



# BOOK QUALIFIER 2026

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# SCORECARD

## PART A

0' → 14'

FOR TIME

ROUND 1		ROUND 2		ROUND 3	
80 DU	80	80 DU	208	80 DU	336
12 BAR-FACING BURPEES	92	12 BAR-FACING BURPEES	220	12 BAR-FACING BURPEES	348
16 SINGLE ARM DB THRUSTERS	108	16 SINGLE ARM DB THRUSTERS	236	16 SINGLE ARM DB THRUSTERS	364
20 TOES TO BAR	128	20 TOES TO BAR	256	20 TOES TO BAR	384

FINISH TIME: \_\_\_\_ ' \_\_\_\_

\*IF DID NOT FINISH: \_\_\_\_ /384, SOIT: \_\_\_\_ ' \_\_\_\_

## PART B

14' → 24'

FOR LOAD

FIND A HEAVY COMPLEX:

3 DEADLIFTS

2 CLEANS

1 SHOULDER TO OVERHEAD

TOTAL: \_\_\_\_ LB

## PART C

24' → 30'

FOR REPS

1	3 SNATCHES	3	7	12 SNATCHES	66
2	12 PULL UPS	15	8	12 PULL UPS	78
3	6 SNATCHES	21	9	15 SNATCHES	93
4	12 PULL UPS	33	10	12 PULL UPS	105
5	9 SNATCHES	42	11	18 SNATCHES	123
6	12 PULL UPS	54	12	12 PULL UPS	135

TOTAL: \_\_\_\_ REPS

ATHLETE NAME	TEAM NAME	DIVISION	SIGNATURE	JUDGE NAME

# WORKOUT

BY ANTOINE DUMAIN

## 30:00 Clock Workout

### **PART A - From 0:00 to 14:00 : For time**

3 Rounds of :

80 DU

12 Bar-facing burpees

16 Single arm DB thrusters 50 / 35 lb

20 Toes to bar

*Score is time (MM:SS) or time + remaining reps*

### **PART B - From 14:00 to 24:00 : For Load**

Find a heavy complex (unbroken) :

3 Deadlifts

2 Cleans

1 Shoulder to overhead

*Score is load (lb)*

### **PART C - From 24:00 to 30:00 : For Reps**

3 - 6 - 9 - 12 - 15... etc

Snatches 115 / 75 lb

12 Pull ups

*Score is total reps in 6:00 window*

# FLOW

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Before starting the WOD, the athlete must:

- Announce out loud: last name, first name, category, and the gym where the workout is performed;
- Film the jump rope;
- Film the dumbbell weight (50/35 lb);
- Film, one by one, the plates that will be used, as well as the barbell weight.
- The athlete must use a free WOD recording app with an on-screen clock, such as WODPROOF.

If desired, the athlete may use two different barbells. One barbell for Part B (weightlifting complex) and one pre-loaded barbell (115/75 lb) for Part C (snatch). The athlete may use any barbell they choose to perform the bar-facing burpees (Part A).

# FLOW PART A

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The athlete stands in the middle of their jump rope laid out on the floor. At 3, 2, 1... GO, the athlete may pick up the rope and complete the 80 double-unders.

They then move to their pre-loaded barbell with standard-size plates. They complete the 12 bar-facing burpees, ensuring they are visible on both sides of the bar, with the torso clearly perpendicular to the bar.

Next, 16 SA DB thruster reps must be performed, allowing the [online] judge to clearly see squat depth, then full-body extension, with the arm holding the DB aligned with the shoulder.

They then hang from the pull-up bar for the 20 toes-to-bar. Once this first round is complete, the athlete will complete 2 additional rounds to reach a total of 3 rounds as fast as possible.

The athlete must therefore achieve the best possible time within this 14:00 window.

If the athlete finishes the workout before the end of the 14:00, the remaining time will be recovery time (be sure to stay within your camera's frame for the entire workout).

The athlete may begin lifting to prepare for the complex in Part 2, but may not score any reps before the 14:00 clock starts.

# FLOW PART B

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After the first WOD, the athlete has from 14:00 to 24:00 on the clock, for a total of 10 minutes, to complete the heaviest possible complex with the following movements:

- 3 deadlifts
- 2 cleans
- 1 shoulder to overhead

All movements must be performed unbroken: deadlifts and cleans must be touch and go (no pause on the floor).

At the start of this second WOD, the athlete may begin with any barbell they choose (pre-loaded or not). Attention: the athlete must clearly announce the barbell weight out loud before performing each complex.

The athlete may receive assistance to load the barbell.

Collars must always be placed on the outside of the plates for the complex to be validated.

The athlete may finish their lift after 24:00 if the barbell has left the floor before 24:00.

It should be noted that scoring for Part C (reps) begins at 24:00 on the clock, whether the athlete started on time or not.

The athlete moves directly into the third part, but attention: to validate their score (weight), the barbell from the final complex must remain visible on camera throughout the workout so the plates can be filmed accurately after the third part.

If desired, the athlete may choose to film (accurately) the plates on the final complex barbell before the third part (before 24:00 on the clock) and use this same barbell for the snatches (115/75lb) in Part C.

# FLOW PART C

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The athlete stands in front of the barbell resting on the floor.  
At 24:00 on the clock, and only from that moment, the athlete may touch the barbell to start the set of snatches.

They perform 3 snatches using any technique, ensuring that the (online) judge can clearly see full body extension when the barbell is in the overhead position. They then hang from the pull-up bar to complete 12 pull-ups.

Each round, the snatches increase by 3 repetitions, while the 12 pull-ups remain unchanged.

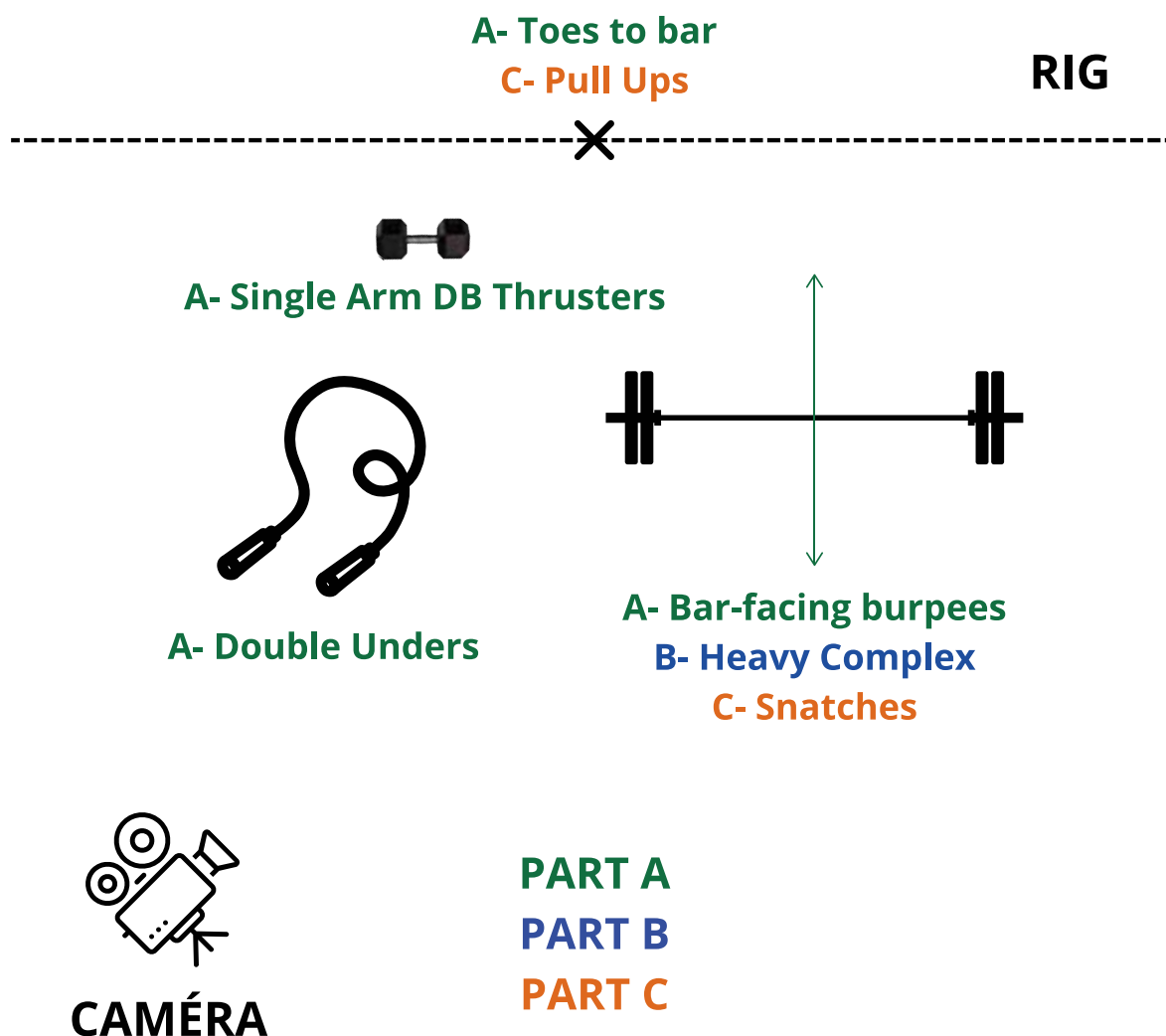
The athlete has 6 minutes on the clock (from 24:00 to 30:00) to complete as many repetitions as possible in this part.

At the end of Part Three,  
please ensure that all equipment used has been filmed accurately, especially the barbells and plates.

CAMERA NOTE: If the equipment layout differs from the proposed floor plan (Page 8), it is your responsibility to strictly meet every movement standard (so they can be judged online), ensuring that the barbell from the complex remains visible within the camera frame until the end of the workout.

# FLOOR & SET UP

Please make sure to follow the setup indicated below:



Attention, the following three points must be strictly respected:

- The athlete must never leave the camera frame for the entire duration of the workout.
- Use of a WOD recording application with an on-screen clock is mandatory, such as WODPROOF.
- The submitted video must not be cut or edited.
- In the case of a different spatial setup, all listed standards must be clearly identifiable during the online judging of your video.



# SCORING PART A

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**Score = (MM:SS) or time + remaining reps**

**Example #1: Workout completed at 9:32**

Score = 09:32

**Example #2: Workout not completed**

You completed 10 SA DB thrusters in the 3rd round.

You are therefore missing 6 SA DB thrusters + 20 toes-to-bar, for a total of 26 reps to finish the workout.

Score = time cap + number of remaining reps, which will be converted into time on the leaderboard. One remaining rep = one second.

Here, score: 14:00 + number of remaining reps (26) = 14:26

**Example #3: Workout not completed**

You completed 10 DU/80 in the 3rd round.

You are therefore missing 70 double-unders + 12 bar-facing burpees + 16 SA DB thrusters + 20 toes-to-bar, for a total of 118 reps to finish the workout.

Score = time cap + number of remaining reps, which will be converted into time on the leaderboard.

Here, score: 14:00 + number of remaining reps (118) = 15:58

118 being equal to 60 + 58

# SCORING PART B

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**Score = Load (lb)**

**Example #1: Barbell at 132 lb validated, 143 lb validated**

Score = 143 lb

**Example #2: Barbell at 132 lb validated, 138 lb failed, 143 lb failed**

Score = 132 lb

**Example #3: Barbell at 121 lb validated, 143 lb failed, 138 lb failed, 132 lb validated**

Score = 132 lb

**The highest validated barbell is used for scoring.**

# SCORING PART C

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## **Score = Total number of repetitions**

Round 1 completed: 3 snatches + 12 pull-ups = 15 reps

Round 2 completed: 6 snatches + 12 pull-ups = 33 reps

Round 3 completed: 9 snatches + 12 pull-ups = 54 reps

Round 4 completed: 12 snatches + 12 pull-ups = 78 reps

Round 5 completed: 15 snatches + 12 pull-ups = 105 reps

Round 6 completed: 18 snatches + 12 pull-ups = 135 reps

**Example: You completed 10 pull-ups out of 12 in Round 5**  
**Score = 103**

# STANDARD PART A

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## **DOUBLE UNDERS**

The athlete spins the rope forward and passes it under the feet twice on each jump before landing back on the ground.

The jump must be simultaneous (no alternating steps).

## **BAR-FACING BURPEES**

The athlete must touch both the chest and thighs to the ground at the same time before standing up to jump over the barbell to the other side.

The athlete may not use their hands to push off their body to stand up.

When jumping over the barbell, the feet must never make contact with the bar; otherwise, it will be a no-rep.

When the chest and thighs are in contact with the ground, the athlete must be clearly perpendicular to the barbell, leaving no doubt.

To jump over the barbell, a two-foot takeoff is mandatory (both feet leaving the ground at the same time or nearly the same time).

Then, both feet must land on the ground (at the same time or nearly the same time) on the other side.

If any other part of the body touches the ground before the feet, the repetition will not be counted.

The repetition is therefore validated when the athlete lands on the other side of the barbell with both feet on the ground, all standards met consecutively; otherwise, the repetition must be restarted from the beginning.

# STANDARD PART A

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## **SINGLE ARM DUMBBELL THRUSTERS**

The athlete picks up the dumbbell and brings it into contact (any part of the DB) with the shoulder.

They may use a muscle clean, power clean, or squat clean, at their discretion.

The athlete must first perform a full squat:

the hip crease must clearly pass below the line of the knees.

In the same movement, the athlete then completes full extension and presses the DB to an overhead position.

The athlete must demonstrate full control of the load, with the DB, shoulders, hips, and feet aligned, and with the legs and the working arm fully extended.

The descent into the squat and the full extension are performed in one continuous movement, with the DB remaining on the same side for the entire repetition.

During the first clean, full extension is not mandatory, as long as the squat and the push of the DB overhead are correctly executed.

It is not mandatory to alternate arms; the athlete may switch (or not) whenever they choose.

## **TOES TO BAR**

Start by hanging from the pull-up bar with the arms fully extended.

The heels must be brought back behind the vertical line of the bar.

Pronated, supinated, or mixed grips are all permitted.

The repetition is valid when both feet make contact with the bar at the same time, between the hands, without touching the hands.

Any part of the feet may make contact with the bar.

All grips designed for CrossFit are permitted.

However, the use of straps on the bar in addition to grips is not allowed.

# STANDARD PART B

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## DEADLIFT

All grips are allowed: pronated, supinated, mixed, and hook grip.

The athlete starts with the barbell on the floor and performs the 3 deadlifts using a touch-and-go standard.

Both sides of the barbell must touch the floor on each repetition.

The athlete must then demonstrate full extension, with shoulders, hips, and feet aligned, and with the legs and arms fully extended alongside the body.

In the bottom position, despite the mandatory touch-and-go requirement, excessive use of the rebound off the floor resulting in exaggerated arm bend will invalidate the complex.

## CLEAN

Once the 3 deadlifts are completed consecutively, the athlete must perform 2 cleans using a touch-and-go standard.

The barbell must start from the floor immediately after the 3rd deadlift, with no pause on the ground.

Both sides of the barbell must touch the floor on each repetition.

The barbell must be brought to the clavicles using any technique: muscle clean, power clean, or squat clean.

At the end of each repetition, the athlete must demonstrate full control of the load.

The repetition is therefore validated when, viewed from the side, the shoulders, hips, and feet are aligned with the legs fully extended, the barbell held with both hands in the front rack position, and the elbows clearly in front of the bar.

In the bottom position, despite the mandatory touch-and-go requirement, excessive use of the rebound off the floor resulting in exaggerated arm bend will invalidate the complex.

Naturally, performing a hang clean is not permitted.

# STANDARD PART B

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## SHOULDER TO OVERHEAD

After completing the 3 deadlifts and the 2 cleans, the athlete must move the barbell from the clavicles to an overhead position.

They may use any technique: strict press, push press, push jerk, or split jerk.

The repetition is validated when, viewed from the side, the barbell, shoulders, hips, and feet are aligned, with the legs fully extended and the arms locked out overhead, demonstrating full control of the load.

In the case of a split jerk, both feet must be brought back onto the same line before dropping the bar.

Throughout all repetitions of the complex, the athlete must ensure that the movements are clearly visible to the video judge.

The athlete must therefore film from the front or at a 3/4 angle, allowing proper evaluation of the required flexion and extension standards.

Collars (on the outside) are mandatory.

Men must use a men's barbell (45 lb empty).

Women must use a women's barbell (35 lb empty).

Attention:

The athlete must clearly announce the barbell weight out loud at each load change.

The barbell must remain visible within the camera frame throughout the entire workout if the athlete wishes to film the plates on the final loaded barbell after Part Three.

However, if the athlete films the plate breakdown before Part Three, the barbell may leave the camera frame.

# STANDARD **PART B**

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## **RAMINDERS**

If the athlete finishes Part 1 before the 14:00 time cap, they may warm up for their heavy complex; however, they may not score, as scoring for Part 2 can only begin once the clock reaches 14:00.

The athlete may finish their lift after 24:00 if the barbell has left the floor before 24:00.

It should be noted that scoring for Part C (reps) begins at 24:00 on the clock, whether the athlete started “on time” or not.



# STANDARD PART C

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## **PULL UPS**

Start by hanging from the pull-up bar with the arms fully extended.

The heels must be brought back behind the vertical line of the bar, using either the kipping or butterfly technique.

Pronated, supinated, or mixed grips are all allowed.

The repetition is validated when the chin is clearly above the bar.

Between each repetition, the feet must pass back behind the vertical line of the bar and then forward again, with the arms fully extended.

All grips designed for CrossFit are permitted.

However, the use of straps on the bar in addition to grips is not allowed.

## **SNATCH**

The barbell must start from the floor and be taken overhead in one continuous movement.

All snatch styles are allowed: muscle snatch, power snatch, squat snatch.

The repetition is validated when, viewed from the side, the barbell, shoulders, hips, and feet are aligned, with the legs fully extended and the arms locked out overhead, demonstrating full control of the load.

Between each repetition, both sides of the barbell must touch the floor.

Collars (on the outside) are mandatory.

The barbell is loaded at 115/75 lb

Men must use a men's barbell (45 lb empty).

Women must use a women's barbell (35 lb empty).



# QUALIFICATION PHASE

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**FEBRUARY 1ST – MARCH 1ST**

Enter your scores on Competition Corner  
before March 1st, 2026 at 11:59 PM.

For team divisions, the team captain is responsible for entering their own scores  
as well as those of their teammates.

Your video must be uploaded to YouTube as “unlisted”  
or placed in a Google Drive with viewing access enabled,  
and the unique link must be entered  
in the scores for Parts A, B, and C.