

WORKOUT FLOW

Qualifier 25.2 The grip ‘n rip madness – Two-Part Workout (Each with a Separate Score)

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

Q25.2A – AMRAP 8: GYMNASTICS & SYNCHRO KB

(0:00 – 8:00)

In Part A, both athletes work together to complete as many reps as possible within 8 minutes. The gymnastic movements can be divided as desired between partners, except for the synchronized kettlebell american swing, which must be performed simultaneously.

OPEN DIVISION	SCALED DIVISION
<p>2 Rounds</p> <ul style="list-style-type: none"> • 32 Pull-ups • 8 Synchro KB American swing • 24 Toes to Bar • 8 Synchro KB American swing 	<p>2 Rounds</p> <ul style="list-style-type: none"> • 32 Hanging knee raises • 8 Synchro KB American swing • 24 Jumping pullup • 8 Synchro KB American swing
<p>Once the first two full rounds are completed, athletes must record their tiebreak time.</p>	<p>Once the first two full rounds are completed, athletes must record their tiebreak time.</p>
<p>Into 1 Round</p> <ul style="list-style-type: none"> • 16 Chest to Bar Pull-ups • 8 Synchro KB American swing • 8 Bar Muscle Ups • 8 Synchro KB American swing 	<p>Into 1 Round</p> <ul style="list-style-type: none"> • 16 Toes to bar single-leg • 8 Synchro KB American swing • 8 Kipping pullups • 8 Synchro KB American swing
<p>If completed, repeat from the start until the 8-minute mark.</p>	<p>If completed, repeat from the start until the 8-minute mark.</p>
<p>KB weight (MM 24kg/FF 16kg)</p>	<p>KB weight (MM 16kg/FF 8kg)</p>

Mandatory Rest Period

(8:00 – 10:00)

A 2-minute mandatory rest separates the two parts.

Q25.2B – FOR TIME: HIGH-PACED ENGINE TEST

(10:00 – 20:00) – Time Cap: 10 minutes

In Part B, teams perform a 6-round workout in You-Go-I-Go (YGIG) format. One athlete completes an entire round while the other rests, then they switch. Teams alternate rounds until all six are completed.

This workout Q25.2B is for both divisions the same.

OPEN DIVISION = SCALED DIVISION

FOR TIME

6 ROUNDS

- 8 Box Facing Burpee Box Jump Overs (24 inch (men) / 20 inch (women))
- 16 Cal BikeErg (Standing only, damper 10)

- R1 : 0-16 Cal
- R2 : 16-32 Cal
- R3 : 32-48 Cal
- R4 : 48-64 Cal
- R5 : 64-80 Cal
- R6 : 80-96 Cal

Same calories for men teams and women teams in both categories

MOVEMENTS STANDARDS

KETTLEBELL SWING

- The exercise starts with both hands on the handle of the kettlebell.
- The bell is swung back between the legs, passing behind the plane of the patella.
- Drive the kettlebell overhead and reach full lockout.
- The bottom of the kettlebell must face up, with arms, hips, and knees fully extended.
- The arms should be in line with the ears, and the head must remain in a neutral position.
- Synchronization point: both athletes must reach the overhead position at the same time.

PULLUPS (OPEN DIVISION)

- Strict, kipping or butterfly pull ups are allowed.
- The arms must be fully extended at the bottom of the movement.
- At the top of the movement the chin must be over the horizontal line of the bar.
- Only one athlete can hang on the bar when performing the reps.

KIPPING PULLUPS (SCALED DIVISION)

- Only Strict and kipping pull ups are allowed, No butterfly.
- The arms must be fully extended at the bottom of the movement.
- At the top of the movement the chin must be over the horizontal line of the bar.
- Only one athlete can hang on the bar when performing the reps.

JUMPING PULL-UP

- The pull-up bar should be at least 15 cm above the top of the head when the athlete is standing tall.
- At the start of each rep, the athlete's arms must be fully extended.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Only one athlete can hang on the bar when performing the reps.

TOES TO BAR

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when the athlete's feet contact the bar **between the hands** at the same time.
- Any part of the feet may make contact with the bar, but the two feet/athlete have to touch the bar at the same time.
- Only one athlete can hang on the bar when performing the reps.

TOES TO BAR SINGLE LEG

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when one foot of the athlete makes contact with the bar between the hands.
- Any part of the foot may make contact with the bar.
- Only one athlete can hang on the bar when performing the reps.

KNEE RAISES

- Athletes begin by hanging from the pull-up bar with their arms fully extended.
- Before each rep, the heels must be brought back behind the rig.
- The rep is credited when the athlete's knees rise above the hips.
- Overhand, underhand, or mixed grips are all permitted.
- The rep may be done strict, or kipping.
- Only one athlete can hang on the bar when performing the reps.

CHEST TO BAR

- Strict, kipping or butterfly chest to bar pull ups are allowed.
- The arms must be fully extended at the bottom of the movement.
- At the top of the movement the chest must make contact with the bar below the collarbone.
- Only one athlete can hang on the bar when performing the reps.

BAR MUSCLE UP

- The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted.
- The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or in front of the bar.
- Athletes must pass through some portion of a dip-to-lockout over the bar.
- Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.
- Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms.
- Removing the hands and resting while on top of the bar is not allowed.
- Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.).
- Only one athlete can hang on the bar when performing the reps.

BOX FACING BURPEE BOX JUMP OVER

- Place tape on the ground on both sides of the box, aligned with the middle of the box.
- The box facing burpee box jump-over starts with the athlete perpendicular to the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. Only in the scaled category athletes may step over the box.
- In the bottom position, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.
- Setting the box at an angle is not allowed.
- A two-foot takeoff is not required, but it has to be a jump and only the athlete's feet may touch the box. (open division)
- After landing on the box, the athlete may jump or step off to the other side.
- If the athlete lands on the box, both feet must touch the box before stepping or jumping off.
- Alternatively, the athlete may jump completely over the box.
- If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing.
- There is no requirement to stand tall while on top of the box.
- Each rep is counted when both feet are on the ground on the opposite side of the box. From there, the athlete may begin their next rep.

CONCEPT2 BIKE ERG

- The seat must be removed from the BikeErg before the workout begins.
- The damper must be set to 10 and cannot be adjusted during the workout. **Mark it clearly with white or colored tape so it's easily visible.**
- Athletes must stand while biking – no sitting is allowed at any point.
- One athlete bikes 16 calories per round.
- Athletes may only switch after completing 16 calories. No need to tap each other.
- Do not reset the monitor between rounds.
- The monitor must start at 0 calories and must read 96 calories at the end of the workout.
- If there is an issue with the monitor during the workout, make sure the calories are still visible on screen at all times – this is essential for video validation.
- Ensure the entire BikeErg and plyo box are clearly visible in the video recording throughout the workout.

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"> ● Gymnastic Rig ● Kettlebell Open 2x24kg Scaled 2x16kg ● Concept2 Bike erg ● Plyo box ● Camera recorder 	<ul style="list-style-type: none"> ● Gymnastic Rig ● Kettlebell Open 2x16kg Scaled 2x8kg ● Concep 2 Bike erg ● Plyo box ● 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 20 minutes))
- Introduce your team name + athlete names + division + workout name.
- Film each piece of equipment to **clearly show weights and height**. Zoom in on kettlebell weights, box height.
- For the scaled division film your jumping pullup setup, before the start.
- Show the screen of the BikeErg set to zero.
- Clock must be in view and counting up through the entire workout. Athletes must record the total elapsed time of the workout.
- **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.**
- Q25.2B Monitor must show **0 cal** at the start and **96 cal** at the end. **Link the WODproof app with your Concept2 PM5.**
- Videos must be uncut and unedited to accurately display the performance.
- 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.**

- Q25.2A = Tiebreak time + Total completed reps (see scorecard)
- Q25.2B = Total time or reps completed (see scorecard)

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

QUALIFIER 25.2 BUFFEL THROWDOWN 2025

SCORECARD Q25.2				
Q25.2A AMRAP 8 minutes				
2 ROUNDS	R1	R2	R4	R5
32 Pullups / Knee raises	32	104	216	288
8 Synchro KB american swing	40	112	224	296
24 Toes to bar / Jumping pull-up	64	136	248	320
8 Synchro Kb american swing	72	144	256	328
<i>Tie break time after every 2 Rounds</i>				
1 ROUND	R3		R6	
16 Chest to bar pull-ups / TTb one legged	160		344	
8 Synchro KB american swing	168		352	
8 Bar muscle ups / K.Pullups	176		360	
8 Synchro KB american swing	184		368	
<i>Tie break time after every 1 round</i>				
SCORE Q25.2A			... Reps	

OPEN DIVISION KB weight MM 24kg/FF 16kg // SCALED DIVISION KB weight MM 16kg/FF 8kg

2' Rest between 25.2A en 25.2B

Q25.2B FOR TIME (TC 10')						
(A) = Athlete A , (B) = Athlete B	R1(A)	R2(B)	R3(A)	R4(B)	R5(A)	R6(B)
8 Box Facing Burpee Box Jump Overs	8	32	56	80	104	128
16 Calories standing bike (D10) (16-32-48-64-80-96)	24	48	72	96	120	144
TIME						
SCORE Q25.2B	<i>Time or Reps :</i>					

TEAM NAME :

ATHLETE A :

ATHLETE B :

JUDGE NAME :

DIVISION :

Assisted by