

WORKOUT FLOW

Qualifier 25.1 *The Liftchronized madness* – Two-Part Workout (Each with a Separate Score)

Athletes must complete both parts of the qualifier in direct succession, including the mandatory rest period between them. This means no extra time is allowed between parts—everything must be completed within the prescribed time limits.

Q25.1A – Max Lift Complex (0:00 – 4:00)

The first part of the qualifier is a maximum lift complex. **Both** athletes will have four minutes together to establish their own heaviest possible weight for the following **unbroken** barbell complex:

OPEN AND SCALED DIVISION

Unbroken complex

- 3 Deadlift + 2 Hang Clean + 1 Shoulder-to-Overhead

Rest Period (4:00 – 6:00)

A mandatory two-minute rest period follows the max lift.

Q25.1B – E2MOM-Style Workout (6:00 – 16:00)

Starting at the 6-minute mark, athletes will complete 5 rounds of a workout in E2MOM format:

Every 2 minutes, a new round begins. Each round includes three movements. The first two movements stay the same each round, while the third movement increases in reps per round.

OPEN AND SCALED DIVISION

Every 2 minutes x 5 rounds

- **6 Synchro Hang Snatches** (open team MM 42,5kg/ FF 30kg ; scaled team MM 30kg / FF 20kg)
- **12/8 Calories on the Rower** (12 for team men, 8 for team women) divide as you want
- **'X' Synchro Barbell Thrusters** (weight = same as hang snatch)*

'X' =

Round 1: 6 reps

Round 2: 8 reps

Round 3: 10 reps

Round 4: 12 reps

Round 5: **Max reps** in remaining time

***Athletes may not advance to the next round if they fail to complete the required reps within the 2-minute working window. Their workout ends and their score will be the total number of completed reps (see scorecard).**

MOVEMENTS STANDARDS

Q25.1A

LIFT COMPLEX

General Rules

- Two barbells are allowed — each athlete may use their own barbell.
- Barbells may be pre-loaded before the start of the workout.
- **Only athletes** are allowed to change the weights.
- Athletes may help each other change weights, but **no third person** is allowed.
- Athletes **may not lift at the same time** — lifts must be performed one after the other.
- The entire complex must be **completed before the time cap**.
- Athletes may attempt the unbroken complex **as many times as they like** within the time window.
- After completing a lift, it is important that the athlete **clearly states the lifted weight on camera**. This must be spoken out loud and clearly.
- After their best lift, athletes must **show the loaded weight on camera** for verification.

Deadlift

- This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.
- Starting at the floor, the barbell is lifted until hips and knees reach full extension and the shoulders are behind the bar.
- **No bouncing allowed**, The arms must be straight throughout the 3 reps

Hang clean

- After the 3th deadlift the hang clean can be cleaned from the hip to anywhere above knee height.
- The bar must be taken from the hang to the shoulders with the hips, knees fully extended with the feet in line and elbows in front of the bar.
- In all 2 reps the arms must be fully extended on return to the hang before completing the next rep.
- A muscle clean, power clean, split clean, or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders.
- The barbell cannot be dropped or rested on the floor between reps.

Shoulder-to-overhead

- The rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body.
- A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.

Q25.1B

SYNCHRO BARBELL HANG SNATCH

- Athletes have to perform 6 synchro reps every round.
- The hang snatch movement begins with a deadlift movement before starting the hang snatch.
- The athlete is not allowed to lower the barbell past the knees after the first deadlift and not during the next reps.
- This means that the complete hang snatch movement will be performed above knee height.
- Only the feet may touch the ground during the lift, so no knee drops are allowed.
- The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the body with feet in line.
- A hang muscle, hang power, hang squat or hang split snatch is allowed.
- Bouncing is allowed, but the arms must be completely extended in the hang position between every rep.
- The synchro is performed at the top.

CALORIES ROW

- Divide the calories how you want. (12 calories for the men team, 8 for women team in both division)
- Reset the rower to 0 every round.
- The rower's screen must be visible so that the calories can be checked.
- At the last calorie, you may not leave the row earlier, before the screen shows the amount of calories.

SYNCHRO BARBELL THRUSTERS

- Athletes have to perform 6 synchro reps the first round and the reps will increase with 2 reps every round(8-10-12-MAX),except the last round, athletes must do as many synchro reps as possible in the remaining time of the 2 minutes.
- Athletes may not advance to the next round if they fail to complete the required reps within the 2-minute working window,their workout ends, and their score will be the total number of completed reps (see scorecard).
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the barbell is taken from the floor.
- There is no requirement for both athletes to reach the bottom position at the same time.
- The rep is credited when: - Both athletes' hips, knee and arms are fully extended. - The barbells are directly over, or slightly behind, the middle of their bodies.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- Both athletes must reach the lockout position together. If one athlete reaches lockout ahead of their partner, they may hold the barbell overhead and wait for their partner.

- Any repetition completed after the time cap will not count.

EQUIPMENT

You will need the following to accomplish this workout in the open or scaled division.

<u>MEN</u>	<u>WOMEN</u>
<ul style="list-style-type: none"> • 2 x 20KG Barbell • Weight bumper plates • Clips • Concept2 Row • Camera recorder 	<ul style="list-style-type: none"> • 2 x 15KG Barbell • Weight bumper plates • Clips • Concept2 Row • Camera recorder

FILMING

- We recommend using the **WODProof** app to ensure accurate and consistent time tracking. **WODproof is free to use!** (Use the video timer and manually set the time before starting (select for time, timecap 16 minutes))
- Introduce your team name + athlete names + division + workout name.
- Film the plates and barbell so the loads can be seen clearly before and after the workout.
- Don't just film the weight — also say your lifted weight clearly after finishing (Q25.1A)
- Clock must be in view and counting up through the entire workout. Athletes must record the total elapsed time of the workout.
- Videos must be uncut and unedited to accurately display the performance.
- **There is no fixed setup for the equipment or the direction you're facing — just make sure to film your workout so that all movements are clearly visible and meet the movement standards. Otherwise, you risk getting no reps or even disqualification.**
- Videos shot with a fisheye lens or similar lens may be rejected.

JUDGING + PENALTIES

- We recommend having a judge present during the qualifiers. A certified judge is not required, but the person should be familiar with the movement standards and confident enough to issue no-reps when necessary.
- At the Buffel throwdown, a fair competition is a priority. All qualifier workout videos will be thoroughly reviewed. Penalties for no-reps will be applied as follows:
- Up to 5 no-reps: Reps deducted from total score. 6-10 no-reps: 25% penalty on the total score. 11-20 no-reps: 50% penalty on the total score. More than 20 no-reps: 0-score for this part of the qualifier.

SUBMITTING SCORES + VIDEO

Submit your score on Competition Corner before the deadline, including a YouTube video link only. No other video formats or platforms will be accepted. The title of your video must be: workout name + team name + division.

- Q25.1A = Max lifted weight Athlete A + Max lifted weight Athlete B
- Q25.1B = Total completed reps (see scorecard)

Every submitted video will be reviewed by the BUFFEL team to verify that all movements are performed according to the required standards.

SCORECARD Q25.1		
Q25.1A Find a max weight on the following unbroken complex (Tc 4') <ul style="list-style-type: none"> • 3 Deadlift • 2 Hang Clean • 1 Shoulder to overhead 	ATHLETE A	ATHLETE B
	Attempt 1	Attempt 1
	...kg	...kg
	Attempt 2	Attempt 2
	...kg	...kg
	Attempt 3	Attempt 3
	...kg	...kg
	Attempt 4	Attempt 4
	...kg	...kg
BEST ATTEMPT ATHLETE	...kg	...kg
TOTAL SCORE ATHLETE A + ATHLETE B	...kg	

2' Rest between Q25.1A en Q25.1B

Q25.1B Every 2' x 5 Rounds <ul style="list-style-type: none"> • 6 Synchro barbell Hang snatch • 12/8 Cal row • 6-8-10-12-Max Synchro barbell thruster Weights snatch and thruster : open teams MM 42,5kg / FF 30kg ; scaled teams MM 30kg / FF 20kg					
Round	Hang snatch	Cal Row	Thrusters	MM TEAM	FF TEAM
Round 1	6	12/8	6	24	20
Round 2	6	12/8	8	50	42
Round 3	6	12/8	10	78	66
Round 4	6	12/8	12	108	92
Round 5	6	12/8	Max	126 +... Reps	106 +... Reps
TOTAL COMPLETED REPS				...Reps	...Reps

TEAM NAME :

ATHLETE A :

ATHLETE B :

JUDGE NAME :

DIVISION :

Assisted by