

MAD ONLINE

QUALIFIER 23.2

PRESENTED BY



ATHLETE NAME _____

DIVISION _____

12:00 AMRAP

80 DOUBLE UNDERS

20 PLATE OH WALKING LUNGE STEPS 20/15 Kg

(45/35 Lbs)

TTB LADDER*

*10-20-30-40-50 -etc

Elite Male. *QF	80 DU 20/15 kg; 45/35 lbs
Elite Female. *QF	80 DU 20/15 kg; 45/35 lbs
Master+35 Male	80 DU 20/15 kg; 45/35 lbs
Master+35 Female	80 DU 20/15 kg; 45/35 lbs
Master+40 Male	60 DU 20/15 kg; 45/35 lbs
Master+40 Female	60 DU 20/15 kg; 45/35 lbs
Master+45 Male	40 DU 15/10kg; 35/25 lbs
Master+45 Female	40 DU 15/10kg; 35/25 lbs
Master+50 Male	80 Single Unders 10/5 kg; 25/10 lbs Hanging Knee Raises
Master+50 Female	80 Single Unders 10/5 kg; 25/10 lbs Hanging Knee Raises
Teens 16-17 Male	40 DU 15/10kg; 35/25 lbs
Teens 16-17 Female	40 DU 15/10kg; 35/25 lbs
Elite Teams of 4 (MMFF). *QF.	80 DU 20/15 kg; 45/35 lbs
Rx Team of 4 (MMMF)	80 DU 20/15 kg; 45/35 lbs
Advance+ Team of 4 (MMMF)	40 DU 15/10kg; 35/25 lbs
IntermediateTeam of 4 (MMMF)	40 DU 15/10kg; 35/25 lbs
Scaled+ Team of 4 (MMMF)	80 Single Unders 10/5 kg; 25/10 lbs Hanging Knee Raises
BeginnersTeam of 4 (MMMF)	80 Single Unders 10/5 kg; 25/10 lbs Hanging Knee Raises
Masters Team Intermediateof 4 (MMMF)	40 DU 15/10kg; 35/25 lbs
MastersTeam SC of 4 (MMMF)	80 Single Unders 10/5 kg; 25/10 lbs Hanging Knee Raises

SCORING:

The athlete's score is the total number of repetitions completed when the 12:00 clock expires.

There is no tiebreak for this workout.

For Teams, the score is the total number of repetitions completed by the team.

REQUIRED EQUIPMENT:

- Jump rope
- Plates
- Pull Up bar
- Tape to mark the floor

VIDEO SUBMISSION STANDARDS:

- All athletes MUST submit a video with their score for validation purposes.
- Set up the floor plan as shown in the layout provided
- Film ALL competition area measurements and distances so distances can be seen clearly
- Avoid placing the camera low to the ground. We recommend placing the camera at least 90 cm (3 feet) off the ground.
- All rig movements must be performed facing the camera.
- Film the plates so the loads can be seen clearly.
- Clock must be in view and counting up through the entire workout. The athlete must record total elapsed time finish time if workout is completed. Do not use a countdown timer.
- Videos must be uncut and unedited to accurately display the performance.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Make sure lighting does not obstruct the view of the athlete, equipment, or workout area. Glare from the background or dark spaces makes it hard to review videos.
- Ensure the judge does not obstruct the view of the athlete.

PENALTIES:



- Missing repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps will result in a Major Penalty.
- If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled, then added as penalty time.
- False starts or starting in the wrong position: 1 repetition

ZERO SCORE VIOLATIONS:



The following may result in an immediate zero score:

- Not having a visible timer throughout the test.
- Intentionally altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Intentionally altering the rep scheme or order of movements.
- Incorrect weights used.
- Facing away from the camera during the bar muscle ups/C2B pull ups/or pull ups.

WORKOUT FLOW:



This workout begins with the jump rope on the floor and the athlete standing tall facing the camera. At the start of the clock, the athlete will perform 80 double unders (see each division's standards). The athlete will then complete 10 plate overhead walking lunge steps in one direction, turn around, and complete an additional 10 plate overhead walking lunge steps in the opposite direction. The athlete will then complete 10 toes to bar (see each division's standards). The athlete will then begin the second round and continue the pattern until the 12:00 minutes expire. The toes to bar repetitions increase by 10 each round.

MOVEMENT STANDARDS:



Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts. A two-foot take off and landing is required (no speed steps)

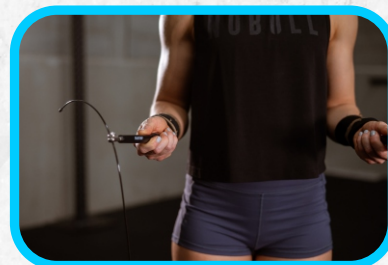
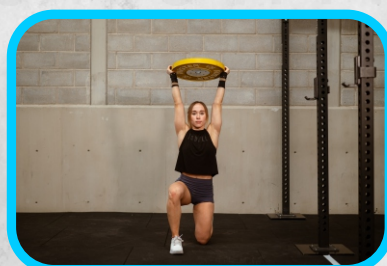
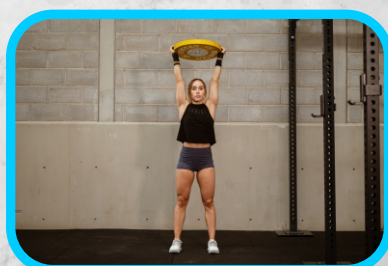


Plate Overhead Walking Lunge Steps

Repetitions will only count while the plate is being supported in the overhead position. On each lunge, the trailing knee must make contact with the ground at the bottom. At the top of each step, the athlete must stand with the hips and knees fully extended. If the knee does not touch the ground, or if the next step is initiated, or the weight is dropped, or the weight touches the head before fully standing up, the repetition will not count. Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.



Toes to Bar

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before initiating the next rep. Any part of the shoe may touch the bar for the rep to count. Overhand, underhand, or mixed grips are all permitted. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.



Single Unders

This is the standard single jump rope 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 just attempts. A two-foot take off and landing is required (no speed steps)

Hanging Knee Raises

In the hanging knee raise, the athlete must go from a full hang to having the knees brought above the height of the hips. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before initiating the next rep. Overhand, underhand, or mixed grips are all permitted.

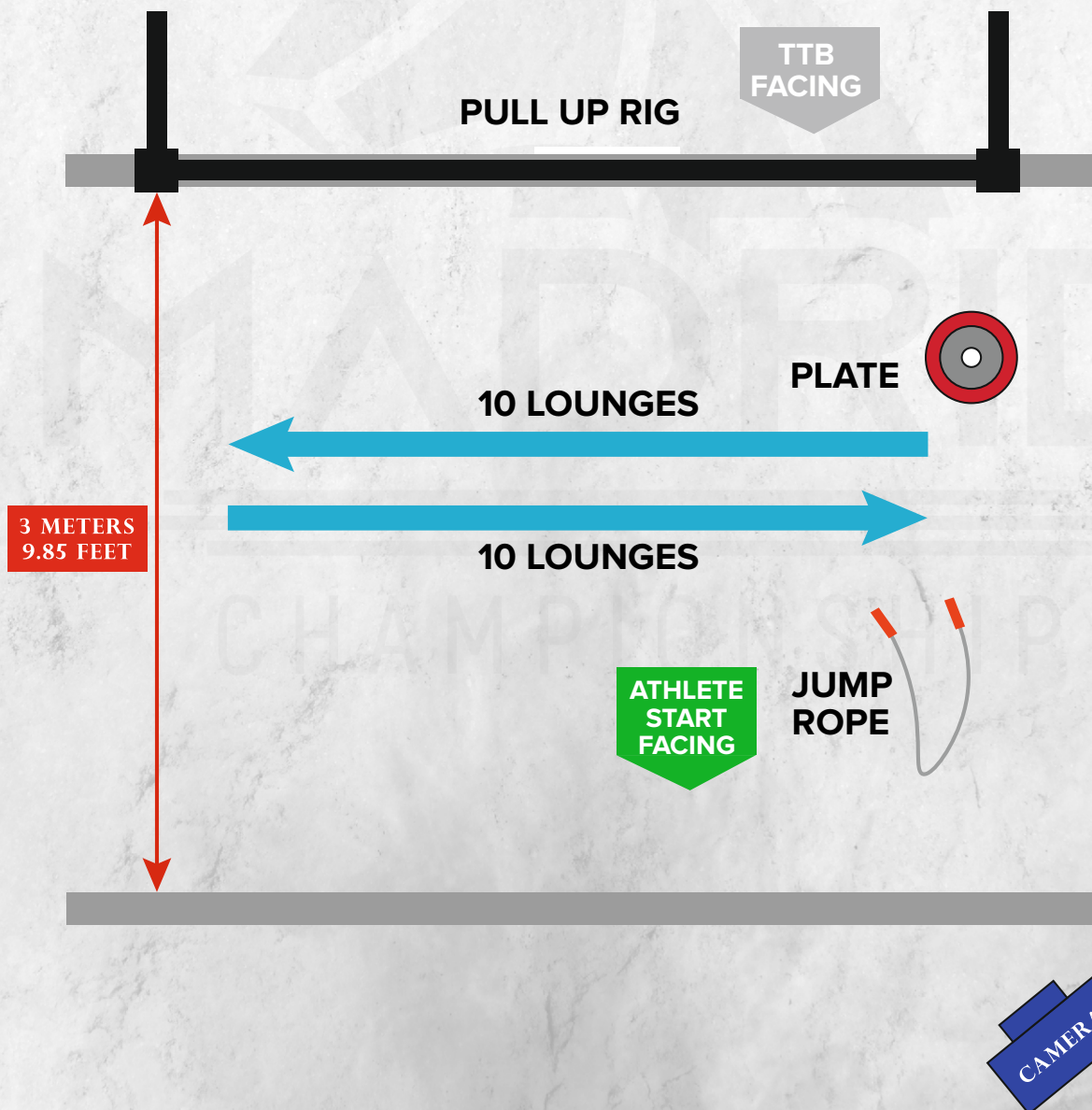
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X PICSIL

FLOOR PLAN



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12:00 AMRAP

80 DOUBLE UNDERS
20 PLATE OH WALKING LUNGE STEPS 20/15 Kg
(45/35 Lbs)
TTB LADDER*
*10-20-30-40-50 -etc

80 Double Unders	80
20 OH Walking Lunges	100
10 Toes to Bar	110
80 Double Unders	190
20 OH Walking Lunges	210
20 Toes to Bar	230
80 Double Unders	310
20 OH Walking Lunges	330
30 Toes to Bar	360
80 Double Unders	440
20 OH Walking Lunges	460
40 Toes to Bar	500
80 Double Unders	580
20 OH Walking Lunges	600
50 Toes to Bar	650

Athlete Name _____

Reps at 12:00 _____

Workout Location _____

Judge _____

I confirm the information above accurately represents the athlete's performance for this test

Athlete _____ Date _____

Athlete Copy

WORKOUT 23.2

Athlete Name _____

Reps at 12:00 _____

Workout Location _____

Judge _____

I confirm the information above accurately represents the athlete's performance for this test

Athlete _____ Date _____

