

19.3



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INDIVIDUAL RX / SCALED

INDIVIDUAL WORKOUT 19.3

16 minutes AMRAP of:

- 4 Bar muscles-ups
- 8 Handstand push-ups
- 16 Alternating* Dumbbell snatches

* Alternate arm after each repetition of the dumbbell snatch

SCORING

The score is the total reps of all the athletes within the 16 minutes time cap.

EQUIPMENT

- Pull-up bar
- Measuring tape
- Floor marks for the handstand push-up box
- Dumbbell with the appropriate weight for your division

WEIGHTS & MEASUREMENTS

Division	BAR MUS-CLE-UP	HANDSTAND PUSH-UP	DUMBBEL SNATCH (kg)
Elite Male	Rx	Rx	22,5
Elite Female	Rx	Rx	15
Masters 35-39 Male	Rx	Rx	22,5
Masters 35-39 Female	Rx	Rx	15
Masters 40+ Male	Rx	Rx	22,5
Masters 40+ Female	Rx	Rx	15
Teens Male	Rx	Rx	22,5
Teens Female	Rx	Rx	15
Scaled Male	Pull-ups	Push-ups	15
Scaled Female	Pull-ups	Push-ups	10

WEIGHTS IN LBS

Although our official weights are metric, we also provide the minimum weights in lbs as a service.

- **Elite male:**
22,5 kg -> 50 lbs
- **Elite female:**
15 kg -> 34 lbs
- **Masters 35-39 male:**
22,5 kg -> 50 lbs
- **Masters 35-39 female:**
15 kg -> 34 lbs
- **Masters 40+ male:**
22,5 kg -> 50 lbs
- **Masters 40+ female:**
15 kg -> 34 lbs
- **Teens male:**
22,5 kg -> 50 lbs
- **Teens female:**
15 kg -> 34 lbs
- **Scaled male:**
15 kg -> 34 lbs
- **Scaled female:**
10 kg -> 23 lbs

WORKOUT STANDARDS

This workout begins with the athlete standing under the pull-up bar. After the call of "3,2,1 ... go," the athlete will perform 4 bar muscle-ups, 8 handstand push-ups and 16 dumbbell snatches (alternating). After completing the last dumbbell snatch, the athlete moves back to the pull-up bar for the next round.

The athlete's score will be the total number of repetitions completed within the 16-minute time cap. There is no tiebreak for this workout.

MOVEMENT STANDARDS

Bar Muscle-Up

In the bar muscle-up, the athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip.

At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Once on the top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. Athletes may wrap tape around the pull-up bar OR wear hand protection, but they may not tape the bar AND wear hand protection.



MOVEMENT STANDARDS

Pull-Up (Scaled Division Only)

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom with the feet off the ground.

At the top of the movement, the chin must break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection, but they may not tape the bar AND wear hand protection.

MOVEMENT STANDARDS

Handstand Push-Up

Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open, the body in line with the arms and the feet inside the width of the hands. At the bottom, the athlete's head makes contact with the ground. If the athlete's head and hand are on different surfaces, the surfaces must be level (e.g. abmat and 15kg plates). Kipping is allowed.

Prior to starting, a box that is 36 inches (90cm) wide and 24 inches (60cm) deep must be marked on the floor. The palms of the hands must stay within the dimensions of the box marked on the ground, but the fingers may extend past the line.



MOVEMENT STANDARDS

Hand Release Push-Up (Scaled Division Only)

A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.

MOVEMENT STANDARDS

Dumbbell Snatch

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion.

At the top, the arms, hip and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before he or she can switch hands for the next rep. The non-lifting hand and arm may not be in contact with the body during the repetition. If the athlete receives a no rep and has already switched hands, the athlete may proceed from where he or she is. The athlete does not need to return the dumbbell to the no-repped arm for the next repetition to count.



VIDEO INSTRUCTION AND STANDARDS

All athlete's/teams aiming to qualify are recommended to film their qualifying workouts. In order to receive an invitation to the final event it is required to provide videos of all the workouts. The video must comply to the standards as described above and/or in the PDF with the workout description. Failure to present a video (within 24h after request if not provided earlier with registering the score) = no score in that workout and possible disqualification of the athlete/team.

We recommend using the WOD-Proof App <https://wod-proofapp.com> to make it easy to follow our requirements.

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout: stat your name, division, date and time, clearly show the settings of the rower, weights, etc. The monitor of the rower should also be clearly visible throughout the entire workout. **Important: show at least 5 seconds of the running clock on our website** — www.crossfitlowlandsthrowdown.nl.

Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

VIDEO TIPS

Please read these tips carefully: <https://help.competitioncorner.net/i-m-an-athlete/online-competitions/video-recording-tips>

It is important to keep in mind that the athlete or team captain is responsible for the timely upload of the videos. If we can't see the video because it is not uploaded or blocked by the provider (for example: copyright protection because of music in the video) and/or any other reason, the video is assumed not to be provided. The score of that workout will then be invalidated.

Past experiences learns that there are 2 major causes for issues:

1. Copyright protection because of music.
2. Limited playing time on YouTube. View <https://support.google.com/youtube/answer/71673> how you can upload videos of more than 15 minutes

Please read the tips from the link above carefully and act if needed!

VALIDATING VIDEO SUBMISSIONS

Score validation for any online video submission is the sole right of CrossFit Lowlands Throwdown. The video will be reviewed and scored by CrossFit Lowlands Throwdown judges. As part of this video review process, the athlete's/teams posted score may be accepted, modified or invalidated.

Reasons for modification or invalidation of a score include, but are not limited to:

- Not showing the running clock on the website of the CrossFit Lowlands Throwdown;
- Failure to follow the video submission guidelines, including recording movements from angles, distances or with lighting effects that do not allow judges to assess whether the movement standards are being met (Note: Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);
- Violation of the workout format, including movement standards;
- Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards;
- Miscounting repetitions.

Video submissions may be invalidated or adjusted without warning and after the close of a workout. Athletes and/or teams submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards. Prior to submitting a video, athletes/teams should review the video to ensure their reps meet the required standards; that the camera angle, distance and lighting permit the judge to determine whether the movement standards are being met; and that there are no technical problems with the video itself.

GENERAL FINAL PROVISION

CrossFit Lowlands Throwdown reserves the right to declare scores, video, etc. invalid and/or pull an athlete or team from the competition if there are doubts as to whether the workouts have been performed in the prescribed manner and/or order. Make sure there are no doubts!

- Show at least 5 seconds of the running clock on our website
- Follow the instructions
- Have witnesses of your workouts
- Send in an unedited video
- Do not push the boundaries
- Etc.

SUPPORT

If you have any questions about the workouts and standards, please contact the event organizer, CrossFit Lowlands Throwdown
info@crossfitlowlandsthrowdown.nl

If you have questions about submitting your score visit the Help Center on how to submit online scores here: <https://help.competitioncorner.net/i-m-an-athlete/online-competitions/how-do-i-submit-my-online-score>

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CrossFit LOWLANDS THROWDOWN

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INDIVIDUAL RX / SCALED

16 minutes AMRAP of:

- 4 Bar muscle-ups
- 8 Handstand push-ups
- 16 Alternating* Dumbbell snatches

* Alternate arm after each repetition of the dumbbell snatch

Division	Bar Muscle Up
Elite	Rx
Masters 35-39	Rx
Masters 40+	Rx
Teens	Rx
Scaled	Pull-ups

Division	Handstand Push Up
Elite	Rx
Masters 35-39	Rx
Masters 40+	Rx
Teens	Rx
Scaled	Push-ups

Division	Dumbbell Snatch (kg)
Elite	22,5 / 15
Masters 35-39	22,5 / 15
Masters 40+	22,5 / 15
Teens	22,5 / 15
Scaled	15 / 10

Division	4 Bar Muscle Up	8 Handstand Push Up	16 Alternating Dumbbell Snatch
1			28
2			56
3			84
4			112
5			140
6			168
7			196
8			224
9			252
10			280
11			308
12			336
13			364
14			392
15			420
16			448
17			476
18			504
19			532
20			560

Total Reps

I confirm the information on this scorecard accurately represents the athlete's performance for this workout and that this workout was completed after workout 19.1 and workout 19.2 (in that order) on the same day.

Athlete Name _____ 19.3 Total Reps _____ Rx'd

Division _____ Scaled

Judge Name _____

Athlete Signature _____ Date & Time _____

 Judge Copy

Athlete Copy — CLTQ 19.3

Athlete Name _____ 19.3 Total Reps _____ Rx'd

Division _____ Scaled

Judge Name _____ Judge Signature _____

Judge E-Mail _____ Date & Time _____