

LX GAMES 2026
ONLINE QUALIFIER

QUALIFIER 1 & 2

QUALIFIER 1 - FROM 00:00 TO 06:00

AMRAP x 06:00

10 POWER CLEAN

15 BAR FACING BURPEE

20 TOES TO BAR

REST – FROM 06:00 TO 08:00

CLASIFICATORIO 2 - FROM 08:00 TO 12:00

MAX WEIGHT - T.C: 04:00

1 RM CLEAN

TOTAL TIME CAP: 12 MINUTES

SCORE:

Qualifier 1: Total repetitions completed in 6 minutes.

Qualifier 2: Maximum valid weight lifted.

WORKOUT VARIATIONS:

All categories perform the same workout.

WEIGHTS:

- Élite: **80/55 Kg**
- Intermedio y Master: **70/50 Kg**

FLOW:

Qualifier 1

- The athlete starts standing behind the barbell, without touching it.
- At the start signal, the athlete begins the first AMRAP round with 10 power cleans.
- Then performs 15 bar facing burpees over the bar.
- The round finishes at the rig with 20 toes to bar.
- The athlete continues working through the prescribed sequence for 6 minutes.
- At the end of the AMRAP, the athlete rests for 2 minutes (from minute 6 to 8).

Qualifier 2

- During the 2-minute transition, the athlete may load the barbell.
- The barbell may be pre-loaded with the initial weight for the Clean.
- The athlete may not touch the barbell before the work window begins.
- At minute 8, Qualifier 2 starts.
- At the start signal, the athlete begins working to find a 1 RM Clean (any style).
- The athlete has 4 minutes to establish the maximum weight.
- If the bar leaves the ground within the 4-minute window, the lift may be completed outside the cap.
- At the end of minute 12, the athlete MUST validate the weights in front of the camera.

NOTES:

Qualifier 1:

- Athletes may not receive assistance to reposition the barbell during the workout. Only the athlete may touch the bar.
- Athletes may not receive assistance to get onto the rig.
- Female athletes use a 15 kg bar; male athletes use a 20 kg bar.

Qualifier 2:

- Female athletes use a 15 kg bar; male athletes use a 20 kg bar.
- Athletes may show all plates to be used before starting the lift.
- Athletes must validate the maximum weight lifted by showing all plate markings used.
- Athletes must use a single barbell.
- Athletes MUST announce the weight, in front of the camera, before each lift attempt.
- Weight must be submitted in kilograms (kg).
- If pounds (lbs) are used, athletes must divide the pounds by 2.2 and submit the rounded result.
- The barbell must have collars/clips for the lift to be valid.
- Athletes may not receive assistance to reposition the barbell during the workout.
- Athletes may receive assistance to change plates.
- Athletes may receive assistance to operate the camera when announcing and validating weights.

MOVEMENT STANDARDS:

Power Clean

The movement consists of lifting the barbell from the floor to the shoulders in one fluid motion.

A rep begins with the barbell on the floor and the athlete's hands in contact with it.

A rep ends in a fully extended front-rack position (knees and hips extended, barbell on the shoulders, elbows in front of the bar's vertical plane, feet aligned).

The barbell must be moved in one fluid motion from the floor to the front-rack.

Bouncing between consecutive reps is not allowed.

VIDEO: [POWER CLEAN](#)

Bar Facing Burpee Over the Bar

The movement consists of lying down perpendicular to the object, standing up, and jumping over it.

A rep begins with the athlete lying face-down, chest and thighs touching the floor, facing the object.

A rep ends when both feet land on the ground on the opposite side of the object.

Chest (from clavicle to upper abdomen) and both thighs must touch the floor on each rep.

Stepping or jumping in the burpee is allowed.

Both feet must return to the floor, with hands lifted off the ground, before jumping over the object.

Both feet must be airborne simultaneously at some point during the jump.

The athlete must jump over the object.

Touching the object during the jump is not allowed.

VIDEO: [BAR FACING BURPEE](#)

Toes to Bar

The movement consists of touching the bar with both feet simultaneously while hanging from a horizontal bar.

A rep begins with the athlete hanging vertically: arms fully extended, feet off the ground, heels behind the bar's vertical plane.

A rep ends when both feet touch the bar simultaneously between the hands.

Feet must pass behind the bar's vertical plane on each rep.

Feet must touch the bar within the hand width.

VIDEO: [TOES TO BAR](#)

Clean

The movement consists of lifting the barbell from the floor to the shoulders in one fluid motion.

A rep begins with the barbell on the floor and the athlete's hands in contact with it.

A rep ends in a fully extended front-rack position.

The barbell must be moved in one fluid motion to the front-rack.

Only the feet may touch the ground. Elbows may not touch the legs at any point.

Any clean variation is allowed: muscle, power, squat, split.

VIDEO: [MUSCLE CLEAN](#)

VIDEO: [POWER CLEAN](#)

VIDEO: [SQUAT CLEAN](#)

VIDEO: [SPLIT CLEAN](#)

PENALTIES:

- Missing or invalid reps are deducted from the final score.
- Looking away from the camera during toes to bar = **no rep**.
- · External assistance during the workout (repositioning barbell, help getting onto the rig, etc.) = **no rep**.
- · Only visible actions are judged. If standards cannot be clearly validated due to athlete position = **no rep**.
- · Not looking at the camera during burpees = **no rep**.
- **+10 seconds (FOR TIME) or –3 reps (AMRAP) for:**
 - Early starts.
 - Incorrect transitions.
- **NO REP:**
 - –1 rep (Reps)
 - +3 seconds (For Time)
- **Minor Penalty:** Up to 4 no reps.
- **Major Penalty:** 15% deduction from the WOD result (reps or time) if:
 - The athlete receives 5 or more no reps.
 - The athlete does not appear at the start of the video.
 - The athlete does not present measurements or weights.
 - The athlete or another person touches the rower screen during the workout.
- **Null Lift (score = 0):**
 - If weights used for the RM are not clearly shown on camera.
 - If the lift is performed with uneven loading on each side.
- **Invalid Video:**
 - Altering movements, order, or rep scheme.
 - No visible clock counting up.
 - Edited or altered video.
 - Wrong video submitted.

EQUIPMENT & SET-UP:

- The barbell must be at least 2 m from the rig.
- Athletes must show the tape measure reading on camera.
- Rig and barbell must remain fully visible at all times.
- The floor area must be clear of objects that obstruct visibility.
- For the RM, the lifting zone must be fully clear.

VIDEO & RECORDING RULES:

- At the start of the video, the athlete must state their name and clearly show the distance between the rig and the barbell.
- At the start of the video, the athlete must show the weights required for their category.
- Athletes must mark and measure the 2 m distance between rig and barbell.
- Athletes must use a video validation app (e.g., WodProof, WeTime) or have a visible clock running throughout the workout.
- The clock must count up from 0:00.
- Avoid placing the camera too low; recommended height is at least 1 m.
- The athlete must remain fully visible in frame throughout the workout.
- The camera may move if necessary but must maintain a clear, unobstructed view of all movements.
- The camera angle must allow clear visibility of the athlete.
- The athlete must look towards the camera during gymnastic movements.
- The video must be a continuous take, with no cuts or edits.

APPEALS PROCESS:

- **Appeals period:** 9–10 August until 23:59.
 - 9 August – non-official results list.
 - 11 August – official results list and invitation emails.
- Appeals must be submitted through the **Circle21 – Appeals** section.
- Athletes may only appeal their own score and performance.
- No-rep decisions cannot be appealed.
- Only technical issues may be appealed.
- **Examples of issues that may be appealed:**
 - Inconsistencies or errors in the scorecard or in the leaderboard data.
 - Inconsistencies or errors in the rep count (for example, the total number of repetitions completed was incorrect).
- **Examples of issues that cannot be appealed:** Judge decisions and “no rep” calls.