



BATTLE
THE
BEACH

Battle The Beach 2025 – Qualification

Workout Description

Workout 25.2

Scaled Divisions (FF | FM | MM)



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10 min AMRAP

12 synchronic toes up

8 synchronic alternating DB snatches

(Male: 15 kg | Female: 10 kg)

4 shuttle runs (down & back - 2 x 5 m per shuttle-run)

Score = Reps



Standards before start and general notes

Watch the video and see the floor plan for distances and workout floor.

- Before start: set up the floor as described below.
- After the call of “3, 2, 1... go”, athletes jump onto the pull up bar and start with the 12 synchronic toes up followed by 8 synchronic alternating dumbbell snatches (M: 1 x 15 kg | F: 1 x 10 kg).
- After the snatches are completed, the athletes perform 4 shuttle runs (1 shuttle run = down & back = 2 x 5 m).
- Then the athletes start again with the 12 synchronic toes up and so on until the 10 minutes are over.
- The score is the total number of repetitions.
- Teams do not need a judge but must film the workout (see video submission standards).
- A “No-Rep” identified during validation of the uploaded video will automatically lead to a -5 reps penalty per “No-Rep”. There are only 10 “No-Reps” allowed per team during one qualification workout (max. -50 reps). An 11th “No-Rep!” per team will lead to a disqualification in this qualification workout.
- If the athletes notice the “No-Rep” and repeat the repetition, no penalty will be given.

Video Submission Standards

Prior to starting, introduce yourself (full name of both team members | team name | affiliation | division | workout) and film the equipment so the distance of the shuttle run lines, and the weights can be seen clearly.

A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. You can also use the apps “We Time” “Wodproof” for filming your workout. We prepared/registered Battle The Beach within these apps.

Shoot the video from an angle so all exercises can be clearly seen. The fulfillment of the movement standards must be clearly visible for every movement.

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



Upload the video to any video platform (vimeo, youtube, etc.) and place the link in Circle21. Make sure that the videos are accessible and visible to the judges. No password protection or something else. If the video is in private mode or blocked by the platform due to copyright infringement, the workout will be invalid, and the team will be disqualified for the workout.

The judges will not contact you if a video is not accessible. Subsequent submission of videos or video links is excluded.

Movement Standards

Synchronic toes up

In the toes up, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. At the top of the repetition, athletes must raise their toes above the height of the hips. A synchronic repetition is fulfilled when both athletes raise their feet above the height of their hips at the same time.

An overhand, underhand or split-grip are all permitted. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

Synchronic alternating dumbbell snatches

The dumbbell begins on the ground and must be lifted overhead in one motion. Power, squat and split snatches are all permitted, but in each instance the athlete's feet must be brought back in line.

The dumbbell snatches must be performed with alternating arms per rep. The athletes can start with any arm and can vary depending on the athlete (e.g. athlete A starting with the left arm and athlete B with the right arm).

A synchronic rep is credited when both dumbbells are fully locked out overhead, with the hips, knees and arms fully extended, and the dumbbell directly over or slightly behind the middle of the body with the feet in line.

This is not ground-to-overhead in any way. A clean and jerk is a no rep.

On the bottom position one head of each dumbbell must come into contact with the floor.



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The dumbbell can be dropped from overhead. If a dumbbell is dropped, the dumbbell must settle on the ground before the athlete begins the next rep.

Athletes may not have any assistance when picking up or setting down the dumbbells.

Shuttle runs

1 rep shuttle run equals running the 5m distance down and back (10 m).

The athletes start behind the first line and run to the other line. Athletes must be visibly behind the line and both athletes have to touch the ground with one hand behind the line. Athletes must touch the ground always, except when starting the 1st and except when finishing the 4th shuttle run.

Athletes do not have to be synchronic during the shuttle runs.

If athletes hit the time cap during the shuttle runs, the reps of the slower athlete count for the score.

Floor Plan

