



# **BATTLE** **THE** **BEACH**

**Battle The Beach 2024 – Qualification**

**Workout Description**

**Workout 24.1**

**Scaled Divisions (FF | FM | MM)**

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# ICIW

Battle The Beach 2024  
Qualification  
Workout 24.1

## Scaled Divisions (FF | FM | MM)

### 24.1

For time | time cap: 12 min

All movements synchronic

9 – 15 – 21 reps of:

Power cleans (M: 35 kg | F: 25 kg)

Shoulder to overhead

Bar-facing burpees

Score:

24.1 = time  
(e.g. 10:34 min)



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## 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 the workout from by running from the starting line to the barbells and performing a first set of 9 synchronic power cleans with 35 kg for male athletes and 25 kg for female athletes followed by 9 synchronic shoulder to overhead and 9 synchronic bar-facing burpees.
- All athletes must use large diameter plates (18 inch/45 cm) on the barbells.
- The last power clean of each set must be finished completely before starting with the shoulder to overhead. Athletes must stand upright with hips and knees fully extended before they are allowed to start a dip for the first shoulder to overhead.
- For the bar-facing burpees, both team members must use only one barbell.
- The score of the workout is the time needed to fulfill the three sets. The time cap is 12 minutes.
- 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.

## 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.

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



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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 or 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.

### Synchronic shoulder to overhead

Before the first attempt, the athlete must bring the bar to the shoulders and must stand upright with hips and knees are fully extended. The bar is resting on the shoulders with the elbows clearly in front of the bar. Each rep begins with the barbell in this front rack position and the bar in contact with the torso.

The synchronic rep is credited when the barbells of both athletes are fully locked out overhead with the athlete's arms, hips, and legs extended. The feet must be in line under the body, and the bar must be over the center of the athlete's body when viewed from profile. A press, push press, push jerk, or split jerk are all permitted as long as the athletes reach the required finish position.

### Synchronic bar-facing burpees

The bar-facing burpees must be performed perpendicular to and facing the barbell. Both team members must use only one barbell.

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.

## Floor Plan

