

# CAPITAL BASH

## QUALIFIER 25.3

**25.3**

### For Time

2 Rounds of  
21 Back Squats (each)  
21 Synchro Pull-Ups

15 Synchro Bar Facing Burpees

2 Rounds of  
15 Front Squats (each)  
15 Synchro Chest-to-Bar Pull-Ups

15 Synchro Bar Facing Burpees

2 Rounds of  
9 Overhead Squats (each)  
9 Synchro Bar Muscle-Ups

15 Synchro Bar Facing Burpees

### Timecap 20 minutes

Weights  
♂ 45kg / ♀ 30kg

### Equipment

- 2 Pull-Up Racks
- 2 Barbells
- Regular Bumper Plates

### NOTES

- There is no specific floor plan for this workout, but make sure to film and position the equipment so that both of you are always clearly visible.
- A stopwatch / clock must be visible all the time.
- You can use an app or a real timer in the background
- Weightlifting straps are not allowed
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### VIDEO SUBMISSION STANDARDS

- Film all measurements, weights, equipment used so that it can be seen clearly
- Use a camera placement, where all the movement standards can be seen clearly on the video
- Videos must be uncut and unedited to accurately display performance
- A clock or timer must be visible throughout the test (apps like WODProof are allowed)
- Videos shot with a fisheye lens or similar lens may be rejected
- Athlete must be presented at the beginning of the video

*Check score and video submission rules at the end for details*

### FLOW

At the call 3-2-1 Go

- The athletes start standing tall.
- The athletes pick-up the bar and start doing 21 back squats at the same time on their own pace.
- Then they perform 21 synchronized pull-ups.
- Then they go for a second round of this couplet.
- After 2 rounds of 21 back squats and 21 synchro pull-ups, they perform 15 synchro bar facing burpees.
- Then they continue with the 2 rounds of 15 front squats and 15 synchro chest-to-bar pull-ups, do 15 synchro bar facing burpees before they move on to the 2 rounds of 9 overhead squats and 9 synchro bar muscle-ups before they finish the workout with 15 synchro bar facing burpees.
- The time stops with both feet of both athletes on the ground on the other side of the bar after they finished their last burpee.
- Your score is the total time it takes to complete the workout. If you cannot complete the workout within the 20 minutes time cap, add 1 second for each rep missing to the 20 minutes (example: if 10 synchro bar facing burpees are missing at the end, your score is 20:10)

# CAPITAL BASH QUALIFIER 25.3

## MOVEMENT STANDARDS

### Back Squats

- The rep begins from the top, with knees and hips extended and barbell in back rack position on the shoulders.
- The barbell must be held behind the body on the shoulders.
- At the bottom of the squat, the hip crease must pass below the knees. At the top, the hips and knees must be fully extended with a clear vertical line from ankles, knees, hips and shoulders.
- The bar MUST be taken from the floor.

### Synchro Pull-Ups

- The athletes must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted if the other requirements are met.
- The rep is credited when the athletes chins clearly break the horizontal plane of the bar at the same time.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### Front Squats

- The rep begins by bringing the barbell into a front rack on the shoulders.
- A squat clean to start is allowed.
- The barbell must be held in front of the body on the shoulders.
- At the bottom of the squat, the hip crease must pass below the knees. At the top, the hips and knees must be fully extended with a clear vertical line from ankles, knees, hips and shoulders.
- The bar MUST be taken from the floor.

### Synchro Chest-to-Bar Pull-Ups

- The athletes must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted if the other requirements are met.
- The rep is credited when the athletes chest clearly comes into contact with the bar at or below the collarbone at the same time.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### Overhead Squats

- The rep begins by bringing the barbell into an overhead position.
- A squat snatch to start is allowed.
- At the bottom of the squat, the hip crease must pass below the knees.
- The barbell must come to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body.
- The bar MUST be taken from the floor.

# CAPITAL BASH QUALIFIER 25.3

## **Synchro Bar Muscle-Ups**

- The athletes must start each rep with their arms fully extended and their feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.
- The athletes must pass through some portion of a dip before locking out over the bar.
- The rep is credited when:
  - The athletes arms are fully locked out in the support position above the bar.
  - The athletes shoulders are over or slightly in front of the bar.
  - Only the hands, and no other part of the arm, may touch the bar during the rep.
  - The athletes are in the describe end position at the same time.
  - Removing the hands from the bar in the support position is not allowed.
  - At lockout, only the arms may support the athlete's weight.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

## **Synchro Bar Facing Burpees**

- The burpees must be performed perpendicular to and facing the barbell.
- Athletes may jump or step back to reach the bottom position.
- The athletes head must stay behind the barbell.
- Hands and feet must remain inside the width of the plates.
- Stepping and/or jumping back to the starting position are both permitted.
- Both feet must be off the ground at the same time while the athlete passes over the bar.
- Stepping over is NOT permitted.
- The athletes do NOT need to use a two-foot takeoff.
- Touching the barbell on the jump or step-over is a "no rep."
- The rep is credited when:
  - The athletes touch the ground with chest and thighs at the same time.
  - Both feet of both athletes have touched the ground on the opposite side of the barbell.
  - There is no requirement to land with both feet at the same time.
  - The athletes must be perpendicular to and facing the barbell before starting the next rep.
- If the athlete receives a "no rep" for any reason, the entire rep must be repeated.

# CAPITAL BASH

## QUALIFIER 25.3

### 25.2

#### For Time

2 Rounds of  
21 Back Squats (each)  
21 Synchro Pull-Ups

15 Synchro Bar Facing Burpees

2 Rounds of  
15 Front Squats (each)  
15 Synchro Chest-to-Bar Pull-Ups

15 Synchro Bar Facing Burpees

2 Rounds of  
9 Overhead Squats (each)  
9 Synchro Bar Muscle-Ups

15 Synchro Bar Facing Burpees

**Timecap 20 minutes**

Weights  
♂ 45kg / ♀ 30kg

21 Back Squats	21
21 Synchro Pull-Ups	42
21 Back Squats	63
21 Synchro Pull-Ups	84
15 Synchro Bar Facing Burpees	99
15 Front Squats	114
15 Synchro Chest-to-Bar Pull-Ups	129
15 Front Squats	143
15 Synchro Chest-to-Bar Pull-Ups	158
15 Synchro Bar Facing Burpees	173
9 Overhead Squats	181
9 Synchro Bar Muscle-Ups	190
9 Overhead Squats	199
9 Synchro Bar Muscle-Ups	208
15 Synchro Bar Facing Burpees	223

#### Equipment

- 2 Pull-Up Racks
- 2 Barbells
- Regular Bumper Plates

Score: Total Time

# CAPITAL BASH QUALIFIER 25.3

## Score and video submission

Teams who wish to qualify for and compete at the finals of Capital Bash 2025 must upload a video link along with the workout score submission, whether they train in an affiliate or not. We will evaluate your video if your score is potentially in the top rankings of the Leaderboard. The Capital Bash team reserves the right to correct the scores if needed.

Make sure your video is valid! Our recommendations to do so:

- Use an app with an integrated timer to record your workouts, such as "WodProof".
- Read the workout flow and movement standards carefully and make sure you fully understand them.
- We recommend the use of a judge. Judging is not just counting reps. It is your judge's responsibility to inform you if you do not meet the movement standards and no-rep you.
- Take into account that we might review your videos.
- All videos must be uncut and unedited.
- At the beginning of each video, specify your team name, the workout you are doing, the equipment, and the weights used during the workout (by showing them in the video). It is your responsibility to position the camera correctly. This means the timer, athletes, equipment, and movements must be clearly visible. Additionally, it must be possible to evaluate if the movement standards have been met.

We will be extremely rigorous in reviewing the videos and we expect athletes to uphold the highest standards in performing movements. There are four possible outcomes in the judging and scoring of online video submissions:

### Good Video

The athlete meets the required movement standards on all repetitions in the workout, and the score they posted is correct. Their score will be accepted.

### Valid with Minor Penalty

Over the course of the video, the athlete demonstrates a small number of "no-reps" (not more than or equal to 5% of the total rep count) that resulted in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made of the athlete's final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

### Valid with Major Penalty

Over the course of the video, the athlete demonstrates a significant number of "no-reps" (all above 5% and lower or equal to 20% of the total rep count) that resulted in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting 15% from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

### Invalid

Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are "no-reps" or the video does not contain the criteria listed in the video submission standards. The athlete's and team's score will be rejected. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout. It is the athlete's responsibility to submit a new video and score as soon as possible. No late submissions will be accepted.