positions. If you drop the sandbag, the athlete needs to stop rowing.

Triplets

Athletes start on their mats, and on the signal A1 gets on the rower and starts rowing as soon as A2 picks up the sandbag and holds it overhead or bearhug (depending on the category)

A3 is running laps around the concept field. Athletes can switch as many times as they want, but can only row when the sandbag is held correctly.

MOVEMENT STANDARDS

ROW (ID 9.03)

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

OVERHEAD HOLD

- Athlete standing tall
- Sandbag held by both hands above the head.
- Sandbag can not touch any other part of the body except the hands

BEAR HUG HOLD

- Athlete standing tall
- Sandbag held by both arms in front of the chest and/or abs.
- Sandbag cannot rest on top of the shoulders
- Sandbag cannot be held below the waist

SPECIAL REGULATIONS

- For teams of 2, athletes can only switch positions (rower/hold) after a run.
- For teams of 2 during the run, athletes can carry the bag anyhow and they can switch however they wish.

RX	Advanced	Regular	Scaled
9 - 7 - 5			
Synchro alternating KB snatch (32/24)	Synchro alternating DB snatch (22.5/17.5)	Synchro alternating DB snatch (17.5/12.5)	Synchro alternating DB snatch (15/10)
50 - 40 - 30			
Synchro Partner WB sit-ups (9/6/4)			
9 - 7 - 5			
Ring muscle ups	Chest to ring pull ups	Ring pull ups	Single leg toes 2 ring
50 - 40 - 30			
Double unders	Double unders	Single unders	Single unders

FLOW

BUDDIES

Athletes start on their mats, and at the starting signal they go to the kettlebells / dumbbells and start performing 9 synchro dumbbell snatches. When these are finished they move on to the wallball sit-ups and with 1 wallball they start performing 50 synchro sit-ups, the ball can be passed at the end of each rep.

When 50 sit-ups have been performed, one of the athletes moves to the rings while the other moves to the starting mat. Athletes may switch as needed.

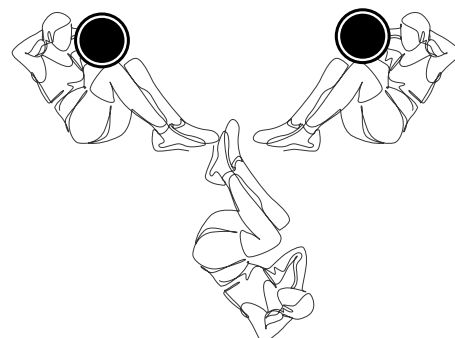
After completing the 9 ring movements, one athlete moves to the skipping rope and starts performing double/single unders. The other athlete rests at the starting mat. Athletes may switch as needed.

The team will then perform two more rounds with the same flow and with the described number of repetitions.

TRIPLETS

Triplets will perform this workout in the same manner as buddies with a couple of additions:

- 2 wallballs will be used for synchro partner sit-ups
- During work in the rings, one athlete will work, one will rest at the starting mat and one will be in dead hang from the pull-up bar.



MOVEMENT STANDARDS

KETTLEBELL AND DUMBBELL SNATCH

REP START

- Object-on-ground
- Both heads/sides of the dumbbell must touch the ground
- Hand on object

REP END

- Overhead lockout

REP REQUIREMENTS

- Object is moved in one fluid motion from ground to an overhead position.

TEAM SYNCRO

- Rep end

WALLBALL SIT-UP

REP START

- Shoulder-blades in contact with the ground.
- Both hands in contact with the ground behind the head (athlete not holding the ball).
- Wallball in touch with the ground behind the head (athlete holding the ball)

REP END

- Athletes are in a seated, upright position, complete with the shoulders above hips and spine extended.

TEAM SYNCRO

- Both athletes touching the ball at rep end.

RING MUSCLE-UP

REP START

- Vertical hang from rings.

REP END

- Vertical support.
- Inside of hands not wider than outside of shoulders

REP REQUIREMENTS

- Toes may not pass the height of the ring during the kip.
- A change of direction must occur below the rings.

CHEST-TO-RING PULL-UP

REP START

- Vertical hang from rings.

REP END

- Chest in contact with the rings.

REP REQUIREMENTS

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

RING PULL-UP

REP START

- Vertical hang from rings.

REP END

- Bottom plane of the chin breaks the top-most horizontal plane of the bottom of the ring.

REP REQUIREMENTS

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



SINGLE-LEG TOES-TO-RING

REP START

- Vertical hang from rings.
- Hips fully extended.
- Heels break the vertical plane directly under the rings.

REP END

- Toes on one foot touch one of the rings.

REP REQUIREMENTS

- None.

SPECIAL REGULATIONS

- Non-working athlete(s) must be at the starting mat at all times.
- All switches happen at the starting mat

AMRAP 10 MIN

- 5 deadlifts
- 5 hang power cleans
- 5 front squats
- 5 push presses
- 5 thrusters

WEIGHTS

- RX: 60/45 kg
- Advanced: 50/35 kg
- Regular: 40/25 kg
- Scaled: 30/20 kg

FLOW

Athletes start on their starting mats, and at the signal A1 starts performing the complex, picking up the barbell to do 5 deadlifts into 5 hang power cleans into 5 front squats into 5 push presses into 5 thrusters.

The complex needs to be performed in one flow; the barbell can not be dropped between the movements.

When getting a no-rep on a movement, the athlete can repeat that movement until 5 good reps are made as long as there is no resting in between.

Athletes don't have to switch between complexes, but once started on a complex you need to finish it in one flow before you can switch again.

MOVEMENT STANDARDS

DEADLIFT

REP START

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

REP END

- Deadlift lockout.

REP REQUIREMENTS

- Hands and arms are kept outside of the legs.

CYCLE & POST REP

- Object cannot bounce, that is have notable upwards momentum from ground impact.

HANG POWER CLEAN

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

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

FRONT SQUAT

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.

PUSH PRESS

REP START

- Standing tall
- Object supported in the front-rack

REP END

- Overhead lock-out

REP REQUIREMENTS

- Knees and hips must be extended after the object has left the front-rack and until overhead lock-out is achieved.

THRUSTER

REP START

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

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 supported overhead with locked elbows.

SPECIAL REGULATIONS

- Complex must be performed unbroken
- Once an athlete has picked up the barbell, he or she must complete the complex before switching

AMRAP 2 MIN

WEIGHTED STEP OVERS

WEIGHTS

- RX: 20/15 kg
- Advanced: 15/10 kg
- Regular: 10/5 kg
- Scaled: "Without weight"

FLOW

Athlete 1 is at the starting mat, holding the weight anyhow. On the signal, he or she starts stepping over the boxes back and forth. Athletes can switch however they want. Only one athlete can work.

Stepping back and forth counts as two (2) repetitions.

MOVEMENT STANDARDS

REP START

- Standing free.

REP END

- Standing free on the other side of the box.

REP REQUIREMENTS

- Athlete must step onto the box with one foot at a time.
- Both feet must come in contact with the top of the box.
- Athlete must step down from the box with one foot at a time.

The parent + kid division is for fun and for the love of the sport and the feeling of a competition. Share this feeling with your kid and you will both have a memory for life.

Movement standards and special regulations for this division is the same as for all other divisions (see above).

WORKOUT 1 - CONCEPT2

AMRAP 10 MIN

ROW FOR CALORIES

- 1 athlete on the rower
- 1 athlete holds sandbag

WEIGHT SLAMBALL

- Dads: 20 kg
- Mums: 10 kg
- Boys: 6 kg
- Girls: 4 kg

FLOW

Athletes start on their mats, and on the signal A1 gets on the rower and starts rowing as soon as A2 picks up the sandbag and holds it in a bearhug. They can switch when they want but when switching they need to run 1 lap tougher with one sandbag/ slamball

WORKOUT 2 - RIG

FOR TIME (TC 10 MIN)

30 - 20 - 10 REPS OF

- Syncro DB snatch
- Syncro sit-ups
- Single-leg Toes-to-ring / Knee raises
- Single unders

DUMBBELLS

- Dads: 15 kg
- Mums: 10 kg
- Boys: 3/5 kg
- Girls: 3/5 kg

FLOW

Athletes start on their mats, and at the starting signal they go to the dumbbells and start performing 30 synchro dumbbell snatches. When these are finished they move on to the sit-ups and perform 30 synchro sit-ups.

When 30 sit-ups have been completed, one of the athletes moves to the rings while the other moves to the starting mat. Athletes may switch as needed. The parent can always assist the kid up and down from the rings. These reps can be divided how they want.

After completing the 30 ring movements, one athlete moves to the skipping rope and starts performing single unders. The other athlete rests at the starting mat. Athletes may switch as needed.

The team then completes two more rounds with the same flow, but with a decreasing number of reps each round.

WORKOUT 3 - THE DUTCH COMPLEX

AMRAP 10 MIN

- 5 deadlifts
- 5 hang power cleans
- 5 front squats
- 5 push presses
- 5 thrusters

WEIGHTS

- Dads (barbell): 30 kg
- Mums (barbell): 20 kg
- Boys (Dumbbells): 2x3 / 2x5 / 2x7
- Girls (Dumbbells): 2x3 / 2x5 / 2x7

FLOW

Athletes start on their starting mats, and at the signal A1 starts performing the complex, picking up the barbell to do 5 deadlifts into 5 hang power cleans into 5 front squats into 5 push presses into 5 thrusters.

The complex needs to be performed in one flow; the weights can not be dropped between the movements.

When getting a no-rep on a movement, the athlete can repeat that movement until 5 good reps are made as long as there is no resting in between.

Athletes don't have to switch between complexes, but once started on a complex you need to finish it in one flow before you can switch again.



ATTENTION PARENTS & KIDS

This division will complete **three** workouts only.

The 4th workout (floater) is **not** included for this category.

The three workouts may be adjusted to fit your child's needs—please communicate with the competition manager before starting your workout.

Remember, the Parents & Kids division is all about having fun together!