



# QUALIFIER 24.2

## WORKOUT DESCRIPTION

### QUALIFIER 24.2

#### ELITE / INTERMEDIATE:

##### 5 ROUNDS FOR TIME:

15 BOX JUMP OVERS

8 DOUBLE DUMBBELL CLUSTERS

*(NO TIMECAP)*

#### WEIGHTS / HEIGHT:

ELITE	♂: 2 x 15 KG
	♀: 2 x 10 KG

INTERMEDIATE	♂: 2 x 10 KG
	♀: 2 x 5 KG

BOX HEIGHT (ALL DIVISIONS)	♂: 24 INCHES
	♀: 20 INCHES

#### NOTES:

This workout is performed by each athlete individually.

The workout begins with the athlete standing in front of the box. After the call of "3,2,1 ... go," the athletes perform 15 box jump overs.

After completing the box jump overs, the athlete proceeds to the dumbbells, which are lying on the floor and completes 8 double dumbbell clusters.

The athlete continues this flow until completing 5 total rounds.

The team's score is the time of the 5 rounds of each individual team member.

Do not use a countdown timer. We recommend to use the wodproof app (or any other appropriate app). You can find all workouts in the qualifiers section of the app.

## MOVEMENT STANDARDS & SYNCHRONIZATION

### BOX JUMP OVERS:

The athlete is standing in front of the box. For a box jump a two-foot takeoff is required, and only your feet may touch the box. Both feet have to touch the top side of the box before you step down on the other side.

Important: After landing on the box, you have to step off to the other side!

You must not jump down on the other side! So no bouncing off the box into the next box jump is allowed.

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, you may begin the next rep.



### DOUBLE DUMBBELL CLUSTERS:

The dumbbell cluster is the combination of a clean, followed by a thruster (front squat into a push press).

The movement starts with the athlete standing in front of the two dumbbells, which are lying on the floor. The athlete grabs the dumbbells and performs a clean, followed by a front squat directly into push press.

A squat clean is permitted and the athlete can directly perform the push press when standing up out of the squat.

After the clean and while front squatting, both elbows have to be in front of the dumbbells. One head of each dumbbell has to touch the athlete's shoulder.

At the bottom of the squat clean or front squat the hip crease must be below the top of the knee.

While standing up and bringing the dumbbells overhead, they have to move in one fluid motion. Standing up and dipping down again is not allowed. In the finishing position the dumbbells are above the head, with the arms, hip and knees fully extended.

After full extension the athlete brings both dumbbells down onto the floor and may perform the next rep. Only one head of each dumbbell has to touch the ground in between the reps.





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## VIDEO INSTRUCTIONS & STANDARDS

All teams / athletes aiming to qualify are required to film their qualifying workouts. In order to receive an invitation to the final event it is required to provide videos of all the workouts. The videos must comply with the standards as described in the workout description. Failure to present a video (within 24h after request if not provided earlier with registering the score) = no score in that workout and possible disqualification of the athlete.

We recommend using the WOD-Proof App (<https://wodproofapp.com>) to make it easy to follow our requirements. All qualifier workouts will be present in the WOD-Proof App via the "Record Qualifiers" tab, simply enter "Hafenbattle" into the search field.

Any other appropriate app is of course also permitted. All video submissions have to be uncut and unedited in order to accurately display the performance. Teams have to enter a link (e.g. youtube or similar) with the qualifier workout for each individual athlete (exception is 24.1 because it has to be performed as a team and only 1 Video has to be uploaded). All videos have to be accessible for the Hafenbattle competition crew (no private links etc.).

Prior to starting the workout, please state your name, the team's name and division you are attending in. Clearly show the used equipment, weights, height of boxes, etc. If marks on the floor are required, film them clearly visible using a customs rule beside it. When there is a required space between you and a bar at the rack, film the measurement in the right angle, where this is clearly visible. When changing plates on a barbell within the workout (e.g. when attempting a heavier lift) and failing, remember to film the weights used in the last valid lift.

If possible, do our judges a favor and write down the weight of the lifting attempt on a board and hold it up to the camera.

Your clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens will be rejected due to the visual distortion these lenses cause. If you give the Hafenbattle competition director any reason to doubt your performance like edited videos, pushed boundaries or workouts not clearly performed, your video and score will be rejected.





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## VALIDATING VIDEO SUBMISSIONS

Score validation for any online video submission is the sole right of the Hafenbattle competition crew. The video will be reviewed and scored by Hafenbattle judges. As part of this video review process, the athlete's posted score may be accepted, modified or invalidated. Reasons for modification or invalidation of a score include, but are not limited to:

- Not showing the running timer
- Failure to follow the video submission guidelines
  - including recording movements from angles, distances or with lighting effects that do not allow judges to assess whether the movement standards are being met
- Violation of the workout format
  - including movement standards (read the standards carefully)
  - including not meeting the synchronization requirements
- Workout attire that prevents the judge from determining, whether the athlete is meeting the movement standards
- Miscounting repetitions.

Video submissions may be invalidated or adjusted without warning. Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards, that the camera angle, distance and lighting permit the judge to determine whether the movement standards are being met and that there are no technical problems with the video itself.

Scores and videos that are not submitted on time, can't be considered.

## SUPPORT

If you have any questions about the workouts and standards, please contact the event organizer, Hafenbattle ([info@hafenbattle.de](mailto:info@hafenbattle.de)) or DM us via our Instagram page (@hafenbattle).

If you have questions about submitting your score visit the Help Center on how to submit online scores here: <https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>.



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## SCORECARD

IMPORTANT: READ ALL MOVEMENTS STANDARDS. STATE YOUR NAME, TEAM NAME AND DIVISION AT THE BEGINNING OF THE VIDEO. SHOW ALL WEIGHTS AND MEASUREMENTS. ANY QUESTIONS: [INFO@HAFENBATTLE.DE](mailto:INFO@HAFENBATTLE.DE)

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BOX HEIGHT  
(ALL DIVISIONS)

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	15 BOX JUMP OVERS	8 DOUBLE DB CLUSTERS
1	15	23
2	38	46
3	61	69
4	84	92
5	107	115

TIME:

mm:ss