



Welcome to the Czech Beast Czech Beast Challenge 2016.

This handbook will help you to understand all the rules and standards we want you to follow. In order to make it to the final make sure your performance in the qualifier will be not only hard and fast but also clean and professional.

Good luck.

Important! The qualifier will be judged as the main event and we will be very strict. It is very important that you read carefully following directions and this way you will avoid unnecessary elimination from the competition.

All athletes participating in the qualification for the CBC2016 are required to watch the qualification video as well as to download and read the **Qualifiers Handbook PDF** that contains the workout description, movement standards and get familiar with the qualification rules. Scorecards can be downloaded from czechbeastchallenge.cz

As a team you will have 1 week between **July 18 to July 24** to complete the qualification workout and submit scores along with video links on your WODrock account which will be sent to you by email after the registration. If you cannot find the email make sure to check a spam too. Remember the deadline for the workout submissions is **July 24 at 21:00 CET**. Don't miss as we will not allow any late submissions.

At Czech Beast Challenge 2016 Leaderboard will be live throughout the qualification and will be updated as scores are submitted. Athletes will be awarded points depending on their placing in each workout. At the end of the qualification all athletes will be ranked on the official leaderboard. A total of 224 athletes in eight categories (42 elite men and 28 elite women, up to 21 master men and 7 master women, 14 teams of two men and one woman, 42 sport men and 28 sport women and 14 (athletes rookies) will be invited for the final event and will have two additional weeks till **March 20** to sign up. If you miss this deadline we will give your spot to the next athlete on the leaderboard.



Rules of the qualifier:

You as an athlete are responsible to make sure that your movement standards are right. **THERE IS NO 5 NO-REPS RULE.** We will not check your video to count a no-reps. If we spot major failures, incorrect counting or any violation against the rules of the qualifier your video will be rejected without any explanation. Prior to the workout state your name,

film the equipment you will use. It must be clear what weights you are about to use prior to the workout. Shoot the video from an angle so it is clear that all exercises meet the movement standards i.e. side a view for the clean so full lock-out can be verified.

Video must be uncut and you must be in the frame all the time as well as your timer must be placed on a visible spot. Make sure to turn on the „aircraft mode“ on your mobile device. Have an experienced judge e.g. your coach or friend who will judge your performance so you can submit a valid score. This person with a score card should be in the frame throughout the entire workout.

The score card is part of this handbook. Once you are done, review your performance with a coach and/or experienced judge. Make sure movements are correct. If you are not sure than do it again better. **Leave no doubt, and don't wait till the last day!** If your video will be rejected there would be no time to re-do it.

Teams have the same workout as the elite athletes, don't have to be from the same box neither do the qualifier together. Team captain (person who registered team in system) must add all three times of the the partA and a total number of repetition of the partB.

Qualifier workout

3 rounds for time

**50 double unders, 20 chest to bar pull-ups, 10 power cleans
In the remaining timecap complete the thruster ladder.**

Timecap for the whole workout consisting of these 2 parts is 12 minutes.



Qualifier workout

CBC2016 A

3 rounds for time

50 double unders
20 chest to bar pull-ups
10 power cleans

3 rounds for time	50 x Double unders	20x Chest to bar pull-ups	10x Power cleans
Category			
Elite men/Team men		CTB pull-ups	60 kg
Sportclass men		CTB pull-ups	50 kg
Master men		pull-ups	
Rookies men		pull-ups	40 kg
Elite women / Team w.		CTB pull-ups	40 kg
Sportclass women		pull-ups	35 kg
Master women		pull-ups	
Rookies women		pull-ups	25 kg

Standards for 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 attempts.

Standards for chest to bar pull-ups and pull-ups:

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom. For master men, rookies men, sport class women, master women and rookies women touching the chest is not required, but the chin must break the horizontal plane of the bar.

Standards for power clean:

For the clean, the barbell begins on the ground. Touch-and-go is permitted. No bouncing. A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.

Bar can be preloaded but only the athlete is allowed to change the weights during the workout.

Athlete can have only one bar in the workout.



Qualifier workout CBC2016 B

Thruster ladder

In the remaining time of **12 minutes** athlete completes as many repetitions as possible of the thruster ladder.

Category	Thruster ladder				
	10x	8x	6x	4x	ME
Elite men	60 kg	70 kg	80 kg	90 kg	100 kg
Sportclass men	50 kg	60kg	70 kg	80 kg	90 kg
Master men					
Rookies men	30 kg	40kg	50 kg	60 kg	70 kg
Elite women	40 kg	45kg	50 kg	55kg	60kg
Sportclass women	30 kg	35kg	40 kg	45 kg	50 kg
Master women					
Rookies women	25 kg	30kg	35 kg	40 kg	45kg

Standards for barbell thruster:

Barbell moves from the bottom of a front squat to full lockout overhead in one motion. The bar must start on the ground (no racks allowed). The hip crease must pass below the knees at the bottom of the thruster. A full squat clean into the thruster is allowed.