

# MAD ONLINE

## QUALIFIER

# 23.3

PRESENTED BY

# BRAUN

ATHLETE NAME \_\_\_\_\_

DIVISION \_\_\_\_\_

5:00 Window

50 Bar Facing Burpees

AMRAP Squat Cleans in time remaining (85/60 kg; 185/130 lbs)

Elite Male. *QF	85/60 kg; 185/130 lbs
Elite Female. *QF	85/60 kg; 185/130 lbs
Master+35 Male	85/60 kg; 185/130 lbs
Master+35 Female	85/60 kg; 185/130 lbs
Master+40 Male	70/48 kg; 155/105 lbs
Master+40 Female	70/48 kg; 155/105 lbs
Master+45 Male	70/48 kg; 155/105 lbs
Master+45 Female	70/48 kg; 155/105 lbs
Master+50 Male	60/43 kg; 130/95 lbs
Master+50 Female	60/43 kg; 130/95 lbs
Teens 16-17 Male	60/43 kg; 130/95 lbs
Teens 16-17 Female	60/43 kg; 130/95 lbs
Elite Teams of 4 (MMFF). *QF.	85/60 kg; 185/130 lbs
Rx Team of 4 (MMMF)	85/60 kg; 185/130 lbs
Advance+ Team of 4 (MMMF)	60/43 kg; 130/95 lbs
IntermediateTeam of 4 (MMMF)	60/43 kg; 130/95 lbs
Scaled+ Team of 4 (MMMF)	52/36 kg; 115/80 lbs
BeginnersTeam of 4 (MMMF)	52/36 kg; 115/80 lbs
Masters Team Intermediateof 4 (MMMF)	60/43 kg; 130/95 lbs
Masters Team SC of 4 (MMMF)	52/36 kg; 115/80 lbs



## SCORING:

The athlete's score is the total number of bar facing burpees and squat clean repetitions completed when the 5:00 clock expires.

Tiebreak for this workout is the time the athlete completed the 50 bar facing burpees.

For Teams, the score is the total number of bar facing burpees and squat clean repetitions completed by the team.

## REQUIRED EQUIPMENT:

- Barbell
- Standard bumper plates (45cm/18-in diameter)
- 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 in this test, and the total number of no-reps falls below the threshold for a major penalty, the rep will be removed from the athlete's score.
- 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.
- Not having a tape lined for the Burpees
- Incorrect weights used.
- Facing away from the camera during the bar muscle ups/C2B pull ups/or pull ups.

## **WORKOUT FLOW:**



Prior to starting this workout, the athlete will need to mark a long, straight line on the floor and place the barbell on the center of that line.

This workout begins with the barbell on the floor and the athlete standing tall next to one end of the barbell. At the start of the clock, the athlete will perform 50 bar facing burpees. The athlete will then complete as many squat cleans as possible in the remaining time before the 5:00 clock expires.



## MOVEMENT STANDARDS:

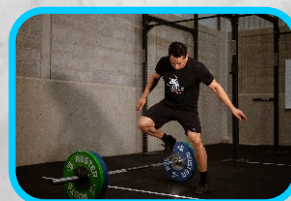
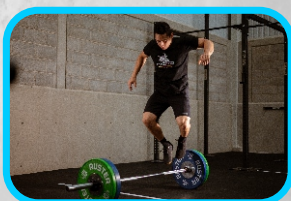
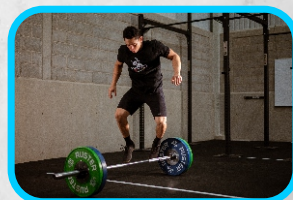
### Bar Facing Burpees

Athletes must use a barbell with 45-cm / 18-inch plates. The burpees must be performed perpendicular to and facing the barbell. Athletes may jump or step back to reach the bottom position. The center of the athlete's chest must be on the line, and the feet and hands must be straddling the line. The athlete's head must stay behind the barbell. Hands and feet must remain inside the width of the plates. Stepping and/or jumping back to the starting position are both permitted. The athlete MUST clearly jump over the barbell. Both feet must be off the ground as the athlete passes over the bar. Stepping over is NOT permitted. The athlete does NOT need to use a two-foot takeoff. Touching the barbell on the jump or step-over is a "no rep." The rep is credited when both feet have touched the ground on the opposite side of the barbell. There is no requirement to land with both feet at the same time. The athlete must be perpendicular to and facing the barbell before starting the next rep. Athletes may not receive assistance moving or resetting their barbell unless safety is an immediate concern. If the athlete receives a "no rep" for any reason, the entire rep must be repeated.



### Squat Cleans

The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. The athlete must pass through a full squat with hips below the knees. Receiving the barbell in the bottom of the squat is not required; a power clean or split clean followed by a front squat will be permitted, but a deadlift followed by a hang clean is not allowed. The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.





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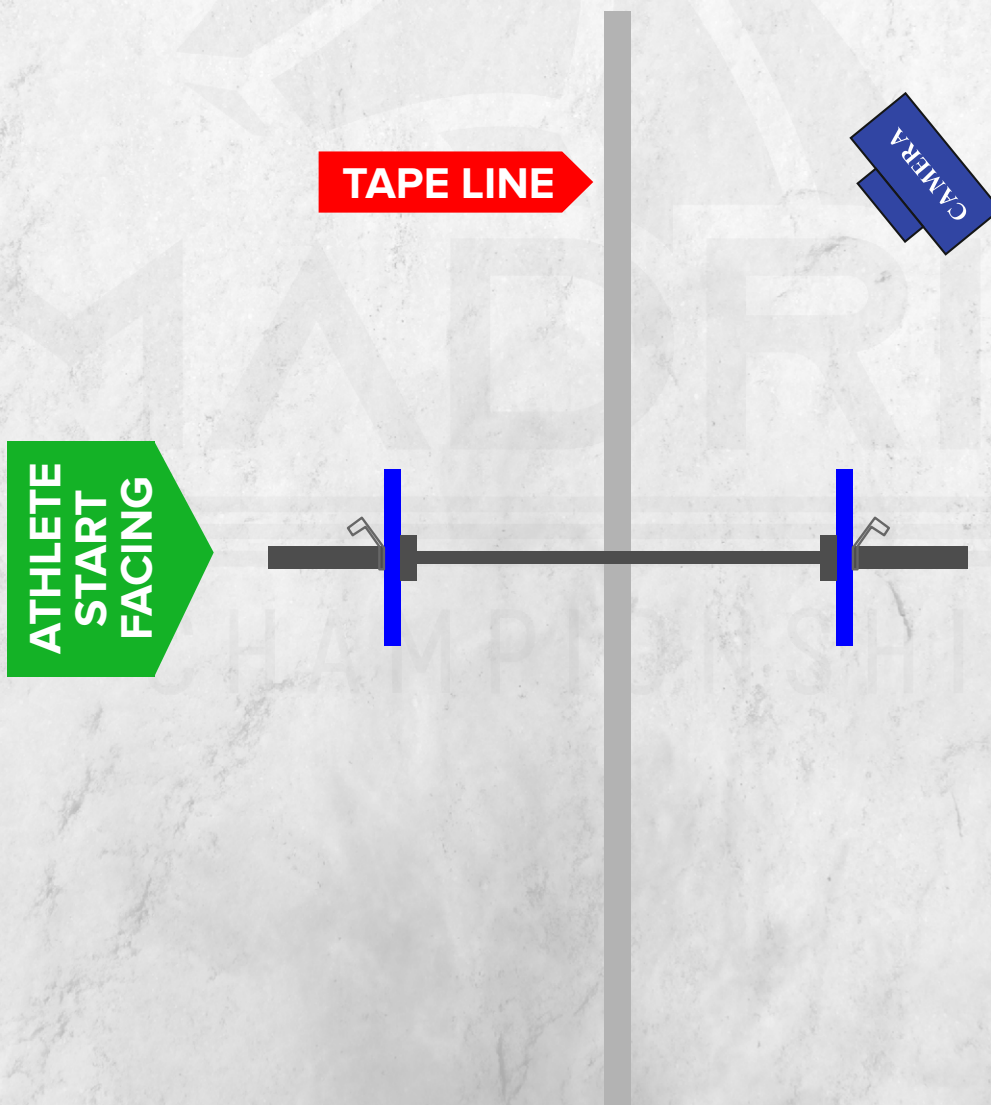
## QUALIFIER

### 23.3

PRESENTED BY

## BRAUN

## FLOOR PLAN





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5:00 Window

50 Bar Facing Burpees

AMRAP Squat Cleans in time remaining (85/60 kg; 185/130 lbs)

50 Burpee over Bar	50
Max Squat Cleans	

Athlete Name \_\_\_\_\_ Tiebreak / Time (Finish burpees) \_\_\_\_\_

Reps at 5:00 \_\_\_\_\_

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this test Athlete \_\_\_\_\_ Date \_\_\_\_\_

Athlete Copy

### WORKOUT 23.3

Athlete Name \_\_\_\_\_ Tiebreak / Time (Finish burpees) \_\_\_\_\_

Reps at 5:00 \_\_\_\_\_

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this test Athlete \_\_\_\_\_ Date \_\_\_\_\_

