

# BTD 2025 WOD STANDARDS



**CrossFit** LICENSED EVENT | 2025 

# WOD 1 BEGINNERS

## AMRAP 11 minutes:

40 cal Row

30x Alt DB Snatch 15/12,5 kg

20x Box Jump Over Step Down 60/50 cm

10x Front Squat 40/25 kg

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## 40 Cal Row

### Standards:

- The athlete must use a rowing machine (Concept2).
- The number of calories is tracked on the machine's display.
- A repetition is completed when the display shows 40 calories.

### Forbidden:

- Using a device other than the approved C2 rowing machine.
- Manually tampering with the display to adjust the calorie count.

## Alternating Dumbbell Snatch

### Standards:

- The movement starts with the dumbbell on the ground.
- Both heads of the DB must touch the ground simultaneously.
- Athlete must lift the DB in one continuous motion from the floor to overhead.
- A repetition is completed when the hips, knees, and elbows are fully extended, and the DB is aligned with the body.
- Athlete must alternate arms after each repetition.

### Forbidden:

- Using the other hand to support or stabilize the dumbbell during the lift.
- Touching only one head of the dumbbell to the ground or not touching the ground at all.
- Failing to achieve the full range of motion (e.g., incomplete elbow extension).

# Box Jump Over Step Dow

## Standards:

- Athlete must jump onto the box with both feet.
- Athlete must step down from the box on the opposite side.
- A repetition is completed when athlete has both feet on the ground on the other side of the box.

## Forbidden:

- Jumping over the box without touching the top of the box.
- Jumping off the box.
- Using hands for support while jumping onto the box.

# Front Squat

## Standards:

- The barbell starts on the ground.
- The first repetition may begin with a Squat Clean, which counts as the first Front Squat.
- When performing a Power/Muscle Clean at the beginning, the Front Squat begins with the barbell in the front rack position on the shoulders, with full extension of the hips and knees.
- Athlete must hold the barbell with both hands, keep the elbows raised, and must not cross their arms.
- Athlete must achieve a full squat, with the hip crease below the level of the knee.
- A repetition is completed when the athlete returns to a standing position with fully extended knees and hips.

## Forbidden:

- Using any support or assistance during the squat.
- Failing to achieve the full range of motion (e.g., not reaching squat depth).
- Crossing arms while holding the barbell.
- Using a rack or other stand.

# WOD 2/3 BEGINNERS

**Time Cap: 10 minutes**

**1-3 min: A - 1 RM Clean (for weight)**

**3-7 min: 50 Bar Facing Burpees (for time)**

**7-10 min: B - 1 RM Clean (for weight)**

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## Clean

### Standards:

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one continuous motion to the shoulders.
- A repetition is completed when the hips and knees are fully extended, and the barbell is resting on the shoulders with the elbows in front of the bar.
- Allowed styles: Power Clean, Squat Clean, or Split Clean.
- Athlete may lift and lower the weight as needed.
- Another person may assist the athlete with loading and unloading the plates.

### Forbidden:

- Using any support or assistance while lifting the barbell.
- Failing to achieve the full range of motion (e.g., incomplete hip and knee extension).

## Bar Facing Burpees

### Standards:

- The athlete starts in a standing position.
- The athlete must get into a lying position on the floor with the chest and thighs touching the ground, facing the barbell.
- Both feet must be off the ground when the athlete jumps over the barbell.
- The athlete DOES NOT NEED TO use a take-off or land with both feet simultaneously.
- A repetition is completed when the athlete lands with both feet on the other side of the barbell.

## **Forbidden:**

- Barbell touch during the jump.
- Lateral burpees over barbell.
- Stepping over the barbell.
- Athletes are not allowed to receive assistance in moving or adjusting the barbell unless there is an immediate safety risk.

## **Score:**

Score 1: Time - 50 Bar Facing Burpees

Score 2: Weights A+B - successful lifts.

# WOD 4 BEGINNERS

For Time, Time Cap: 15 min

21-15-9

TTR

STOH 40/25 kg

- 1 min rest -

15-12-9

Pull-Up

Snatch 40/25 kg

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## Toes-to-Rings (TTR)

### Standards:

- The movement starts with the athlete hanging from the rings with fully extended elbows. Feet must not touch the ground.
- Athlete must pull their legs so that both toes touch the rings or pass through the rings simultaneously. This counts as one valid repetition.
- Before each repetition, the athlete's feet must pass behind the vertical plane of the rings.
- Athlete may use gymnastic grips for hand protection as well as tape on the rings.

### Forbidden:

- Touching the rings with one foot only / no foot at all.
- Using support or assistance from another person.

## Shoulder to Overhead (STOH)

### Standards:

- The movement starts with the barbell on the ground, where the athlete must first move the barbell to the shoulders using any method.
- The STOH (Shoulder-to-Overhead) movement begins with the barbell on the shoulders.
- Athlete may use any method (Strict Press, Push Press, Push Jerk, Split Jerk) to lift the barbell overhead.

- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.

### **Forbidden:**

- Using a rack or any other stand.
- Using the legs to support the barbell in a way other than the allowed techniques.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

## **Pull-Up**

### **Standards:**

- The movement starts with the athlete hanging from the bar with fully extended elbows. Feet must not touch the ground.
- Athlete must pull their chin above the bar level.
- A repetition is complete when the chin is clearly above the bar.
- Kipping or butterfly style is allowed, but the chin must clearly pass above the bar.
- Athlete may use gymnastic grips for hand protection and tape on the bar.

### **Forbidden:**

- Using support or assistance from another person.
- Using lifting straps or hooks.
- Failing to meet the full range of motion (e.g., chin below the bar).

## **Snatch**

### **Standards:**

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one fluid motion from the floor to overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.
- Allowed styles: Muscle, Power, Squat or Split Snatch.

### **Forbidden:**

- Using any support or assistance while lifting the barbell.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

# WOD 1 – ELITE/SPORT/MASTERS

## AMRAP 11 minutes:

40 cal Row

30x Alt DB Snatch 22,5/15 kg

20x Box Jump Over Step Down 60/50 cm

10x Front Squat 60/45 kg

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## 40 Cal Row

### Standards:

- The athlete must use a rowing machine (Concept2).
- The number of calories is tracked on the machine's display.
- A repetition is completed when the display shows 40 calories.

### Forbidden:

- Using a device other than the approved C2 rowing machine.
- Manually tampering with the display to adjust the calorie count.

## Alternating Dumbbell Snatch

### Standards:

- The movement starts with the dumbbell on the ground.
- Both heads of the DB must touch the ground simultaneously.
- Athlete must lift the DB in one continuous motion from the floor to overhead.
- A repetition is completed when the hips, knees, and elbows are fully extended, and the DB is aligned with the body.
- Athlete must alternate arms after each repetition.

### Forbidden:

- Using the other hand to support or stabilize the dumbbell during the lift.
- Touching only one head of the dumbbell to the ground or not touching the ground at all.
- Failing to achieve the full range of motion (e.g., incomplete elbow extension).



# Box Jump Over Step Dow

## Standards:

- Athlete must jump onto the box with both feet.
- Athlete must step down from the box on the opposite side.
- A repetition is completed when athlete has both feet on the ground on the other side of the box.

## Forbidden:

- Jumping over the box without touching the top of the box.
- Jumping off the box.
- Using hands for support while jumping onto the box.

# Front Squat

## Standards:

- The barbell starts on the ground.
- The first repetition may begin with a Squat Clean, which counts as the first Front Squat.
- When performing a Power/Muscle Clean at the beginning, the Front Squat begins with the barbell in the front rack position on the shoulders, with full extension of the hips and knees.
- Athlete must hold the barbell with both hands, keep the elbows raised, and must not cross their arms.
- Athlete must achieve a full squat, with the hip crease below the level of the knee.
- A repetition is completed when the athlete returns to a standing position with fully extended knees and hips.

## Forbidden:

- Using any support or assistance during the squat.
- Failing to achieve the full range of motion (e.g., not reaching squat depth).
- Crossing arms while holding the barbell.
- Using a rack or other stand.

# WOD 2/3 – ELITE/SPORT/MASTERS

**Time Cap: 10 minutes**

**1-3 min: A - 1 RM Snatch (for weight)**

**3-7 min: 50 Bar Facing Burpees (for time)**

**7-10 min: B - 1 RM Snatch (for weight)**

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## Snatch

### Standards:

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one fluid motion from the floor to overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.
- Allowed styles: Muscle, Power, Squat, or Split Snatch.
- Athlete may increase or decrease the weight as needed.
- Another person may assist the athlete with loading and unloading the plates.

### Forbidden:

- Using any support or assistance while lifting the barbell.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

## Bar Facing Burpees

### Standards:

- The athlete starts in a standing position.
- The athlete must get into a lying position on the floor with the chest and thighs touching the ground, facing the barbell.
- Both feet must be off the ground when the athlete jumps over the barbell.
- The athlete DOESN'T NEED to use a take-off or land with both feet simultaneously.
- A repetition is completed when the athlete lands with both feet on the other side of the barbell.

### Forbidden:

- Barbell touch during the jump.
- Lateral burpees over barbell.
- Stepping over the barbell.

- Athletes are not allowed to receive assistance in moving or adjusting the barbell unless there is an immediate safety risk.

**Score:**

Score 1: Time - 50 Bar Facing Burpees

Score 2: Weight A+B - successful lifts.

# WOD 4 – ELITE/SPORT/MASTERS

For Time, Time Cap: 20 min

21-15-9

**TTB**

**STOH 50/35 kg**

- 1 min rest -

15-12-9

**C2B**

**Clean 70/55 kg**

- 1 min rest -

12-9-6

**BMU**

**Deadlift 90/75 kg**

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## Toes-to-Bar (TTB)

### Standards:

- The movement starts when the athlete hangs from the bar with extended arms. Feet must not touch the ground.
- The heels of both feet must begin behind the vertical plane of the bar.
- A repetition is recognized when both feet simultaneously touch the bar between the hands.
- Kipping is allowed, but the legs must move in a controlled manner.
- Athlete may use gymnastic grips for hand protection and tape on the bar.

### Forbidden:

- Touching only one foot to the bar / not touching both feet simultaneously / not touching both soles of the feet to the bar

## Shoulder to Overhead (STOH)

### Standards:

- The movement starts with the barbell on the ground, where the athlete must first move the barbell to the shoulders using any method.
- The STOH (Shoulder-to-Overhead) movement begins with the barbell on the shoulders.

- Athlete may use any method (Strict Press, Push Press, Push Jerk, Split Jerk) to lift the barbell overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.

### **Forbidden:**

- Using a rack or any other stand.
- Using the legs to support the barbell in a way other than the allowed techniques.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

## **Chest-to-Bar Pull-Ups (C2B)**

### **Standards:**

- The movement starts with the athlete hanging from the bar with fully extended elbows. Feet must not touch the ground.
- athlete must touch the bar with the chest below the level of the clavicle.
- Kipping or butterfly style is allowed, but the chest touch must be clearly evident.
- The athlete may use gymnastic grips for hand protection and tape on the bar.

### **Forbidden:**

- Using support or assistance from another person.
- Using lifting straps or hooks.
- Failing to meet the full range of motion (e.g., not touching the chest to the bar).

## **Clean**

### **Standards:**

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one fluid motion to the shoulder position.
- A repetition is complete when the hips and knees are fully extended and the barbell rests on the shoulders with the elbows in front of the bar.
- Allowed styles: Power Clean, Squat Clean, or Split Clean.
- Another person may assist the athlete with loading the plates, or the athlete may use another barbell already loaded with specific weight needed for the lift.

## **Forbidden:**

- Using any support or assistance while lifting the barbell.
- Failing to meet the full range of motion (e.g., incomplete hip and knee extension).

## **Bar Muscle-Up (BMU)**

### **Standards:**

- The movement starts with the athlete hanging from the bar with fully extended arms. Feet must not touch the ground.
- Athlete must pass over the bar so that the chest is above the bar and the arms are fully extended in the top position.
- Kipping is allowed.
- Athlete may use gymnastic grips for hand protection and tape on the bar..

### **Forbidden:**

- During kipping, the toes must not go above the bar level.
- Failing to meet the full range of motion (e.g., not fully extending the elbows).

## **Deadlift**

### **Standards:**

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell to a position where the hips and knees are fully extended, and the shoulders are behind the barbell.
- Another person may assist the athlete with loading the plates, or the athlete may use another barbell already loaded with specific weight needed for the lift.

### **Forbidden:**

- "Bouncing" (bouncing the bar off the ground).
- Failing to meet the full range of motion (e.g., incomplete hip and knee extension).