

ONLINE QUALIFIER 2025

POWERED BY



CrossFit LICENSED EVENT | 2025

EVENT 1:

Row to Glory

AMRAP 18 minutes:

3 – 6 – 9 – 12 – 15 – 18 – 21 – 24...

DB Hang Clean to Overhead

Burpee box jump over

Row 12/10cal

♂ Dumbbell 22,5kg, Box 60cm

♀ Dumbbell 15kg, Box 50cm

EQUIPMENT

- Dumbbell
- Plyo box
- Concept2 Rower, no other type of rower is allowed

FILMING GUIDELINES

- Film all competition area so the timer, equipment and athlete can be seen clearly during the whole exercise
- The monitor must be clearly visible in the video so that the amount of calories rowed can be seen.

EVENT FLOW

Event 1 is an 18-minute AMRAP with an ascending rep scheme and between the rounds the athlete rows 10/12 calories.

The athlete starts the event facing away from the dumbbell. On the command GO! the athlete does three dumbbell hang clean to overhead movements followed by three burpee box jump overs. After this the athlete rows 12 calories (men) or 10 calories (women).

After each round three reps will be added to the DB hang cleans and burpee box jump overs. The amount of rowed calories remains the same throughout the whole workout.

This continues until the timer hits 18-minute mark.

The score is the amount of accepted reps performed in 18 minutes.

The rower display must be reset after each round and the athlete can't release the rower handle before the calories needed can be seen on the rower display.

The judge or an additional assistant can also reset the rower display between the rounds. If the athlete is at the rower when the 18-minute mark is reached the calories rowed at that point will be marked in the score card (one calorie = one rep).

NOTES

- Set the timer on an ascending running clock that stops at the 18-minute mark
- The athlete can use additional helper to reset the rower display
- There is no tiebreak in this event
- Gymnastic grips are not allowed in this event

MOVEMENT STANDARDS

DUMBBELL HANG CLEAN TO OVERHEAD

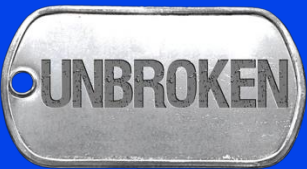


- The dumbbell must be below the hips with the working arm extended at the beginning of each rep
- The dumbbell must be brought to the rack position (a snatch is not allowed)
- In the top position knees, hips and elbow of the working arm are fully extended
- In the top position the middle of the dumbbell is in line with, or behind, the body when viewed from the side and both feet are in line
- Once a rep is completed, the athlete may lower the dumbbell to the hang anyhow.
- The athlete may switch hands at any time, but MAY NOT use two hands to elevate the dumbbell

BURPEE BOX JUMP OVER



- Chest and thighs must clearly touch the ground in the burpee
- The burpee can be done as a bar facing or a lateral burpee
- The jump starts with a two-foot takeoff
- Only the feet can touch the box
- Both feet must touch the box before the athlete jumps or steps down from the box



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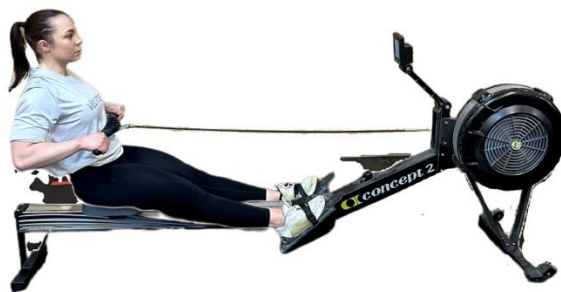


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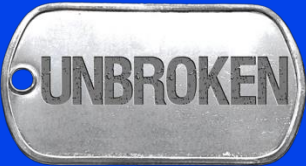
MOVEMENT STANDARDS

ROW

- The monitor must be clearly visible in the video and the rowing display set to the largest option
- Any damper setting may be used at any time



- Athletes must use a Concept 2 rower
- Set the calorie display on the rower and the display must be reset after each round. An assistant can reset the rower
- The rower handle can be released only after the calories needed can be seen on the rower display



ONLINE QUALIFIER 2025 SCORECARD



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DB Hang Clean to overhead
Burpee box over ♂ Dumbbell 22,5kg, Box 60cm
Row 12/10cal ♀ Dumbbell 15kg, Box 50cm

DB HANG CLEAN TO OVERHEAD		BURPEE BOX OVER		M W	ROW
3	3	3	6	12/10	18/16
6	24/22	6	30/28	12/10	42/38
9	51/47	9	60/56	12/10	72/66
12	84/78	12	96/90	12/10	108/100
15	123/115	15	138/130	12/10	150/140
18	168/158	18	183/176	12/10	195/186
21	216/207	21	237/228	12/10	249/238
24	273/262	24	297/286	12/10	309/296
27	336/323	27	363/350	12/10	375/360
30	405/390	30	435/420	12/10	447/430
33	480/463	33	513/496	12/10	525/506

REPS	
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ATHLETE NAME

JUDGE NAME

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS THE ATHLETE’S PERFORMANCE FOR THIS TEST

ATHLETE’S SIGNATURE: