



# **LL-TD & SWISS-TD QUALIFIER *INFO***

All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

ALL DIVISION  
AMRAP 12 MIN

DUMBBELLS

Male RX ..... 2 x 22.5 kg  
Male 35+, Male 40+, Male 45+, Male 50+, Male Int, Male Teens.... 2 x 15 kg  
Female RX ..... 2 x 15 kg  
Female 35+, Female 40+, Female Int, Female Teens ..... 2 x 10 kg  
Male Regular ..... 1 x 15 kg  
Female Regular ..... 1 x 10 kg

MINUTES

0:00-1:00	Max DB Hang Snatch	
1:00-2:00	Max Toes-to-bar/SL Toes-to-bar	
2:00-3:00	Max DB Front Squats	
3:00-4:00	Max DB Hang Snatch	
4:00-5:00	Max Toes-to-bar/SL Toes-to-bar	
5:00-6:00	Max DB Front Squats	
6:00-7:00	Max DB Hang Snatch	
7:00-8:00	Max Toes-to-bar/SL Toes-to-bar	
8:00-9:00	Max DB Front Squats	
9:00-10:00	Max DB Hang Snatch	
10:00-11:00	Max Toes-to-bar/SL Toes-to-bar	
11:00-12:00	Max DB Front Squats	
TOTAL REPS:		

Judge copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters <input type="checkbox"/> Regular	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Judge signature + Date:

Athlete copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters <input type="checkbox"/> Regular	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Athlete signature + Date:



# 25.2 SCORECARD



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

## **RX** **FOR TIME (TC 20 MIN)**

150	Double Unders	
25	Burpee Box Jump-Overs	
1000m	Row	
25	Burpee Box Jump-Overs	
150	Double Unders	
<b>TOTAL TIME:</b>		

Judge copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters <input type="checkbox"/> Regular	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Judge signature + Date:



Athlete copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters <input type="checkbox"/> Regular	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Athlete signature + Date:

All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
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INTERMEDIATE, TEENS, MASTERS

FOR TIME (TC 20 MIN)

100	Double Unders	
20	Burpee Box Jump-Overs	
1000m	Row	
20	Burpee Box Jump-Overs	
100	Double Unders	
TOTAL TIME:		

Judge copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters <input type="checkbox"/> Regular	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Judge signature + Date:



Athlete copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters <input type="checkbox"/> Regular	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Athlete signature + Date:



# 25.2 SCORECARD

All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

*This division is only applicable for **SWISS THROWDOWN***

## **REGULAR** **FOR TIME (TC 20 MIN)**

### **FOR TIME (TC 20 MIN)**

200	Single Unders	
20	Burpee Box Step-overs	
1000m	Row	
20	Burpee Box Step-overs	
200	Single Unders	
<b>TOTAL TIME:</b>		

Judge copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters <input type="checkbox"/> Regular	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Judge signature + Date:



Athlete copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters <input type="checkbox"/> Regular	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Athlete signature + Date:



# 25.3 SCORECARD



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

## RX

### PART A, 0:00 TO 4:00: AMRAP 4 MIN

Bar Muscle-Ups	1	2	3	4	5	6	7	8
Deadlifts @ 140/95 kg	1	2	3	4	5	6	7	8
TOTAL REPS:								

### PART B, 4:00 TO 10:00: FOR MAX LOAD

1 clean + 1 hang clean + 1 shoulder-to-overhead	
MAX LOAD:	

Judge copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Judge signature + Date:



Athlete copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Athlete signature + Date:



# 25.3 SCORECARD



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

## INTERMEDIATE, TEENS, MASTERS

### PART A, 0:00 TO 4:00: AMRAP 4 MIN

Chest-to-bar Pull-ups	2	4	6	8	10	12	14	16
Deadlifts @ 100/70 kg	2	4	6	8	10	12	14	16
TOTAL REPS:								

### PART B, 4:00 TO 10:00: FOR MAX LOAD

1 clean + 1 hang clean + 1 shoulder-to-overhead	
MAX LOAD:	

Judge copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Judge signature + Date:

Athlete copy

Name athlete:	Date / time:	Score (Reps):
Name judge:	Division: <input type="checkbox"/> Rx <input type="checkbox"/> Intermediate <input type="checkbox"/> Teens <input type="checkbox"/> Masters	
I verify that the details provided accurately reflect the athlete's performance in this workout. The workout was completed according to the competition standards		Athlete signature + Date:

# ***Welcome to the qualifiers for the Lowlands Throwdown and Swiss Throwdown 2025!***

Before starting with the workout, we ask you to read through everything from this point on so that you are well-prepared.

All movement standards of this event adhere to the Movement standards of the International Functional Fitness Federation that can be found [here](#). If wordings or descriptions differ between this document and the official iF3 document, the iF3 Movement Standards has precedence unless specifically stated otherwise (special regulations).

Although we would love to take your word and not have an online video qualifier process, that's not how this works. In addition to the scorecard, you, the athlete, will have to upload a video (link) of the prescribed test as visual proof. The main objective is to verify that you have performed the test, that the number of repetitions and times specified are correct, and that you meet the movement standards.

Let us help you by setting up these practical tips and rules to ensure video submission success.

## ***Before the test***

Make sure that you go over all workouts, flow, special regulations and standards by:

1. READING them first.
2. Asking questions later if something is unclear to you.

We always recommend the use of a judge, even if it is not mandatory. If you do, make sure that your judge does the same steps as mentioned above.

## ***During the test***

Make it clear to your judge that officiating is not just counting reps. Your judge must also be aware that you, as an athlete, have to meet all the required rules and standards.

It's your judge's responsibility to inform you if you don't meet the rules and standards = NO-REP.

Your judge can give you verbal instructions (squat deeper, extend those hips/arms, etc...) but a no-rep is a no-rep and should be given at ALL times during this process!

## ***After the test***

We recommend that you check your videos yourself before submitting them to the competition platform. Make a comparison with the scorecard and check the following (if applicable):

- Are the totals correct?
- Are the times correct?
- Are the weights correct?
- Are the distances correct?
- Are the heights correct?

It's NOT up to our review team to determine all of the above. You are responsible for this! If everything is correct and only then, should you upload your video (link) for review without the risk of getting penalties or invalidation of it.

## ***Video format***

YOUTUBE, VIMEO, GOOGLE, etc... whichever works best for you is allowed.

**Remember to set your video to PUBLIC mode (YOUTUBE) and without a password login (GOOGLE). Also be aware of COPYRIGHTS on music in the background as these get your video taken down.**

ALL videos must be uncut/unedited to allow an accurate display of the test performance. The use of fisheye or similar lens is NOT ALLOWED and will be invalidated by our review team due to the visual distortion these lenses cause.

## ***Remember your BASICS***

The first thing we want to see when the video starts is you:

- Telling us your name;
- Stating which event, division and workout you are doing;
- Zooming in/focusing on the weights (barbell, dumbbell, kettlebell, etc...), distance (shuttle run, handstand walk, etc...) and time/distance/calories on those screens so we can give you full credit.

If required, don't forget to reset the screens of the machines before starting another round.

## ***Equipment and setup***

### **IMPORTANT!**

**The setup of the workouts must be as prescribed on the floor plans provided in this rulebook. Any athlete not complying to the standards will have their score invalidated.**

Record the video so that all exercises can be clearly seen, meeting the movement standards. As for framing, make sure your ENTIRE body stays in the frame at ALL times. If we cannot see you, we cannot assess the video!

### ***TIPS!***

- Do not place your recording device on the ground with an upward angle.
- Do not place your recording device far away from you.
- Watch out for box related obstacles.

## ***Scorecards***

The scorecards are a tool that allows you to record all correctly performed reps in order to upload the final score on the online platform. We strongly recommend that you review this scorecard before performing the workout.

## Submitting your score

**Teams will do their qualifier workouts as individuals. The Team Captain will then add both scores (and videos) to the system and they will then automatically be combined to form a total team score.**

For more info, please visit the following links for instructions:

### Lowlands throwdown score submission on Competition Corner:

<https://help.competitioncorner.net/en/articles/1083267-how-do-i-submit-my-online-score>

### Swiss throwdown score submission on Circle21:

<https://www.instagram.com/reel/C2j56W6MZqs/?igsh=MWtxM2ltYTUwdHMzMg%3D%3D>

## Video review

When submitted, your score and video will be under review. Our review team will watch the videos randomly to make sure to give or subtract full credit of your hard work. Please try to be patient - with technology and us.

If you have questions about your video or score, please try to hold off until we have had a chance to review your submission and log it for you on the leaderboard.

If we contact you about submission problems, you will have 24-hours to reply and comply.

## Appeals

Appeals, scoring discrepancies or questions about the review of online videos will be handled by our head judge. Athletes will receive an email if the score posted is modified due to a penalty. The message will give a brief description explaining the reason for the change in the score. After this notification, athletes will have 24-hour time to appeal. All appeals received after this 24-hour deadline will not be processed!

Only the affected athlete may appeal a result. Coaches or unrelated parties may not appeal on behalf of the athlete. Athletes may not appeal their own performance outcome based on the review, scoring or performance of another athlete.





# Q25.1 "Get a Grip"



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

## ***RX, Intermediate, Teens and Masters, EMOM 12 min***

- Min 1 – max double dumbbell hang snatch
- Min 2 – max toes-to-bar
- Min 3 – max double dumbbell front squats

## ***Regular, EMOM 12 min*** *This division is only applicable for **SWISS THROWDOWN***

- Min 1 – max dumbbell alternating hang snatch
- Min 2 – max single-leg toes-to-bar
- Min 3 – max dumbbell front squats

## **WEIGHTS**

Male RX	2 x 22.5 kg
Male 35+, Male 40+, Male 45+, Male 50+, Male Int, Male Teens	2 x 15 kg
Female RX	2 x 15 kg
Female 35+, Female 40+, Female Int, Female Teens	2 x 10 kg
Male Regular	1 x 15 kg
Female Regular	1 x 10 kg

## **FLOW**

- This workout starts with athlete standing directly under the pull-up bar.
- At the start signal, the athlete moves to the dumbbell(s) and performs as many dumbbell hang snatch as possible in one minute.
- At 1:00, the athlete must put down the dumbbell(s) and move to the rig where he or she performs as many toes-to-bar as possible until the clock reaches 2:00.
- The athlete now moves back to the dumbbell(s) and performs max number of repetitions of dumbbell front squats until the clock reaches 3:00.
- The athlete now repeats this pattern for another three rounds, switching exercises every minute.
- The score is the total number of repetitions performed in 12 minutes.

## **SPECIAL REGULATIONS**

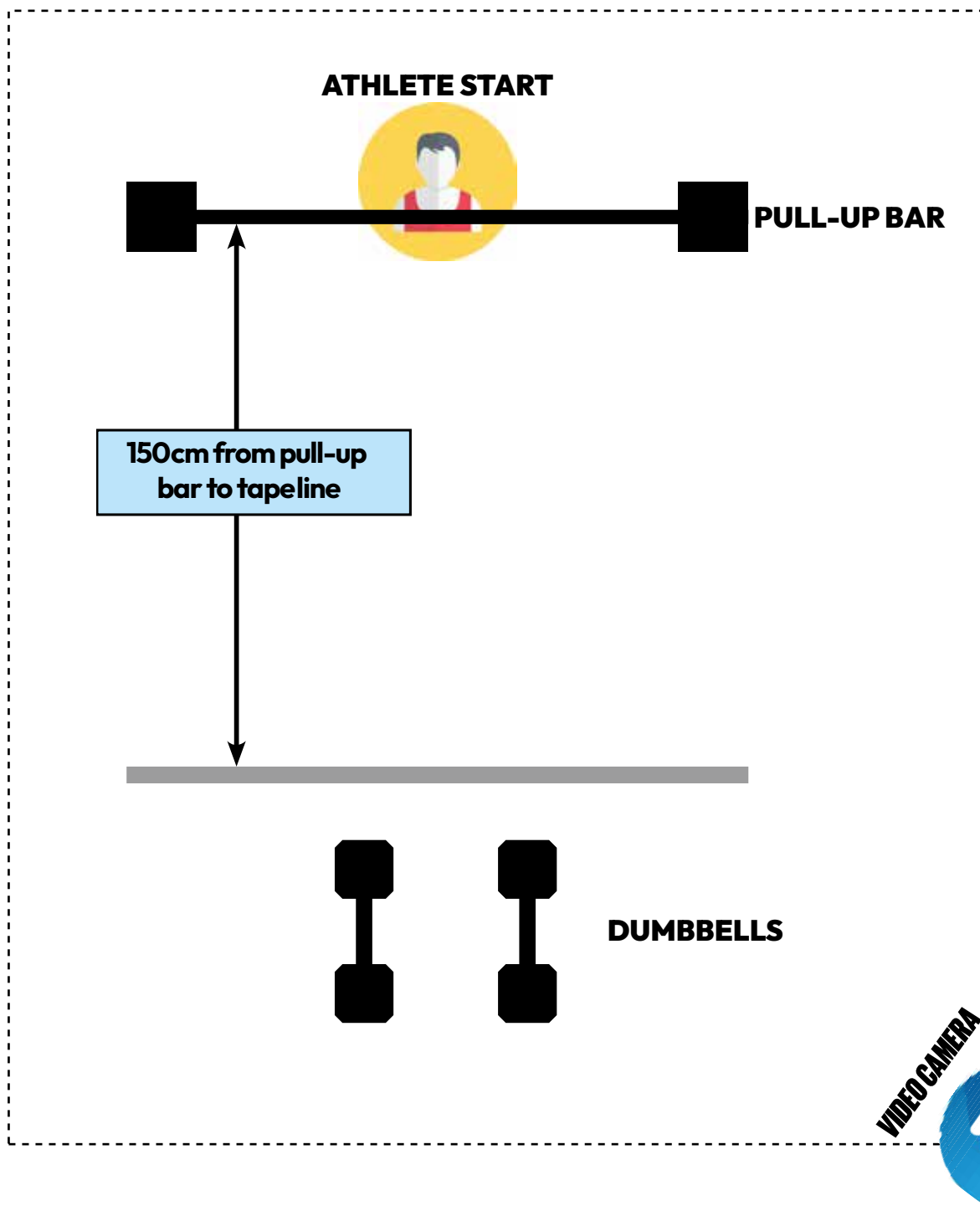
- Athlete cannot drop the dumbbell(s) from above knee height.
- Athlete must face away from the rig during hang snatch and front squats
- Regular division only uses one dumbbell for this workout.



# FLOOR PLAN QUALIFIER 25.1



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
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# Q25.2 "Jump for Joy"



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

## ***RX, FOR TIME (TC 20 min)***

- 150 double-unders
- 25 burpee box-jump overs (60/50 cm)
- 1000 m row
- 25 burpee box-jump overs
- 150 double-unders

## ***Intermediate, teens and masters, FOR TIME (TC 20 min)***

- 100 double-unders
- 20 burpee box-jump overs (60/50 cm)
- 1000 m row
- 20 burpee box-jump overs
- 100 double-unders

## ***Regular, FOR TIME (TC 20 min)*** *This division is only applicable for **SWISS THROWDOWN***

- 200 single-unders
- 20 burpee box-step overs (60/50 cm)
- 1000 m row
- 20 burpee box-step overs
- 200 single-unders

## ***FLOW***

- This workout starts with athlete standing with their skipping rope in their hands.
- On the signal, the athlete must perform the stipulated number of double or single unders. They then put the rope down and moves to the plyo box where they perform the burpee box-jump overs.
- The athlete then moves to the row-erg and rows 1000 meter.
- Then the athlete moves back to the plyo box for another set of the burpee box-jump overs and finally ends the workout with another set of double-unders or single unders.
- Time stops when the last rep of double under or single under is completed.

## ***SPECIAL REGULATIONS***

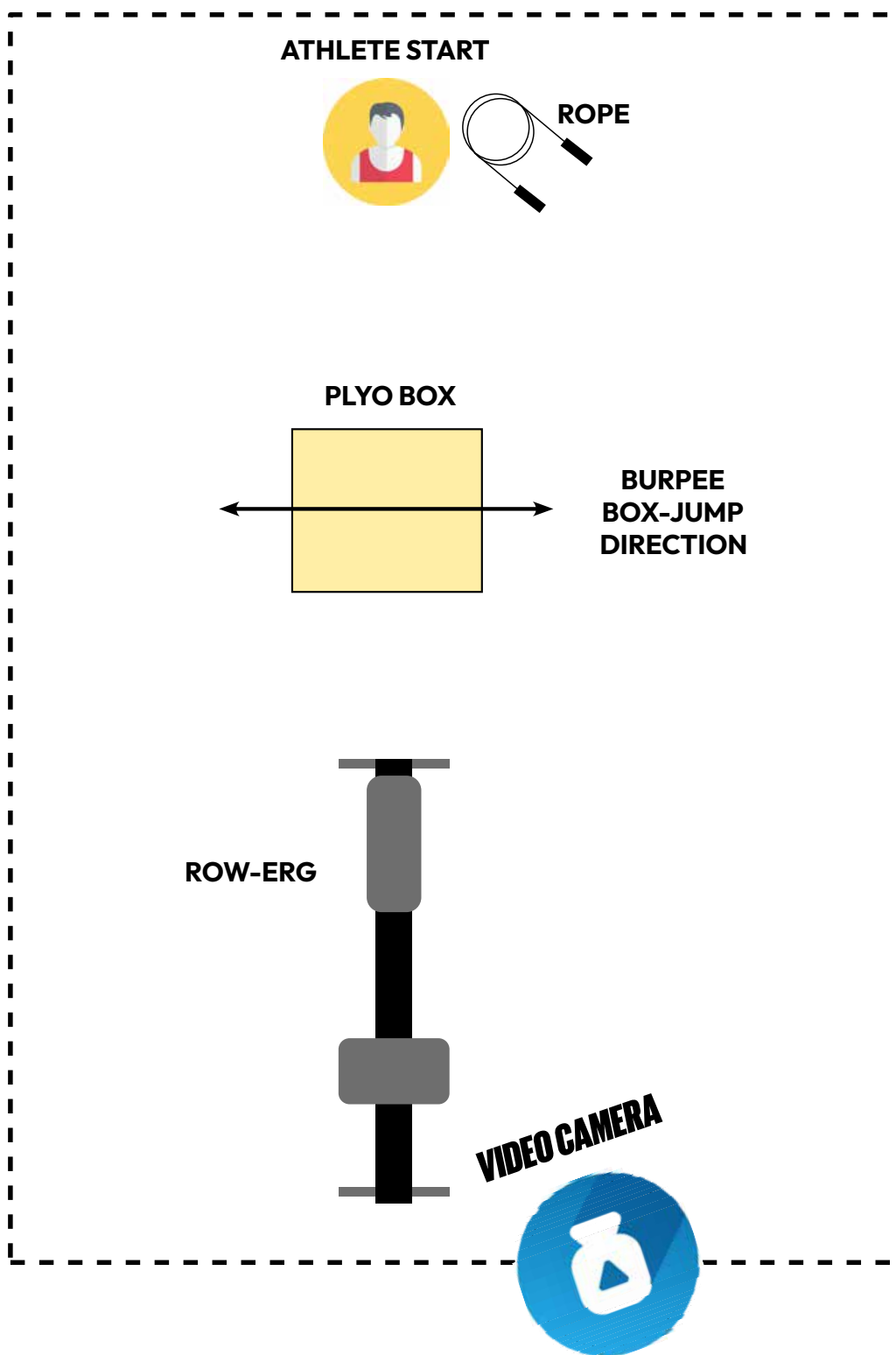
- Athlete must face the camera while doing double unders.
- Burpees must be performed in an angle so that the bottom position is clearly visible in the video.
- The camera must clearly show the display of the row-erg OR the row-erg must be connected to the recording app, showing distance completed.
- Regular athletes are allowed, but not required, to do box-jump overs



# FLOOR PLAN QUALIFIER 25.2



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.





# Q25.3 "Heavy as..."

All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

## SWISS THROWDOWN NOTE!

**Athletes in the REGULAR DIVISION will NOT perform this workout**

**At 0:00 to 4:00 - PART A: AMRAP**

### RX

- 1-2-3-4-5-6-etc... reps of Bar Muscle-ups
- 1-2-3-4-5-6-etc... reps of Deadlifts

### All other divisions

- 2-4-6-8-10-12-etc... reps of Chest-to-bar pull-ups
- 2-4-6-8-10-12-etc... reps of Deadlifts

**At 4:00 to 10 min - PART B: For max load**

- 1 clean + 1 hang clean + 1 shoulder to overhead

## WEIGHTS PART A

Male RX	140 kg
Male 35+, Male 40+, Male 45+, Male 50+, Male Int, Male Teens	100 kg
Female RX	95 kg
Female 35+, Female 40+, Female Int, Female Teens	70 kg

## FLOW

- This workout starts with the athlete standing in between the rig and the barbell with their back towards the rig.
- On the signal, the athlete moves to the pull-up bar and performs 1 bar muscle-up or 2 chest-to-bar pull-ups.
- The athlete then moves to the barbell and performs 1 or 2 deadlifts.
- Next, the athlete returns to the pull-up bar and performs 2 bar muscle-ups or 4 chest-to-bar pull-ups, and then back again to the barbell for 2 or 4 reps of deadlifts.
- The athlete continues in this pattern, switching between the movements and increasing the number of repetitions each round.
- The score for part A is the total number of repetitions performed in 4 minutes.
- At 4:00, the athlete has 6 minutes to successfully attempt the heaviest complex of clean anyhow, into a hang clean anyhow, into a shoulder-to-overhead.
- The score for part B is the heaviest successful lift in kilograms.



# Q25.3 "Heavy as..."



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.

## SPECIAL REGULATIONS

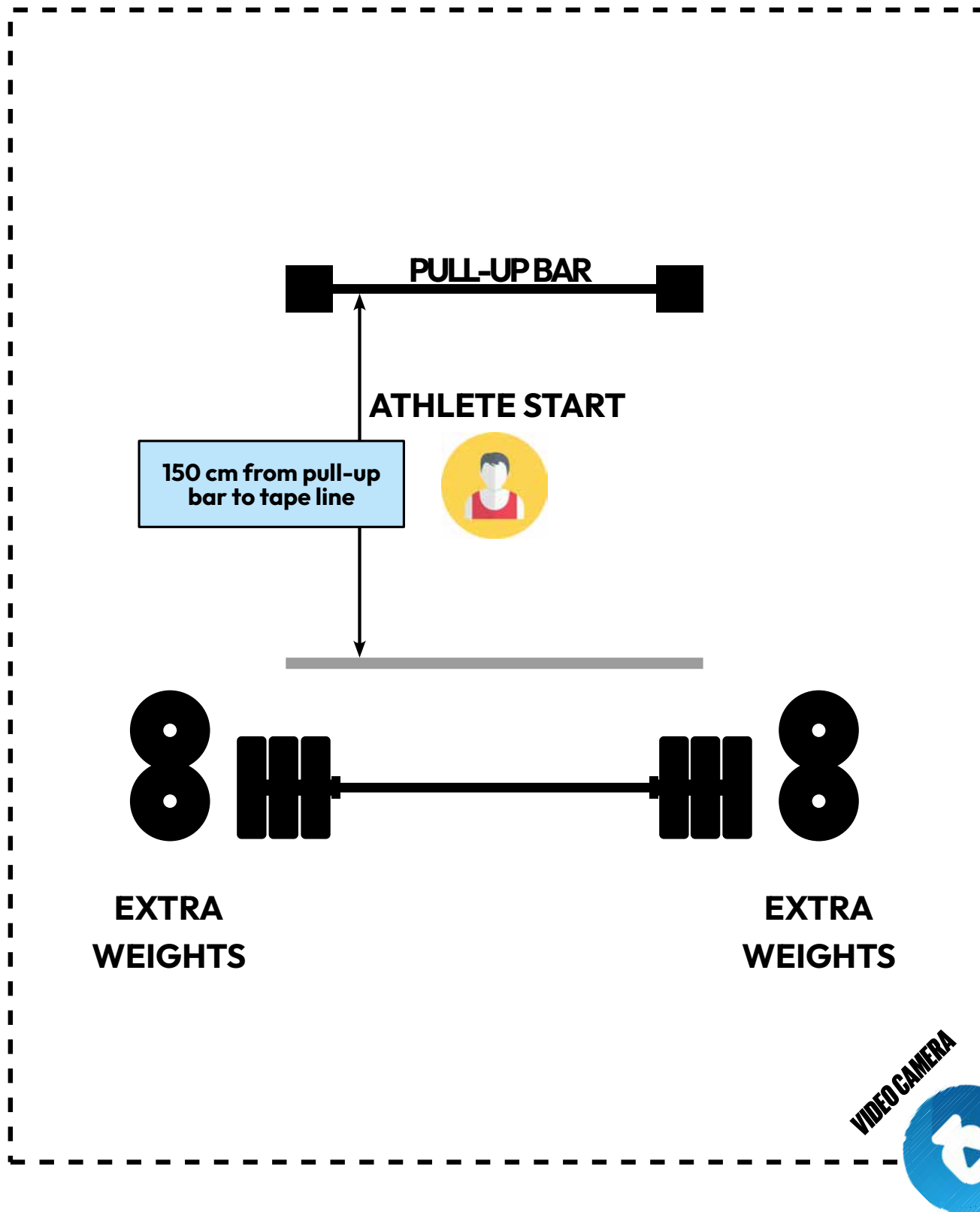
- Athlete must face the camera during all repetitions
- Athlete can only use one barbell during this workout and he or she **CANNOT** have anyone else change the weights.
- The complex in part B must be unbroken. The athlete can rest in front rack or hang position, but not let go of the barbell or rest it in the hip crease.
- Any style of clean and hang clean is allowed: muscle, power or squat.
- Any style of shoulder-to-overhead is allowed: strict, push press, push jerk, split jerk, etc
- If the athlete fails one part of the complex, her or she can try that part again and continue, as long as he or she doesn't let go of the barbell.
- For part B, the athlete can make as many attempts as needed and can increase or decrease the load however they want.
- Before each attempt, the athlete must clearly state the load to the camera, and it must be clearly visible what is loaded on the barbell.
- The complex must be **FINISHED** within timecap to be valid.



# FLOOR PLAN QUALIFIER 25.3



All three workouts must be completed within the qualification period, which runs from **29 May to 23 June**.  
Athletes are free to complete the workouts in any order.



## **Dumbbell hang snatch (ID 4.04)**

REP START

- Hang position.

REP END

- Overhead lock-out.

REP REQUIREMENTS

- Objects are moved in one fluid motion from hang to an overhead position.
- Adhere to hang rule.

## **Toes-to-bar (ID 7.01)**

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Toes on both feet touch the bar simultaneously.
- The contact point is within the width of the hands.

REP REQUIREMENTS

- None.

## **Single-leg Toes-to-bar**

REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Toes on one foot touch the bar.
- The contact point is within the width of the hands.

REP REQUIREMENTS

- None.

## **Dumbbell front squats (ID 1.03)**

REP START

- Front rack lockout.

REP END

- Front rack lockout.

REP REQUIREMENTS

- Achieve the bottom of squat.
- Object(s) in front rack throughout the full repetition.
- Hand(s) below chin.

## **Double-under (ID 10.07)**

REP START

- Standing free.
- Holding both ends of a jump-rope – one in each hand.

REP END

- Holding both ends of a jump-rope – one in each hand.

REP REQUIREMENTS

- Rope rotates around the sagittal axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 2

## Single-under (ID 10.06)

### REP START

- Standing free.
- Holding both ends of a jump-rope – one in each hand.

### REP END

- Holding both ends of a jump-rope – one in each hand.

### REP REQUIREMENTS

- Rope rotates around the sagittal axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 1

## Burpee box-jump overs (ID 10.01)

### REP START

- Prone position.

### REP END

- Standing free on the other side of the object.

### REP REQUIREMENTS

- Jump over the object with both feet.
- Both feet need to be off the ground, on the take-off side of the line or object, at the same time.
- Athlete passes over the object with the entire body.
- Unless specified in a special regulation, landing or contacting the object with feet during the transition over is ok, but not required.

## Burpee box-step overs (ID 10.05)

### REP START

- Prone position.

### REP END

- Standing free on the other side of the object.

### REP REQUIREMENTS

- Athlete must step onto the box with one foot at a time.
- Both feet must come in contact with the top of the box.
- Athlete must step down from the box with one foot at a time.

## Row (ID 9.03)

### REP START

- Seated on rower.
- At least one hand on the handle.

### REP END

- Seated on rower.
- Both feet on foot plates.
- At least one hand on the handle.

### REP REQUIREMENTS

- Row until designated goal is met (time, distance or calories).

## Bar Muscle-up (ID 7.07)

### REP START

- Vertical hang from horizontal bar.

### REP END

- Vertical support.

### REP REQUIREMENTS

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar.

### CYCLE & POST REP

- The athlete may not rest on top of horizontal bar in any other way than vertical support. If so happens, athlete needs to jump down to floor before achieving a new rep start.

## Chest-to-bar pull-up (ID 7.05)

### REP START

- Vertical hang from horizontal bar.

### REP END

- Chest in contact with the horizontal bar.

### REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

## Deadlift (ID 2.01)

### REP START

- Object-on-ground.
- Hand(s) on object.

### REP END

- Deadlift lockout.

### REP REQUIREMENTS

- Hands and arms are kept outside of the legs.

### CYCLE & POST REP

- Object cannot bounce, that is have notable upwards momentum from ground impact.

## Clean anyhow (ID 3.01)

### REP START

- Object-on-ground.
- Hand(s) on object

### REP END

- Front-rack lockout.

### REP REQUIREMENTS

- Object is moved in one fluid motion from ground to front rack.
- Must be a clean movement.

## Hang clean anyhow (ID 3.04)

REP START

- Hang position.

REP END

- Front-rack lockout.

REP REQUIREMENTS

- Object is moved in one fluid motion from hang to front rack.
- Adhere to hang rule.

## Shoulder to overhead (ID 5.05)

REP START

- Standing tall
- Object supported in the front-rack

REP END

- Overhead lock-out

REP REQUIREMENTS

- None.