

# 2026 Tour 1 Online Qualifier

***Video submission and workout standards listed below.***

**Start Date & Time: February 18 @ 8:00am CST**

**Close Date & Time: February 25 @ 8:00pm CST**

**Scores must be submitted prior to the submission deadline.**

**If you have any questions please send us an e-mail to: [judging@worldfitnessproject.com](mailto:judging@worldfitnessproject.com)**

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## **General Equipment Requirements:**

- Video camera or phone camera
- Digital timer in camera frame.
- The use of any application that has a timer in the video is approved.
- Tape measure to show floor setup requirements
- Tape 5 cm (2 in) wide to mark floor setup
- Digital scale
- 2 x 32.5 kg (70 lb) dumbbell (men)\*
- 2 x 22.5 kg (50 lb) dumbbell (women)\*
- 1 pull up bar
- 1 standard 20 kg (45 lb) barbell (men)\*
- 1 standard 15 kg (35 lb) barbell (women)\*
- Standard weight plates, bumper or metal plates are allowed, 46 cm (18 in) diameter maximum\*
- 2 clips for barbell

\*Manufacturer's Weight Tolerance (+/- 3%)

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## **Approved Support Equipment:**

- Gymnastics grips
- Knee/elbow sleeves (7 mm thickness maximum)
- Standard gym chalk (magnesium carbonate)
- Wrist wraps
- Weightlifting belt
- Thumb tape
- Weightlifting shoes
- Gloves

## **Banned Support Equipment:**

- Gymnastics grips with dowels
- Tacky substances
- Squat/Bench suits
- Knee/elbow wraps
- Tape on pull up bar, dumbbells, or barbells
- Lifting straps
- Brace

# Workout 1A

## Workout 1A

For time:

15 Front Squat (102/70 kg) 225/155#

30 Bar Facing Burpees

15 Front Squat (102/70 kg) 225/155#

@ 7:00 mins

## Workout 1B

For time:

15 Ring Muscle Up

15 Shoulder to Overhead (102/70 kg) 225/155#

15 Bar Muscle Up

**Time Cap: 14 mins**

**Score 1A:** Time to complete the workout or reps completed at time cap.

**Score 1B:** Time to complete the workout or reps completed at time cap.

Ex. If you finish workout 1B at 10 mins, your score would be 3:00 mins

## Equipment

- Clock
- Barbell
- Barbell Plates
- Digital Scale
- Pull Up Bar
- Gymnastic Rings
- 5 cm (2 in) Tape

## Measurement Requirements

- **Plates:** Show weight on a digital scale.
- **Barbell:** Show weight on a digital scale.
- **Lifting line:** Show and mark 1.5 m (5 ft) between the closest gymnastic implement (rings/rig bar) and barbell.

## Flow:

- Athletes will start behind the 1.5 m (5 ft) tape line
- At "GO" the athlete will move to the barbell and start working on 15 front squat
- After, the athlete will drop the barbell and perform 30 bar facing burpees
- Then, the athlete will pick up the barbell and perform 15 front squat
- Time should be recorded at the completion of the last front squat

- At the 7:00 mark athletes will move to the rings and perform 15 ring muscle up
- Then move to the barbell and perform 15 shoulder to overhead
- After, the athlete will move to the rig to work on 15 bar muscle up
- Time will be recorded at the completion of the last bar muscle up

#### NOTES:

- If the athlete finishes workout 1A before the 7 min mark, they **MUST** wait until 7:00 to start workout 1B
- If the athlete has not finished workout 1A at the 7 min mark, they **MUST** stop and move onto workout 1B
- Workout 1B starts with the athlete standing behind the 1.5 m (5 ft) line
- Athletes may reposition the camera between workouts 1A and 1B

## Movement Standards

### Front Squat (from the Floor)

- **The rep begins with:**
  - The athlete standing tall with the hips and knees fully extended and the barbell in the front rack position.
    - Front rack: the barbell resting on the shoulders with the elbows clearly in front of the barbell. Any grip is permitted.
- **The rep ends and is credited when:**
  - The athlete is standing tall with the hips and knees fully extended with the barbell in the front rack position.
- **During the movement:**
  - The athlete must pass through a full squat, with the hip crease clearly going below the top of the knee.
  - A full squat clean is permitted, but not required, to start the movement as long as the required depth is achieved.
  - Only the feet may touch the ground; any other contact will result in a no-rep.
  - The athlete may not wear gymnastics grips or lifting straps during this movement.
    - Turning the grips around to the other side of the hand is permitted.

### Bar Facing Burpees

- **The rep begins with:**
  - The athlete's chest and thighs touching the ground, **facing (perpendicular)** to the barbell
- **The rep ends and is credited when:**
  - The athlete's feet reach the ground on the opposite side of the barbell.
- **During the movement:**
  - Stepping or jumping back to reach the bottom of the burpee is permitted.
  - Stepping or jumping back to the standing position is permitted.
  - Athletes can jump or step over the barbell.
  - Making contact with the barbell during the jump or step will result in a no-rep.
  - If a no-rep is received for any reason, the entire movement must be repeated from either side of the barbell.

### Ring Muscle-Up

- **The rep begins with:**
  - The athlete hanging from the rings with arms fully extended and feet off the ground
- **The rep ends and is credited when:**

- The athlete is in the support position above the rings with the elbows locked out and the shoulders over or in front of the hands
- **During the movement:**
  - No part of the foot may rise above the bottom of the rings during the kip
  - The athlete must pass through some portion of a dip before reaching lockout
  - Kipping is allowed, however uprises, swings/rolls to support or other gymnastics movements are not permitted
  - If consecutive kipping muscle-ups are performed, a change of direction below the rings is required
  - Pushing away from the rings before establishing lock out at the top will result in a no-rep
  - The athlete must face the finish line

### **Shoulder to Overhead**

- **The rep begins with:**
  - The athlete standing tall with the hips and knees fully extended with the barbell in the front rack position.
    - Front rack: the barbell is resting on the shoulders with the elbows clearly in front of the barbell.
- **The rep ends and is credited when:**
  - The athlete is standing tall with the hips, knees and elbows fully extended with the barbell overhead and over the middle of the body, or slightly behind when viewed from the profile.
- **During the movement:**
  - The athlete may get the barbell to the front rack in any fashion.
  - Any type of press (shoulder press, push press, push jerk or split jerk) may be used, as long as the elbow, hips and knees are fully extended.
  - When using a split jerk, the athlete must return their feet in line under the body, with the hips and knees extended, before the barbell is lowered.
  - The athlete may not use gymnastics grips or lifting straps during this movement

### **Bar Muscle-Up**

- **The rep begins with:**
  - The athlete is hanging from the bar with arms fully extended and feet off the ground.
- **The rep ends and is credited when:**
  - The athlete is in the support position above the bar with the elbows clearly locked out and the shoulders over or in front of the bar.
- **During the movement:**
  - The athletes must pass through some portion of a dip before reaching lockout.
  - Kipping is allowed, however pullovers, rolls to support, glide kips or other gymnastics movements are not permitted.
  - No portion of the foot may rise above the height of the bar during the kip.
  - Only the hands and no other part of the arm may touch the pull-up bar to assist the athletes in completing the rep.
  - The athletes must face the direction of the camera.

## Video Submission Standards

- Film ALL competition area measurements so the distances and weights can be seen clearly.
- Suggested camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 1 m (3 ft) off the ground.
- The camera should capture at least  $\frac{3}{4}$  view of the athlete during all movements.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the Workout.
  - Do NOT use a countdown timer.
- Videos shot with a fisheye lens or similar lens may be rejected.
- The athlete must state their name and workout number.
- Have audio ON during filming.

## Video Review Zero-Score/Invalid Violations

The following **WILL** result in an immediate zero score/invalid video:

- Not visually confirming the floor measurements on camera.
- Not showing the equipment **being weighed on a digital scale**.
- Altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Not showing the clock in the frame of the video nor displayed on the screen.
- Submitting an altered video.
- Submitting the wrong video.

## Penalties:

- Wrong starting position: 2 secs or 1 rep deduction
- Each No reps:
  - Front Squat: 5 sec
  - Bar Facing Burpee: 3 sec
  - Ring Muscle Up: 3 sec
  - Shoulder to Overhead: 3 sec
  - Bar Muscle Up: 3 sec
- Facing away from the camera during Front Squats: no rep

# Score Card

## Workout 1A

For time:

15 Front Squat (102/70 kg) 225/155#

30 Bar Facing Burpee

15 Front Squat (102/70 kg) 225/155#

@ 7:00 mins

## Workout 1B

For time:

15 Ring Muscle Up

15 Shoulder to Overhead (102/70 kg) 225/155#

15 Bar Muscle Up

Time Cap: 14 mins

15 Front Squat	15
30 Bar Facing Burpee	45
15 Front Squat	60
1A TIME	

15 Ring Muscle Up	15
15 Shoulder to Overhead	30
15 Bar Muscle Up	45
1B TIME	

# Workout 2

## 20 min AMRAP:

30 Wall Ball 9/6 KG (20/14#) - 3/2.7 m (10/9') target  
30/24 Calorie Row  
30 Toes to Bar  
30 Shuttle Run (6.1 m/ 20 ft = 1 shuttle run )

**Score:** Successful number of reps completed within 20 mins

## Equipment

- Clock
- Digital Scale
- Wall Ball
- Pull Up Bar
- Concept 2 or Rogue Rower
- 5 cm (2 in) Tape

## Measurement Requirements

- **Wall Ball:**
  - Mark the wall ball target height with a 5 cm (2 in) tape unless there is a clear visible and distinctive mark
  - Show distance from the floor to the target
  - Height must be measured from the floor to the TOP edge of the tape
- **Row:** Show the monitor with the prescribed calories completed.
  - Calories on the monitor should be visible and legible on the video
  - You can move the camera.
- **Shuttle Run Lane:**
  - Mark the 6 m (20 ft) distance with clearly visible lines at both ends using 5 cm (2 in) wide tape.
  - The distance will be measured from the outside of each taped line.

## Flow:

- Athletes start standing tall at the wall ball station
- At "GO" the athlete will start working on 30 wall balls
- Then, move to the rower and work on the prescribed number of calories
- After, the athlete will move to the rig and perform 30 toes to bar
- Then, the athlete will perform 30 shuttle runs
- The athlete will continue working in the sequence as described above for a total of 20 minutes

## Notes:

- Athletes may receive assistance resetting the rower monitor
- Camera might be moved to show calories on rower monitor or any movement standard needed

# Movement Standards

## Wall Ball

- **The rep begins with:**
  - The athlete holding the med-ball in the support position with the hip crease below the top of the knee
    - Support position: Held with both hands in front of the body, above the waist
- **The rep ends and is credited when:**
  - The center of the ball makes contact with the target at or above the specified target height
- **During the movement:**
  - The athlete may perform a squat clean when the ball is taken from the ground
  - The athlete's hip crease must clearly pass below the top of the knee in the bottom position
  - If the ball hits under the face of the target or does not hit the target, it will result in a no-rep
  - When the ball drops to the ground, it must settle on the ground before the next rep.
  - Taking the ball from the rebound/bounce into the next rep will result in a no-rep.

## C2 Row

- **The rep begins with:**
  - The athlete seated on the rower with hands off the handle and screen set to zero.
- **The rep ends and is credited when:**
  - The monitor shows the prescribed calories with the athlete seated on the rower.
- **During the movement:**
  - The athlete may adjust the damper setting and foot positions at any time before or during the row.
  - Rollover calories at time cap will not be credited

## Toes To Bar

- **The rep begins with:**
  - The athlete hanging from the bar with arms extended, feet off the ground and heels behind the pull-up bar
- **The rep ends and is credited when:**
  - Both feet make contact with the bar in between the hands at the same time
- **During the movement:**
  - Overhand, underhand, or mixed grips are all permitted
  - Any part of the feet may make contact with the bar
  - Feet must make contact with the bar within the hands at the same time
  - The heels must be brought back behind the pull-up bar
  - Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
  - The athlete must face the direction of the camera

## Shuttle Run

- **The rep begins with:**
  - The athlete's feet clearly behind the designated line.
- **The rep ends and is credited when:**
  - Both feet clearly across the designated line.
- **During the movement:**
  - 1 rep = 6.1 m (20 ft)
  - At each turnaround, both feet must touch the ground over the line before the athlete may return.



- If the athlete does not complete the minimum interval required, the repetition will not count.
- The athlete does NOT have to touch the ground with their hand at each end of the shuttle runs.
- **Shuttle Run Lane:**
  - Mark the 6.1 m (20 ft) distance with clearly visible lines at both ends using 5 cm (2 in) wide tape.
  - The distance should be measured from the outside of each taped line.

## Video Submission Standards

- Film ALL competition area measurements so the distances and weights can be seen clearly.
- Suggested camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 1 m (3 ft) off the ground.
- The camera should capture at least  $\frac{3}{4}$  view of the athlete during all movements.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the Workout.
  - Do NOT use a countdown timer.
- Videos shot with a fisheye lens or similar lens may be rejected.
- The athlete must state their name and workout number.
- Have audio ON during filming.

## Video Review Zero-Score/Invalid Violations

The following **WILL** result in an immediate zero score/invalid video:

- Not visually confirming the floor or wall ball target measurements on camera.
- Not showing the wall ball being weighed on a digital scale.
- **Not showing the calories on the rower monitor**
- Altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Not showing the clock in the frame of the video nor displayed on the screen.
- Submitting an altered video.
- Submitting the wrong video.

## Penalties:

- Wrong starting position: 2 reps
- Missing or no reps will be deducted from the score
- Not showing or calories not visible on the rower monitor: video invalid

## Score Card: MALE

### 20 min AMRAP:

30 Wall Ball 9/6 KG (20/14#) - 3/2.7 m (10/9') target

30 Calorie Row

30 Toes to Bar

30 Shuttle Run (6.1 m/ 20 ft = 1 shuttle run )

ROUND	30 Wall Ball	30 Calorie Row	30 Toes to Bar	30 Shuttle Run
1	30	60	90	120
2	150	180	210	240
3	270	300	330	360
4	390	420	450	480
5	510	540	570	600
6	630	660	690	720
7	750	780	810	840
8	870	900	930	960
9	990	1020	1050	1080
10	1110	1140	1170	1200

## Score Card: FEMALE

### 20 min AMRAP:

30 Wall Ball 9/6 KG (20/14#) - 3/2.7 m (10/9') target

24 Calorie Row

30 Toes to Bar

30 Shuttle Run (6.1 m/ 20 ft = 1 shuttle run )

ROUND	30 Wall Ball	24 Calorie Row	30 Toes to Bar	30 Shuttle Run
1	30	54	84	114
2	144	168	198	228
3	258	282	312	342
4	372	396	426	456
5	486	510	540	570
6	600	624	654	684
7	714	738	768	798
8	828	852	882	912
9	942	966	996	1026
10	1056	1080	1110	1140

# Workout 3

**For time:**

2 rounds:

160 ft (48.8 m) Dual Dumbbell Farmer Carry Lunge (32.5/22.5 kg) (70/50#) (8x 6.1 m / 20 ft)

200 Double Unders

40 Single Arm Alternating Dumbbell Snatches (32.5/22.5 kg)(70/50#)

**Time cap 15 min**

**Score:** Time to complete the workout or reps completed at time cap.

## Equipment

- Clock
- Dumbbells
- Digital Scale
- Jump Rope
- 5 cm (2 in) Tape

## Measurement Requirements

- **Dumbbells:** Show weight on a digital scale.
- **Lunges Lane:**
  - Mark the 6.1 m (20 ft) distance with clearly visible lines at both ends using 5 cm (2 in) wide tape.
  - Walking more than 6.1 m (20 ft) in one direction without turning around is not allowed.
  - The distance will be measured from the outside of each taped line.

## Flow:

- The athlete starts standing tall at the dumbbells
- At “GO” the athlete will start working on 48.8 m (160 ft) by completing 8 x 6.1m (20 ft) segments
- After, the athlete will move to the jump rope to perform 200 double unders
- Then, the athlete will return to the dumbbells to perform 40 single arm alternating dumbbell snatches
- After, the athlete will repeat the described sequence for a second round
- Time will be recorded after the last snatch of the second round

## Movement Standards

### Double Dumbbell Farmers Carry

- **The rep begins with:**
  - The athlete standing tall with the hips and knees fully extended and the dumbbells in the farmer’s carry position with the feet clearly behind the designated line.

- **The rep ends and is credited when:**
  - Both feet are clearly beyond the designated line and the athlete is standing tall with the hips and knees fully extended while the dumbbells are in farmer's carry position.
- **During the movement:**
  - The athlete will progress the 6.1 m (20 ft) section unbroken before lowering the dumbbells to the floor.
  - If the athlete receives a no rep at any time within a 6.1 m (20 ft) section, the athlete must restart from the beginning of that section.
  - Dropping the dumbbells before completing a section will result in a no-rep.
  - The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and knee extension.
  - Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top of every rep.
  - Forward progress can only occur during a lunge step.
  - Shuffling side to side or backwards is ok.

### **Double Under**

- **The rep begins with:**
  - The jump rope in the athlete's hands
- **The rep ends and is credited when:**
  - The rope has passed under the feet twice for each jump.
- **During the movement:**
  - The rope must spin forward
  - Only successful jumps are counted, not attempts

### **Single Arm Alternating Dumbbell Snatch**

- **The rep begins with:**
  - At least one head of the dumbbell on the ground
- **The rep ends and is credited when:**
  - The athlete is standing tall with the hips, knees and elbow fully extended with the dumbbell overhead and over the middle of the body, or slightly behind when viewed from the profile.
- **During the movement:**
  - The athlete moves the dumbbell from the floor to the overhead position in one fluid motion
  - The athlete may choose to do a muscle snatch, power snatch, squat snatch or split snatch. However, the athlete must return their feet in line under the body, with the hips and knees extended, before the dumbbell is lowered.
  - Bouncing the dumbbell is not allowed.
  - The non-lifting hand and arm may not assist by intentionally making contact with the body for support during the repetition.
  - The athlete must alternate arms for every rep
  - The athlete may not use gymnastics grips or lifting straps during this movement

### **Penalties:**

- Wrong starting position: 2 seconds
- Each No rep:
  - Lunges: 15 secs
  - Double under: 1 sec
  - Snatch: 2 seconds

# Score Card

**For time:**

2 rounds:

160 ft (48.8 m) Dual Dumbbell Farmer Carry Lunge (32.5/22.5 kg) (70/50#) (8x 6.1 m / 20 ft)

200 Double Unders

40 Single Arm Alternating Dumbbell Snatches (32.5/22.5 kg)(70/50#)

**Time Cap: 15 min**

<b>160 ft (48.8 m) Dual Dumbbell Farmer Carry Lunge</b>	8
<b>200 Double Unders</b>	208
<b>40 Single Arm Alternating Dumbbell Snatches</b>	248
<b>160 ft (48.8 m) Dual Dumbbell Farmer Carry Lunge</b>	256
<b>200 Double Unders</b>	456
<b>40 Single Arm Alternating Dumbbell Snatches</b>	496
<b>TIME/REPS</b>	