



ARE YOU READY TO #EARNIT

Q 17.3
DESCRIPTION

Q 17.3 WORKOUT

WORKOUT

TOTAL REPS / TIMECAP: 9 minutes / Ladder

After every round the athlete will add 3 Reps to each exercise for 9 minutes.

INDIVIDUAL			MASTER				TEAM	TEEN
ELITE 18-99 years	INTERMEDIATE 18-99 years	SCALED 18-99 years	35-44 years	45-99 years	SCALED 35-44 years	SCALED 45-99 years	18-99 years	up to 18 years

M A L E

3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...
Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters
Boxjump-overs	Boxjump-overs	Boxjump-overs	Boxjump-overs	Boxjump-overs	Box-Step-overs	Box-Step-overs	Boxjump-overs	Boxjump-overs
2x 24 kg / 61 cm	2x 16 kg / 61 cm	2x 12 kg / 51 cm	2x 24 kg / 61 cm	2x 16 kg / 61 cm	2x 12 kg / 51 cm	2x 10 kg / 51 cm	2x 24 kg / 61 cm	2x 12 kg / 61 cm

F E M A L E

ELITE 18-99 years	INTERMEDIATE 18-99 years	SCALED 18-99 years	35-44 years	45-99 years	SCALED 35-44 years	SCALED 45-99 years	18-99 years	up to 18 years
3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...	3-6-9-12-15-18-21-24...
Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters	Double KB Thrusters
Boxjump-overs	Boxjump-overs	Boxjump-overs	Boxjump-overs	Boxjump-overs	Box-Step-overs	Box-Step-overs	Boxjump-overs	Boxjump-overs
2x 16 kg / 51 cm	2x 12 kg / 51 cm	2x 8 kg / 40 cm	2x 16 kg / 51 cm	2x 12 kg / 51 cm	2x 8 kg / 40 cm	2x 8 kg / 40 cm	2x 16 kg / 51 cm	2x 8 kg / 51 cm

GERMAN
THROWDOWN
2017



VIDEO:



Q 17.3 DESCRIPTION

GERMAN
THROWDOWN
2017

WORKOUT

9 MINUTES LADDER

3-6-9-12-15-18-21-24...

Double KB Thrusters

Boxjump-overs

NOTES

This workout begins with the athlete standing tall and not touching any equipment. At the call of "3, 2, 1 ... go," the athlete will perform 3 double kettlebell thrusters followed by 3 boxjump-overs. After every round the athlete will add 3 Reps to each exercise for 9 minutes.

SCORE

Your score will be the total reps completed in 9 minutes.

The scoring for this workout includes a tiebreak. At the end of each set of Boxjump-Overs, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last set of Boxjump-over. In the case where 2 athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

Team Score: The team score will be the sum of the best two female and best two male results of this workout.

EQUIPMENT

MANDATORY:

- 2x kettlebells
- Box

ALLOWED:

- Tape
- Gloves or leather straps to protect the hand
- Knee sleeves
- Wristbands
- Training or weightlifting shoes
- Magnesia/Chalk

FORBIDDEN:

- Any kind of grip enhancement strap

VIDEO:



Q 17.3 DESCRIPTION

GERMAN
THROWDOWN
2017

MOVEMENT STANDARDS

DOUBLE KETTLEBELL THRUSTERS

This is a standard thruster, the first rep can be a squat-clean to thruster (cluster). During the frontrack, all joints (elbows, wrists, fingers) must be below chin-level. During the lockout position over head, the kettlebell must be above the shoulders, hip and midfoot. This is a thruster in which the kettlebells are moving from the bottom of a (front) squat to full lockout overhead. The kettlebells starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the kettlebells are taken from the floor. Using a ball, box or other object to check for proper depth is not allowed. The kettlebells must come to a full lockout overhead, with the hips, knees and arms fully extended, and the kettlebells directly over the body.

BOXJUMP-OVERS

The athlete starts with a two-foot take-off and must pass over the box with all body parts. Touching the box with any other part of the body than the feet is a no rep. The athlete must not touch the box while crossing over.

BOX-STEP-OVERS

The athlete starts on one side of the box and must pass over the box with all body parts. Touching the box with any other part of the body than the feet is a no rep. The athlete must not touch the box while crossing over. Step-up and down with only one foot is allowed.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Team videos must be submitted as a playlist link (no editing)!

SCORE SUBMISSION DEADLINE

Please make sure to read the full workout description and to submit your score in time. Scores must be submitted before the 10th of September 2017, 23:59 CET. No latecomers will be accepted, no matter the reason.

In case of questions, contact orga@germanthrowdown.de

VIDEO:





ARE YOU READY TO #EARNIT

Scorecards

Q 17.3

Q 17.3

SCORECARD

DIVISIONS

all divisions



Name:

Affiliate:

Division:

Judge:

LADDER /// TIMECAP: 9 MINUTES

Please note the different weights and heights/movements for each division!

Your score will be the total reps completed in 9 minutes. There please fill in the elapsed time at which you completed your last set of snatches. All tiebreak times must be reported in elapsed time, not in time remaining.

complete reps Tiebreak

3 Double KB Thrusters	<input type="text" value="3"/>	<input type="checkbox"/> 3 <input type="text"/> reps	<input type="text"/> min.
3 Boxjump(step)-overs	<input type="text" value="3"/>	<input type="checkbox"/> 6 <input type="text"/> reps	<input type="text"/> min.
6 Double KB Thrusters	<input type="text" value="3"/> <input type="text" value="6"/>	<input type="checkbox"/> 12 <input type="text"/> reps	<input type="text"/> min.
6 Boxjump(step)-overs	<input type="text" value="3"/> <input type="text" value="6"/>	<input type="checkbox"/> 18 <input type="text"/> reps	<input type="text"/> min.
9 Double KB Thrusters	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/>	<input type="checkbox"/> 27 <input type="text"/> reps	<input type="text"/> min.
9 Boxjump(step)-overs	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/>	<input type="checkbox"/> 36 <input type="text"/> reps	<input type="text"/> min.
12 Double KB Thrusters	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/>	<input type="checkbox"/> 48 <input type="text"/> reps	<input type="text"/> min.
12 Boxjump(step)-overs	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/>	<input type="checkbox"/> 60 <input type="text"/> reps	<input type="text"/> min.
15 Double KB Thrusters	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/> <input type="text" value="15"/>	<input type="checkbox"/> 75 <input type="text"/> reps	<input type="text"/> min.
15 Boxjump(step)-overs	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/> <input type="text" value="15"/>	<input type="checkbox"/> 90 <input type="text"/> reps	<input type="text"/> min.
18 Double KB Thrusters	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/> <input type="text" value="15"/> <input type="text" value="18"/>	<input type="checkbox"/> 108 <input type="text"/> reps	<input type="text"/> min.
18 Boxjump(step)-overs	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/> <input type="text" value="15"/> <input type="text" value="18"/>	<input type="checkbox"/> 126 <input type="text"/> reps	<input type="text"/> min.
21 Double KB Thrusters	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/> <input type="text" value="15"/> <input type="text" value="18"/> <input type="text" value="21"/>	<input type="checkbox"/> 147 <input type="text"/> reps	<input type="text"/> min.
21 Boxjump(step)-overs	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/> <input type="text" value="15"/> <input type="text" value="18"/> <input type="text" value="21"/>	<input type="checkbox"/> 168 <input type="text"/> reps	<input type="text"/> min.
24 Double KB Thrusters	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/> <input type="text" value="15"/> <input type="text" value="18"/> <input type="text" value="21"/> <input type="text" value="24"/>	<input type="checkbox"/> 192 <input type="text"/> reps	<input type="text"/> total reps
24 Boxjump(step)-overs	<input type="text" value="3"/> <input type="text" value="6"/> <input type="text" value="9"/> <input type="text" value="12"/> <input type="text" value="15"/> <input type="text" value="18"/> <input type="text" value="21"/> <input type="text" value="24"/>	<input type="checkbox"/> 216 <input type="text"/> reps	

Scaled Divisions: No video evidence required, affiliate owners have to confirm each score online.

To register as an affiliate owner please visit: <https://gtd17.myboxlog.com/register/volunteer> and select boxowner as your desired category

We confirm the completeness and correctness of the above mentioned details and that the workout is correctly performed.

signature JUDGE

signature ATHLETE



Please sign in to your myBoxLog account and type in the correct result until 10th of September 2017, 23:59 CET. Don't forget to enter the valid link to your video evidence (teams: playlist link) into the intended line.

A service of myBOXLOG Leaderboard

Stand: 17.08.2017

DEADLINE
10.09.2017

Q 17.3

SCORECARD

Teams / final score all athletes
To judge single team members please use
the elite scorecard!



Team name:

Affiliate:

Division: TEAM

Judge:

FINAL CALCULATION TEAM RESULT

The team score will be the sum of the best two female and best two male results of this workout.

	Best MALE athlete <input type="text"/> total reps
--	---

	Best MALE athlete <input type="text"/> : <input type="text"/> min. last Tiebreak time
--	---

	Second best MALE athlete <input type="text"/> total reps
--	--

	Second best MALE athlete <input type="text"/> : <input type="text"/> min. last Tiebreak time
--	--

	Best FEMALE athlete <input type="text"/> total reps
--	---

	Best FEMALE athlete <input type="text"/> : <input type="text"/> min. last Tiebreak time
--	---

	Second best FEMALE athlete <input type="text"/> total reps
--	--

	Second best FEMALE athlete <input type="text"/> : <input type="text"/> min. last Tiebreak time
--	--

Sum of all reps <input type="text"/> = FINAL TEAM SCORE REPS
--

Sum of all Tiebreaks <input type="text"/> : <input type="text"/> min. = FINAL TEAM SCORE TIME



Please sign in to your myBoxLog account and type in the correct result
until 10th of September 2017, 23:59 CET. Don't forget to enter the valid
link to your video evidence (teams: playlist link) into the intended line.

A service of myBOXLOG Leaderboard

Stand: 17.08.2017

DEADLINE
10.09.2017