



ONLINE QUALIFIER

8 A.M. EST THURSDAY, JAN 18 - 11:59 P.M. EST MONDAY, JAN 29

AFCOQ 24.1

For Time:

20 Bar Facing Burpees

20 Toes-to-Bar

20 Thrusters (65/95)

20 Bar Facing Burpees

20 Toes-to-Bar

Max Reps Thrusters (65/95)

8 MINUTE CAP

as many thrusters as possible. The workout ends when the 8-minute cap is reached. See scorecard for tiebreaks. The score is the total number of reps completed within the cap. Athletes are not permitted to receive assistance with equipment setup or adjustment during the workout.

TIEBREAK

The time should be recorded after the completion of the first set of thrusters and the last set of toes-to-bar. In the case of a tie (same reps) the athlete with the lower tiebreak time will be ranked higher.

EQUIPMENT

- Tape to mark the floor
- Pull-Up Bar
- Barbell
- Standard Bumper Plates (18-inch diameter)
- Collars to secure the plates on the barbell

WORKOUT VARIATIONS

SCALED & MASTERS

Thruster (55/75)

Hanging Knee Raise (Set 1)

T2B (Set 2)

Step or Jump over the bar

NOTES

Prior to starting, athletes need to set up the competition area as shown in the floor plan. The workout begins with the athlete standing behind the barbell. Upon the call of "3, 2, 1... go," the athlete will start with 20 Bar Facing Burpees, followed by either 20 Toes-to-Bar (Rx) or 20 Hanging Knee Raises (Scaled), then complete 20 Thrusters at the specified weight. After the first round of thrusters, the athlete repeats 20 Bar Facing Burpees and 20 Toes-to-Bar. In the remaining time, the athlete will aim to complete

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

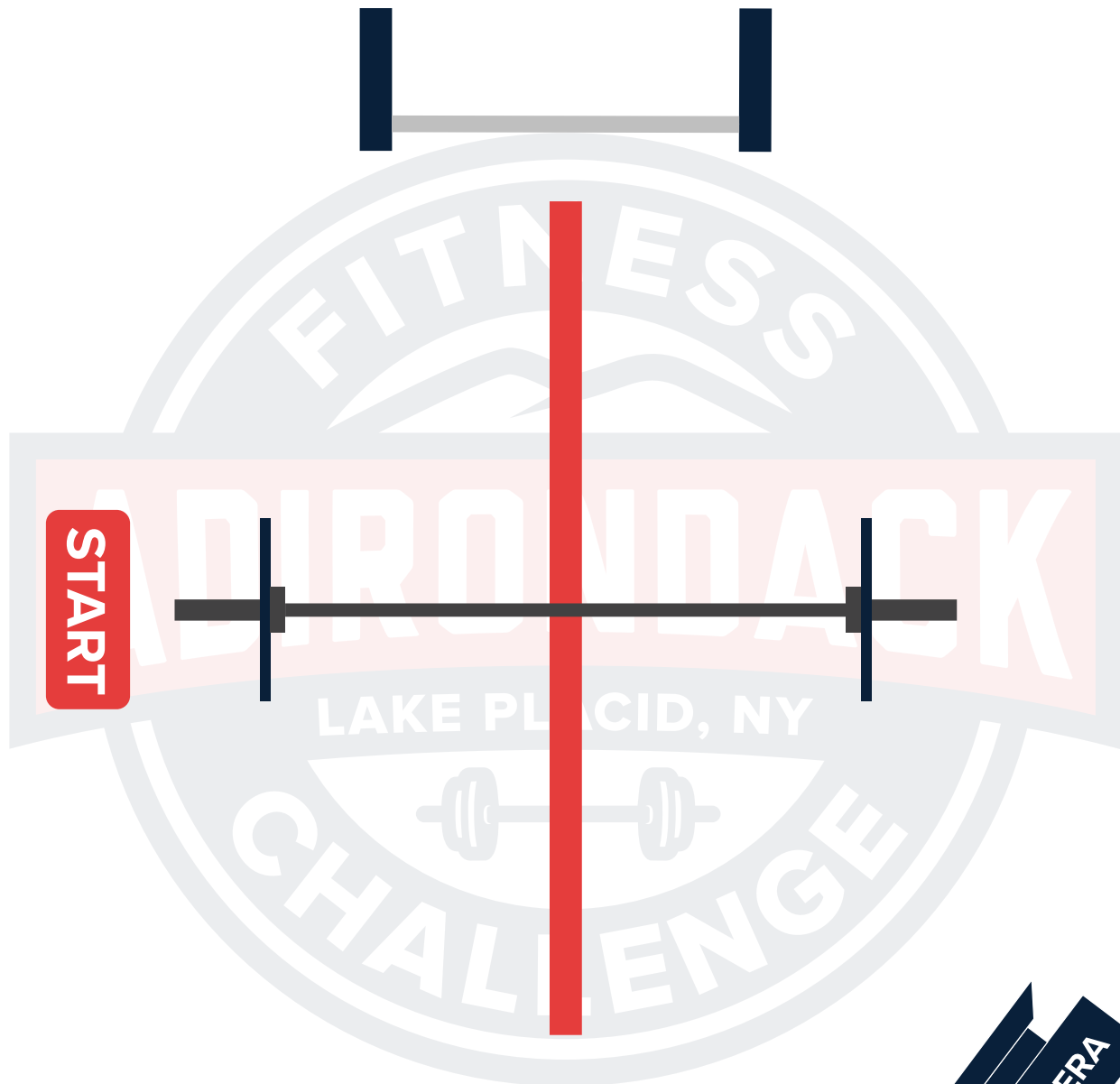
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[VIDEO SUBMISSION STANDARDS](#)



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MOVEMENT STANDARDS

BAR FACING BURPEE

Perform burpees perpendicular to and facing the barbell, using a barbell with 18-inch plates. You may jump or step back into the burpee, ensuring the center of your chest is on the line with feet and hands straddling it. Keep your head behind the barbell and hands and feet within the width of the plates. Both jumping and stepping back to the start are permitted. Rx divisions must clearly jump over the barbell with both feet off the ground simultaneously; stepping over is not allowed. Scaled & Masters divisions may step over the bar. Avoid touching the barbell during the jump or step-over. A rep is credited when both feet touch the ground on the opposite side of the bar. There's no need to land with both feet at the same time, but you must be perpendicular and facing the barbell before starting the next rep. Athletes may not receive assistance with their barbell unless for safety. If you receive a "no rep," the entire rep must be repeated.

TOES TO BAR

Start by hanging from the pull-up bar with your arms extended and heels pulled back behind the bar. You can use overhand, underhand, or mixed grips. A rep counts when both feet simultaneously touch the bar between your hands. Any part of the feet can make contact with the bar.

HANGING KNEE RAISE

Begin by hanging from the pull-up bar with arms extended and heels brought back behind the bar. You may use overhand, underhand, or mixed grips. A rep is credited when your knees rise above the hips.

THRUSTER

Begin each set of thrusters with the barbell on the ground. Squat so the hip crease is clearly below the top of the knees. You can start with a full squat clean from the floor. A rep is credited when your hips, knees, and arms are fully extended, and the bar is directly over or slightly behind the middle of your body. The movement must be one fluid motion from the bottom of the squat; a front squat followed by a jerk is not allowed. If the barbell is dropped from overhead, it must settle on the ground before starting the next rep.



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20 Bar Facing Burpees
20 Toes-to-Bar
20 Thrusters (65/95)
20 Bar Facing Burpees
20 Toes-to-Bar
Max Reps Thrusters (65/95)

8 MINUTE CAP

WORKOUT VARIATIONS

SCALED & MASTERS

Thruster (55/75)
Hanging Knee Raise (Set 1)
T2B (Set 2)
Step or Jump over the bar

RX SCORECARD

ROUND	20 BAR FACING BURPEES	20 TOES-TO-BAR	20 THRUSTERS
1	20	40	TIME _____ 60
2	80	TIME _____ 100	_____ REPS

Athlete Name _____

PRINT

Total Reps _____

Tiebreak Time _____

Workout Location _____

I confirm the informaton above accurately represents the athlete's performance for this workout. _____

ATHLETE SIGNATURE



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8 A.M. EST THURSDAY, JAN 18 - 11:59 P.M. EST MONDAY, JAN 29

SCALED & MASTERS SCORECARD

AFCOQ 24.1

20 Bar Facing Burpees (STEP/
JUMP)
20 Hanging Knee Raise
20 Thrusters (55/75)
20 Bar Facing Burpees (STEP/
JUMP)
20 Toes-to-Bar
Max Reps Thrusters (55/75)

8 MINUTE CAP

WORKOUT VARIATIONS

SCALED & MASTERS

Thruster (55/75)
Hanging Knee Raise (Set 1)
T2B (Set 2)
Step or Jump over the bar

ROUND	BAR FACING BURPEES	HANGING KNEE RAISE	THRUSTERS
1	20	40	TIME _____ 60
	BAR FACING BURPEES	TOES-TO-BAR	THRUSTERS
2	80	TIME _____ 100	_____ REPS

Athlete Name _____

PRINT

Total Reps _____

Tiebreak Time _____

Workout Location _____

I confirm the information above accurately represents the athlete's performance for this workout. _____

ATHLETE SIGNATURE



ONLINE QUALIFIER

8 A.M. EST THURSDAY, JAN 18 - 11:59 P.M. EST MONDAY, JAN 29

AFCOQ 24.2

10-8-6-4-2
Shuttle Runs
5-4-3-2-1
Snatches

8 MINUTE CAP

WORKOUT VARIATIONS

Rx

Snatch weights (80/115, 95/135, 105/155, 125/185, 135/205)

Masters

Snatch weights (65/95, 80/115, 95/135, 105/155, 125/185)

Scaled

Snatch weights (55/75, 65/95, 80/115, 95/135, 105/155)

NOTES

Prior to starting, athletes should set up the competition area as shown in the floor plan. Upon the call of “3, 2, 1... go,” the athlete will perform a descending ladder of shuttle runs and snatches. Perform shuttle runs in sets of 10, 8, 6, 4, and 2 reps. Each shuttle run is 50 ft. At each turn-around, both feet and one hand must touch the ground over the line before returning. For the final shuttle run of each set, you only need to pass the line to start the next movement. Follow each set of shuttle runs with snatches in sets of 5, 4, 3, 2, and 1 reps. The snatch weight increases with each set. Power, squat, and split snatches are permitted. The rep is credited when your hips, knees, and arms are fully extended, and the bar is overhead over the middle of your body. The workout ends when the 8-minute cap is reached. The score is the time it took to complete all the

work or the total reps completed within the time cap. In the case of a tie, see the scorecard for tie-breaks. Athletes may receive assistance loading the bar or use multiple bars set to each round’s specific weight.

TIEBREAK

The time should be recorded after the completion of each set of snatches. If the athlete completes the workout before the time cap there will be no tiebreaker. In the case of a tie (same reps) the athlete with the lower tiebreak time will be ranked higher.

EQUIPMENT

- Tape to mark shuttle runs
- Barbell
- Standard Bumper Plates (18-inch diameter)
- Collars to secure the plates on the barbell

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

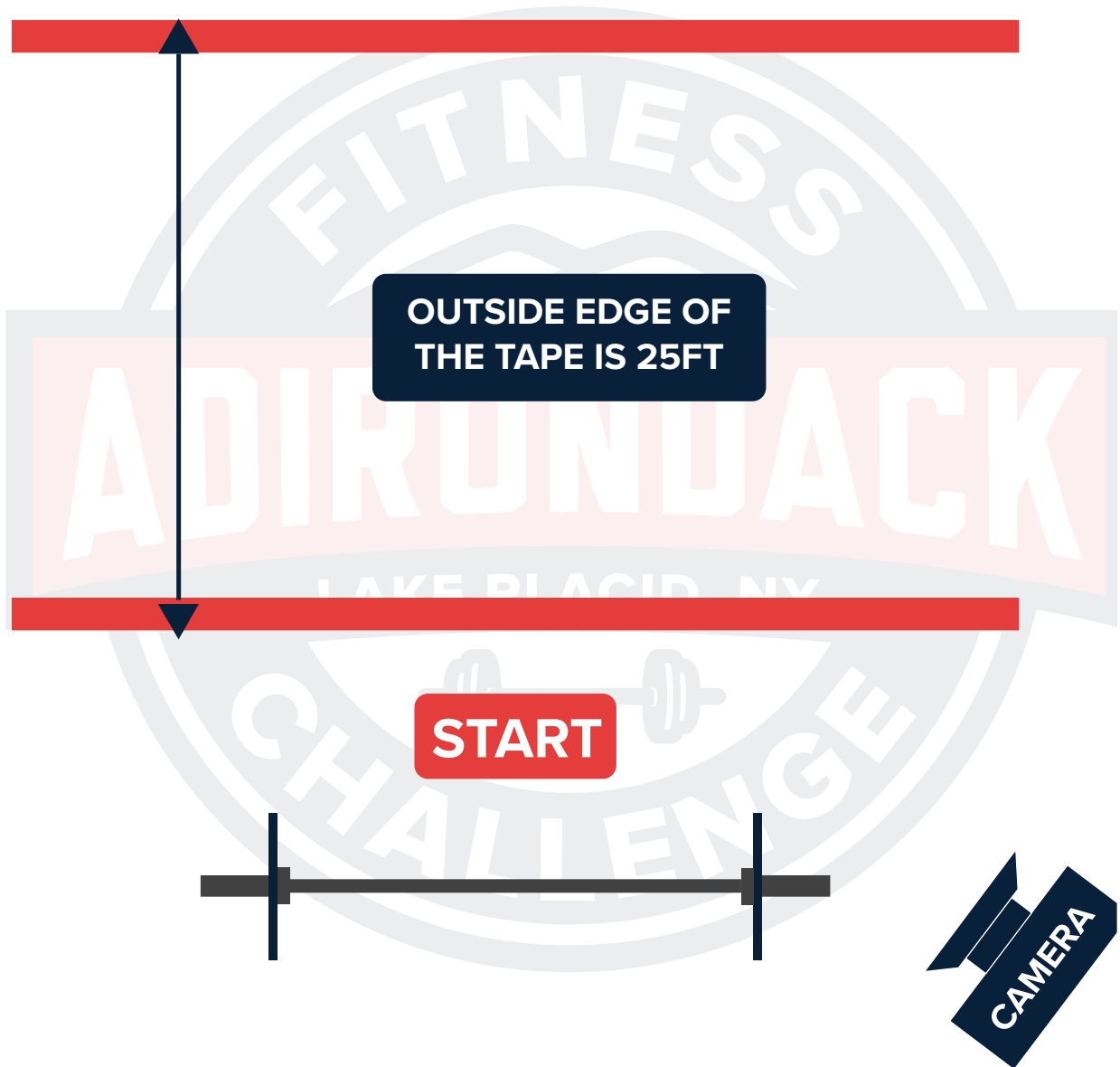
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[VIDEO](#)
[SUBMISSION](#)
[STANDARDS](#)



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ONLINE QUALIFIER

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MOVEMENT STANDARDS

SHUTTLE RUN

Start each rep with your feet clearly behind the start line. At each turnaround, both feet and one hand must touch the ground over the line before returning. Merely stepping on or touching the line does not count. For the final shuttle run of each round, you only need to pass the line to begin the snatches. Each shuttle run equals 50 ft. If time-capped on the shuttle run and the full 50 ft is not completed, the rep does not count, and there is no partial credit for completing only 25 ft.

SNATCH

Begin each rep with the bar on the ground. If using an empty barbell or smaller bumper plates, start with the barbell clearly below the knees. Power, squat, and split snatches are allowed, but hang snatches and bouncing the bar are not. A rep counts when your hips, knees, and arms are fully extended, and the bar is over or slightly behind the middle of your body when viewed from the side. You may receive assistance loading the bar or use multiple bars set to each round's specific weight.



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AFCOQ 24.2

10-8-6-4-2
Shuttle Runs
5-4-3-2-1
Snatches

8 MINUTE CAP

WORKOUT VARIATIONS

Rx

Snatch weights (80/115, 95/135, 105/155, 125/185, 135/205)

Masters

Snatch weights (65/95, 80/115, 95/135, 105/155, 125/185)

Scaled

Snatch weights (55/75, 65/95, 80/115, 95/135, 105/155)

ALL DIVISION SCORECARD

10 SHUTTLE RUN	10	
5 SNATCH	15	
8 SHUTTLE RUN	23	TIME
4 SNATCH	27	
6 SHUTTLE RUN	33	TIME
3 SNATCH	36	
4 SHUTTLE RUN	40	TIME
2 SNATCH	42	
2 SHUTTLE RUN	44	TIME
1 SNATCH	45	TIME

Athlete Name _____

PRINT

Time or Reps _____

Tiebreak Time _____

Workout Location _____

I confirm the informaton above accurately represents the athlete's performance for this workout. _____

ATHLETE SIGNATURE



ONLINE QUALIFIER

8 A.M. EST THURSDAY, JAN 18 - 11:59 P.M. EST MONDAY, JAN 29

AFCOQ 24.3

AMRAP 20

2-4-6-8-10-...

Box Jump Overs (20/24)

DB Snatch (35/50)

Wall-Ball (14/20) (9ft/10ft)

TIEBREAK

No tiebreak for this workout

EQUIPMENT

- Box
- Dumbbell
- Wall-Ball
- Tape to mark lines

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WORKOUT VARIATIONS

MASTERS

Box Jump Over or Step Over (20/24)

DB Snatch (35/50)

Wall-Ball (14/20) (9ft/10ft)

SCALED

Box Jump Over or Step Over (20/24)

DB Snatch (20/35)

Wall-Ball (10/14) (9ft/10ft)

NOTES

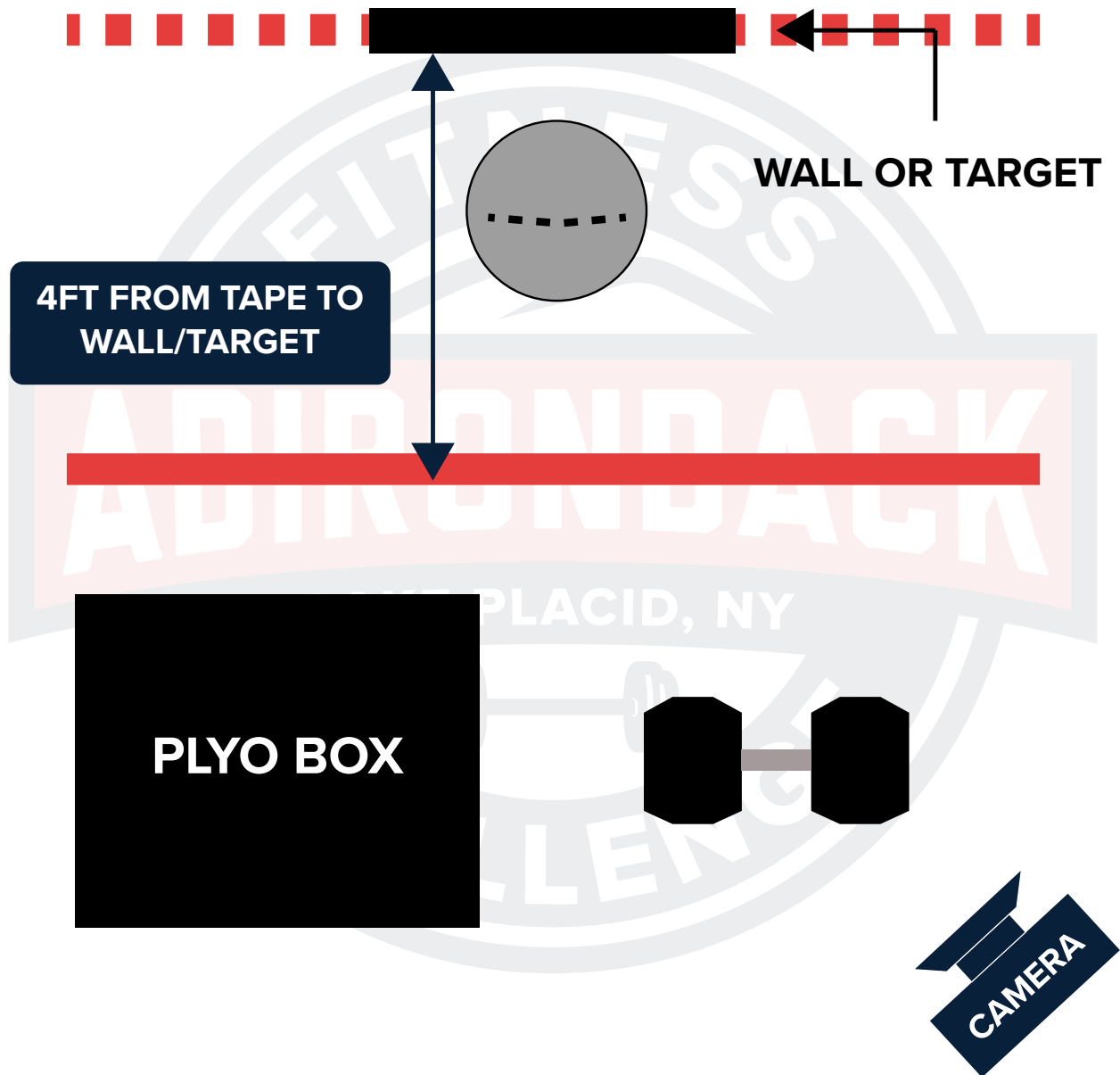
Prior to starting, athletes need to set up their competition area as outlined in the floor plan. The workout is an AMRAP (As Many Reps As Possible) lasting 20 minutes, consisting of a progressive ladder of box jump overs, dumbbell snatches, and wall-balls. Upon the call of "3, 2, 1... go," the athlete will perform 2 reps of each movement, then 4 reps of each, followed by 6, and so on, increasing the reps by 2 in each round. Athletes continue this pattern, adding 2 reps to each movement in every round until the 20-minute cap is reached. The score is the total number of repetitions completed within the time cap. Athletes are not permitted to receive assistance with equipment setup or adjustment during the workout. There is no tiebreak for this workout.

VIDEO SUBMISSION STANDARDS



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MOVEMENT STANDARDS

BOX JUMP OVER

Start with both feet on the ground on one side of the box. Do not jump or step up on an angled box corner, but lateral jumps over the box are allowed. You must step down from the box for the rep to count; rebounding into the next jump is not allowed. A rep is credited when both feet touch the ground on the opposite side of the box. A two-foot takeoff is required, and only your feet may touch the box. After landing on the box, step off to the other side. You may jump completely over the box, but your feet must pass over, not around it, and a two-foot landing is required. There's no need to stand tall on the box. Scaled divisions and Masters 40+ may step up.

DUMBBELL SNATCH

Complete each dumbbell snatch with an alternate arm, starting with both heads of the dumbbell on the ground. Lift the dumbbell overhead in one motion; a clean and jerk is not allowed. Touch-and-go is permitted, but bouncing the dumbbell is not. The non-lifting hand or arm must not make contact with the legs or other parts of the body during the rep. A rep is credited when the arms, hips, and knees are fully extended, and the dumbbell is over the middle of the body when viewed from the side. Split snatches are acceptable, but feet must return in line under the body with the dumbbell locked out overhead. Athletes must not receive assistance with moving or resetting the dumbbell.

WALL-BALL

Start each rep with the ball in a support position in front of your body. Squat until your hip crease is below the knees. You may begin the set with a squat clean, provided the ball starts on the

ground. The rep counts when the center of the ball hits the target clearly at or above the specified height. Reps do not count if the ball hits low or misses the wall. If the ball drops to the ground, it must settle before starting the next rep; catching it off the bounce is not allowed.



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AFCOQ 24.3

AMRAP 20

2-4-6-8-10-...

Box Jump Overs (20/24)

DB Snatch (35/50)

Wall-Ball (14/20) (9ft/10ft)

WORKOUT VARIATIONS

MASTERS

Box Jump Over or Step Over (20/24)

DB Snatch (35/50)

Wall-Ball (14/20) (9ft/10ft)

SCALED

Box Jump Over or Step Over (20/24)

DB Snatch (20/35)

Wall-Ball (10/14) (9ft/10ft)

ALL DIVISION SCORECARD

REPS	BOX JUMP OVER	DUMBBELL SNATCH	WALL-BALLS
2	2	4	6
4	10	14	18
6	24	30	36
8	44	52	60
10	70	80	90
12	102	114	126
14	140	154	168
16	184	200	216
18	234	252	270
20	290	310	330
22	352	374	396
24	420	444	468
26	494	520	546
28	574	602	630
30	660	690	720

Athlete Name _____

PRINT

Total Reps _____

Workout Location _____

I confirm the informaton above accurately represents the athlete's performance for this workout. _____

ATHLETE SIGNATURE



ONLINE QUALIFIER

8 A.M. EST THURSDAY, JAN 18 - 11:59 P.M. EST MONDAY, JAN 29

AFCOQ 24.4A/B

60 Double Unders
30 Pull-ups
40 Unbroken Double Unders
20 Chest-to-Bar Pull-ups
20 Crossover Single Unders
10 Bar Muscle Ups

REST UNTIL 9:00 AND THEN BEGIN:

1 Clean
2 Hang Cleans
1 Shoulder to Overhead

6 MINUTE CAP

athletes to restart the 'Unbroken' jump rope segments from zero if they break or trip. See scorecard for tiebreaks. The athletes score will be the total time it takes to complete the work or total reps completed before the time cap. All athletes, regardless of completing 24.4A or not, will wait until the 9 minute mark to start 24.4B.

At the 9 minute mark all athletes transition to 24.4B, which has a 6-minute time cap. In this segment, both Rx and Scaled divisions perform a continuous sequence of cleans and shoulder-to-overhead movements. The sequence for 24.4B starts with one Clean, followed by two Hang Cleans, and finishes with one Shoulder to Overhead. Athletes may have their barbell pre-loaded before starting 24.4A & B and are allowed to receive assistance in loading the barbell during 24.4B.

WORKOUT VARIATIONS

SCALED & MASTERS

Single Unders, Unbroken Single Unders, Double Unders, Ring Rows, Pull-Ups, Chest-to-Bar

NOTES

Set up the competition area as outlined in the floor plan before starting. The workout consists of two parts, 24.4A and 24.4B, each with a distinct set of movements. In 24.4A, both Rx and Scaled divisions will execute a sequence of increasingly difficult jump rope and pull-up variations. The Rx division starts with 60 Double Unders, followed by 30 Pull-ups. This is then succeeded by 40 Unbroken Double Unders, 20 Chest-to-Bar Pull-ups, 20 Crossover Single Unders, and concludes with 10 Bar Muscle Ups. For the Scaled division, the sequence begins with 60 Single Unders, then 30 Ring Rows, followed by 40 Unbroken Single Unders, 20 Pull-ups, 20 Double Unders, and finishes with 10 Chest-to-Bar Pull-ups. It's crucial for

TIEBREAK

The tiebreak for this workout will be 24.4B. If athletes have the same number of reps or the same time on 24.4A, the heaviest load from 24.4B will be the tiebreaker and vice versa (24.4A will be the tiebreaker for 24.4B)

EQUIPMENT

- Barbell, standard Bumper Plates (18-inch diameter), collars to secure the plates on the barbell, pull-up bar, gymnastic rings, jump Rope

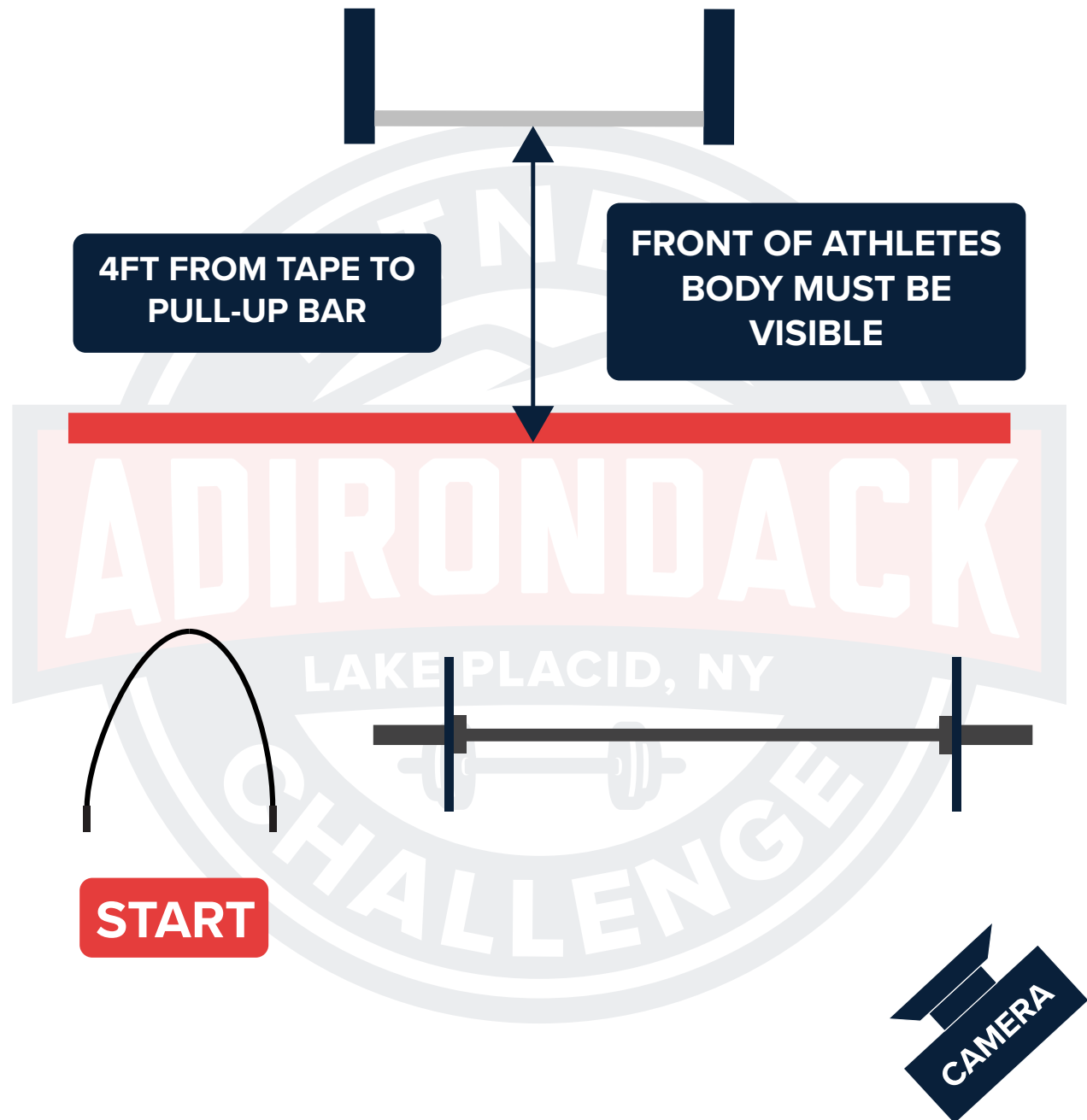
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MOVEMENT STANDARDS

SINGLE UNDER

The rope passes forward under the athlete's feet once per jump.

UNBROKEN SINGLE UNDER

The rope passes forward under the athlete's feet once per jump. If the athlete breaks or trips they must start again at 0.

DOUBLE UNDER

The rope passes forward under the athlete's feet twice per jump.

UNBROKEN DOUBLE UNDER

The rope passes forward under the athlete's feet twice per jump. If the athlete breaks or trips they must start again at 0.

CROSSOVER SINGLE UNDER

Jump with both feet, ensuring the rope passes under your feet once each time. The rope must spin forward, and jumps must involve a two-foot takeoff and landing. A rep is counted each time you change from crossed to uncrossed hands (or vice versa) as the rope passes under your feet. Only successful jumps count, starting from the first successful hands-crossed jump.

RING ROW

To set-up, tape a line directly underneath the rings and pull-up bar. Standing on the line with both feet, adjust the rings so that the top of the rings are below the armpits. Begin with arms fully extended while holding the rings and feet planted on the ground or toes up with the heels down. Now, with both feet completely over the line, pull your body up until your hands touch your chest.

PULL-UP

Begin each rep with arms fully extended and feet off the ground. Any style or grip is allowed, as long as the chin goes over the bar. A rep counts when your chin passes above the bar. You can use hand

protection like grips or gloves, or tape the bar, but not both.

CHEST-TO-BAR

Begin each rep with arms fully extended and feet off the ground. Any style of pull-up or grip is allowed, as long as the chest clearly contacts the bar at or below the collarbone. You can use hand protection like grips or gloves, or tape the bar, but not both.

BAR MUSCLE UP

Start from a hanging position below the bar with arms fully extended and feet off the ground. Kipping is allowed, but pull-overs, rolls to support, and glide kips are not. Feet must not rise above the lowest part of the bar during the kip. Complete the movement by passing through a dip phase before locking out over the bar.

CLEAN-HANG CLEAN-SHOULDER TO OVERHEAD

Begin the clean with the barbell on the ground and collars placed outside the plates. You may perform power cleans, squat cleans, or split cleans, but hang cleans are not allowed. A rep is credited when your hips and knees reach full extension, your feet are in line, and the bar is supported in the front-rack position with elbows clearly in front of the hands. The hang clean starts once the bar is lowered from the rack position, with arms fully extended. The bar can go below the knee but must not touch the ground. You may perform hang power cleans, hang squat cleans, or hang split cleans. A rep is credited when your hips and knees reach full extension and the bar is supported in the front-rack position. You must pause in the front rack before attempting the shoulder to overhead. If the athlete fails the shoulder to overhead but the barbell returns to the front rack, they may try again. A rep is credited when your hips, knees, and arms reach full extension with the barbell controlled overhead and feet side-by-side.



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RX SCORECARD

AFCOQ 24.4A/B

- 60 Double Unders
- 30 Pull-ups
- 40 Unbroken Double Unders
- 20 Chest-to-Bar Pull-ups
- 20 Crossover Single Unders
- 10 Bar Muscle Ups

REST UNTIL 9:00 AND THEN BEGIN:

- 1 Clean
- 2 Hang Cleans
- 1 Shoulder to Overhead

6 MINUTE CAP

WORKOUT VARIATIONS

SCALED & MASTERS

Single Unders, Unbroken Single Unders, Double Unders, Ring Rows, Pull-Ups, Chest-to-Bar

24.4A	
60 DOUBLE UNDERS	60
30 PULL-UPS	90
40 UNBROKEN DOUBLE UNDERS	130
20 CHEST-TO-BAR	150
20 CROSSOVER SINGLE UNDERS	170
10 BAR MUSCLE UPS	180
24.4B	
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	

Athlete Name _____
PRINT

24.4A
 Time or Reps _____

Workout Location _____

24.4B
 Max Load Lifted _____

I confirm the information above accurately represents the athlete's performance for this workout. _____
ATHLETE SIGNATURE



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SCALED & MASTERS SCORECARD

AFCOQ 24.4A/B

- 60 Single Unders
- 30 Ring Rows
- 40 Unbroken Single Unders
- 20 Pull-Ups
- 20 Double Unders
- 10 Chest-to-Bar

REST UNTIL 9:00 AND THEN BEGIN:

- 1 Clean
- 2 Hang Cleans
- 1 Shoulder to Overhead

6 MINUTE CAP

WORKOUT VARIATIONS

SCALED & MASTERS

Single Unders, Unbroken Single Unders, Double Unders, Ring Rows, Pull-Ups, Chest-to-Bar

24.4A	
60 SINGLE UNDERS	60
30 RING ROWS	90
40 UNBROKEN SINGLE UNDERS	130
20 PULL-UPS	150
20 DOUBLE UNDERS	170
10 CHEST-TO-BAR	180
24.4B	
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	

Athlete Name _____
PRINT

24.4A
Time or Reps _____

Workout Location _____

24.4B
Max Load Lifted _____

I confirm the information above accurately represents the athlete's performance for this workout. _____

ATHLETE SIGNATURE