



BATTLE **THE** **BEACH**

Battle The Beach 2025 – Qualification

Workout Description

Workout 25.1 A + B

Intermediate Divisions (FF | FM | MM)

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Overall time cap: 12 min

25.1 A

For time

I Go You Go

6 rounds for time (3 rounds each):

10 cal row

10 thruster (M: 40 kg | F: 30 kg)

– into –

25.1 B

Max weight

1 clean + 1 hang clean

Scores:

25.1 A = time (e.g. 05:54 min)

25.1 B = sum of weights (e.g. athlete A: 100 kg, athlete B: 80 kg
= sum weights 180 kg)



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Standards before start and general notes

[Watch the video and see the floor plan for distances, monitor settings and workout floor.](#)

- Before start: set up the floor as described below.
- Mark your starting line at the base of the row ergometer. Set the display of the row ergometer to 0 cal, upward counting.
- After the call of “3, 2, 1... go”, the first athlete starts the workout by running from the starting line to the row ergometer and rowing 10 cal followed by 10 thrusters with 40 kg for male athletes and 30 kg for female athletes. During the thrusters of the working athlete, the not-working athlete resets the row ergometer display to 0 cal (upward counting) and returns behind the starting line. After finishing the thrusters, the first athlete runs behind the starting line and high-fives the second athlete. After the high-five, the second athlete may start their first round.
- After the last round of the second athlete (round 6), both athletes meet behind the starting line. The time when both athletes are behind the starting line with both feet is the workout time for 25.1 A.
- The remaining time until the time cap of 12 min is used to perform 25.1 B.
- In 25.1 B the athletes find their maximum weight to perform a complex of 1 clean and 1 hang clean.
- **Important!** Before each attempt of the complex with a new weight, the athlete must write the weight on a piece of paper, announce the weight loud and clear into the camera and hold the paper into the camera so the weight can be clearly seen.
- You can use two barbells for part A and for part B.
- The barbells must lie on the same side of the starting line as the row ergometer (see floor plan)
- You must use a Concept 2 row ergometer with at least a PM 3 monitor.
- In 25.1 B both athletes can work parallel.
- There are no restrictions for the type of cleans (power clean, muscle clean, squat clean are all permitted, for details see movement standard).
- The clean complex must be finished before the time cap. A complex that starts in time but finishes after the time cap is not valid.
- Everyone, also a 3rd person, can help change the weights on the barbell(s) in part 25.1 B.

We thank CrossFit HQ for the detailed description of the movements during the last couple of Opens.



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- The score of workout 25.1 B is the sum of maximum clean complex weights for both athletes. The total weight must be entered in Circle 21 by the team captain.
- Teams do not need a judge but must film the workout (see video submission standards).
- 25.1 A: A "No-Rep" identified during validation of the uploaded video of part A will automatically lead to a +5 s rep penalty per "No-Rep". There are only 10 "No-Reps" allowed per team during one qualification workout (max. +50 s). An 11th "No-Rep!" per team will lead to a disqualification of part A in this qualification workout.
- 25.1 A: If the screen of the ergometer cannot be seen due to the quality of the video, the camera angle, etc., a penalty of 60 s will be imposed.
- 25.1 B: If the weights are not filmed at the end of the workout or if the weights are not announced (written on paper), a penalty of -5% of the weight will be imposed.

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 starting line, the screen of the row ergometer 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.

It is favorable to use Wodproof and connect the Smartphone with the ergometer.

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. The screen of the ergometer must be seen.

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.



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Movement Standards

Row

The monitor of the row ergometer must be set to 0 cal, counting upwards, at the beginning of the workout.

The monitor setup must be filmed before the start. After this intro, the camera can be moved away and must be set up according to the floor plan (see workout video for monitor settings). The monitor must be reset to 0 cal, counting upwards, before every round! It is allowed for the waiting team partner to reset the monitor while the working team partner is performing the thruster.

Thruster

For the thruster, the barbell begins on the ground. Athletes hold the barbell in the front rack position during the squat. The barbell moves from the bottom of a front squat to full lockout overhead.

The hip crease must clearly pass below the top of the knees in the bottom position.

The athlete's hips, knees and arms must be fully extended in the overhead position. The barbell must be slightly behind the middle of the body.

Dipping during the press will lead to a "No-Rep", jerking is not allowed.

Clean + Hang Clean Complex

The complex consists of a clean followed by a hang clean.

For the clean, the barbell begins on the ground. For the clean, athletes do not have to catch the barbell in a squat position. Power clean, muscle clean or full squat clean are all permitted.

The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows clearly in front of the bar.

For the hang clean, athletes must lower the weight from the rack position to any kind of hang position (barbell must not touch the floor). Power clean, muscle clean or full squat clean are all permitted. But a deadlift followed by a hang clean is not permitted, the barbell must come up to the shoulders in one motion.

The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows clearly in front of the bar.



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For one valid repetition of a complex, both movements must be performed directly in one sequence. If the barbell is dropped, athletes must restart with the clean movement of the complex.

The clean complex must be finished completely before the time cap. A complex that starts in time but finishes after the time cap is not valid.

Floor Plan

