



Battle The Beach 2022 – Qualification

Workout Description

Workout 22.3

Rx and Scaled Division

powered by





**Battle The Beach 2022
Qualification
Workout 22.3**

Rx Division

Part A: AMRAP 10

0 min - 10 min, I Go – You Go

3 Wall Walks

4 alt. Single Arm – Devil Press (M: 30 kg | F: 22.5 kg)

into

Part B: Max Lift in 10 minutes

10 min - 20 min

3 Rep Max Overhead Squats (each athlete)

Score A: Total Reps

Score B: Weight (individual per partner)

Scaled Division

Part A: AMRAP 10

0 min - 10 min, I Go – You Go

3 Wall Walks

4 alt. Single Arm – Devil Press (M: 22.5 kg | F: 15 kg)

into

Part B: Max Lift in 10 minutes

10 min - 20 min

3 Rep Max Front Squats (each athlete)

Score A: Total Reps

Score B: Weight (individual per partner)



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Notes

This is a two part workout. Part A is a 10-minute workout for repetitions in the format “I go, you go”, part B is a 10-minute workout for maximum weight. Both parts have to be performed in one session, directly one after the other, without any pause.

After the call of “3, 2, 1... go”, team partner A will start with a first round of three wall walks followed by 4 alternating single-arm devil presses (“I go”). After this round team partner B will start over with the second round of three wall walks and four single-arm devil presses (“you go”). This sequence is performed and repeated for 10 minutes.

After that, athletes will start over and each team member has to find a three repetition maximum of overhead squat / front squat within 10 minutes. Athletes may use two different bars but must declare the load they are attempting before starting to lift by holding a piece of paper (or something else) into the camera showing the weight. Athletes must complete all three reps successfully before re-racking or dropping the bar. After finishing the final lift, athletes need to remove and film all plates used on the bar to verify the load.

Teams do not need a judge but have to film the workout (see video submission standards).

There are two scores for this workout.

The score for part A is the total number of repetitions for the whole team performed within the first 10 minutes. The score(s) for part B are the maximum weights lifted for three repetitions from each single team member within the second 10 minutes of the workout. Every team member needs to score and fill in his own weight.

A “No-Rep” identified during validation of the uploaded video(s) will automatically lead to a -1 rep penalty per “No-Rep”. There are only 10 “No-Reps” allowed per team during one qualification workout (max. -10 reps). An 11th “No-Rep!” per team will lead to a disqualification in this qualification workout.

If an athlete re-racks/drops the bar or fails the lift before all three repetitions are fulfilled (part B) this will also lead to a “No Rep”.

Video Submission Standards

Prior to starting, introduce yourself (team name | affiliation | division) and film the equipment so the marks, the wall, the dumbbell(s), barbell(s), and the weight can be seen clearly.



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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.

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 any portal and set the video link in the given field of the “competition corner” score submission system.

Movement Standards

Wall Walks

For the wall walks Battle The Beach will use the **RX-Standard** of the “Nobull CrossFit Open 2022”. See [CFG22 22.1 Scorecard Rx-Scaled V10 0.pdf \(crossfit.com\)](#) (page 3 – 4) for pictures and the movement description.

Note: The **RX-Open Standard** applies **for all divisions** at Battle The Beach (RX and Scaled).

Teams are allowed to use two different spots for the wall walks.

Alternating Single Arm – Devil Press

The devil press is essentially a combination of a dumbbell burpee and a dumbbell snatch or a clean and jerk. The devil press starts either in an upright/standing position with the dumbbell on the ground or after the wall walk with the athlete lying on the floor (any style is acceptable). From there, the athlete will put one hand to the dumbbell and will start with the burpee.

With the hand on the dumbbell, athletes will perform a burpee, with chest making contact to the floor. From here, athletes will jump to their feet, never taking their hand from the dumbbell. Next, the athlete shall snatch, swing or clean and jerk the dumbbell from the floor, and finish in full locked out position overhead, with hips, knees, shoulder and the arm at full extension. This shall indicate a completed repetition.

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



Athletes may swing the dumbbell between their legs to help building momentum to get the dumbbell overhead.

Switching hands is permitted at any height on the downward way of the dumbbell.

Overhead Squats

Collars must be placed outside the plates during all attempts of the overhead squat. Athletes must declare the load they are attempting before starting to lift by holding a piece of paper into the camera showing the weight. Squat racks are permitted.

Athletes may place the bar in the front rack or back rack and jerk the bar overhead before starting the lift. Athletes may not un-rack the bar in the overhead position. A snatch balance is not allowed.

Once the bar is in the overhead position, the athlete's hip crease must pass below the tops of their knees at the bottom. The barbell must remain overhead until the lockout position is achieved. The rep is valid when the athlete's hips, knees, and arms are fully extended and the bar is directly over or slightly behind the middle of the body. If any part of the athlete's body other than their hands makes contact with the bar, the rep will not count.

All three reps must be successfully completed before the athlete may re-rack or drop the bar.

After finishing the final lift, athletes need to remove and film all plates used on the bar to verify the load.

Front Squats

Athletes must place collars on the outside of the plates before beginning the lift. Athletes must declare the load they are attempting before starting to lift by holding a piece of paper into the camera showing the weight. The bar rests on the Athlete's shoulders and their elbows are in front of the bar. The Athlete's hip crease must clearly pass below the top of the knees in the bottom position.

The repetition is valid when the athlete's hips and knees are fully extended, the bar is resting on the athlete's shoulders and their elbows are in front of the bar, and the athlete's feet are in line with one another when the athlete is viewed from profile.

All three reps must be successfully completed before the athlete may re-rack or drop the bar.

After finishing the final lift, athletes need to remove and film all plates used on the bar to verify the load.