

# THE NATIONALS

TRIPLETS EDITION



SEPT 7 & 8 2024

## ATHLETE GUIDE TRIPLETS

**WINDMAKERZ**  
YOUR BIGGEST FAN

**MAXIMUM**  
LIFESTYLE

**WK** SPORTSGEAR

**VAYA**

**GORILLAGRIP**  
WE DON'T FEAR COMPETITION!

**REIGN**  
TOTAL BODY FUEL

**GRENODE**

# INTRODUCTION

Thank you for participating at the Nationals Triplets 2024. This document contains all information about the competition. Please read it carefully. If you have any further questions, please contact us at [info@thenationals.nl](mailto:info@thenationals.nl).

## LOCATION

Sportcentrum Valkenhuizen  
Beukenlaan 15  
6823MA Arnhem  
Netherlands

### Parking

There are limited parking spots in front of the center.  
Please park at P2 at the back of the complex.

Location: Monnikensteeg Parkeerterrein P2 Valkenhuizen.

### Public transport

From Arnhem CS take bus 7 to Geitenkamp and exit at Geitenkamp + walk 6 min. Or take bus 8 to CIOŠ + walk 5 min.



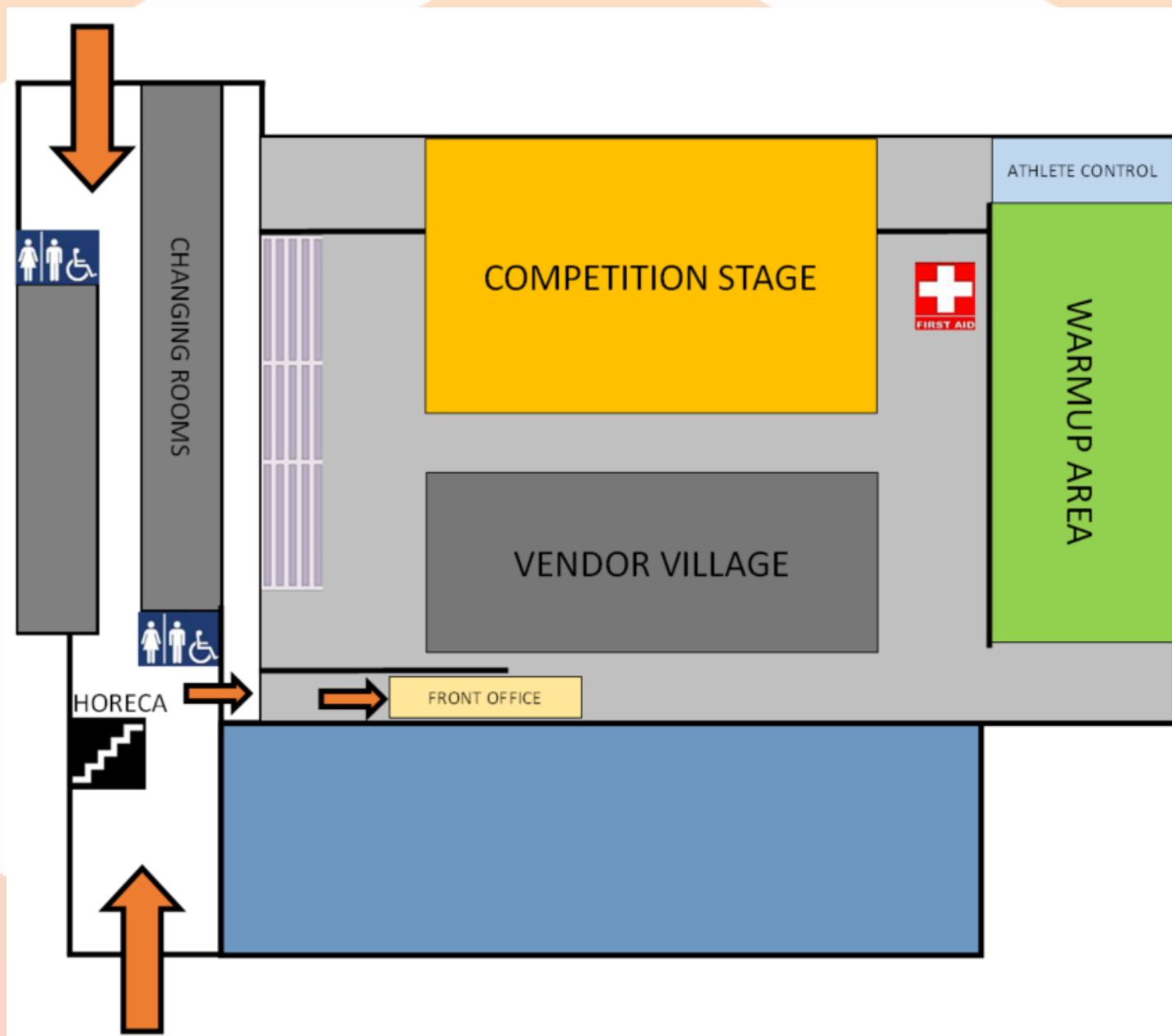
## VENUE

Athlete Control will be next to the Warmup Area.

The venue hosts a Sport café upstairs with a nice top view on the competition floors and an outdoor terrace. The whole venue is wheelchair friendly. In the changing rooms, there are showers available.

Pets are not allowed at the venue (except for guidance dogs).

For more information about the venue, go to [www.sportbedrijfarnhem.nl](http://www.sportbedrijfarnhem.nl)



# SCHEDULE

## SATURDAY

REGISTRATION BLUE

08:00-08:30

REGISTRATION BLACK

08:15-09:00

BRIEFING BLUE

08:30-09:00

BRIEFING BLACK

09:00-09:30

EVENT 1

10:00-12:00

EVENT 2

12:40-14:15

EVENT 3

14:50-16:00

EVENT 4

16:35-17:40

PRIZE CEREMONY

18:00

## SUNDAY

REGISTRATION RED

08:00-08:45

BRIEFING RED

08:45-09:15

EVENT 1

10:00-12:00

EVENT 2

12:40-14:15

EVENT 3

14:50-15:50

EVENT 4

16:20-17:30

PRIZE CEREMONY

18:00

## PREPARATION

Before competition day, there are a few things that you need to do to prepare yourself. Here are some tips from us to get ready for gameday.

### Limited range of motion

If you have any mobility issues due to surgeries etc, you have to let us know before the competition by emailing to [info@thenationals.nl](mailto:info@thenationals.nl).

### What to bring

This is an example list.

- Enough clothes for 4 workouts, and maybe some extra
- CrossFit shoes
- Jump Rope
- Food and drinks
- weightlifting shoes (optional)
- Wrist wraps (optional)
- Gymnastic handgrips (optional)
- Knee sleeves (optional)
- Tape + scissors (optional)
- Belt (optional)
- Anything you'd normally put in your gym bag

If possible, bring a coach or a friend who can help you out during the day. Even if it's only someone who helps you to keep track of the time and makes sure you're eating, this will be very helpful.

### Know your times

The heat schedules of the first events will be released a few days beforehand. Know which heat you're in so you can plan out the day.

### Be on time

Make sure that you're on time. Registration is between 8:00 and 8:30 AM. More about this in the next pages.

## SUBSTITUTIONS

After the 4 online events and before the finals, maximum 1 team member may be substituted, for example in case of an injury. This needs to be requested by email to [info@thenationals](mailto:info@thenationals) by the team captain before Thursday Sept 5th.

During the finals, no substitutions are allowed.

## REGISTRATION

Athlete registration is on both days between 08:00 and 08:30 at the registration desk. You need to show your Eventix QR code. You will receive this in your email 1-2 days before the event. At registration you will receive Athlete Wristband. You will receive 1 wrist band that will give you full access on both days. Athletes who compete on Sunday can get their wristband on Saturday, but have to keep them on. If you bring a coach or spectators, he/she needs to buy a spectator ticket via Eventix.

After check-in, go find your nametag. These will be located at main stage. Then it's time to bring your smile and go take a headshot at our photographer.

## BRIEFING

The workouts will not be released beforehand, so this is the place to get to know them! Check the day schedule to see when your briefing starts. All athletes are allowed to sit on the field during the briefing. The briefing will cover workout flow. This is the only moment to ask questions about the workouts. The movement standards can be found at the end of this document. After the briefing, all workouts can be found in The Nationals App.

## WARM-UP

The warmup area will be located in a corner of the venue. There will be a small rig, some barbells and plates and dumbbells. There is not enough equipment for every athlete to have their own, so you have to share with other athletes. Please be nice to each other ;)

## HEATS

The heat schedule for workout 1 and 2 will be released beforehand. Note: due to cancellations, the lane assignments can still change! Please check the lane assignment on gameday in the Warmup area. After workout 1 and 2, there will be a new heat schedule based on the overall ranking. You can find the new heats in the Warmup area. Any questions regarding heat times throughout the weekend, please go to Athlete Control.

## STAGING

It is the responsibility of the athlete to report to Athlete Control (staging) 10 minutes before the start of their heat. If you have a question about heat times, you can also ask the Athlete Control crew.

Always bring your nametag. Athletes who arrive too late at Athlete Control will not be permitted to compete in the heat, resulting in a DNS score for the workout. You'll receive a scorecard. Athlete control will bring you to the field when the heat is ready.

Allowed on the field: knee sleeves, a belt, gymnastic grips, tape, a jump rope, wrist wraps.

Not allowed on the field: straps, own chalk (will be provided), food and drinks (closed bidons are allowed), bags.

## SHOWTIME

When Athlete Control gives a sign, you're allowed to go on the field and hand your scorecard to your judge. Always check your equipment. Place your nametag against the box so it's visible for the spectators. Start on your starting mat. At the call of 3-2-1-GO the workout starts.

After the workout, sign your scorecard. If you disagree, find the head judge and do not sign the scorecard. (see Appeal Process). Pick up your nametag and leave the field on the corner.

## LEADERBOARD

The leaderboard can be found in The Nationals App. If you think your score is incorrect, please report to Athlete Control.

## SCORING

Your ranking on the workout will be the number of points that you'll receive. If you finish 1st, you'll get 1 point. If you finish 9th, you'll get 9 points.

### TIES

If two teams have the same number of points, we'll compare their results:

Example:

Team A: 1st, 7th, 2nd = 10 points

Team B: 5th, 2nd, 3rd = 10 points

Team A wins 2 workouts of Team B and will therefore be the winner.

In case both athletes have a same ranking, the team with the highest ranking on any workout will be the winner. If this is also the same, the 4th workout will be used as tie breaker.

## APPEAL PROCESS

If you disagree with your judge about your score, the movement standards, or anything else, the following appeal process will be used:

- When the workout is finished, the team does NOT sign the scorecard and will go to the head judge to appeal. When the score card has been signed, the team cannot appeal anymore.
- The head judge will give the team an Appeal Form to submit. The team described the situation in their own words. This form is handed back to Athlete Control.
- The head judge will review the submitted form and will make a ruling about the appeal.

Appeal rules:

- You can only appeal for your own score, not the score of others.
- The appeal needs to be done before the next workout starts.

Appealable scenarios include:

- The athlete was asked to complete more than the required total number of repetitions.
- The equipment was loaded incorrectly or the weight of a maximum effort was recorded incorrectly.
- The athlete was held to a different standard or different flow/direction than what was discussed during the athlete briefing.
- Equipment or monitor failure that was not the responsibility of the athlete.

Non-appealable situations:

- Most range-of-motion (end ranges of a rep) faults, such as: squat depth, extension of hips, knees, or arms, stabilization of a lift or equipment overhead.

Video, photo's, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an event judge. The headjudges decisions are final. This includes the right to remove or disqualify any athlete.

## SPORTSMANSHIP

All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behaviour, such as arguing with the crew, taunting, heckling, fighting or any other conduct that would bring disrepute upon the competition, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.

## MOVEMENT STANDARDS

All movement standards for the weekend can be found [here](#). Please read them carefully. Questions can be asked at the briefing.

Snatch	The movement starts with both bumper plates on the floor. The barbell moves from the floor to the overhead position in one fluent motion (clean and presses are not allowed). In the end position, the barbell is straight above the head. The elbows, hips and knees are fully extended and both feet are straight under the hips. The athlete has control over the barbell. A hang snatch is a no-rep and does not count.
Clean & Jerk	The movement starts with the athlete standing tall with the barbell with both plates in contact with the floor. The barbell moves from the floor to the front rack position. In the end position, the barbell touches the top/front of the shoulders, fingers are around the barbell and the elbows are in front of the bar. The athlete gets the bar overhead, where the bar is straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the bar.
Thruster	The movement starts with the barbell in front rack position. The athlete lowers down until the hip crease is clearly below the knee. From the bottom of the squat, the athlete extends all the way up and presses the weight overhead in one fluent motion. A jerk is not allowed. In the end position, the hips, knees and elbows are fully locked and the barbell is straight above the athlete's body. A squat clean thruster as first rep is allowed.
Push Press	The movement starts with the barbell in front rack position. The athlete moves the barbell up until it is straight above the center of the body. After the hip extension, the hips may not be bent again (no diving under the bar as a Push Jerk). The hips, knees and elbows are fully extended and both feet are straight under the hips. The athlete has control over the barbell.

## MOVEMENT STANDARDS

Pull-up	The movement starts with the athlete hanging from the rig, with elbows fully extended and both feet behind the vertical plane of the pull-up rig. The athlete moves their body up until the chin is clearly above the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.
Chest to Bar Pull-up	The movement starts with the athlete hanging from the rig, with elbows fully extended and both feet behind the vertical plane of the pull-up rig. The athlete moves their body up until the chest below the collarbone is clearly touching the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.
Knee Raise	The movement starts with the athlete hanging from the rig, with elbows fully extended and both feet behind the vertical plane of the pull-up rig. The athlete swings his knees up in front of the body, until both knees are clearly above the hips. This may be done strict or kipping as long as all standards are met and no other parts of the body than the hands touch the rig.
Toes to Bar	The movement starts with the athlete hanging from the rig, with elbows fully extended and both feet behind the vertical plane of the pull-up rig. The athlete moves their feet until both feet are touching the pull-up bar at the same time, on the inside of the hands. This may be done strict or kipping as long as all standards are met and no other parts of the body than the hands touch the rig.
Bar Muscle Up	<p>The movement starts with the athlete hanging from the rig in pronated grip, with elbows fully extended and both feet behind the vertical plane of the pull-up rig.</p> <p>The athlete kips up until the athlete is in support on top of the pull-up rig, with shoulders in front of the vertical plane of the pull-up rig, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the pull-up rig. No other body part than the hands may be on the rig (no climbing in the rig).</p> <p>Once on top, the hands must stay in contact with the bar, and athlete must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.</p>
Rope Climb	Start each rep with both feet on the floor. You may jump into the rope climb. The rep is credited when one hand clearly touches the rig. There are no additional requirements during the descent of the climb.
Rope Row	
Handstand Walk	Kick up with both hands behind the line. Stepping over the line or starting with the hands on or over the line is a "no rep". Must walk forward. Coming down from the hands at any time requires a restart from behind the last line completely crossed. Hands need to completely pass the tape for the rep to be credited. Jumping the hands over the line for a finish is not allowed.
Wheelbarrow	Start with both athletes behind the line. The rear athlete holds the legs of the front athlete. The front athlete is completely off the floor, only touching the floor with their hands. Both hands are completely behind the line. The athletes walk forward in this position until the hands of the front athlete are completely past the line. Switching is allowed as long as the hands start behind the line. Coming down from the hands at any time requires a restart from behind the last line completely crossed.

## MOVEMENT STANDARDS

Double Unders	The rope passes under the feet twice for each jump. The rope must spin forward. Only successful jumps are counted, not attempts.
Single Unders	The rope passes under the feet once for each jump. The rope must spin forward. Only successful jumps are counted, not attempts.
Box Jump Overs	The movement starts with the athlete standing at one side of the box. The athlete jumps onto the box until both feet touch the top of the box at the same time. Then the athlete steps or jumps off at the other side of the box. The hands may not touch the box. There is no need for extension at top.
Box Step Overs	The movement starts with the athlete standing tall behind the box. The athlete steps on the box with both feet. Both feet need to be on top of the box at the same time. The athlete steps or jumps off the box on the other side. Hands may not touch the box. There is no need for extension at top.
Worm Clean	Each rep begins with the worm on the floor. All teammates must lift the worm to the shoulder in one smooth motion. The worm must be resting on the shoulder of all athletes at the same time for the rep to count. The worm then must go to the floor and be touching the floor simultaneously before starting the next rep.
Worm Clean & Jerk	Each rep begins with the worm on the floor. All teammates must lift the worm to the shoulder in one smooth motion. The worm must be resting on the shoulder of all athletes at the same time before the jerk portion begins. Each rep of the jerk begins with the worm on the shoulders and finishes with the worm resting on the opposite shoulder. The worm must be moved by all teammates to the opposite shoulder at the same time and must be in contact with the shoulder simultaneously for the rep to count. The worm then must go to the floor and be touching the floor simultaneously before starting the next rep.
Worm Squats	Each rep begins with the worm on the shoulders of all athletes. All athletes squat down until the hip crease is below the knee at the same time. Then the athletes stand up and have hips and knees extended at the same time for the rep to count.
Burpee over Line	The movement starts with all athletes lying on the floor, facing the line in their own tile, hands behind the line, touching chests and thighs at the floor at the same time. Then, the athletes jumps/steps up their feet and steps/jumps over the line. The next rep must be performed on the other side of the line, facing the line.

# MOVEMENT STANDARDS

## KB/DB MOVEMENTS

Note that all kettlebells and dumbbells used may never be dropped from above the knee. If any object is dropped from above the knee, the last rep will not count. We've written dumbbell but it can also be a kettlebell.

KB/DB Front Rack Walking Lunges	The movement starts with the athlete holding the dumbbell on top of the shoulders and standing tall behind the line. The athlete steps forward until the trailing knee touches the ground. Then the athlete returns to full hip and leg extension. The athlete must alternate which foot leads for each rep. The rep is credited when both feet crossed the line and the athlete is standing tall in full extension with the dumbbell(s) on the shoulder. During the movement, the non-working hand may not touch the body.
KB/DB Overhead Walking Lunges	The movement starts with the athlete holding the dumbbell in an overhead position, higher than the head and standing tall behind the line. The athlete steps forward until the trailing knee touches the ground. Then the athlete returns to full hip and leg extension. The athlete must alternate which foot leads for each rep. The rep is credited when both feet crossed the line and the athlete is standing tall in full extension with the dumbbell(s) overhead. During the movement, the elbow does not need to be extended, but the dumbbell must be above the head and cannot touch the head. During the movement, the non-working hand may not touch the body.
KB/DB Snatch	The movement starts with the dumbbell with one head touching the floor. The athlete moves the dumbbell in one fluent motion to an overhead position in which the dumbbell is clearly over the middle of the athlete's body. The arms, hips and knees must be fully locked out. The athlete may choose to do a split style snatch, but both feet must return under the athlete's body with dumbbell locked out overhead before the rep counts. A pause during the movement (clean and jerk) is not allowed. When switching hands, the switch can happen anywhere on the way down. The non-lifting hand and arm may not be in contact with the body during the whole movement.
KB/DB Hang Clean & Jerk	The movement starts with the dumbbell with one head touching the floor. The athlete moves the dumbbell in one fluent motion to the shoulder, and then to an overhead position in which the dumbbell is clearly over the middle of the athlete's body. The arms, hips and knees must be fully locked out. The athlete may choose to do a split jerk, but both feet must return under the athlete's body with dumbbell locked out overhead before the rep counts. A snatch is not allowed. When switching hands, the switch can happen anywhere on the way down. The non-lifting hand and arm may not be in contact with the body during the whole movement.
Single DB Devil's Press	This movement starts with the dumbbell on the ground. The athlete holds onto the dumbbell, jumps or steps back to let the chest make full contact with the ground. Then, the athlete steps or jumps back up on their feet and raises the dumbbell to an overhead position in one movement. The rep is credited when the dumbbell is locked out overhead, with the hips, knees, and arms fully extended; and the dumbbell directly over or slightly behind the middle of the body. Hands must remain in contact with the dumbbell throughout the entire movement, including the burpee. A clean & jerk or any pause resulting in the dumbbells making contact with the body is not allowed.

## SPONSORS



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