



BATTLE **THE** **BEACH**

Battle The Beach 2024 – Qualification

Workout Description

Workout 24.1 A + B

Intermediate Divisions (FF | FM | MM)

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24.1 A

For time | time cap: 10 min

All movements synchronic

9 – 15 – 21 reps of:

Power cleans (M: 50 kg | F: 35 kg)

Bar-facing burpees

– *into, directly after completion* –

24.1 B

5 min to find your max for the following complex:

1 Clean

1 Front squat

1 Hang-clean

Scores:

24.1 A = time
(e.g. 06:34 min)

24.1 B = weight
(total of both team members,
e.g. 75 kg (M) + 45 kg (F) = 120 kg)

Standards before start and general notes

[Watch the video and see the floor plan for distances, monitor settings and workout floor.](#)

- Before start: set up the floor as described below.
- Mark your starting line 1 m in front of the bars.
- After the call of “3, 2, 1... go”, athletes start with part A of the workout by running from the starting line to the barbells and performing a first set of 9 synchronic power cleans with 50 kg for male athletes and 35 kg for female athletes followed by 9 synchronic bar-facing burpees.
- After that, this flow is repeated with sets of 15 and 21 repetitions of synchronic power cleans and synchronic bar-facing burpees. After these three sets, part A of the workout is finished.
- The score of part A is the time needed to fulfill the three sets of synchronic power cleans and synchronic bar-facing burpees. The time cap for part A is 10 minutes.
- After finishing the last set or after hitting the time cap, athletes start over and perform part B of the workout. When finishing the workout within the time cap, athletes must start directly with part B of the workout.
- For part B of the workout, both team members must find a maximum weight for a complex of 1 clean, 1 front squat, and 1 hang clean within a time of 5 minutes. Both team members can perform the complex at the same time. Athletes must not wait for each other.
- Before starting an attempt, the weight used for the individual attempt must be shown on a piece of paper (A4 format) or comparable (tablet, white board, etc.) for at least 3 s into the camera, and must be announced clearly and accurately.
- Teams can receive help by setting up the barbell from a third party (not a team member) but may only use two barbells. A setup of a third or fourth barbell is not permitted.
- The final attempt must be started within the 5 min period but must not be finished within the 5 min.
- The score for part B is the total weight of both team members (in kg).
- Teams do not need a judge but have to film the workout (see video submission standards).
- A “No-Rep” identified during validation of the uploaded video of part A will automatically lead to a +5 s rep penalty per “No-Rep”. There are only 10 “No-Reps” allowed per team during one qualification workout (max. +100 s). An 11th “No-Rep!” per team will lead to a disqualification of part A in this qualification workout.



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Video Submission Standards

Prior to starting, introduce yourself (full name of both team members | team name | affiliation | division | workout) and film the equipment so the distance from start to workout floor and the weights can be seen clearly.

A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. You can also use the apps "We Time" "Wodproof" for filming your workout. We prepared/registered Battle The Beach within this apps.

Shoot the video from an angle so all exercises can be clearly seen. The fulfillment of the movement standards must be clearly visible for every movement.

Before starting an attempt of the complex max out, the weight used for the individual attempt must be shown on a piece of paper (A4 format) or comparable (tablet, white board, etc.) for at least 3s into the camera, and must be announced clearly and accurately.

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Upload the video to your Circle21-account via the Circle21-app. There is no need to upload the video to another portal. By uploading the video to Circle21 the Battle The Beach judge-team has access to your video for validation of your scores.

Movement Standards

Synchronic power cleans

For the synchronic power clean, 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.

For the power clean, athletes may not catch the barbell in a squat position but are allowed to perform a full squat. The barbell must come up to the shoulders in one motion.

The synchronic rep is credited when both athletes' hips and knees are fully extended, and the bar is resting on the shoulders with the elbows clearly in front of the bar.



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Synchronic bar-facing burpees

For the bar-facing burpees, athletes must use a barbell with 18-inch plates. Burpees must be performed perpendicular to and facing the barbell. Both team members must use only one barbell. In the FM-division, the barbell of the male athlete must be used.

Athletes may jump or step back to reach the bottom position. For a synchronic rep, the chest of both athletes must touch the ground with the head behind the barbell at the same time. Hands and feet must remain inside the width of the plates. Stepping and/or jumping back to the starting position are both permitted.

Athletes must have both feet in the air when jumping over the barbell. Touching the bar or stepping over is not permitted. A two feet jump-off is not required.

The rep is credited when both feet of both athletes have touched the ground on the opposite side of the barbell. No need to land with both feet at the same time.

Athletes must be perpendicular to and facing the barbell before starting the next rep.

Complex

The complex consists of a clean followed by a front squat, followed by a hang clean.

For the clean, 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.

For the clean, athletes may not catch the barbell in a squat position. Power clean, muscle clean or full squat clean are all permitted. But a deadlift followed by a hang clean is not permitted, the barbell must come up to the shoulders in one motion.

The rep is credited when athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows clearly in front of the bar.

For the front squat, the bar is set up in the front rack position with the elbows clearly visible in front of the barbell. Athletes perform a full squat. In the bottom position, the hip crease must pass below the knees.

The rep is credited when athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows clearly in front of the bar.

For the hang clean, athletes must lower the weight from the rack position to any kind of hang position (barbell must not touch the floor). Receiving the barbell in the bottom of the squat is

We thank CrossFit HQ for the detailed description of the movements during the last couple of Opens.

not required. Power clean, muscle clean or full squat clean are all permitted. But a deadlift followed by a hang clean is not permitted, the barbell must come up to the shoulders in one motion.

The rep is credited when athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows clearly in front of the bar.

For one valid repetition of a complex, all three movements have to be performed directly in one sequence. If the barbell is dropped, athletes have to re start with the clean movement of the complex.

Floor Plan

