

CAPITAL BASH

FULL TILT
—
BEAR


ONLINE QUALIFIER

GENERAL INFORMATION
SCORECARDS
MOVEMENT STANDARDS

ONLINE QUALIFIER

GENERAL INFORMATION

FORMAT AND DEADLINE

The qualifier must take place between 19. July and 27. August 2023. The deadline for submitting scores is 22:00 Swiss Time on 27 August 2023.

Teams are female - male.

All three qualifiers must be completed within 3 hours. To verify this, make sure the date and time is displayed on each video on the following website (<https://time.is/de/>) before the WOD begins.

The three qualifying events must be completed in the scheduled order:
Qualification WOD 1 (Individual WOD Athlete A) Qualification WOD 2
(Individual WOD Athlete B) Qualification WOD 3 (Team WOD Athletes A+B)

The best 24 teams will qualify for the final two-day competition, The Capital Bash, at CrossFit Bern Vidmar. The final will take place on 11. and 12. November 2023.

VIDEO SUBMISSION STANDARDS

Film ALL measurements of the competition area so that distances and weights can be clearly seen. Include your team name and athlete name(s) in the video.

Post the date and time using the link provided prior to the start of the WOD. Use the camera placement provided in the floor plan.

The camera should capture a 3/4 view of the athlete during all movements. Video must be uncut and unedited to accurately reflect the performance. A clock or timer must be visible throughout the workout. Ensure that nothing obstructs the view of the athlete.

SCORECARD

WOD 1



INDIVIDUAL WOD ATHLETE A

For time: (Time Cap 10 min)

4 Rounds of:
21 Wallballs (20/14lbs or 9/6kg)
5-7-9-11 Wall Walks

| Rounds | 21 Wallballs (20/14lbs or 9/6kg) | 5-7-9-11 Wall Walks |
|-----------------|-------------------------------------|------------------------|
| 1 | 21 | 26 |
| 2 | 47 | 54 |
| 3 | 75 | 84 |
| 4 | 105 | 116 |
| | | |
| Time or Reps | ----- | |

Movement Standard

WOD 1

For time: (Time Cap 10 min)

4 Rounds of:

21 Wallballs (20/14lbs or 9/6kg)

5-7-9-11 Wall Walks

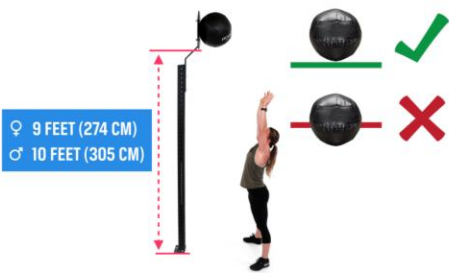
Wallballs

At the start of each rep, the ball must be in the support position in front of the athlete's body. Squat until the hip crease is below the knees. A squat clean to start the set is allowed but not required as long as the ball starts on the ground.

The rep is credited when the center of the ball hits the target clearly ABOVE the specified height. If the ball hits low or does not hit the wall, the rep will not count. If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce. NOTE: If using a mounted wall-ball target, it is HIGHLY recommended that the BOTTOM of the target be mounted to the appropriate height

Female Height: 274cm

Male Height: 305cm



Wall Walks

Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is CLOSEST to the wall. For women, the distance from the wall to the tape is 130cm. For men , the distance is 140cm. This first line will be the start and finish line for each repetition.

Tape a second line that leaves 25cm of space between the tape's far edge (furthest of the wall) and the wall.

Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).

Both hands must remain on the tape until both feet are on the wall.

At the top of the movement, both hands must touch the tape line at the 25cm mark before the athlete may descend.

On the descent, the feet must remain on the wall until both hands are touching the first line. The rep is credited when the athlete returns to the starting position.

SCORECARD

WOD 2



INDIVIDAL WOD ATHLETE B

For time: (Time Cap 10 Min)
Buy in:
1000/800m Row
into
3 Rounds of:
10 Burpee Pull-ups
10 Thrusters (60/40kg)

| | | |
|-----------------|--------------------|---------------------------|
| Buy in: | Male: 1000m Row | Female: 800m Row |
| 3 Rounds of | 10 Burpee Pull ups | 10 Thrusters (60/40kg) |
| 1 | 10 | 20 |
| 2 | 30 | 40 |
| 3 | 50 | 60 |
| | | |
| Time or reps | ----- | |

Movement Standard

WOD 2

For time: (Time Cap 10 Min)

Buy in:

1000/800m Row

into

3 Rounds of:

10 Burpee Pull-ups

10 Thrusters (60/40kg)

Row

Athletes must use a Concept2 rower. The monitor on the rower must be set to zero at the beginning of the row. The athlete will start seated on the rower with hands off the handle until after the call of “3, 2, 1 ... go.”

The athlete must stay seated on the rower with hands on the handle until the monitor reads the amount of meters. For submitting the video, the monitor and meters must be clearly shown to the camera following the row.

Burpee Pull up

The athlete begins by standing with the feet together underneath a pull-up bar. While standing with the hips and knees straight, extend the arms overhead. Touch the thumbs of each hand together and extend the fingers. The athlete’s fingers cannot touch the pull-up bar in the measuring position. Clearly show the measurement process during the video submission.

Athletes must touch the chest and thighs to the ground at the bottom of each burpee. Athletes may choose to step or jump into this position. If the athlete is using an exercise mat (or other equipment) to decrease the distance between the ground and the pull-up bar, the entire body must be on the same surface in the bottom position.

At the top of each burpee, complete a pull-up. There is no hanging requirement during the pull-up. Athletes may:

- Jump directly into the finish of the pull-up position,

OR

- Jump to the bar, hang, then complete a pull-up (kipping or strict).

Thrusters

Each thruster attempt begins with the barbell on the ground. Collars must be placed outside the plates before beginning any attempt. The crease of the hips must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed but not required when the bar is taken from the floor.

The rep is credited when:

- The athlete’s hips, knees, and arms are fully extended.

- The bar is directly over, or slightly behind, the middle of the body.

The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.

Scorecard

WOD 3



TEAM WOD ATHLETE A + B

For time: (NO TIMECAP)

- 15 Syncro Toes-to-Bar
- 50 Bar-facing Burpees
- 15 Syncro Toes-to-Bar
- 50 Deadlifts (100/70kg)
- 15 Synchro Toes-to-Bar
- 50 Bar-facing Burpees
- 15 Synchro Toes-to-Bar

Split deadlifts and burpees anyhow. Each change of working athlete must be preceded by a handclap. Each missing handclap is a 3-second penalty.

For Time:

| | |
|-----------------------|-----|
| 15 Syncho Toes-to Bar | 15 |
| 50 Bar-facing Burpees | 65 |
| 15 Syncho Toes-to Bar | 80 |
| 50 Deadlifts (100/70) | 130 |
| 15 Syncho Toes-to Bar | 145 |
| 50 Bar-facing Burpees | 195 |
| 15 Syncho Toes-to Bar | 210 |

Time:

Movement Standard

WOD 3

For time: (NO TIMECAP)

15 Syncro Toes-to-Bar

50 Bar-facing Burpees

15 Syncro Toes-to-Bar

50 Deadlifts (100/70kg)

15 Synchro Toes-to-Bar

50 Bar-facing Burpees

15 Synchro Toes-to-Bar

Split deadlifts and burpees anyhow. Each change of working athlete must be preceded by a handclap. Each missing handclap is a 3-second penalty.

Synchro Toes-to-Bar

Both athletes begin by hanging from the pull-up bar with arms extended. The heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted.

The rep is credited when both athletes' feet contact the bar between the hands at the same time. If one athlete reaches the finish position ahead of the other, they may hold that position for the other athlete. Any part of the feet may make contact with the bar

Bar- Facing Burpees

Athletes must use a barbell with standard plates, smaller plates are not permitted. 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 MUST use a two-foot takeoff.

The rep is credited when both feet have touched the ground on the opposite side of the barbell.

Deadlifts

The barbell starts on the ground. Collars must be placed outside the plates. The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.

The rep is credited when:

- the athlete's hips and knees reach full extension, and
- the athlete's head and shoulders are behind the bar.