



ROGUE



FITAID

CrossFit
LOWLANDS
THROWDOWN

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I AM LIMITLESS

THE QUALIFIER
5TH - 10TH OF MARCH

2 0 2 0
QUALIFIER
INFO SHEET

THE FINALS
29TH - 31ST OF MAY

DEAR AFFILIATE MANAGER AND/OR AFFILIATE HEAD JUDGE!

Thank you for hosting the CrossFit Lowlands Throwdown Qualifier. In this document you will find all the information you need to host a successful qualifier at your affiliate. Please read it carefully. If you have any questions, do not hesitate to contact us at info@crossfitlowlandsthrowdown.nl.

TIMELINE

- Step 1** **Wednesday March, 4 2020:**
Announcement of the Workouts at
<https://crossfitlowlandsthrowdown.nl>
- Step 2** **Thursday March, 5 2020 – Tuesday March, 10 2020:**
Qualifier period (all three workouts to be completed in their designated order on one day!)
- Step 3** **Tuesday March, 10 2020 21:00 CET:**
Deadline for athletes to submit scores at
<https://qualifiers.crossfitlowlandsthrowdown.nl>

HEAD JUDGE

Appoint a head judge in your box. The head judge will be responsible for:

- ↪ Briefing all the people judging in your box on the movement standards;
- ↪ Briefing the athletes attending the qualifier on the events and movement standards;
- ↪ Act as an point of oversight and helping judges during heats making calls;
- ↪ Take care of any complaints / questions from athletes regarding the movement standards;

GENERAL INFORMATION

- ↪ Make yourself familiar with our rulebook:
<https://crossfitlowlandsthrowdown.nl/legal>
- ↪ All three Workouts need to be done on one day by the same person / team;
- ↪ All three Workouts need to be done in the prescribed order (Workout 1, Workout 2, Workout 3);
- ↪ If you have questions about the movement standards, please place a comment on our announcement posts on the Crossfit Lowlands Throwdown Facebook Page: <https://www.facebook.com/CrossFitLowlandsThrowdown> or send us an email at info@crossfitlowlandsthrowdown.nl;

Example schedule

- ↪ Example schedule will be sent after releasing the qualifier workouts;
- ↪ We advise you to give athletes rest between the workouts (2-3 hours);
- ↪ Start on time with the athlete and judge briefing, so you have time to answer questions and/or show the correct movements;
- ↪ In this example we work with a 7 minute timeframe between the heats. Depending on your efficiency, flow, staff members, or number of athletes you can make this shorter. You might want to reserve some extra time if you need to change weights or bars between male and female heats;
- ↪ Try to be realistic with your schedule and stay on time, so athletes know when they have to start, and can plan their warm up accordingly.

Now until the qualifier

- ↪ Keep track of all athletes subscribing for the qualifier. Maybe reserve a section on your whiteboard where members can write their name;
- ↪ Think about organizing an after party? BBQ, Drinks?

Below we assume you organize the event on a Saturday, but athletes have Thursday, Friday, Saturday, Sunday or Monday to do the workouts.

Thursday,

- ↪ Have a list all athletes competing at your box;
- ↪ Create a schedule for Saturday and/or Sunday. Use the provided sample schedule as an example. Fill in all the names. The number of heats and the number of people depends on the space and the number of judges you have. It is a good idea to schedule all women together and all men together. For the participants it might be more enjoyable to schedule also the masters together;
- ↪ Communicate the schedule with your athletes;
- ↪ Watch the instruction videos and read the wod instruction and standards carefully. Make sure you know everything that is communicated;

Friday

- ↪ Print out the scoring cards for all three workouts. Have enough copies available for all participants and have some in reserve;
- ↪ If the scoring card does not fit well on the printed page with your printer, please use the option like "Fit" or "Shrink Oversized Page";

Saturday / Sunday

- ↪ Have a table ready early in the morning to register the athletes. Have the name list ready, and mark all athlete names with a pen or marker, so you know if someone is missing.
- ↪ Ask the athlete if they are going to do the workouts as Rx'd or Scaled, so you can prepare the correct score cards, and workouts. (you can also ask them to tell you this on thursday or friday, so you can plan ahead).
- ↪ Have a clock available;
- ↪ Have a print of the schedule on the wall, for athletes to see;
- ↪ Have some equipment available for the athletes to warm up;
- ↪ Think about first aid;
- ↪ Arrange a WOD briefing for athletes and judges before the first heat of every workout. Go through all the standards of the first WOD again, and stress your judges to be strict. Make sure judges are already familiar with the provided standards and judging strategies. Make sure your judges uphold the movement standards for 100%.

Video registration

- ↪ Use the **WODPROOF app Pro** with a **50% discount** with code: **LowlandsPRO**
- ↪ If an athlete/team thinks he or she can qualify for the final event, a video registration of the performance is required;
- ↪ The athlete is responsible for the video registration, not you;
- ↪ If an athlete wants to video his or her performance be cooperative in the setup of the workout such that the video can be made according to the instructions;

During a competition heat

- ↪ Keep it safe!
- ↪ Do not turn the music volume too loud.
Make sure your athletes can hear their judge;
- ↪ Keep visitors outside the 'competition area', you don't want people to stand in the way of athletes or judges. Maybe surround the competition area with a red / white barrier tape;
- ↪ Make sure the clock is visible for the athlete and judge;
- ↪ If the workout has a tiebreak time, make sure the clock is counting UP and not down.
- ↪ Have a backup clock! Have someone (or a judge or judges) start an extra stopwatch. If your clock fails you do not have to quit the workout;
- ↪ Make your athlete and judge sign the score card;

How to use the score cards

- ↪ The judge may use the score card to keep track of count. If the athlete has a no-rep or stops to rest, the judge may make a small note on the form to keep track of the number. But make sure it is clearly marked (with a checkmark) when all reps are completed;
- ↪ If an athlete partially finished the numbers of reps at the end of the workout, mark the number of completed reps clearly on the score card;
- ↪ Make sure it is marked clearly on the score card if the workout was Scaled or Rx;
- ↪ Make sure the score card is signed by the athlete and judge; and everything is filled in correctly. Without the signatures the scorecard is not valid!