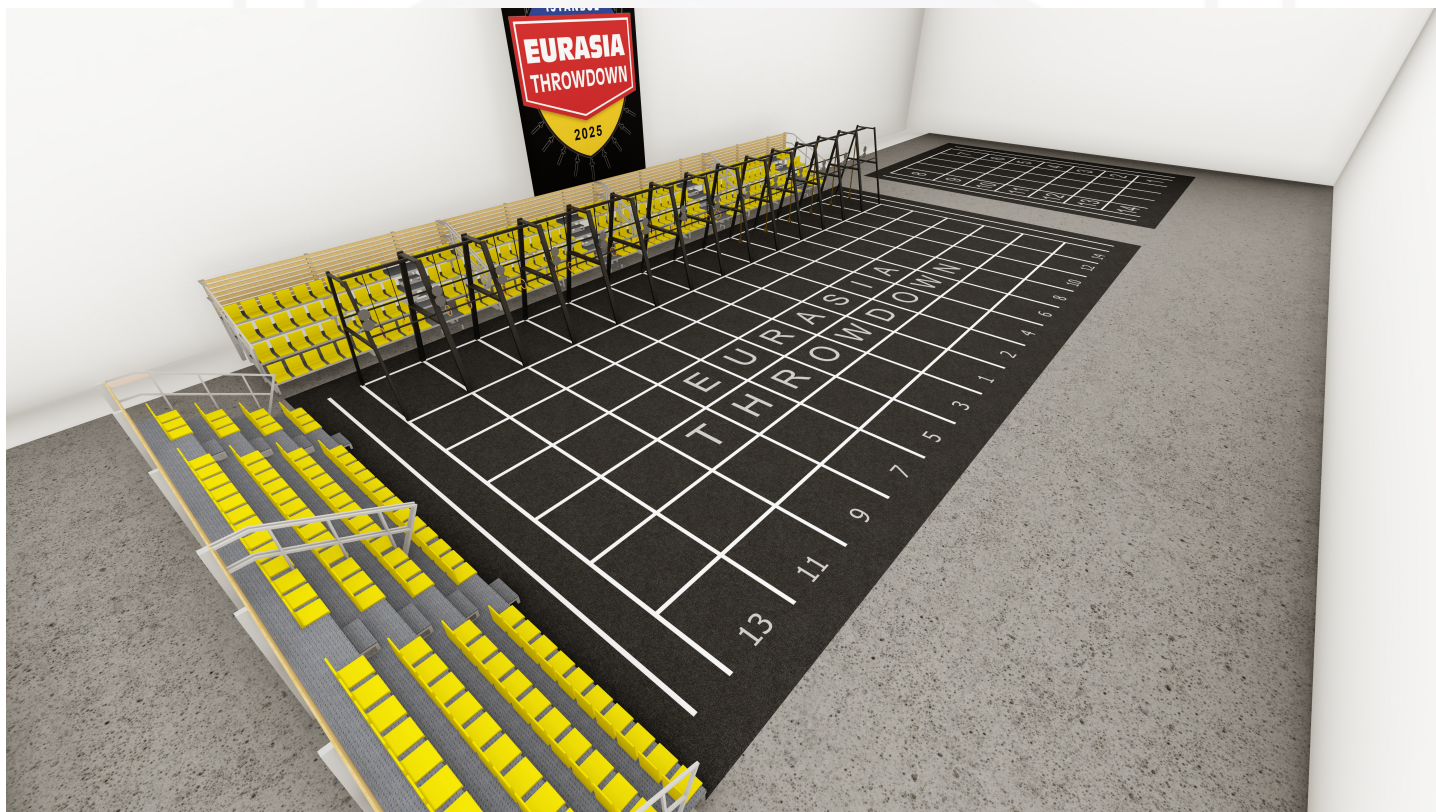




EURASIA THROWDOWN - 2025



COMPETITION FLOOR

MOVEMENT STANDARDS

GENERAL RULES:

1. Universal standards for squat depth, full extension, and overhead extension will be enforced.
2. Dumbbells and barbells loaded with only 5 kg plates **may not** be dropped to the ground.
3. Movements such as Toes to Bar, Chest to Bar, and Rope Climbs **require contact** with the bar or rope.

EVENT 1 – INDIVIDUAL VERSION – SIDE AREA

Time Cap: 9 Minutes – 3 Rounds for Time

Workout:

3 Rounds

- 27/22 calories on Airdyne
- 9 Sandbag Clean Over Shoulder



Start: Athlete's assigned lane number

Finish: Athlete's assigned lane number

Details:

- Athletes will begin the workout at their designated lane numbers.
- At the "Start" command, they mount the Airdyne in front of them and complete the required calories.
- They then proceed to perform the Sandbag Over Shoulder movement.
- Athletes are responsible for **resetting and starting** the Airdyne in each round.

SANDBAG CLEAN OVER SHOULDER – Movement Standards

1. Athletes begin with the sandbag on the ground. The sandbag must be lifted in any manner and thrown over the shoulder. Full body extension is required before the bag is released.
2. If the sandbag is thrown over the **arm** instead of the **shoulder**, the rep is **invalid**.
3. Athletes may not duck under the sandbag by breaking full extension to make it easier to pass under.

EVENT 1 – TEAM VERSION – MAIN AREA

Time Cap: 9 Minutes – For Time

Movements: Worm Clean & Jerks – Pull-ups (2 synchronized) – Worm Thrusters

Start: Lane numbers at the start line

Finish: Back at the start line

Workout Flow:

- Athletes begin at their assigned start line numbers.
- At the "Start" command, they advance to the worm and begin completing the required reps.
- Every 5–6 reps, the team moves one square forward until they reach the last square.
- In the last square, they perform the second movement (Pull-ups or Burpees depending on the heat).
- For the third movement, they once again move one square every 5–6 reps, heading back toward the start line.
- The workout is completed once **all three athletes cross the start line**.

MOVEMENT STANDARDS

Worm Clean & Jerk

1. A rep is counted when athletes lift the worm from the ground to one shoulder and then pass it over their heads to the opposite shoulder **in unison**.
2. The worm may **not** rest on the head during the transition.
3. The worm must **make clear contact with the opposite shoulder**. Reps are invalid without this.

Worm Thruster

1. Athletes squat with the worm on their shoulders and, in one fluid motion, rise and transfer the worm over their heads to the opposite shoulder.



2. The squat and press must be one continuous movement. No dip or pause at the top is allowed during the overhead transfer.

Worm Shoulder to Overhead

1. The movement starts with the worm on the athletes' shoulders and ends when it is passed overhead to the opposite shoulder in sync.
2. Athletes may **not** use their heads for support.
3. Ducking under the worm is **not allowed**.
4. The rep must end with **clear contact on the opposite shoulder**. Letting go early invalidates the rep.

Worm Clean – Movement Standard

1. The movement begins with the worm on the ground.
2. A valid rep is counted when all athletes lift the worm to their shoulders simultaneously and reach full extension.
3. Once the rep is completed, the worm may be dropped to the ground.

EVENT 2 – INDIVIDUAL VERSION – MAIN AREA

Time Cap: 9 minutes – For Time

Workout:

- 30 Overhead Squats
- 20 Hang Power Snatches
- 10 Squat Snatches

Start/Finish: Barbell station, facing away from the rack

Details:

Athletes begin at their barbell marked area with small lane numbers. They must also finish the workout at the same spot.

Movement Standards:

- **Overhead Squat:**
 1. The barbell may be brought overhead using any method.
 2. Movement begins in full overhead extension, descends into proper squat depth, and finishes by returning to full overhead extension.
 3. The first rep may be a squat snatch.
 4. Throwing the bar backward at any point invalidates the rep.
- **Hang Power Snatch:**
 1. Begins with the bar on the ground and finishes in one continuous motion with the bar locked out overhead.



2. Bouncing the bar off the floor is not allowed.
 3. Dropping the bar backward invalidates the rep.
 4. Any deviation from the above standards is a no-rep.
- **Squat Snatch:**
 1. Starts from the ground with a snatch into a full squat.
 2. Must pass through full squat depth under the bar.
 3. Ends with full overhead extension.
 4. Must be completed in one fluid motion.
 5. Throwing the bar backward results in a no-rep.

EVENT 2 – TEAM VERSION – MAIN AREA

Setup:

Three barbells will be placed per lane, with the women's bar in the middle. All athletes face the main tribune (backs to the rack).

Synchronization Rule:

Synchronization is judged at the **top of the overhead extension**.

General Equipment Rules:

- Barbells with only 5 kg plates may not be dropped.
- Ground-starting movements must start from the **floor**, regardless of plate size.

EVENT 3 – MAIN AREA

Time Cap: 11 minutes – For Time

Workout:

- Wall Ball
- Toes to Bar
- Box Jump Over
- Ring Muscle-Up
- BikeErg
- Rope Climb

Start/Finish: Start Line Numbers

Details:

Athletes begin at the start line, run to the wall ball target, and proceed through all listed movements. After completing the final Rope Climb, they sprint back to the start line to finish the workout.

EVENT 3 – SIDE AREA



Time Cap: 11 minutes – For Time

Workout Flow:

- Cash-In: RowErg
- Synchronised Dumbbell Hang Clean & Jerk
- Synchronised Lateral Burpee Over Dumbbell

Start/Finish: Start Line Numbers

Details:

Athletes begin at the start line. At “Start,” they move to the rower for their Cash-In. Afterward, synchronized Hang Clean & Jerks and Burpees are performed, followed by a sprint to the start line to finish.

Team Note:

For teams, synchronization in the Dumbbell Hang Clean & Jerk is judged at **full overhead extension**.

MOVEMENT STANDARDS – EVENT 3

- **Wall Ball:**
 1. Begins with the ball held at face level and a full-depth squat.
 2. The ball must be thrown in one smooth motion and hit the target.
 3. Any deviation results in a no-rep.
- **Toes to Bar:**
 1. Begins from a dead hang with elbows fully extended and a standard pronated grip.
 2. Feet must pass behind the vertical plane and then make contact with the bar simultaneously.
 3. No-rep if the standard is not met.
- **Knees to Chest (alternative option):**
 1. Begins from a dead hang with a pronated grip.
 2. Feet must pass behind the vertical plane, then knees must rise together above the sternum.
 3. Constant knee flexion is allowed.
 4. Any deviation is a no-rep.
- **Box Jump Over:**
 1. Athletes may face the box or approach from the side.
 2. Two-foot takeoff is required. Step-downs are allowed.
 3. If jumping entirely over the box without touching it, both feet must land on the far side simultaneously.
 4. Only the feet may touch the box. No hand/arm support is allowed.
 5. No-rep for any violations.
- **Bar/Ring Muscle-Ups:**
 1. Begin from a dead hang with elbows and shoulders extended.
 2. Must finish in a support position with elbows locked out **while shoulders are above or beyond the bar/rings**.
 3. Structural limitations must be shown to judges pre-event.
 4. Athletes may not rest their chest on the bar or touch the rig.
 5. No-rep for letting go of the bar mid-rep or not locking out.
- **Rope Climb:**

Any technique is allowed. Reps are counted upon touching the beam or designated target at the top.
- **Dumbbell Hang Clean & Jerk:**



1. Begins between hips and knees.
 2. One head of the dumbbell must touch the shoulder before pressing overhead.
 3. Dumbbells may not be dropped.
 4. Violations result in a no-rep.
- **Lateral Burpee Over Dumbbell/Worm:**
 1. Start lateral to the implement. Chest and thighs must touch the ground.
 2. May rise using one or both feet; knees may not touch the ground.
 3. Hands must lift off the ground during the jump.
 4. Feet must be in the air at the same time during the jump.

EVENT 4 – MAIN AREA

Time Format: 4 min A – 1 min Rest – 4 min B

Workout A:

- 3 Rounds:
 - Handstand Push-Up
 - 6/4/2 Cleans (weights increase each round)

Workout B:

- 3 Rounds:
 - Wall Walk
 - 3/2/1 Cleans (heavier weights per round)

Start/Finish: Start Line Numbers

Details:

Athletes run to the handstand platform at the start. Each part ends at the start line. Weights increase with each round. At the end, barbells must be returned to their original starting setup.

EVENT 4 – TEAM VERSION

Workout A:

- 3 Rounds:
 - 21 HSPU + Handstand Hold
 - 18/12/6 Cleans

Workout B:

- 3 Rounds:
 - 5 Wall Walks
 - 9/6/3 Cleans

Flow:



- Teams start at the start line.
- One athlete holds a handstand at the marked platform while another performs HSPUs.
- HSPUs may only continue while the hold is maintained.
- After cleans, a team member may adjust barbell weights, but **all barbells must increase in load** for the next round.

MOVEMENT STANDARDS – EVENT 4

- **Handstand Push-Up & Hold:**
 1. Only heels may contact the platform during a valid handstand.
 2. Hands must stay within designated boxes.
 3. Movement begins with head touching the ground, and ends with full elbow lockout.
 4. A visible heel lockout must be observed.
 5. Any deviations = no-rep.
- **Clean:**
 1. Begins from the ground.
 2. Hang-style cleans are **not allowed**.
 3. Any clean variation (squat, power, muscle) is acceptable.
- **Wall Walk:**
 1. Starts with chest on the ground, feet on the wall, hands at the start line.
 2. Athlete walks up until hands reach the second line.
 3. Then returns with chest to ground and hands touching the start line.
 4. Must stay on the platform during the entire movement.
 5. Any deviation = no-rep.

EVENT 5 – SIDE AREA

Time Cap: 9 minutes – For Time

Workout (Individual):

- 5-10-15-20 reps of:
 - SkiErg (calories)
 - Single Arm Devil Press

Start/Finish: Start Line Numbers

Details:

At the “Start” command, athletes run to the SkiErg. After completing the designated calories, they transition to Dumbbell Devil Presses. Upon finishing the final round, they sprint back to the start line.

EVENT 5 – TEAM VERSION – SIDE AREA

Workout (Team):

- Athlete 1: 40/32 cal SkiErg



- Athletes 2 & 3: 24 synchronized Single Arm Dumbbell Devil Presses

Details:

- The same athletes must perform their assigned movements for the **entire first round**.
- After the first round, athletes may switch roles at the team's discretion.
- A round is considered complete only when both SkiErg and Devil Press reps are finished.

MOVEMENT STANDARD – SINGLE ARM DEVIL PRESS

1. The dumbbell starts on the ground.
2. The athlete performs a burpee, lowering the chest and thighs to the floor while gripping the dumbbell.
3. The dumbbell must then be brought overhead in one motion.
4. The dumbbell **may not be dropped** during the workout.
5. The free hand may **not** assist or support the lift in any way.
6. Switching hands can only occur either mid-air (if under control) or while the dumbbell is on the ground.
7. Any violations result in a **no-rep**.

FINAL – MAIN AREA

Categories: Elite – Advanced – Master 35-49

Time Cap: 13 minutes total

- Part A: 3 min
- Rest: 2 min
- Part B: 8 min

Part A:

- 20m Handstand Walk with Ramp (Elite)
- 30m Handstand Walk (All other divisions)

Details:

- For Elite athletes: each ramp section = 1 rep (3 total reps).
- For other divisions: the 10m corridor is split into 5 x 2m segments = 5 reps.

Part B:

21-15-9 Reps of:

- Thrusters
- Pull-Up / Chest-to-Bar / Bar Muscle-Up Complex
 - 21 Thrusters
 - 8 Pull-Ups – 7 Chest-to-Bar – 6 Bar Muscle-Ups
 - 15 Thrusters
 - 6 Pull-Ups – 5 Chest-to-Bar – 4 Bar Muscle-Ups
 - 9 Thrusters



- 4 Pull-Ups – 3 Chest-to-Bar – 2 Bar Muscle-Ups

Note:

Athletes may proceed to Part B even if they do not complete Part A. Final score is based on total reps completed.

FINAL – MAIN AREA

Categories: Master 50+ – Scaled

Time Cap: 15 minutes total

- Part A: 3 min
- Rest: 1 min
- Part B: 4 min
- Rest: 1 min
- Part C: 6 min

Part A:

- 20m Handstand Walk (5 x 2m segments = 5 reps)

Part B:

- 15 Toes to Bar
- 30 Box Jump Overs
- 15 Toes to Bar

Part C – 21-15-9:

- Thrusters
- Pull-Ups (21)
- Chest to Bar Pull-Ups (15)
- Bar Muscle-Ups (9)

Start/Finish: Start Line Numbers

Note:

Athletes begin each part from the start line and return to it to complete the section. Athletes may move on even if they do not finish a prior part.

FINAL – MAIN AREA

Category: Beginner

Time Cap: 15 minutes total

- Part A: 6 min



- Rest: 2 min
- Part B: 7 min

Part A:

- 50 Wall Balls
- 4/3 Rope Climbs
- 30 Box Jump Overs
(Then return to start line)

Part B:

3 Rounds of:

- 15 Thrusters
- 15/10 Pull-Ups
(Finish at start line)

FINAL – MAIN AREA (TEAM VERSION)

Categories: Advanced – Scaled – 120+

Time Cap: 16 minutes total

- Part A: 3 min
- Rest: 1 min
- Part B: 6 min
- Rest: 1 min
- Part C: 5 min

Part A:

- 60m Handstand Walk (Go & Return)
 - Can be split among team members.
 - Each 10m must be completed entirely by one athlete.
 - If an athlete fails mid-lane, the next athlete must restart from the beginning of that section.

Part B:

- 120 Wall Balls
 - Only one athlete working at a time.
 - Athletes may not touch both balls simultaneously.
 - Changeovers require the ball in play to drop first.
- 9 Rope Climbs total (shared)

Part C – 15-12-9:

- Thrusters (3 athletes synchronized)
- 8 RMU & BMU (2 athletes synchronized)



- Scaled divisions perform **only BMU**.

SYNC STANDARDS:

- **Thruster Sync:** All 3 athletes must reach overhead extension at the same time.
 - **Muscle-Up Sync:** Both athletes must be in the support position on bar/rings simultaneously.
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FINAL – MAIN AREA (TEAM VERSION)

Category: Beginner

Time Cap: 15 minutes total

- Part A: 6 min
- Rest: 2 min
- Part B: 7 min

Part A:

- 120 Wall Balls (1 athlete working at a time)
- 9 Rope Climbs (shared)

Part B – 15-12-9:

- Thrusters (3 athletes synchronized)
- Pull-Ups (2 athletes synchronized)

Note:

All standards mirror those in other team divisions.