

ULTIMATE BUDDY THROWDOWN

Divisions
Fundamentals
& Advanced
No qualifier

M/M
M/F
F/F

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JUNE 14 2025

AAV '36
Alphen a/d Rijn

ATHLETE RULEBOOK

MAXIMUM
100
TEAMS

throwdownadrijn.nl



TABLE OF CONTENTS

FOREWORD FROM TEAM THROWDOWN AAN DEN RIJN	2
IMPORTANT INFORMATION.....	3
GENERAL COMPETITION RULES	4
GENERAL INFORMATION.....	6
TIMETABLES.....	9
WORKOUTS – WORKOUT FLOWS	10
A BIG THANK YOU TO OUR PARTNERS!.....	17

FOREWORD FROM TEAM THROWDOWN AAN DEN RIJN

Dear Athletes,

Welcome to the very first edition of Throwdown aan den Rijn! We are thrilled to have you on track and grateful for your enthusiasm and dedication in joining us for this exciting event.

This entire event is organized on a voluntary basis by Stichting MARKS, driven by passion and commitment to the community. This competition would not have been possible without our sponsors, partners, and the many volunteers who have dedicated their time and effort to make today a reality.

In this document, you can find general competition rules, the workouts along with their flow and movement standards. Read them carefully so you know what we expect from you.

We wish you all an unforgettable day filled with inspiring moments. Give it your all, push your limits, and, most importantly, enjoy every second!

Thank you for being part of this journey! Let the Throwdown begin!

Don't forget to share your best photos and videos on Instagram and don't forget to tag [@trwdwn.ad.rijn](https://www.instagram.com/trwdwn.ad.rijn)

With gratitude and excitement,

Team Throwdown aan den Rijn – Silvana, Aylin, Rens and Mateusz



IMPORTANT INFORMATION

DATE AND TIME

The event will be held on the 14th of June 2025. The first heat will start at 08:30 and the final heat is planned for 17:17. Athletes should be registered in the canteen area at least 45 minutes prior their heat start but not later than 10:00.

SHIRTS - POINT OF CONTACT

Points of contact during the event can be recognized by the darker blue color t-shirts. Please don't hesitate to ask your questions to any of them during the event.

HEALTH AND SAFETY

Because this is an outside event, we are weather dependent. We have arranged large tents for the athletes on the field. And will have a tent setup at the crew-area. If the sun comes out (fingers crossed), we will arrange a sunscreen table, which will be placed in the athlete area. This table is meant for athletes AND crew members.

First Aid is arranged and will be available at the crew area.

COMMUNICATION

Important and last-minute information for athletes will be shared on our Instagram channel. Please make sure to follow us @trwdwn.ad.rijn

Any questions BEFORE the event day can be sent to event@throwdownadrijn.nl

MOST IMPORTANTLY

Our event is fully volunteer-based, organized by a community that loves fitness just as much as you do. Let's make this event a positive and enjoyable experience for all participants.

GENERAL COMPETITION RULES

PREPARATION

READ THE DOCUMENTS

You and you alone are responsible for reading the workouts, flows, and standards before the event. The competition field is neither the place nor the time to overload the judge with questions because you have not read this document. If you have questions after reading this document, please send your questions via email to event@throwdownadrijn.nl we will do our best to answer your questions as soon as possible. On Thursday the 12th of June from 12PM, there will also be a live Q&A held at our [Instagram stories](#), we will share the answers there as well!

HOUSE RULES

All athletes are required to adhere to the house rules of AAV'36. The house rules can be found on a board at the entrance of the athletics track. Every participant is obliged to read and follow these rules.

We are fortunate to have the opportunity to use the facilities of AAV'36, and we ask everyone to respect and take care of the premises.

ZERO-TOLERANCE POLICY

We have a ZERO-TOLERANCE policy about abusive behavior. Shouting, swearing, disrespect, or aggression towards judges, crew members, management, athletes, vendors, and spectators can result in immediate exclusion from the competition and the event terrain.

RESPONSIBILITY

It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake.

WARM-UP ZONE

The warm-up zone is a shared zone for athletes getting ready just before they go to the field. "Just before" means that you may enter this zone 30 minutes prior to your heat. You have 20 minutes to warm up and must be ready 10 minutes prior to the start at staging (check-in). Have the discipline to comply with this yourself!

TIMELINESS AND SCORECARDS

MAKE SURE TO BE ON TIME

It is the team's own responsibility to be on time at the athlete control and staging (check-in) where you will receive your pre-filled scorecard which you hand over to your assigned judge. The heat times can be found on our competition corner page.



RESPECT AND CONDUCT

RESPECT FOR JUDGES AND CREW

Have respect for our judges and crew in general. If you have issues, please address this to the head judge on the field or a manager on the field, they can be recognized by the darker blue colored shirts.

The judge calls a no-rep as they see it. You might not always agree, but be aware that their call is final and non-negotiable.

SIGNING SCORECARDS

If you sign off your scorecard, it means you agree with the score that is written on it.

GUIDANCE BY JUDGES

Don't confuse the judge. He or she will count for you and guide you in the flow if needed. That is what they are there to do for you.

EQUIPMENT AND SAFETY

PERSONAL EQUIPMENT

The use of gymnastic grips is only allowed in the rig. Lifting belts, lifting shoes, sleeves, wristbands, and gloves are allowed. Lifting straps are never allowed.

TAKE CARE OF EACH OTHER

While this is a competitive event, it is important to avoid taking unnecessary risks that could affect yourself or others. Everyone should look out for one another. If participants engage in risky behavior, the organization reserves the right to penalize during the workout or to remove them from the field and disqualify them.

PERSONAL BELONGINGS

There is a designated athlete area where you can drop your belongings and relax between the workouts. Please do not leave your belongings on the (picnic) tables, benches, and chairs on the field or next to the canteen.

GENERAL INFORMATION

EVENT LOCATION

Throwdown aan den Rijn will take place at the athletics field of AAV '36 in Alphen aan den Rijn. AAV '36 is more than just a club; It is a place where sport, nature and community come together perfectly. Located in the beautiful Alphen aan den Rijn, the athletics track of AAV '36 offers an ideal location for both recreational and competitive athletes.

ADDRESS

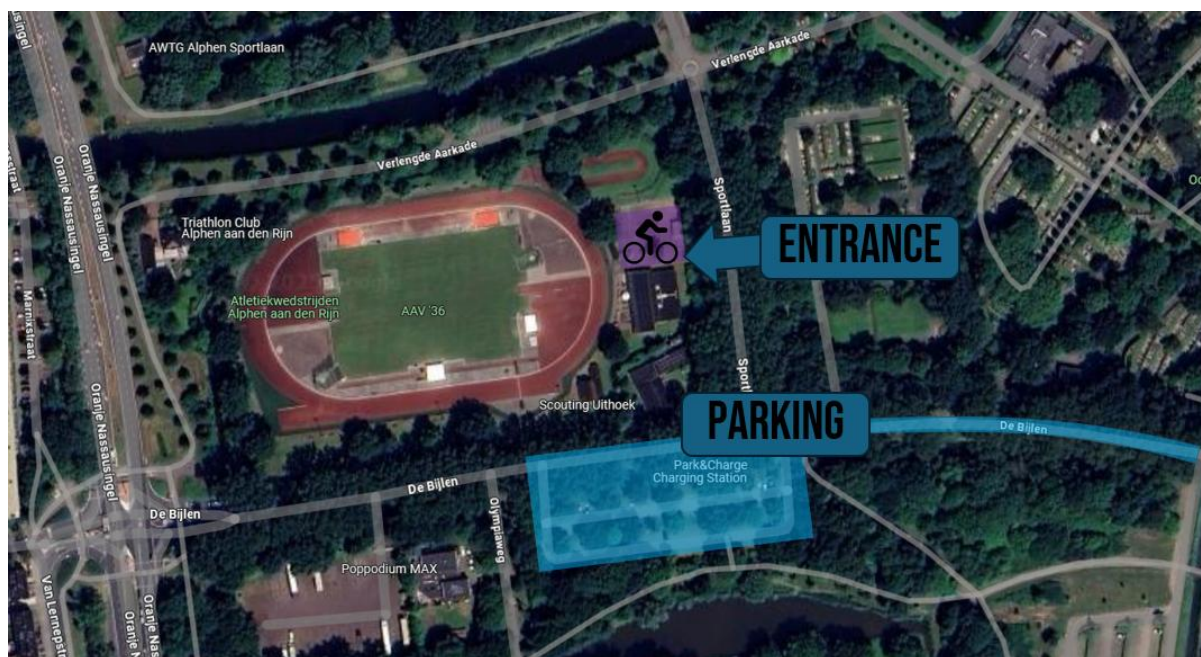
AAV '36 is located at Sportlaan 6 in Alphen aan den Rijn

ENTRANCE

There is one main entrance at Sportlaan 6, this entrance can only be accessed by bicycle or on foot. Vendors can temporarily access this entrance by car for (un)loading vehicles.

PARKING

Please park your car in the blue area ('De Bijlen') there are plenty of free public parking spaces available. We ask you to **not** park at the public spots located at the 'Verlengde Aarkade'.



EVENT TERRAIN

Our event terrain is divided into 3 main event areas. We run one event at a time, which means that we will move over the terrain during the day.

ATHLETE AREA

There is a designated Athlete area on the field, please use this area as athlete for your bags and other equipment. We have put up some tents. Athletes are allowed to bring their camping chairs or air mattresses to relax!

WARM-UP AREA

This area is meant for warm-up of all athletes, please leave all equipment and materials within this area.

VENDOR AREA

In this area you will be able to visit all our vendors. Next to the vendors there are also some great (free) challenges available, where you can win some prizes. The challenges are for everyone, **including Athletes, Volunteers and Visitors.**

CANTEEN

The canteen is hosted by AAV'36, you will be able to get your refreshments and bites over here. There is room for seating inside and outside of the canteen. Please don't claim the picnic tables in front of the canteen as your garderobe, we would like to leave these available for eating, drinking and relaxing!

TOILETS AND CHANGING ROOMS

Toilets and large changing rooms can be found next to the canteen area. There are also showers available in the changing rooms.

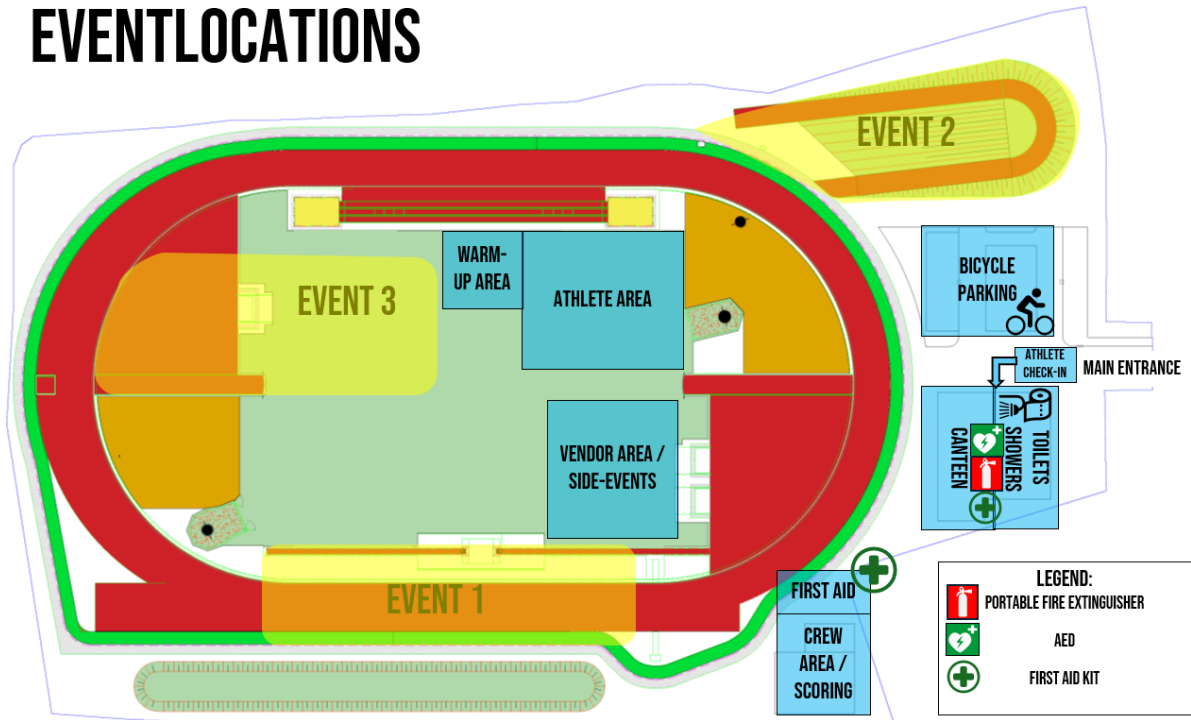
CREW/FIRST AID AREA

Crew and first aid have their own area.

RUN TRACK

The track should be always kept clear, the track may only be used for athletes and crew members, or to cross-over to get to the Athlete or vendor area. Off course the vendor area is accessible for everyone! Please use the designated cross-over, this will be a straight line from the main entrance.

EVENT LOCATIONS



PUBLIC TRANSPORT

TRAIN/BUS

If you come by train, it is a 25 minute walk from the train station of Alphen aan den Rijn. If you grab a bus it will take 18 minutes. We recommend renting an 'OV-Fiets' if you come by train, it will take you about 8 minutes to get to the event location.

CATERING

ATHLETES / VISITORS

Athletes and visitors are welcome to get their refreshments and bites at the canteen area.

CREW / VENDORS

As a crew member we will take care of you at the designated crew area to grab a bite or a drink. Vendors are also more than welcome over here for some refreshments!

TIMETABLES

TIMETABLE SATURDAY 14-06 – COMPETITION SPECIFIC

Please note that actual start times of your heats can be found in competition corner heat schedule. Times are subject to change.

Time	activity
07:00	Gates open
07:45 – 10:00	Athlete registration in canteen area
08:20	Start staging athletes Event 1 – Heat 1
08:30	Event 1 – Heat 1 starts
10:55	Start staging athletes Event 2 – Heat 1
11:05	Event 2 – Heat 1 starts
13:55	Start staging athletes Event 3 – Heat 1
14:05	Event 3 – Heat 1 starts
17:30	Prize ceremony

TIMETABLE SATURDAY 14-06 – OTHER ACTIVITIES

We have some other activities during the day as well!

Time	activity
08:30-17:00	Vendor Area opened to public
08:30-17:00	Side Challenges opened to public (in Vendor Area)
08:30-16:30	Massage available in the Athlete Area (Free of charge)
08:00-17:00	Canteen opened for bites and drinks

WORKOUTS – WORKOUT FLOWS

25.1 WHIRLWIND WORM

([video link](#))

AMRAP: Time cap 8 minutes

Fundamentals	Advanced
Buy in: 30/40 cal Ski-erg*	Buy in: 30/40 cal Ski-erg*
20 Meter Worm Walking Lunges	20 Meter Worm Walking Lunges
20 Worm Squats	20 Worm Thrusters
20 Meter Worm Walk	20 Meter Worm Walking Lunges
*Tiebreaker	*Tiebreaker
Max cal Ski-erg	Max cal Ski-erg
Worm 55/65kg	Worm 55/65kg
Mixed 65kg	Mixed 65kg

*Female teams do 30 calories, Mixed and Male teams do 40 calories

Workout flow

1. After the start signal the athletes move from their starting position towards the ski-erg and start with the calories on the ski-erg.
2. When the screen hits the assigned number of calories the athletes may step off the ski-erg and start the 20 meter walking lunges with the Worm.
3. When both athletes AND the whole Worm crossed the 20m line, they can start the Worm Squats (Fundamentals) or Thrusters (Advanced).
4. When finished the 20 reps, the athletes may walk back with the Worm on the shoulders (Fundamentals) or do the 20-meter Walking Lunges (Advanced) back to the starting point.
5. When both athletes AND the whole worm are over the line, the athletes may go to the ski-erg again, reset the screen to 0 and start their max calories.
6. The workout finishes at 8 minutes. Your judge will check and note the number of calories at exactly 8 minutes.

Rules

- Both athletes must face the same side with all the Worm movements.
- Both athletes' feet have to be clearly over the 20 meter line before dropping the Worm (or move directly into the thrusters) to proceed to the next part of the workout.

- Athletes are responsible for resetting the screen on the ski-erg to 0 before starting the max calories
- If you or your buddy already step off the ski-erg BEFORE the screen hits the assigned number of calories, it will result in a penalty.
- Damper can only be changed BEFORE the workout starts. If the damper is changed DURING the workout, it will result in a penalty.

Score

This workout is for repetitions. Your score will be the total amount of movements and calories before the workout is over, the buy-in is NOT part of your score (time cap 8 minutes). There is a tiebreaker after the worm movements, and has returned to the starting point. If two teams have the same final score this tiebreaker time determines the winner.

Movement standards

Ski-erg

The athlete must stay on the platform of the Ski-erg till the screen hits the assigned number of calories.

One Athlete works at a time on the Ski-erg. Athletes can decide themselves how they divide the calories.

Worm Walking Lunges

The movement starts with the worm touching the shoulder of both athletes at the same side of the body. Both athletes must face the same side. Together you move into the lunge with the same leg. And get up again with the other leg moving forward. The movement ends with both athletes standing tall with hips and knees fully extended over the line TOGETHER with the WHOLE Worm. There must be a moment with the knees of both athletes at the ground at the same time and standing up fully extended at the same time. If the judge gives you a NO REP, you must move back to the starting position of the last rep and make the rep again. When the Worm is dropped to early and is not fully over the line. You also must move back to the worm, move the worm into the starting position and finish the Walking lunges until the Worm is completely over the line.

Worm Squats (Fundamentals)

The movement starts with the Worm touching the same shoulder of both athletes with the athletes facing the same side. Every rep, including the first rep, starts with both athletes standing tall with knees and hips fully extended. Together you move into the Squat. The athletes' hips crease must clearly pass below the top of the knees in bottom position of the squat and the knees and hips have to be fully extended at the end of the rep. The rep is credited when the athletes are in the bottom position together and finish the

rep by fully extending together with the worm still in supporting position by both athletes.

Worm Thrusters (Advanced)

The movement starts with the Worm touching the same shoulder of both athletes with the athletes facing the same side. Every rep, including the first rep, starts with both athletes standing tall with knees and hips fully extended. Together you move into the Squat. The athletes' hips crease must clearly pass below the top of the knees in bottom position of the squat. Then the athletes move the Worm in a fluent movement over the head to the top of the other shoulder. The Worm must touch the same shoulder of both athletes at the same time. When the Worm ends up at different shoulders of the athletes. The rep must start over at the starting position of the last rep. The rep is credited when the athletes are in the bottom position together and finish the rep by fully extending together with the worm still in supporting position by both athletes.

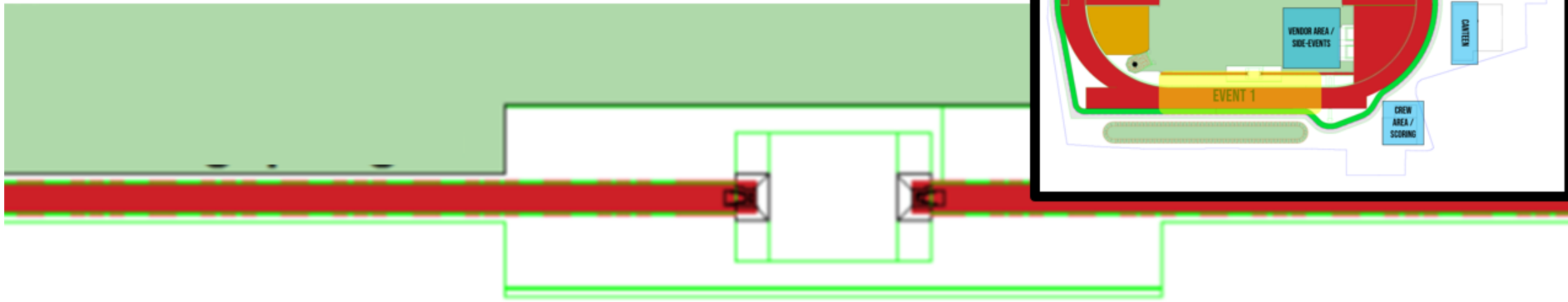
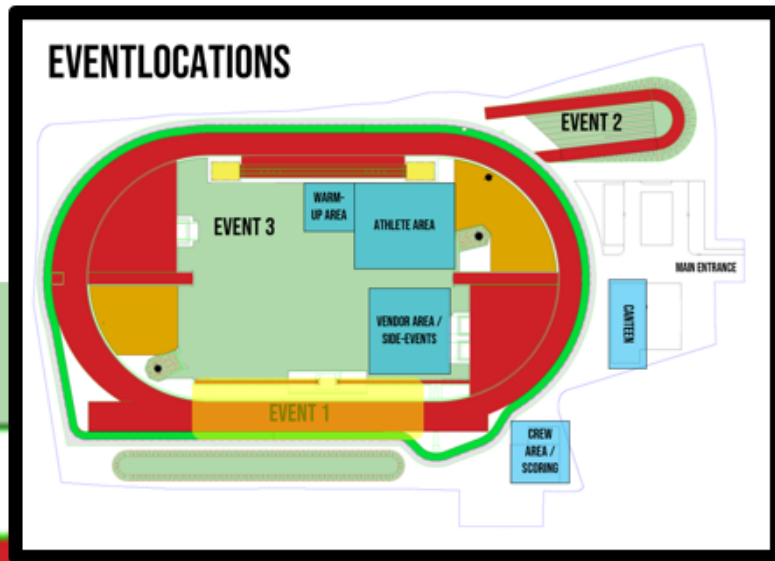
Worm Walk (Fundamentals)

The movement starts with the Worm touching the same shoulder of both athletes and the athletes are looking in the same direction. The athletes walk together to the other side of the line. In this movement you don't have to walk with the same leg at the same time. The movement ends when both athletes AND the whole Worm are over the line.

Tips from our crew

- Knee sleeves are highly recommended in this workout!
- Communication is key
- Go hard!

EVENT 1 - ROUTE



25.2 HUG IT OUT

[\(video link\)](#)

Divide however you like (YGIG)

For time; Time cap 10 minutes

80 Dual Dumbbell deadlifts

1 Lap* Husafell bag or Throwbag Bearhug Carry

60 Dual Dumbbell Hang cleans

1 Lap Husafell bag or Throwbag Bearhug Carry

40 Dual Dumbbell Shoulder to Overhead

1 Lap Husafell bag or Throwbag Bearhug Carry

Fundamentals	Advanced
Dumbbells 2x 10/15kg	Dumbbells 2x 15/22,5kg
Husafell bag or Throwbag 25/35kg	Husafell bag or Throwbag 35/45kg
Mixed teams 35kg and own set of dumbbells	Mixed teams 45kg and own set of dumbbells

**1 Lap is a lap on the inclined track*

Workout flow

1. The start position is in section B, after the start signal the athletes may walk to section A and start with the 80 Dual dumbbell deadlifts.
2. When all reps are completed one of the athletes may go to section B and start the Bearhug Carry lap.
3. When the Throwbag is dropped in section B and both athletes are standing in section A they may start the 60 Dual dumbbell hang cleans.
4. After completing all the reps, one of the athletes may start the second Bearhug Carry lap.
5. When the athlete is back from the second lap and both athletes are standing in section A again. They may start the 40 Dual dumbbell shoulder to overheads.
6. When all repetitions are completed, one of the athletes may start the last Bearhug Carry lap.
7. The workout is finished when the Throwbag is dropped in section B and both athletes are over the section A line.

Rules

- Only one team member is allowed to do the Bearhug Carry. At the same time the other team member must stay in section A. If the athlete can not complete the lap by himself, he or she leaves the Throwbag on track and switch with their buddy at section A.

- Walking on the grass during the Bearhug Carry is not allowed. If you step on the grass at any point on the track, you will receive a penalty. You must return to your starting position and restart the round
- Team members must touch each other by every switch they make.
- Dropping dumbbells outside of section A will result in a disqualification.

Score

This workout is for time. Your score will be the final time after finishing the workout (time cap 10 minutes). If you do not finish the workout your score will be the total reps.

Movement standards:

Husafell bag or Throwbag Bearhug Carry

The movement starts with the Throwbag in the bearhug position. Throwbag is in front of the chest with both arms around the bag. It's not allowed to carry the bag in any other position. The movement ends with the bag back in the section in your lane.

Dual dumbbell Deadlift

The movement starts with one head of the dumbbells touching the floor on both sides at the same time. The athlete stands between the dumbbells and picks the dumbbells with both hands outside the legs (no sumo deadlifts). The athlete lifts the weight up until hips and knees are fully extended and the shoulders are above the hips. This is one repetition. Touch and go reps are allowed, bouncing (slamming the dumbbells into the floor to use the bounce) is not allowed.

Dual dumbbell Hang Clean

The movement starts with the athlete standing tall with the dumbbells in their hands and hips and knees fully extended. The dumbbells move from the hang position (above the knees and elbows fully extended) to the front rack position in one fluent motion. You are allowed to move the dumbbells between the legs or outside of the legs. In the end position, the dumbbells touch the top of the shoulders with one head, fingers are around the dumbbell and the elbows are in front of the dumbbells (dumbbells should be parallel to the ground in this position). The hips and knees are fully extended and both feet are straight under the hips. The athlete has control over the dumbbells. A clean from the floor is a no-rep and does not count. The athlete needs to extend in a deadlift first.

Dual dumbbell Shoulder to Overhead

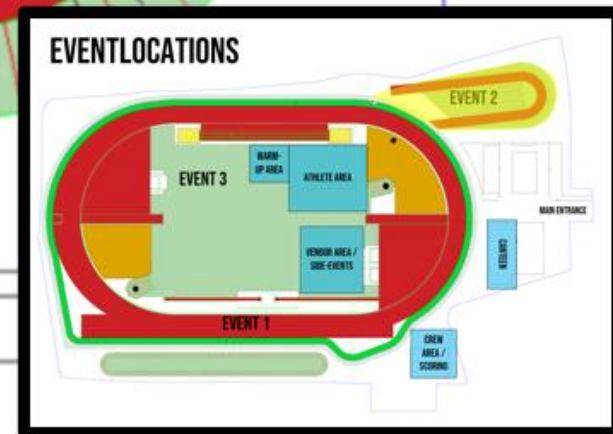
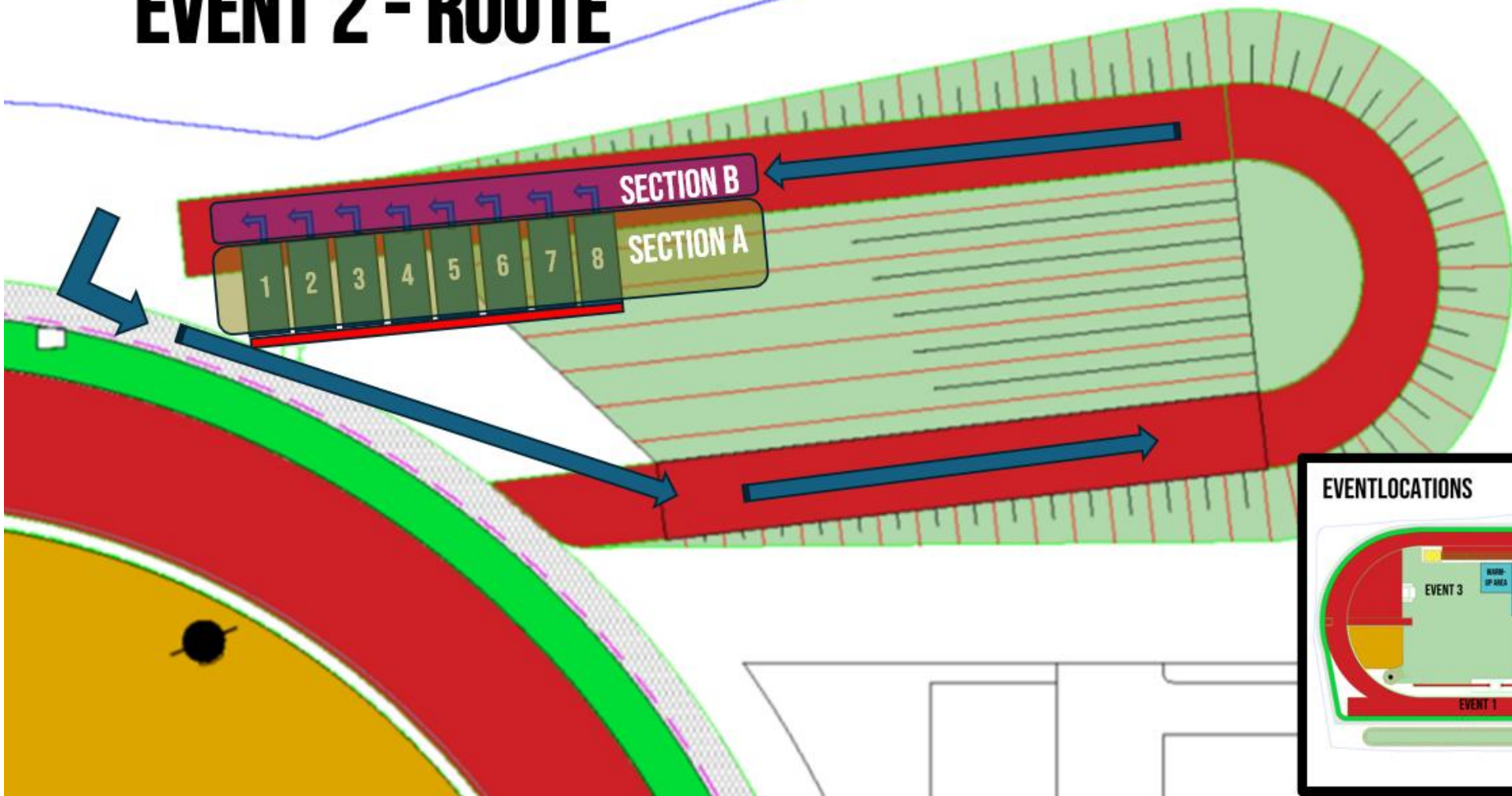
The movement starts with the dumbbells in the front rack position (the dumbbells touch the top of the shoulders with one head, fingers are around the dumbbell and the elbows are in front of the dumbbells) The athlete gets the dumbbells overhead, where the dumbbells are straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the dumbbells. This may be a strict press, push

press, push jerk or split jerk as long as the standards are met. In the split jerk, both feet need to move back under the hips before the dumbbells are lowered.

Tips from our crew

- Make a proper gameplan before you start.
- Please be careful with running, the track might be slippery when wet.

EVENT 2 - ROUTE



25.3 SYNC OR SUFFER

([video link](#))

For time: Time cap 12 minutes

Fundamentals	Advanced
Buy-in: 800 meter run together (2 laps) 3 rounds: 10 Synchronised Ring Rows 15 Synchronised Burpees 30 Wall balls	Buy-in: 800 meter run together (2 laps) 3 rounds: 10 Synchronised Pull ups 15 Synchronised Burpees 30 Wall balls
Medball 4/6kg Mixed 4/6kg	Medball 6/9kg Mixed 6/9kg

Workout flow

1. After the start signal both athletes may start with the 800-meter run, from their starting position in the assigned lane. The first lap is a full lap on the track, the second lap is slightly shorter and ends at the starting position.
2. When BOTH athletes are back in their lane, they can start their synchronised Ring Rows (fundamentals) or Pull Ups (advanced).
3. When finished the Ring Rows or Pull ups both athletes start their 15 synchronised burpees.
4. When finished the 15 synchronised burpees the athletes move into the 30 Wallballs.
5. When the 30 Wall balls are completed, the athletes start their next round of Ring Rows or Pull ups, followed by the synchronized burpees and wall balls.
6. This will be repeated for a third round.
7. The workout finishes when BOTH athletes move back into the starting position in their assigned lane.

Rules

- It is **NOT** allowed to adjust the height of the rings. The height will be the same for all athletes.
- The wall balls can be divided however you want, there is no minimum requirement per athlete.
- The medball must stay in your lane. Be careful with dropping the medball, prevent the medball from rolling into another lane.
 - If movements are not sync, the judge will call a NO REP.

Score

This workout is for time. Your score will be the final time after finishing the workout (time cap 12 minutes). If you do not finish the workout your score will be the total amount of reps.

Movement standards

Ring rows

The movement starts with the athletes having both feet/heels completely over the line on the floor. The athletes hold the rings in their hands and have extension in hips, knees and elbows. Both athletes pull themselves up at the same time till the rings or thumbs are clearly touching the body. The rep is credited when the athletes are in the top position together.

Pull ups

The athletes move their body up at the same time 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. The rep is credited when both athletes are in the top position together. Make sure both feet are breaking the vertical plane directly under the bar before moving into the next repetition.

Burpees

The movement starts with the athlete standing tall. The athlete jumps/steps down into the burpee until hands, hips and chest are touching the floor at the same time. The athlete jumps/steps back on their feet and jumps up to fully extend hips and knees. Athletes' hands need to be at least above the head while jumping.

Make sure you are in the bottom position touching the floor at the same time and standing tall at the same time. When the rep is not sync, the judge will call a NO REP.

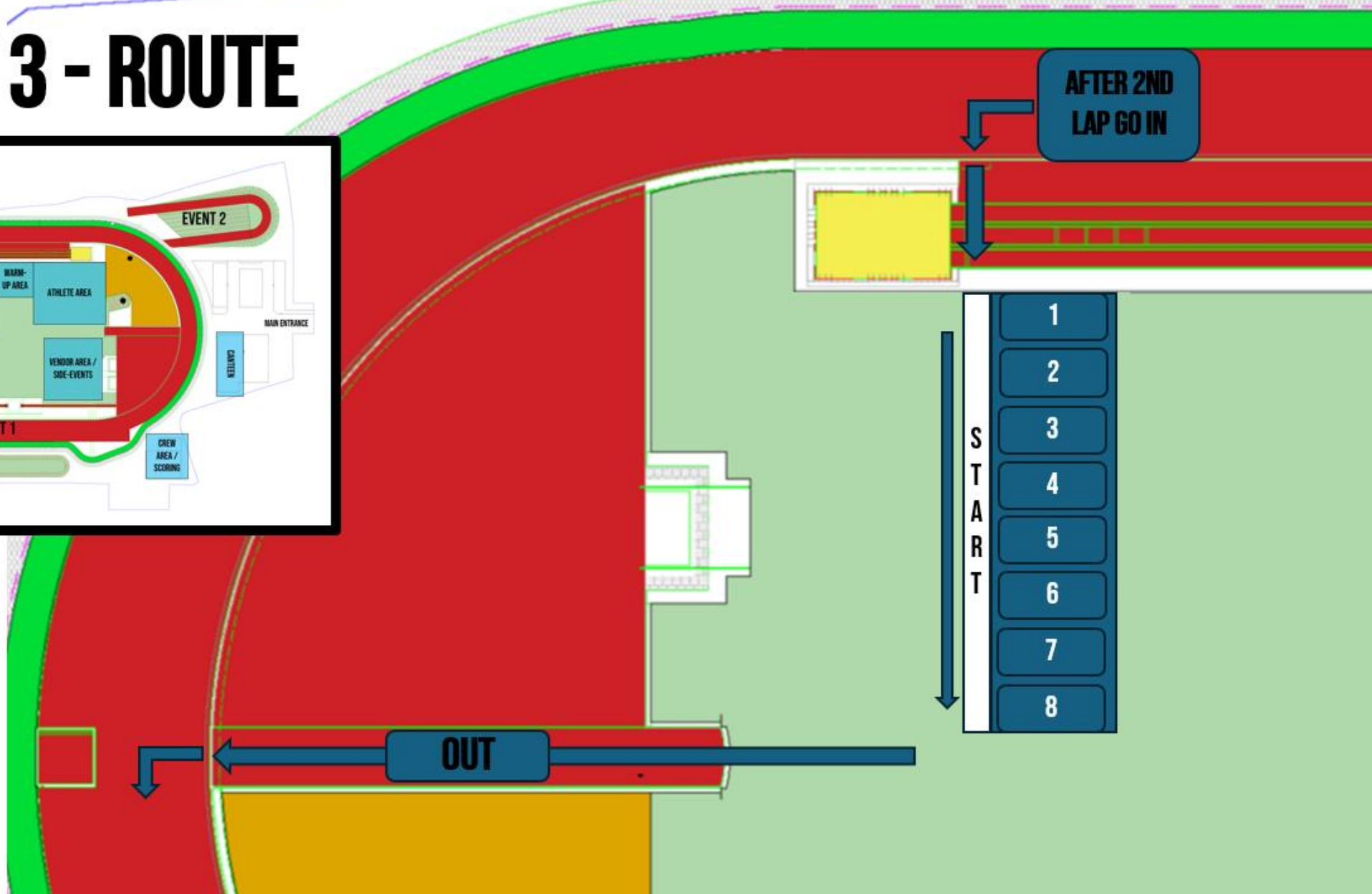
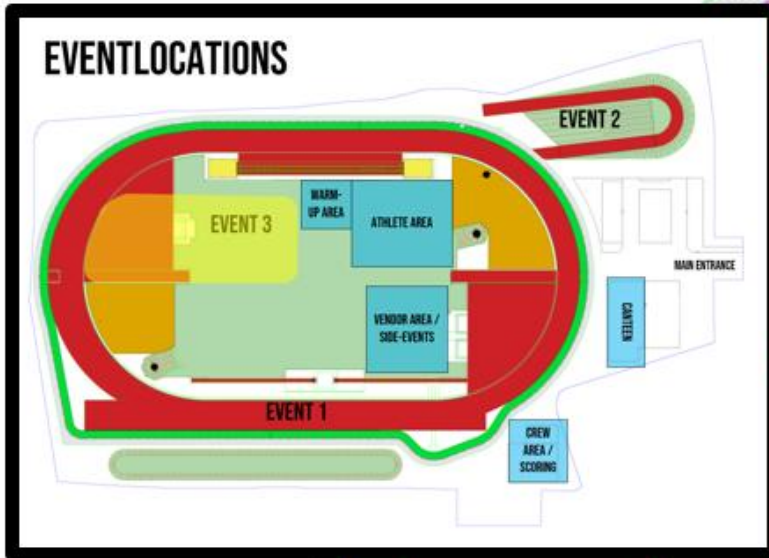
Wallballs

The movement starts with the athlete standing tall with extended knees and hips with the medicine ball in the supported position in front of the body. The athletes' hips crease must clearly pass below the top of the knees in bottom position of the squat. The athlete throws the ball to the target and the knees and hips must be fully extended at the end of the rep. The rep is credited when the center of the ball hits the target at or above the specified height. Female athletes use the lower target, Male athletes use the higher target.

Tips from our crew

- Don't blast all your energy with the run
- Work together and have fun!

EVENT 3 - ROUTE



A BIG THANK YOU TO OUR PARTNERS!

Hügge

concept 2

L V L ^ U P
SPORTSWEAR
your home



GINGER LIFE



GWOD GEWAID DRAAID

PRINT EN CREATIE

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DRINK the MOMENT