

LX GAMES 2026

ONLINE QUALIFIER

QUALIFIER 3 & 4

FOR TIME

1000M ROW
50 THRUSTER
30 CHEST TO BAR

TIME CAP: 10 MINUTOS

SCORE:

Qualifier 3: Time to complete the 1000-metre row.

Qualifier 4: Total time to complete the WOD or total repetitions accumulated within 10 minutes.

WORKOUT VARIATIONS :

All categories perform the same workout.

WEIGHTS:

All categories use the same weight: **43/30 kg**

FLOW:

- The athlete may start seated on the rower, legs fully extended and hands off the handles.
- At the start signal, the athlete grabs the handles and begins accumulating the 1000 metres.
- Once the distance is completed, the athlete moves to the barbell and performs 50 thrusters.
- To finish, the athlete performs 30 chest to bar.
- Time is recorded when the athlete completes the final chest-to-bar repetition.

NOTES:

- 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.
- The rower screen may not be touched at any point during the workout.
- The athlete may adjust the rower before or during the workout, but only without external assistance.
- Female athletes use a 15 kg bar; male athletes use a 20 kg bar.
- Only Concept2 or Rogue rowers are permitted.
- For Qualifier 3, the valid time is taken from the external timer once the screen displays 1000 metres. The rower's internal time is not used.

MOVEMENT STANDARDS:

Row (Metres)

The athlete rows on a stationary rowing machine with a defined target.

The counter must be set to zero before starting; this is the athlete's responsibility.

A rep begins with the athlete seated, hands off the handles.

A rep ends with the athlete seated and the target displayed on the screen.

Feet may be removed from the footplates before finishing, but the athlete may not stand up.

Rowing must be performed seated with both feet in contact with the footplates.

Thruster

The movement consists of performing a squat and, in one fluid motion, driving the barbell overhead.

A rep begins at the bottom of the squat, below parallel, with the barbell on the shoulders and elbows in front. A squat clean is permitted for the first rep of each set.

A rep ends with full extension of knees, hips and elbows, with the bar overhead or slightly behind.

The bar must move in one continuous motion.

Bending the knees after the bar leaves the shoulders (push jerk) is not allowed.

Arms or elbows may not touch the legs during the rep.

VIDEO: [THRUSTER](#)

Chest to Bar

The movement consists of pulling upwards while hanging from a horizontal bar until the chest makes contact with the bar.

A rep begins with the athlete hanging vertically, elbows extended and feet off the ground.

A rep ends when the chest (from clavicle to upper abdomen) touches the bar.

Only the hands and chest may touch the structure.

Strict, kipping and butterfly variations are permitted.

VIDEO:

[STRICT CHEST TO BAR](#)

[KIPPING CHEST TO BAR](#)

[BUTTERFLY CHEST TO BAR](#)

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 onto the rig, etc.) = **no rep**
- Only visible actions are judged; unclear standards due to athlete position = **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 and weights.
 - The athlete or another person touches the rower screen during the workout.

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

VIDEO & RECORDING RULES:

- At the start of the video, the athlete must state their name and clearly show the distance between the rig, barbell and rower.
- At the start of the video, the athlete must show the rower screen at zero, set in metres.
- At the start of the video, the athlete must show the required weights for their category.
- Athletes must mark and measure the 2 m distance between rig and barbell/rower.
- 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 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 barbell and gymnastic movements.
- The video must be a continuous take, with no cuts or edits.
- The rower metres must be visible and legible.
- The camera may move to show the rower screen, but the athlete must remain in frame and movement must not interfere with counting other movements.

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.