

دفترچه استاندارد حرکات و قوانین داوری مسابقات اوپن
ویژه داوران

CrossFit Games Movement Standards

For judges

2011

2012

2013

2014

2015

2016

2017

2018

2019

2020



WORKOUT

Complete as many rounds and reps as possible in 10 minutes of:

MEN

Includes Masters Men up to 54 years old

30 Double-unders
15 Power snatches
(75 lbs/35kg)

WOMEN

Includes Masters Women up to 54 years old

30 Double-unders
15 Power snatches
(55 lbs/25kg)

MASTERS men

Includes Masters Men 55+

30 Double-unders
15 Power snatches
(65 lbs/30kg)

MASTERS women

Includes Masters Women 55+

30 Double-unders
15 Power snatches
(45 lbs/20kg)

MOVEMENT STANDARDS

Double-under

This is a standard double-under in which the rope passes twice for each jump. Only successful jumps are counted, not just attempts.



A tight core and fast wrists are traits of a good double-under.

Power Snatch (Ground to Overhead)

This power snatch is really a ground to overhead anyhow. The key point is the range of motion between the start and end points.



For a barbell loaded with full sized plates, the bottom is when the plates touch the ground.



For an empty bar, the bottom is when the barbell passes below the knee cap.



The overhead position is when knees and hips are fully extended, arms are locked out overhead and the bar is over or behind the heels.

REQUIRED EQUIPMENT:

To complete this workout, you will need a jump rope and a barbell loaded to the appropriate weight for your gender and age group.

ADDITIONAL NOTES:

Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of completed rounds, plus the number of successful double-unders, plus the number of power snatches in the final round (if incomplete). With the power snatch, make sure you come to full extension on every rep.



CFG OPEN II.1
 17:00 PDT Tuesday, March 15
 through
 17:00 PDT Sunday, March 20

CrossFit Games Open II.1 | SCORE CARD

Complete as many rounds and reps as possible in 10 minutes of:
 30 Double-unders
 15 Power snatches

Athlete Name _____ Judge Name _____

ROUND #	DOUBLE-UNDER	POWER SNATCH
Round 1		
Round 2		
Round 3		
Round 4		
Round 5		
Round 6		
Round 7		
Round 8		
Round 9		
Round 10		
Round 11		
Round 12		
Round 13		
Round 14		
Round 15		
Round 16		
TOTAL COMPLETED ROUNDS	_____ Rounds	
ADDITIONAL REPS	_____ Double-unders	_____ Snatches

WORKOUT

Complete as many rounds and reps as possible in 15 minutes of:

MEN

Includes Masters Men up to 54 years old

- 9 Deadlifts**
- 12 Push-ups**
- 15 Box jumps**
 (155lbs / 70kg, 24" box)

WOMEN

Includes Masters Women up to 54 years old

- 9 Deadlifts**
- 12 Push-ups**
- 15 Box jumps**
 (100lbs / 45kg, 20" box)

MASTERS *men*

Includes Masters Men 55+

- 9 Deadlifts**
- 12 Push-ups**
- 15 Box jumps**
 (145lbs / 65kg, 20" box)

MASTERS *women*

Includes Masters Women 55+

- 9 Deadlifts**
- 12 Push-ups**
- 15 Box jumps**
 (90lbs / 40kg, 20" box)

MOVEMENT STANDARDS

Deadlift

This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout.

Push-up

A straight body position must be maintained throughout. No snaking, sagging or pushing up from the knees.



The elbows and shoulders must be locked out at the top with the feet no wider than shoulder width..



At the bottom, the chest (nipple-line or above) must touch the floor and the hands must be lifted.

Box jump

This is a two-foot jump onto the box. The hips and knees must open fully at or above the height of standing on the box.



Both feet must be on the box together at some point in the rep. You may jump down or step down but you must jump up. Stepping up is only permitted for the two elder Masters categories (55+), not for anyone else.

REQUIRED EQUIPMENT:

To complete this workout, you will need a barbell loaded to the appropriate weight for your gender and age group and a box that is the appropriate height for your gender and age group.

ADDITIONAL NOTES:

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of completed rounds, plus the number of deadlifts, plus the number of push-ups, plus the number of box jumps in the final round (if incomplete).



CFG OPEN II.2
 17:00 PDT Tuesday, March 29
 through
 17:00 PDT Sunday, April 3

Complete as many rounds and reps as possible in 15 minutes of:
 9 Deadlifts
 12 Push-ups
 15 Box jumps

SCORE CARD

Athlete Name _____ Judge Name _____

ROUND #	DEADLIFT	PUSH-UP	BOX JUMP
Round 1			
Round 2			
Round 3			
Round 4			
Round 5			
Round 6			
Round 7			
Round 8			
Round 9			
Round 10			
Round 11			
Round 12			
Round 13			
Round 14			
Round 15			
Round 16			
Round 17			
Round 18			
Round 19			
Round 20			
TOTAL COMPLETED ROUNDS	_____ Rounds		
ADDITIONAL REPS	_____ Deadlifts	_____ Push-ups	_____ Box Jumps

WORKOUT

Complete as many rounds and reps as possible in 5 minutes of:

MEN

Includes Masters Men up to 54 years old
**Squat clean
 Jerk
 (165lbs / 75kg)**

MASTERS *men*

Includes Masters Men 55+
**Squat clean
 Jerk
 (135lbs / 62kg)**

WOMEN

Includes Masters Women up to 54 years old
**Squat clean
 Jerk
 (110lbs / 50kg)**

MASTERS *women*

Includes Masters Women 55+
**Squat clean
 Jerk
 (75lbs / 35kg)**

MOVEMENT STANDARDS

Squat clean and Jerk

In this movement, the barbell goes from ground to overhead with the athlete passing through a full squat position while the barbell is racked on the shoulders. This can be a full-squat-clean-thruster, a power-clean-front-squat-split-jerk, or anything in between as long as the three key positions are reached.



The barbell begins on the ground. Touch and go is permitted. No bouncing.



The athlete must pass through a full squat with hips below knees.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the heels.

REQUIRED EQUIPMENT:

To complete this workout, you will need a barbell loaded to the appropriate weight for your gender and age group.

ADDITIONAL NOTES:

Please be sure to watch the entire [workout instruction video](#) for full details. One round includes a squat clean and a jerk. You must complete the squat clean before moving on to the jerk and you must complete the jerk before moving on to the next squat clean. If you miss a jerk you may power clean the bar to set up your jerk attempt. You may not rest the bar on a rack between the squat clean and the jerk. You will enter your result by the number of rounds completed, plus an additional squat clean if the final round is incomplete.



CFG OPEN 11.3
 17:00 PDT Tuesday, April 5
 through
 17:00 PDT Sunday, April 10

Complete as many rounds and reps as possible in 5 minutes of:
 Squat clean
 Jerk

SCORE CARD

Athlete Name _____

Judge Name _____

ROUND #	SQUAT CLEAN	JERK	ROUND #	SQUAT CLEAN	JERK
1			26		
2			27		
3			28		
4			29		
5			30		
6			31		
7			32		
8			33		
9			34		
10			35		
11			36		
12			37		
13			38		
14			39		
15			40		
16			41		
17			42		
18			43		
19			44		
20			45		
21			46		
22			47		
23			48		
24			49		
25			50		

TOTAL COMPLETED ROUNDS	_____ Rounds
ADDITIONAL SQUAT CLEAN	_____ Squat clean

WORKOUT

Complete as many rounds and reps as possible in 10 minutes of:

MEN

Includes Masters Men up to 54 years old
60 Bar-facing burpees
30 Overhead squats
 (120lbs / 55kg)
10 Muscle-ups

WOMEN

Includes Masters Women up to 54 years old
60 Bar-facing burpees
30 Overhead squats
 (90lbs / 40kg)
10 Muscle-ups

MASTERS men

Includes Masters Men 55+
60 Bar-facing burpees
30 Overhead squats
 (110bs / 50kg)
10 Muscle-ups

MASTERS women

Includes Masters Women 55+
60 Bar-facing burpees
30 Overhead squats
 (75lbs / 35kg)
10 Muscle-ups

MOVEMENT STANDARDS

Bar-facing burpee

Each burpee must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell.



The chest and thighs touch the ground at the bottom.



You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.



The next rep will then begin on the opposite side facing the barbell.

Overhead squat

This is a standard Overhead squat. A full squat snatch is permitted, but not required, to start the movement if the standard depth is achieved.



The hip crease must be below the knee at the bottom.



The hips and knees must fully open at the top with the barbell locked out overhead.

Muscle-up

In the muscle-up you must pass from a hang below the rings to support above them. A kipping muscle-up is ok, swings or rolls to support are not permitted.



The hands must roll out while at a full hang (with or without a "false grip").



The elbows must fully lock out while supporting yourself above the rings.

REQUIRED EQUIPMENT:

To complete this workout, you will need one barbell loaded to the appropriate weight for your gender and age group and a set of gymnastic rings hung so that you can successfully perform a muscle-up. No racks are permitted. If your overhead squat does not use standard size bumper plates, you must set a bar at 9.5" high for the burpee jumps.

ADDITIONAL NOTES:

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of rounds completed, plus the number of bar-facing burpees, plus the number of overhead squats, plus the number of muscle-ups in the final round (if incomplete). If you do not complete the first round, enter 0 for rounds and then the number of completed reps of each exercise.



CFG OPEN II.4
 17:00 PDT Tuesday, April 12
 through
 17:00 PDT Sunday, April 17

Complete as many rounds and reps as possible in 10 minutes of:
 60 Bar-facing burpees
 30 Overhead squats
 10 Muscle-ups

SCORE CARD

Athlete Name _____ Judge Name _____

ROUND #	BAR-FACING BURPEE	OVERHEAD SQUAT	MUSCLE-UP
Round 1			
Round 2			
Round 3			
TOTAL COMPLETED ROUNDS	_____ Round(s)		
ADDITIONAL REPS	_____ Burpees	_____ OH squats	_____ Muscle-ups

WORKOUT

Complete as many rounds and reps as possible in 20 minutes of:

MEN

Includes Masters Men up to 54 years old
5 Power cleans (145lbs / 65kg)
10 Toes to bar
15 Wall balls (20lbs to 10' target)

WOMEN

Includes Masters Women up to 54 years old
5 Power cleans (100lbs / 45kg)
10 Toes to bar
15 Wall balls (14lbs to 9' target)

MASTERS men

Includes Masters Men 55+
5 Power cleans (130lbs / 60kg)
10 Toes to bar
15 Wall balls (20lbs to 9' target)

MASTERS women

Includes Masters Women 55+
5 Power cleans (75lbs / 35kg)
10 Toes to bar
15 Wall balls (10lbs to 9' target)

MOVEMENT STANDARDS

Power clean

This is a standard Power clean from the ground to the shoulders.



The barbell begins on the ground. Touch and go is permitted. No bouncing.



The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

Toes to bar

In the Toes to bar, the athlete must go from a full hang to having the toes touch the pull-up bar.



The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar, not out front.



Both feet must touch the bar together at some point. The arms can be bent or straight.

Wall ball

In the Wall ball, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the specified target.



Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.



The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is no rep.

REQUIRED EQUIPMENT:

To complete this workout, you will need a medicine ball and barbell loaded to the appropriate weight for your gender and age group, a pull-up bar, and a wall or target set at the specified height. Prior to starting the workout, the target height should be measured and clearly marked.

ADDITIONAL NOTES:

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of rounds completed, plus the number of power cleans, plus the number of toes to bar, plus the number of wall balls in the final round (if incomplete).



CFG OPEN 11.5
 17:00 PDT Tuesday, April 19
 through
 17:00 PDT Sunday, April 24

Complete as many rounds and reps as possible in 20 minutes of:
 5 Power cleans
 10 Toes to bar
 15 Wall balls

SCORE CARD

Athlete Name _____ Judge Name _____

ROUND #	POWER CLEAN	TOES TO BAR	WALL BALL
Round 1			
Round 2			
Round 3			
Round 4			
Round 5			
Round 6			
Round 7			
Round 8			
Round 9			
Round 10			
Round 11			
Round 12			
Round 13			
Round 14			
Round 15			
Round 16			
Round 17			
Round 18			
Round 19			
Round 20			
Round 21			
Round 22			
Round 23			
Round 24			
Round 25			
TOTAL COMPLETED	_____ Rounds		
ADDITIONAL REPS	_____ Power cleans	_____ Toes to bar	_____ Wall balls

WORKOUT

Complete as many reps as possible in 7 minutes following the rep scheme below:

- 3 Barbell Thrusters
- 3 Chest to bar Pull-ups
- 6 Barbell Thrusters
- 6 Chest to bar Pull-ups
- 9 Barbell Thrusters
- 9 Chest to bar Pull-ups
- 12 Barbell Thrusters
- 12 Chest to bar Pull-ups
- 15 Barbell Thrusters
- 15 Chest to bar Pull-ups
- 18 Barbell Thrusters
- 18 Chest to bar Pull-ups
- 21 Barbell Thrusters
- 21 Chest to bar Pull-ups...

This is a timed workout. If you complete the round of 21, go on to 24. If you complete 24, go on to 27, etc.

MEN

Includes Masters Men up to 54 years old

- Thruster (100lbs / 45kg)**
- Chest to bar Pull-ups**

WOMEN

Includes Masters Women up to 54 years old

- Thruster (65lbs / 30kg)**
- Chest to bar Pull-ups**

MASTERS men

Includes Masters Men 55+

- Thruster (90lbs / 40kg)**
- Chest to bar Pull-ups**

MASTERS women

Includes Masters Women 55+

- Thruster (55lbs / 25kg)**
- Chin over bar Pull-ups**

MOVEMENT STANDARDS

Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lock out overhead. The bar starts on the ground. No racks allowed.



The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the heels.

Chest to bar Pull-up

This is a standard chest to bar pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed as long as all the requirements are met.



The arms must be fully extended at the bottom.



At the top, the chest must clearly come into contact with the bar. For masters women (55+), touching the chest is not required, but the chin must break the horizontal plane of the bar.

REQUIRED EQUIPMENT:

To complete this workout you will need a barbell loaded to the appropriate weight for your gender and age group and a pull-up bar.

ADDITIONAL NOTES:

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. You will enter your score as the total number of reps. See the Score Card for assistance in calculating the rep total.



CFG OPEN II.6
 17:00 PDT Tuesday, April 26
 through
 17:00 PDT Sunday, May 1

Complete as many reps as possible in 7 minutes of:
 Thrusters
 Chest to bar Pull-ups
 Following the rep scheme outlined in the Workout Instructions PDF.

SCORE CARD

Athlete Name _____ Judge Name _____

ROUND	NUMBER OF REPS
3 Thrusters	
3 Chest to bar Pull-ups	6
6 Thrusters	
6 Chest to bar Pull-ups	18
9 Thrusters	
9 Chest to bar Pull-ups	36
12 Thrusters	
12 Chest to bar Pull-ups	60
15 Thrusters	
15 Chest to bar Pull-ups	90
18 Thrusters	
18 Chest to bar Pull-ups	126
21 Thrusters	
21 Chest to bar Pull-ups	168
24 Thrusters	
24 Chest to bar Pull-ups	216
27 Thrusters	
27 Chest to bar Pull-ups	270
SCORE (total number of reps)	

Note:.....

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ATOURBAN



WORKOUT 12.1 17:00 PT Wed, Feb 22 through 17:00 PT Sun, Feb 26

Week 1 presented by **FRS**
HEALTHY PERFORMANCE

WORKOUT

Complete as many reps as possible in 7 minutes of:

Burpees

EQUIPMENT

To complete this workout you will only need a target that can be set at least 6 inches above the athlete's max reach.

MOVEMENT STANDARDS

This workout begins from the standing position, then the athlete will move from flat on the ground to touching an object with both hands that is 6 inches above their max reach.



Bottom of the Burpee
At the bottom position the athlete's chest and hips must touch the ground.



Touching the top position
At the top of the burpee both hands must make contact with the target.



Showing full extension to measure reach

The height of the target must be no less than 6 inches above the athlete's fingertips when they are standing feet together with a straight line through their wrist, elbow, shoulder, hip and knees. The athlete should be shrugging their shoulders and reaching as high as possible while the measurement is being made.

ADDITIONAL NOTES

Please be sure to watch the entire [workout instruction video](#) for full details. Each rep will be counted once the athlete touches the target with both hands. A variety of methods can be used to create a target including a pull-up bar, a hanging ring, a piece of tape on a wall as long as the target is at least 6 inches above the athlete's max reach and it is touched with both hands for the rep to count. If the athlete touches with just one hand or misses, they may re-jump to complete that rep without dropping back to the ground. The use of a springy floor is not allowed.

*http://od-iphone.crossfit.com/games/iphone/G2012_OPEN_Wk1_DemoStandarsBurp_ipod.mov

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the target to be 6 inches above the athlete's max reach. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that the hips and chest are touching the ground at the bottom position and both hands can be seen touching the target. For a video submission example click [here](#).

*http://od-iphone.crossfit.com/games/iphone/KatieHogan_OpenWk1Burpee_ipod.mov



WORKOUT 12.1 17:00 PT Wed, Feb 22 through 17:00 PT Sun, Feb 26

Week 1 presented by **FRS**
HEALTHY PERFORMANCE

Scorecard

Complete as reps as possible in 7 minutes of:
Burpees

Athlete Name _____ Judge Name _____

NUMBER OF REPS

TOTAL REPS COMPLETED



WORKOUT 12.2 17:00 PT Wed, Feb 29 through 17:00 PT Sun, Mar 4

Week 2 presented by **GNC**
LIVE WELL.

WORKOUT Proceed through the sequence below completing as many reps as possible in 10 minutes of:

Men <small><i>Includes Masters Men up to 54 years old</i></small>	Women <small><i>Includes Masters Women up to 54 years old</i></small>
75 pound Snatch, 30 reps 135 pound Snatch, 30 reps 165 pound Snatch, 30 reps 210 pound Snatch, as many reps as possible	45 pound Snatch, 30 reps 75 pound Snatch, 30 reps 100 pound Snatch, 30 reps 120 pound Snatch, as many reps as possible
Masters Men <small><i>Includes Masters Men 55+</i></small>	Masters Women <small><i>Includes Masters Women 55+</i></small>
45 pound Snatch, 30 reps 75 pound Snatch, 30 reps 100 pound Snatch, 30 reps 120 pound Snatch, as many reps as possible	35 pound Snatch, 30 reps 55 pound Snatch, 30 reps 75 pound Snatch, 30 reps 90 pound Snatch, as many reps as possible

MOVEMENT STANDARDS

This workout begins from the standing position with the barbell loaded to the starting weight. In the Snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. A clean and jerk is not permitted.



Setup position with load
The barbell begins on the ground. Touch and go is permitted. No bouncing.



Setup position with empty bar
If in a division that begins with an empty barbell, each repetition must begin with the barbell below the knees.



Barbell overhead position
The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the heels.

EQUIPMENT

To complete this workout you will need:

- One barbell
- Collars
- Plates to load to the appropriate weights for your gender and age group

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so that the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so

that it is clear that the barbell is locked out overhead on each rep. For a video submission example click [here](#).

*http://od-iphone.crossfit.com/games/iphone/G2012_12-2_VidDemoPortrait_ipod.mov

ADDITIONAL NOTES

Please be sure to watch the entire [workout instruction video](#) for full details. Each rep will be counted once the athlete clearly shows control of the barbell overhead. The athlete must be responsible for loading their own barbell to the appropriate loads during the workout. The same barbell must be used for the entire workout and they may not receive assistance when changing the loads. Using additional pre-loaded barbells is not permitted.

*http://od-iphone.crossfit.com/games/iphone/G2012_OPEN12-2_DemoStandards_ipod.mov



WORKOUT 12.2 17:00 PT Wed, Feb 29 through 17:00 PT Sun, Mar 4

Week 2 presented by **GNC**
LIVE WELL.

SCORECARD

Proceed through the sequence below completing as many reps as possible in 10 minutes of:

Athlete Name _____ Judge Name _____

30 Snatch							
Circle load							SUB TOTAL
Men 75lbs	Women 45lbs	Masters Men 45lbs	Masters Women 35lbs				
30 Snatch							
Circle load							SUB TOTAL
Men 135lbs	Women 75lbs	Masters Men 75lbs	Masters Women 55lbs				
30 Snatch							
Circle load							SUB TOTAL
Men 165lbs	Women 100lbs	Masters Men 100lbs	Masters Women 75lbs				
Snatch Max Reps							
Circle load							SUB TOTAL
Men 210lbs	Women 120lbs	Masters Men 120lbs	Masters Women 90lbs				

TOTAL REPS COMPLETED









WORKOUT 12.3 17:00 PT Wed, Mar 7 through 17:00 PT Sun, Mar 11

Week 3 presented by **Altrient™**

WORKOUT Complete as many rounds and reps as possible in 18 minutes of:

Men <small>Includes Masters Men up to 54 years old</small>	Women <small>Includes Masters Women up to 54 years old</small>
15 Box jumps, 24" box 115 pound Push press, 12 reps 9 Toes-to-bar	15 Box jumps, 20" box 75 pound Push press, 12 reps 9 Toes-to-bar
Masters Men <small>Includes Masters Men 55+</small>	Masters Women <small>Includes Masters Women 55+</small>
15 Box jumps or step-ups, 20" box 95 pound Push press, 12 reps 9 Toes-to-bar	15 Box jumps or step-ups, 20" box 55 pound Push press, 12 reps 9 Toes-to-bar

MOVEMENT STANDARDS

Box jump	Push press	Toes-to-bar
 <p>This is a two-foot jump onto the box. The hips and knees must open fully while in control on top of the box.</p>	 <p>Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead.</p>	 <p>In the Toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must touch the bar together at some point.</p>
 <p>You may jump down or step down but you must jump up. Stepping up is only permitted for the two elder Masters categories (55+), not for anyone else.</p>	 <p>A shoulder press, push press, push jerk or split jerk may used as long as the elbow, shoulder, hips and knees fully extend, and the bar finishes directly over the heels with the feet together.</p> <p>Each round the barbell must begin on the ground. Using a rack is not permitted.</p>	 <p>The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar, not out front.</p>

EQUIPMENT

To complete this workout you will need:

- A box that is the appropriate height for your division
- A barbell that is loaded to the appropriate weight for your division
- A pull-up bar

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so that the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the

performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that the standing position can be seen while on top of the box, the barbell is locked out overhead, and the toes can be seen touching the bar.

ADDITIONAL NOTES

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds.

*http://pd.crossfit.com/games/video/G2012_12-3StandsDemoAnnie_SD.mov



WORKOUT 12.3 17:00 PT Wed, Mar 7 through 17:00 PT Sun, Mar 11

Week 3 presented by **Altrient™**

SCORECARD

Complete as many rounds and reps as possible in 18 minutes of:

- 15 Box jumps
- 12 Push press
- 9 Toes-to-bar

Athlete Name _____

Judge Name _____

ROUND	BOX JUMP (15)	PUSH PRESS (12)	TOES-TO-BAR (9)
Round 1			
Round 2			
Round 3			
Round 4			
Round 5			
Round 6			
Round 7			
Round 8			
Round 9			
Round 10			
Round 11			
Round 12			
Round 13			
Round 14			
Round 15			
Round 16			
Round 17			
Round 18			
Round 19			
Round 20			

TOTAL COMPLETED ROUNDS

ADDITIONAL REPS

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Box jump Push press Toes-to-bar



WORKOUT 12.4 17:00 PT Wed, Mar 14 through 17:00 PT Sun, Mar 18






Week 4 presented by



WORKOUT Complete as many rounds and reps as possible in 12 minutes of:

Men <i>Includes Masters Men up to 54 years old</i>	Women <i>Includes Masters Women up to 54 years old</i>
150 Wall balls (20lbs to 10' target) 90 Double-unders 30 Muscle-ups	150 Wall balls (14lbs to 9' target) 90 Double-unders 30 Muscle-ups
Masters Men <i>Includes Masters Men 55+</i>	Masters Women <i>Includes Masters Women 55+</i>
150 Wall balls (20lbs to 9' target) 90 Double-unders 30 Muscle-ups	150 Wall balls (10lbs to 9' target) 90 Double-unders 30 Muscle-ups

MOVEMENT STANDARDS

<p>Wall ball</p>  <p><i>In the wall ball, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the specified target.</i></p>  <p><i>The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is no rep.</i></p> <p><i>Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.</i></p>	<p>Double-under</p>  <p><i>This is a standard double-under in which the rope passes twice for each jump. Only successful jumps are counted, not just attempts.</i></p>	<p>Muscle-up</p> <p><i>In the muscle-up you must pass from a hang below the rings to support above them. A kipping muscle-up is ok, swings or rolls to support are not permitted.</i></p>  <p><i>The arms must come to a full lock out (with or without a "false grip") with the feet off the ground.</i></p>  <p><i>The elbows must fully lock out while supporting yourself above the rings.</i></p>
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EQUIPMENT

To complete this workout you will need:

- A medicine ball of the appropriate weight for your division
- A wall of target set at the specified height
- A jump rope
- A set of gymnastic rings hung so that you can successfully perform a muscle-up

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the height of the wall ball target. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that proper depth and

height is being reached on the wall ball and that lockout is shown at the bottom and top of the muscle-up. For a video submission example click [here](#).

*http://pd.crossfit.com/games/video/G2012_Open12pt4GrahamHolmberg_SD.mov

ADDITIONAL NOTES

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of rounds completed, plus the number of wall balls, plus the number of double-unders, plus the number of muscle-ups in the final round (if incomplete). If you do not complete the first round, enter 0 for rounds and then the number of completed reps of each exercise.

*http://pd.crossfit.com/games/video/G2012_Open12point4_Standards_SD.mov



WORKOUT 12.4 17:00 PT Wed, Mar 14 through 17:00 PT Sun, Mar 18

Week 4 presented by



SCORECARD

Complete as many rounds and reps as possible in 12 minutes of:

- 150 Wall balls
- 90 Double-unders
- 30 Muscle-ups

Athlete Name _____

Judge Name _____

ROUND	WALL BALL (150)	DOUBLE-UNDER (90)	MUSCLE-UP (30)
1			
2			

COMPLETED ROUNDS

ADDITIONAL REPS

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Wall balls Double-unders Muscle-ups





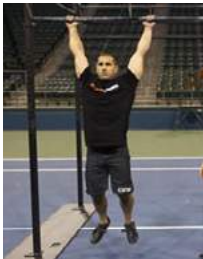

WORKOUT 12.5 17:00 PT Wed, Mar 21 through 17:00 PT Sun, Mar 25

Week 5 presented by MUSCLEPHARM.

WORKOUT Complete as many reps as possible in 7 minutes following the rep scheme below:

<p>3 Barbell Thrusters 3 Chest to bar Pull-ups 6 Barbell Thrusters 6 Chest to bar Pull-ups 9 Barbell Thrusters 9 Chest to bar Pull-ups 12 Barbell Thrusters 12 Chest to bar Pull-ups 15 Barbell Thrusters 15 Chest to bar Pull-ups 18 Barbell Thrusters 18 Chest to bar Pull-ups 21 Barbell Thrusters 21 Chest to bar Pull-ups...</p> <p>This is a timed workout. If you complete the round of 21, go on to 24. If you complete 24, go on to 27, etc.</p>	Men <small>Includes Masters Men up to 54 years old</small>	Women <small>Includes Masters Women up to 54 years old</small>
	<p>Thruster (100lbs) Chest to bar Pull-ups</p>	<p>Thruster (65lbs) Chest to bar Pull-ups</p>
	Masters Men <small>Includes Masters Men 55+</small>	Masters Women <small>Includes Masters Women 55+</small>
	<p>Thruster (90lbs) Chest to bar Pull-ups</p>	<p>Thruster (55lbs) Chin over bar Pull-ups</p>

MOVEMENT STANDARDS

<p>Thruster This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lock out overhead. The bar starts on the ground. No racks allowed.</p> <div style="display: flex; justify-content: space-around;">   </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <p><i>The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground.</i></p> <p><i>The barbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar directly over the heels.</i></p> </div>	<p>Chest to bar Pull-up This is a standard chest to bar pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed as long as all the requirements are met.</p> <div style="display: flex; justify-content: space-around;">   </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <p><i>The arms must be fully extended at the bottom.</i></p> <p><i>At the top, the chest must clearly come into contact with the bar. For masters women (55+), touching the chest is not required, but the chin must break the horizontal plane of the bar.</i></p> </div>
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EQUIPMENT

To complete this workout you will need:

- A barbell that is loaded to the appropriate weight for your division
- A pull-up bar

VIDEO SUBMISSION STANDARDS

Prior to starting, film the barbell and plates to show that it is loaded to the appropriate weight for your division. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that proper depth and lock out is being reached

on the thrusters and the chest can be seen touching the bar on the pull-ups. For a video submission example click [here](#).

*http://pd.crossfit.com/games/video/G2012_12-5_NealVid_SD.mov

ADDITIONAL NOTES

This workout begins from the standing position with the barbell on the floor and the Athlete standing tall. Using a ball, box or other object to check for proper depth is not allowed. Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. You will enter your score as the total number of reps. See the Score Card for assistance in calculating the rep total.

*http://pd.crossfit.com/games/video/G2012_Open12-4InstrDem0_SD.mov



WORKOUT 12.5 17:00 PT Wed, Mar 21 through 17:00 PT Sun, Mar 25

Week 5 presented by 

SCORECARD

Complete as many reps as possible in 7 minutes of:
Thrusters
Chest to bar Pull-ups
Following the rep scheme outlined in the Workout Instructions PDF.

Athlete Name _____

Judge Name _____

3 Thrusters	
3 Chest to bar Pull-ups	6
6 Thrusters	
6 Chest to bar Pull-ups	18
9 Thrusters	
9 Chest to bar Pull-ups	36
12 Thrusters	
12 Chest to bar Pull-ups	60
15 Thrusters	
15 Chest to bar Pull-ups	90
18 Thrusters	
18 Chest to bar Pull-ups	126
21 Thrusters	
21 Chest to bar Pull-ups	168
24 Thrusters	
24 Chest to bar Pull-ups	216
27 Thrusters	
27 Chest to bar Pull-ups	270

SCORE (total number of reps)

Note:.....

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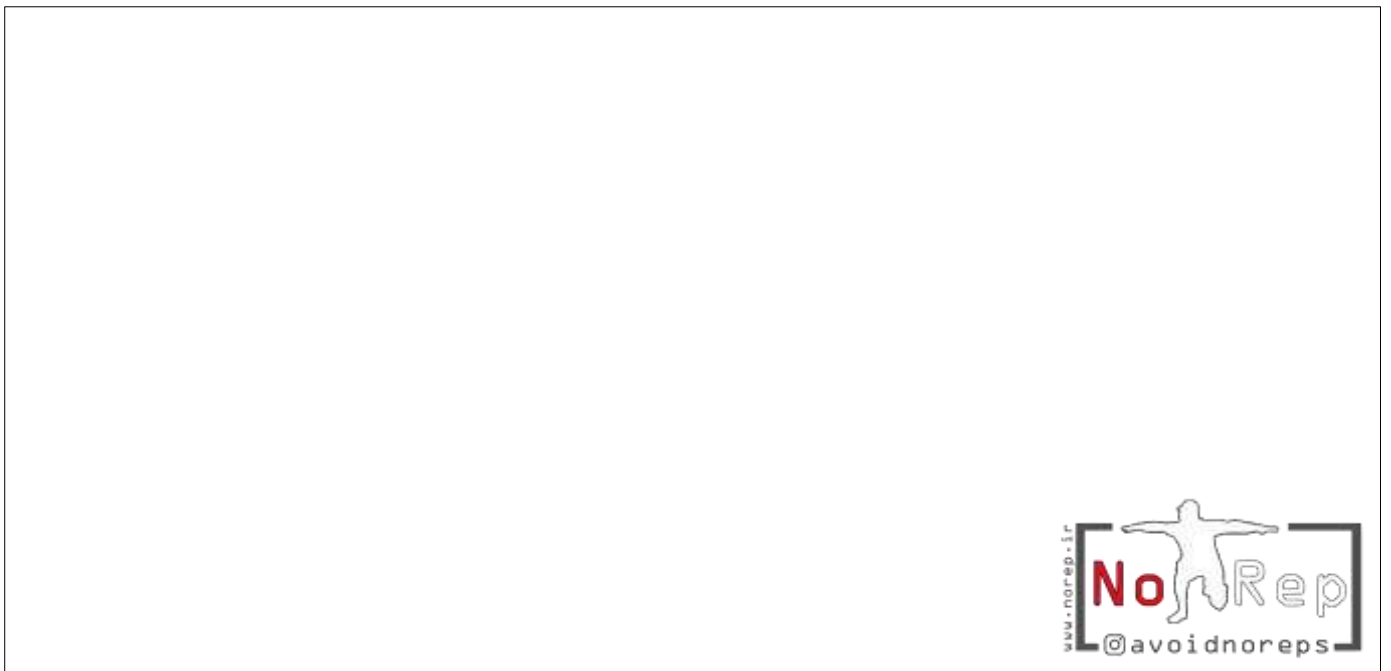
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WORKOUT 13.1 17:00 PT Wed, Mar 6 through 17:00 PT Sun, Mar 10

Week 1 presented by **Reebok**

WORKOUT Proceed through the sequence below completing as many reps as possible in 17 minutes of:

Men <i>Includes Masters Men up to 54 years old</i>	Women <i>Includes Masters Women up to 54 years old</i>
40 Burpees 75 pound Snatch, 30 reps 30 Burpees 135 pound Snatch, 30 reps 20 Burpees 165 pound Snatch, 30 reps 10 Burpees 210 pound Snatch, as many reps as possible	40 Burpees 45 pound Snatch, 30 reps 30 Burpees 75 pound Snatch, 30 reps 20 Burpees 100 pound Snatch, 30 reps 10 Burpees 120 pound Snatch, as many reps as possible
Masters Men <i>Includes Masters Men 55+</i>	Masters Women <i>Includes Masters Women 55+</i>
40 Burpees 45 pound Snatch, 30 reps 30 Burpees 75 pound Snatch, 30 reps 20 Burpees 100 pound Snatch, 30 reps 10 Burpees 120 pound Snatch, as many reps as possible	40 Burpees 35 pound Snatch, 30 reps 30 Burpees 55 pound Snatch, 30 reps 20 Burpees 75 pound Snatch, 30 reps 10 Burpees 90 pound Snatch, as many reps as possible

NOTES

This workout begins from a standing position and with the barbell loaded with the starting weight. In the Burpee, the Athlete will move from flat on the ground to touching an object with both hands that is at least 6 inches above their max reach. In the Snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders. This can be a muscle Snatch, a power Snatch, a squat Snatch or a split Snatch. A Clean and Jerk is not permitted. Score is total reps completed. In the case of a tie, the Athlete with the faster time to finish their last complete set of Snatches will be ranked higher.

SPECIAL TIEBREAK

In this workout, we are using a special tiebreak method. At the end of each round of 30 Snatches, time should be marked. Specifically, as soon as the 30th Snatch at 75 pounds for men is complete, time should be marked. As soon as the 30th Snatch at 135 pounds is complete, time should be marked. The same at the 30th rep at 165 pounds, if you get there. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the time of the last completed sets of Snatches, whichever that may be.

For example, a male athlete finishes all the reps up to and including 10 Snatches at 165 pounds, for a total of 160 reps. This is his score. He also finished the 30th Snatch at 75 pounds in 3:52, and the 30th Snatch at 135 pounds in 13:10. In this case he will enter 13:10 as his time in the tiebreak field since this was the time of completion of his final set of Snatches. This athlete would be ranked above someone who got 160 reps and a tiebreak time of 14:00, but below someone with 160 reps and a tiebreak time of 12:00.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended that you set your clock to count up.

MOVEMENT STANDARDS

Please be sure to watch the entire [workout instruction video](#) for full details.

Burpee

The height of the target must be no fewer than 6 inches above the Athlete's fingertips when they are standing, feet together, with a straight line through their wrist, elbow, shoulder, hip and knees. The Athlete should be shrugging their shoulders and reaching as high as possible while the measurement is being made.

If the Athlete touches with just one hand or misses, they may re-jump to complete the rep without dropping back to the ground. The use of a springy floor is not allowed.

Snatch

Each rep will be counted once the Athlete clearly shows control of the barbell overhead. Pressing out the arms at the top to complete the movement is allowed as long as the barbell does not touch the shoulders or head. The Athlete must be responsible for loading their own barbell to the appropriate weights during the workout. The same barbell must be used for the entire workout, and the Athlete may not receive assistance when changing the loads. Using additional pre-loaded barbells is not permitted.

BURPEE



Bottom of Burpee

At the bottom position the Athlete's chest and hips must touch the ground.



Touching top position

At the top of the Burpee, both hands must make contact with the target.



Measuring the Burpee target

Must be 6 inches above Athlete's max reach.

SNATCH



Setup position with load

The barbell begins on the ground. Touch and go is permitted. No bouncing.



Barbell overhead position

The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.



Setup position with empty bar

If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.

EQUIPMENT

To complete this workout you will need:

- A target set 6 inches above your max reach
- One barbell
- Collars
- Plates to load to the appropriate weights for your division

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, film the measuring of the target to be 6 inches above the Athlete's max reach, as well as the plates and barbell to be used so the loads can be clearly seen. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so it is clear that the hips and chest are touching the ground at the bottom position, the hands can be seen touching the target, and that the barbell is locked out overhead on each rep.

Click [here](#) to see an example of a valid video submission.



WORKOUT 13.1 17:00 PT Wed, Mar 6 through 17:00 PT Sun, Mar 10

Week 1 presented by **Reebok**

SCORECARD

Proceed through the sequence below completing as many reps as possible in 17 minutes of:

Men	75 / 135 / 165 / 210
Women	45 / 75 / 100 / 120
Masters Men . . .	45 / 75 / 100 / 120
Masters Women . .	35 / 55 / 75 / 90

*All weights in pounds

40 Burpee		40
30 Snatch 75 / 45 / 45 / 35 lbs		70
30 Burpee		100
30 Snatch 135 / 75 / 75 / 55 lbs		130
20 Burpee		150
30 Snatch 165 / 100 / 100 / 75 lbs		180
10 Burpee		190
Snatch 210 / 120 / 120 / 90 lbs		

Athlete Name _____ (Print) Total Reps _____ Tiebreak Time _____
(Last completed round of Snatches)

Workout Location _____ (Name of Affiliate) Judge _____ (Print) Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for workout 13.1 _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

Athlete Name _____ (Print) Total Reps _____ Tiebreak Time _____
(Last completed round of Snatches)

Workout Location _____ (Name of Affiliate) Judge _____ (Print) Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for workout 13.1 _____
Judge Signature Date



WORKOUT 13.2 17:00 PT Wed, Mar 13 through 17:00 PT Sun, Mar 17

Week 2 presented by



WORKOUT Complete as many rounds and reps as possible in 10 minutes of:

Men <i>Includes Masters Men up to 54 years old</i>	Women <i>Includes Masters Women up to 54 years old</i>
115 pound Shoulder to overhead, 5 reps 115 pound Deadlift, 10 reps 15 Box jumps, 24-inch box	75 pound Shoulder to overhead, 5 reps 75 pound Deadlift, 10 reps 15 Box jumps, 20-inch box
Masters Men <i>Includes Masters Men 55+</i>	Masters Women <i>Includes Masters Women 55+</i>
95 pound Shoulder to overhead, 5 reps 95 pound Deadlift, 10 reps 15 Box jumps, 20-inch box	55 pound Shoulder to overhead, 5 reps 55 pound Deadlift, 10 reps 15 Box jumps, 20-inch box







NOTES

Please be sure to watch the entire [workout instruction video](#) for full details.

This workout begins from a standing position and with the barbell on the ground, loaded to the appropriate weight. For the Shoulder to overhead to count, the barbell will move from the shoulders to the overhead position with the knees, hips and shoulders extended in one line. After the 5 reps, they will use the same barbell to perform the Deadlift. After 10 Deadlifts they will move to the box. The athlete will start with two feet on the ground and come to a standing position with knees and hips locked out on top of the box. Two-foot jumps, one-foot jumps and step-ups are all permitted.

Every rep counts in this workout. Credit will be given for partially completed rounds.

MOVEMENT STANDARDS

Shoulder to overhead	Deadlift	Box jump
 <p>Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body.</p>	 <p>This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.</p>	 <p>Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box.</p>
 <p>A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.</p>	 <p>Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout.</p>	 <p>You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control.</p>
<p>Each round, the barbell must begin on the ground. Using a rack is not permitted.</p>		

EQUIPMENT

To complete this workout you will need:

- A barbell that is loaded to the appropriate weight for your division
- A box that is the appropriate height for your division

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 52 kg for the Men, 34 kg for the Women, 43 kg for the Masters Men, 25 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS

Click [here](#) to see an example of a valid video submission.

Prior to starting, film the plates and barbell to be used so the loads can be clearly seen, as well as measuring the height of the box. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear that the barbell is locked out overhead, the shoulders are behind the bar at the top of the deadlift, and the standing position can be seen while on top of the box.



WORKOUT 13.2 17:00 PT Wed, Mar 13 through 17:00 PT Sun, Mar 17

Week 2 presented by



SCORECARD

Complete as many rounds and reps as possible in 10 minutes of:

- 5 Shoulder to overhead
- 10 Deadlift
- 15 Box jump, 24/20/20/20-inch box

Men	115
Women	75
Masters Men	95
Masters Women	55
*All weights in pounds	

Round	Shoulder to overhead (5)	Deadlift (10)	Box jump (15)	
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330
12				360
13				390
14				420
15				450

Athlete Name _____ Total Reps _____
(Print)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents my performance for workout 13.2 _____
Affiliate Copy Athlete Signature Date

Athlete Copy

Athlete Name _____ Total Reps _____
(Print)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents this performance for workout 13.2 _____
Judge Signature Date



WORKOUT 13.3 17:00 PT Wed, Mar 20 through 17:00 PT Sun, Mar 24

Week 3 presented by **PROGENEX**

WORKOUT Complete as many rounds and reps as possible in 12 minutes of:

Men <small><i>Includes Masters Men up to 54 years old</i></small>	Women <small><i>Includes Masters Women up to 54 years old</i></small>
150 Wall balls (20 lbs to 10' target) 90 Double-unders 30 Muscle-ups	150 Wall balls (14 lbs to 9' target) 90 Double-unders 30 Muscle-ups
Masters Men <small><i>Includes Masters Men 55+</i></small>	Masters Women <small><i>Includes Masters Women 55+</i></small>
150 Wall balls (20 lbs to 9' target) 90 Double-unders 30 Muscle-ups	150 Wall balls (10 lbs to 9' target) 90 Double-unders 30 Muscle-ups

NOTES

Please be sure to watch the entire [workout instruction video](#) for full details.

This workout begins from the standing position with the medicine ball on the floor and the Athlete standing tall. Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.

Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the total number of reps completed.

SPECIAL TIEBREAK

In this workout, we are using a special tiebreak method. At the end of each set of exercises, time should be marked. Specifically, as soon as the 150th Wall ball is complete, time should be marked. As soon as the 90th Double-under is complete, time should be marked. The same at the 30th Muscle-up, if you get there. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at the last fully completed exercise set, whichever that may be.

For example, a male athlete finishes all the reps up to and including 10 Muscle-ups, for a total of 250 reps. This is his score. He also finished the 150th Wall ball at 7:50, and the 90th Double-under at 9:25. In this case he will enter 9:25 as his time in the tiebreak field since this was the time of completion of his final fully completed set. This athlete would be ranked above someone who got 250 reps and a tiebreak time of 10:00, but below someone with 250 reps and a tiebreak time of 9:00.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended that you set your clock to count up.

MOVEMENT STANDARDS

WALL BALL



Wall Ball Bottom

In the wall ball, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



Wall Ball Top

The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a no rep.

DOUBLE-UNDER



This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

MUSCLE-UP



Muscle-up Bottom

In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip') and the feet off the ground.



Muscle-up Top

The elbows must be fully locked out while supporting yourself above the rings.

Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

EQUIPMENT

To complete this workout you will need:

- A medicine ball of the appropriate weight for your division
- A wall mark or target set at the specified height
- A jump rope
- A set of gymnastic rings hung so you can successfully perform a muscle-up

*The official weight is in pounds. For your convenience, the minimum acceptable medicine ball weights in kilograms are 9 kg for Men and Masters Men, 6 kg for Women and 4 kg for Masters Women.

VIDEO SUBMISSION STANDARDS

Click [here](#) to see an example of a valid video submission.

Prior to starting the workout, film the measuring of the height of the wall ball target, as well as the weight of the ball. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear that proper depth and height is being reached on the wall ball and that lockout is shown at the bottom and top of the muscle-up.



WORKOUT 13.3 17:00 PT Wed, Mar 20 through 17:00 PT Sun, Mar 24

Week 3 presented by **PROGENEX**

SCORECARD Complete as many rounds and reps as possible in 12 minutes of:
 150 Wall balls
 90 Double-unders
 30 Muscle-ups

Men	20 lbs / 10' target
Women	14 lbs / 9' target
Masters Men	20 lbs / 9' target
Masters Women	10 lbs / 9' target

Round	Wall ball (150)	Double-under (90)	Muscle-up (30)
1	150 <hr/> Time	240 <hr/> Time	270 <hr/> Time
2	420 <hr/> Time	510 <hr/> Time	540 <hr/> Time

Athlete Name _____ (Print) Total Reps _____ Tiebreak Time _____
(Last completed set)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents my performance for Workout 13.3 _____
Affiliate Copy Athlete Signature Date

Athlete Name _____ (Print) Total Reps _____ Tiebreak Time _____
(Last completed set)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents this performance for Workout 13.3 _____
Judge Signature Date



WORKOUT 13.4

17:00 PT Wed, Mar 27 through 17:00 PT Sun, Mar 31



WORKOUT Complete as many reps as possible in 7 minutes following the rep scheme below:

3 Clean and jerk 3 Toes-to-bar 6 Clean and jerk 6 Toes-to-bar 9 Clean and jerk 9 Toes-to-bar 12 Clean and jerk 12 Toes-to-bar 15 Clean and jerk 15 Toes-to-bar 18 Clean and jerk 18 Toes-to-bar... This is a timed workout. If you complete the round of 18, go on to 21. If you complete 21, go on to 24, etc.	Men <i>Includes Masters Men up to 54 years old</i>	Women <i>Includes Masters Women up to 54 years old</i>
	Clean and jerk (135 lbs) Toes-to-bar	Clean and jerk (95 lbs) Toes-to-bar
	Masters Men <i>Includes Masters Men 55+</i>	Masters Women <i>Includes Masters Women 55+</i>
	Clean and jerk (115 lbs) Toes-to-bar	Clean and jerk (65 lbs) Toes-to-bar

NOTES

Please be sure to watch the entire [workout instruction video](#) for full details.

This workout begins from the standing position with the barbell on the floor and the Athlete standing tall. Every rep counts in this workout. You will enter your score as the total number of reps. See the Scorecard for assistance in calculating the rep total.

MOVEMENT STANDARDS



Barbell Starting Position
The barbell begins on the ground. Touch and go is permitted. No bouncing.



Overhead Position
A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the jerk is missed but brought back to the front rack, the Athlete may re-attempt the jerk from there without taking the barbell back to the floor.



Midpoint
The barbell must make contact with the shoulders, such that the lift is in two distinct phases, the clean, and then the jerk. Snatching is not permitted.



Toes-to-bar Touch
In the toes-to-bar, the Athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands.



Toes-to-bar Hang
The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

EQUIPMENT

To complete this workout you will need:

- A barbell that is loaded to the appropriate weight for your division
- A pull-up bar

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 61 kg for the Men, 43 kg for the Women, 52 kg for the Masters Men, 29 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS

Click [here](#) to see an example of a valid video submission.

Prior to starting, film the plates and barbell to be used so the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear that the barbell is locked out overhead, and the feet can be seen behind the plane of the bar at the bottom, and in contact with the bar at top.



WORKOUT 13.4 17:00 PT Wed, Mar 27 through 17:00 PT Sun, Mar 31



SCORECARD Complete as many reps as possible in 7 minutes of:
 Clean and jerk
 Toes-to-bar
 Following the rep scheme below

Men	135 lbs
Women	95 lbs
Masters Men	115 lbs
Masters Women	65 lbs

3 Clean and jerks		
3 Toes-to-bar		6
6 Clean and jerks		
6 Toes-to-bar		18
9 Clean and jerks		
9 Toes-to-bar		36
12 Clean and jerks		
12 Toes-to-bar		60
15 Clean and jerks		
15 Toes-to-bar		90

18 Clean and jerks		
18 Toes-to-bar		126
21 Clean and jerks		
21 Toes-to-bar		168
24 Clean and jerks		
24 Toes-to-bar		216
27 Clean and jerks		
27 Toes-to-bar		270
30 Clean and jerks		
30 Toes-to-bar		330

Athlete Name _____ Total Reps _____
(Print)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents my performance for Workout 13.4 _____
Affiliate Copy Athlete Signature Date

Athlete Name _____ Total Reps _____
(Print)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents this performance for Workout 13.4 _____
Judge Signature Date



WORKOUT 13.5 17:00 PT Wed, Apr 3 through 17:00 PT Sun, Apr 7

Week 5 presented by **CrossFit HOPE**

WORKOUT Complete as many reps as possible in 4 minutes of:

<p>15 Barbell Thrusters 15 Pull-ups</p> <p>If 90 reps (3 rounds) are completed in under 4 minutes, time extends to 8 minutes. If 180 reps (6 rounds) are completed in under 8 minutes, time extends to 12 minutes. If 270 reps (9 rounds) are completed in under 12 minutes, time extends to 16 minutes. Etc.</p>	Men <small>Includes Masters Men up to 54 years old</small>	Women <small>Includes Masters Women up to 54 years old</small>
	100 pound Thruster, 15 reps 15 Chest to bar Pull-ups	65 pound Thruster, 15 reps 15 Chest to bar Pull-ups
	Masters Men <small>Includes Masters Men 55+</small>	Masters Women <small>Includes Masters Women 55+</small>
	65 pound Thruster, 15 reps 15 Chin over bar Pull-ups	45 pound Thruster, 15 reps 15 Jumping chest to bar Pull-ups

NOTES

Please be sure to watch the entire [workout instruction video](#).

This workout begins from the standing position with the barbell on the floor and the Athlete standing tall. Using a ball, box or other object to check for proper depth is not allowed. Every rep counts in this workout. You will enter your score as the total number of reps. See the Scorecard for assistance in calculating the rep total.

TIME BONUS

This workout begins as a standard four-minute AMRAP of 15 thrusters and 15 chest-to-bar pull-ups. If the Athlete completes 90 reps (three complete rounds) before the time cap, there is a four-minute time bonus. The workout is now an eight-minute AMRAP.

The Athlete can continue working as fast as possible (i.e. there is no requirement to rest or wait until four minutes are up). For example, if an athlete completes three rounds in 3:00, their time is extended to 8:00 and they can immediately begin working on their fourth round, with five minutes remaining.

Now, if the Athlete completes 180 reps (six complete rounds) before the eight-minute time cap, there is another four-minute time bonus. The workout is now a 12-minute AMRAP. If the Athlete completes 270 reps (9 complete rounds) before the 12-minute mark, the workout becomes a 16-minute AMRAP. This pattern repeats indefinitely, as long as an additional 90 reps are completed before the time cap.

MOVEMENT STANDARDS



Bottom of Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground.



Top of Thruster

The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.



Bottom of Pull-up

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.



Top of Pull-up

At the top, the chest must clearly come into contact with the bar. For Masters Men (55+), touching the chest is not required, but the chin must break the horizontal plane of the bar.

EQUIPMENT

To complete this workout you will need:

- A barbell that is loaded to the appropriate weight for your division
- A pull-up bar

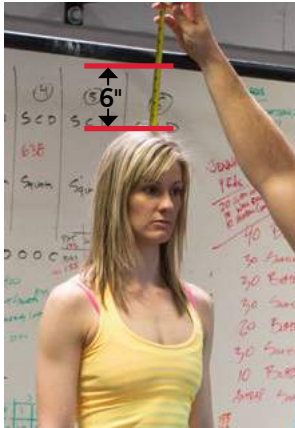
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 45 kg for the Men, 29 kg for the Women, 29 kg for the Masters Men, 20 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS

Click [here](#) to see an example of a valid video submission.

Prior to starting, film the plates and barbell to be used so the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that proper depth and lock out is being reached on the thrusters and the chest can be seen touching the bar on the pull-ups.

JUMPING CHEST TO BAR PULL-UP STANDARDS FOR MASTERS WOMEN 55+



Measurement of the bar

The pull-up bar should be setup so it is at least 6 inches above the top of the Athlete's head when standing tall.



Bottom of Jumping Pull-up

At the bottom, the Athlete must lower herself so her arms are fully extended.



Top of Pull-up

At the top, the chest must clearly come into contact with the bar.



WORKOUT 13.5 17:00 PT Wed, Apr 3 through 17:00 PT Sun, Apr 7

Week 5 presented by **CrossFit HOPE**

SCORECARD Complete as many reps as possible in 4 minutes of:
 15 Barbell Thrusters
 15 Pull-ups

Men	100 lbs / Chest to bar Pull-ups
Women	65 lbs / Chest to bar Pull-ups
Masters Men	65 lbs / Chin over bar Pull-ups
Masters Women	45 lb / Jumping chest to bar Pull-ups

Round	Thrusters (15)	Pull-ups (15)	
1			30
2			60
3			90
Move on if completed in under 4 minutes			
4			120
5			150
6			180
Move on if completed in under 8 minutes			
7			210
8			240
9			270
Move on if completed in under 12 minutes			
10			300
11			330
12			360

Athlete Name _____ (Print) Total Reps _____

Workout Location _____ (Name of Affiliate) Judge _____ (Print) Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for workout 13.5 _____ Athlete Signature _____ Date _____

Affiliate Copy
 Athlete Copy

Athlete Name _____ (Print) Total Reps _____

Workout Location _____ (Name of Affiliate) Judge _____ (Print) Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents this performance for workout 13.5 _____ Judge Signature _____ Date _____

Note:.....

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ATOURBAN



WORKOUT 14.1 17:00 PT Thur, Feb 27 through 17:00 PT Mon, March 3

Week 1 presented by 

WORKOUT Complete as many rounds and reps as possible in 10 minutes of:

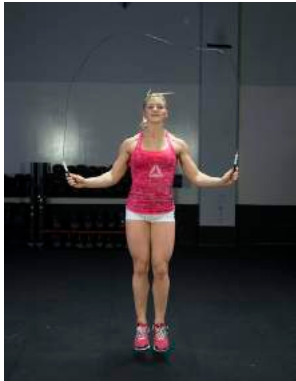



MEN	<i>Includes Masters Men up to 54 years old</i>	WOMEN	<i>Includes Masters Women up to 54 years old</i>
30 double-unders 75-lb. power snatches, 15 reps		30 double-unders 55-lb. power snatches, 15 reps	
MASTERS MEN	<i>Includes Masters Men 55+</i>	MASTERS WOMEN	<i>Includes Masters Women 55+</i>
30 double-unders 65-lb. power snatches, 15 reps		30 double-unders 45-lb. power snatches, 15 reps	

NOTES

This workout begins with the Athlete holding their jump rope with the barbell loaded to the appropriate weight. After 30 double-unders are completed the athlete will move to the barbell to perform power snatches. For the power snatch to count, the barbell will move from the ground (or below the knee if the barbell is unloaded) to the overhead position with the knees, hips and shoulders extended in one line. After the 15 reps, they will move back to the jump rope and begin the next round.

Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the total number of reps completed.

MOVEMENT STANDARDS

<p>DOUBLE-UNDER</p>  <p><i>This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.</i></p>	<p>POWER SNATCH (GROUND TO OVERHEAD) <i>This power snatch is a ground-to-overhead any way. The key point is the range of motion between the start and end points.</i></p> <p>SETUP POSITION WITH LOAD: SETUP POSITION WITH EMPTY BAR: BARBELL OVERHEAD POSITION:</p>    <p><i>The barbell begins on the ground. Touch-and-go is permitted. No bouncing.</i></p> <p><i>If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.</i></p> <p><i>The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.</i></p>		
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EQUIPMENT

- Jump rope
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear that the barbell is locked out overhead and the rope is passing twice under the feet.



WORKOUT 14.1 17:00 PT Thur, Feb 27 through 17:00 PT Mon, March 3

Week 1 presented by  **PROGENEX**

SCORECARD Complete as many rounds and reps as possible in 10 minutes of:
 30 double-unders
 15 power snatches

Men	75 lb.
Women	55 lb.
Masters Men	65 lb.
Masters Women	45 lb.

ROUND	DOUBLE-UNDER (30)	POWER SNATCH (15)	REPS
1			45
2			90
3			135
4			180
5			225
6			270
7			315
8			360
9			405
10			450
11			495
12			540

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for workout 14.1 _____
Athlete Signature Date

Affiliate Copy

 Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for workout 14.1 _____
Judge Signature Date



WORKOUT 14.2 17:00 PT Thur, March 6 through 17:00 PT Mon, March 10



WORKOUT Complete the following every 3 minutes for as long as possible:

<p>From 0:00-3:00 2 rounds of: 10 overhead squats 10 chest-to-bar pull-ups</p> <p>From 3:00-6:00 2 rounds of: 12 overhead squats 12 chest-to-bar pull-ups</p> <p>From 6:00-9:00 2 rounds of: 14 overhead squats 14 chest-to-bar pull-ups</p> <p>Etc., following same pattern until you fail to complete both rounds</p>	MEN	<i>Includes Masters Men up to 54 years old</i>	WOMEN	<i>Includes Masters Women up to 54 years old</i>
	95-lb. overhead squats		65-lb. overhead squats	
	Chest-to-bar pull-ups		Chest-to-bar pull-ups	
	MASTERS MEN	<i>Includes Masters Men 55+</i>	MASTERS WOMEN	<i>Includes Masters Women 55+</i>
	65-lb. overhead squats		45-lb. overhead squats	
	Chin-over-bar pull-ups		Jumping chest-to-bar pull-ups	

NOTES

Each 3-minute section begins from the standing position with the barbell on the floor and the Athlete standing tall. Using a ball, box or other object to check for proper depth is not allowed. Every rep counts in this workout. You will enter your score as the total number of reps. See the Scorecard for assistance in calculating the rep total.

TIME BONUS

This workout begins as a standard three-minute couplet of two rounds of 10 overhead squats and 10 chest-to-bar pull-ups. If you complete all 40 reps (two complete rounds) before the time cap you will rest until the three minutes is up before beginning the next segment. In the second segment, minute 3 to minute 6, you will attempt two rounds of 12 overhead squats and 12 chest-to-bar pull-ups. If you complete all 48 reps (two complete rounds) before the time cap you will rest until the six

minutes is up before beginning the next segment. In the third segment, minute 6 to minute 9, you will attempt two rounds of 14 overhead squats and 14 chest-to-bar pull-ups. If you complete all 56 reps (two complete rounds) before the time cap you will rest until the nine minutes is up before beginning the next segment. You will continue in this pattern for as long as possible. Sixteen reps of each during minutes 9 to 12, 18 reps of each during minutes 12 to 15, etc.

Your workout is over whenever you do not complete two full rounds of the couplet within the time cap and your score will be the total number of reps you complete.

For example, if you complete the first two rounds of 10s (40 reps) in 2:30, you will rest until 3:00 before beginning the rounds of 12s. If you then complete one full round of 12s plus an additional 10 overhead squats (34 reps) by minute 6, your workout is over. Your score will be 74 (40 reps from the first segment plus 34 reps from the second segment).

MOVEMENT STANDARDS

OVERHEAD SQUAT



The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. You may not use a rack.

CHEST-TO-BAR PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.



At the top, the chest must clearly come into contact with the bar into contact with the bar below the collarbone. For Masters Men (55+), touching the chest is not required, but the chin must break the horizontal plane of the bar.



JUMPING CHEST-TO-BAR PULL-UPS (MASTERS WOMEN 55+)



The pull-up bar should be setup so it is at least 6 inches above the top of the Athlete's head when standing tall.



At the bottom, the Athlete must lower herself so her arms are fully extended.



At the top, the chest must clearly come into contact with the bar.

EQUIPMENT:

- Barbell
- Collars
- Plates to load to the appropriate weights for your division
- Pull-up bar

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg for the Men and, 29 kg for the Women, 29 kg for the Masters Men, 20 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS:

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear that proper depth and lockout is being reached on the overhead squats and the chest can be seen touching the bar on the pull-ups.



WORKOUT 14.2 17:00 PT Thur, March 6 through 17:00 PT Mon, March 10

Week 2 presented by



SCORECARD Every 3 minutes for as long as possible:
Overhead squats
Chest-to-bar pull-ups

Men	95 lb. / Chest-to-bar pull-ups
Women	65 lb. / Chest-to-bar pull-ups
Masters Men	65 lb. / Chin-over-bar pull-ups
Masters Women	45 lb. / Jumping chest-to-bar pull-ups

0:00 - 3:00	10 OVERHEAD SQUATS	
	10 CHEST-TO-BAR PULL-UPS	
	10 OVERHEAD SQUATS	
	10 CHEST-TO-BAR PULL-UPS	40

9:00 - 12:00	16 OVERHEAD SQUATS	
	16 CHEST-TO-BAR PULL-UPS	
	16 OVERHEAD SQUATS	
	16 CHEST-TO-BAR PULL-UPS	208

3:00 - 6:00	12 OVERHEAD SQUATS	
	12 CHEST-TO-BAR PULL-UPS	
	12 OVERHEAD SQUATS	
	12 CHEST-TO-BAR PULL-UPS	88

12:00 - 15:00	18 OVERHEAD SQUATS	
	18 CHEST-TO-BAR PULL-UPS	
	18 OVERHEAD SQUATS	
	18 CHEST-TO-BAR PULL-UPS	280

6:00 - 9:00	14 OVERHEAD SQUATS	
	14 CHEST-TO-BAR PULL-UPS	
	14 OVERHEAD SQUATS	
	14 CHEST-TO-BAR PULL-UPS	144

15:00 - 18:00	20 OVERHEAD SQUATS	
	20 CHEST-TO-BAR PULL-UPS	
	20 OVERHEAD SQUATS	
	20 CHEST-TO-BAR PULL-UPS	360

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N Online Judges Course?
Name of Affiliate Print

I confirm the information above accurately represents my performance for workout 14.2 _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N Online Judges Course?
Name of Affiliate Print

I confirm the information above accurately represents the athlete's performance for workout 14.2 _____
Judge Signature Date



WORKOUT 14.3 17:00 PT Thur, March 13 through 17:00 PT Mon, March 17

Week 3 presented by



WORKOUT Complete as many reps as possible in 8 minutes of:

MEN <small><i>Includes Masters Men up to 54 years old</i></small>	WOMEN <small><i>Includes Masters Women up to 54 years old</i></small>
135-lb. deadlifts, 10 reps 15 box jumps, 24-inch 185-lb. deadlifts, 15 reps 15 box jumps, 24-inch 225-lb. deadlifts, 20 reps 15 box jumps, 24-inch 275-lb. deadlifts, 25 reps 15 box jumps, 24-inch 315-lb. deadlifts, 30 reps 15 box jumps, 24-inch 365-lb. deadlifts, 35 reps 15 box jumps, 24-inch	95-lb. deadlifts, 10 reps 15 box jumps, 20-inch 135-lb. deadlifts, 15 reps 15 box jumps, 20-inch 155-lb. deadlifts, 20 reps 15 box jumps, 20-inch 185-lb. deadlifts, 25 reps 15 box jumps, 20-inch 205-lb. deadlifts, 30 reps 15 box jumps, 20-inch 225-lb. deadlifts, 35 reps 15 box jumps, 20-inch
MASTERS MEN <small><i>Includes Masters Men 55+</i></small>	MASTERS WOMEN <small><i>Includes Masters Women 55+</i></small>
95-lb. deadlifts, 10 reps 15 box jumps, 20-inch 135-lb. deadlifts, 15 reps 15 box jumps, 20-inch 185-lb. deadlifts, 20 reps 15 box jumps, 20-inch 225-lb. deadlifts, 25 reps 15 box jumps, 20-inch 275-lb. deadlifts, 30 reps 15 box jumps, 20-inch 315-lb. deadlifts, 35 reps 15 box jumps, 20-inch	65-lb. deadlifts, 10 reps 15 box jumps, 20-inch 95-lb. deadlifts, 15 reps 15 box jumps, 20-inch 115-lb. deadlifts, 20 reps 15 box jumps, 20-inch 135-lb. deadlifts, 25 reps 15 box jumps, 20-inch 155-lb. deadlifts, 30 reps 15 box jumps, 20-inch 185-lb. deadlifts, 35 reps 15 box jumps, 20-inch

NOTES

This workout begins from the standing position with the barbell on the floor and the Athlete standing tall. Each time the athlete returns to the deadlift they will be responsible for loading their own barbell to the next appropriate weight. The same barbell must be used for the entire workout, and the Athlete may not receive assistance when changing the loads. Using additional pre-loaded barbells is not permitted.

Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the total number of reps completed plus your tiebreak time (see below).

SPECIAL TIEBREAK

In this workout, we are using a special tiebreak method. At the end of each set of 15 box jumps time should be marked. When you submit your

final result, your score will be the number of reps completed. There will be another field in which you will enter the time of the last completed sets of box jumps.

For example, a male athlete finishes all the reps up to and including 25 deadlifts at 275 lb. plus an additional 5 box jumps, for a total of 120 reps. This is his score. He also finished the 15th box jump of the round with 135 lb. in 0:45, the 15th box jump of the round with 185 lb. in 2:14, and the 15th box jump of the round with 225 lb. in 6:32. In this case he will enter 6:32 as his time in the tiebreak field since this was the time of completion of his last full set of box jumps. This athlete would be ranked above someone who got 120 reps and a tiebreak time of 7:02, but below someone with 120 reps and a tiebreak time of 6:11.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended that you set your clock to count up.



Week 3 presented by



MOVEMENT STANDARDS

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout.

BOX JUMP



Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box.



You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control.

EQUIPMENT

- One Barbell
- Collars
- Plates to load to the appropriate weights for your division
- Box that is the appropriate height for your division

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are:

Men: 61, 84, 102, 125, 143, 166 kg

Women: 43, 61, 70, 84, 93, 102 kg

Masters Men 55+: 43, 61, 84, 102, 125, 143 kg

Masters Women 55+: 29, 43, 52, 61, 70, 84 kg

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly, as well as measuring the height of the box. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear the shoulders are behind the bar at the top of the deadlift, and the standing position can be seen while on top of the box.



WORKOUT 14.3 17:00 PT Thur, March 13 through 17:00 PT Mon, March 17

Week 3 presented by



SCORECARD

Men	135, 185, 225, 275, 315, 365 lb. / 24" Box jump
Women	95, 135, 155, 185, 205, 225 lb. / 20" Box jump
Masters Men	95, 135, 185, 225, 275, 315 lb. / 20" Box jump
Masters Women . .	65, 95, 115, 135, 155, 185 lb. / 20" Box jump

Complete as many reps as possible in 8 minutes of:

10 DEADLIFTS 135 / 95 / 95 / 65 LB.		10	
15 BOX JUMPS		25	
15 DEADLIFTS 185 / 135 / 135 / 95 LB.		40	TIME
15 BOX JUMPS		55	
20 DEADLIFTS 225 / 155 / 185 / 115 LB.		75	TIME
15 BOX JUMPS		90	
25 DEADLIFTS 275 / 185 / 225 / 135 LB.		115	TIME
15 BOX JUMPS		130	
30 DEADLIFTS 315 / 205 / 275 / 155 LB.		160	TIME
15 BOX JUMPS		175	
35 DEADLIFTS 365 / 225 / 315 / 185 LB.		210	TIME
15 BOX JUMPS		225	TIME

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N Online Judges Course?
Name of Affiliate Print

I confirm the information above accurately represents my performance for workout 14.3 _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N Online Judges Course?
Name of Affiliate Print

I confirm the information above accurately represents the athlete's performance for workout 14.3 _____
Judge Signature Date



WORKOUT 14.4 17:00 PT Thur, March 20 through 17:00 PT Mon, March 24

Week 4 presented by **ROGUE**
WWW.ROGUEFITNESS.COM

WORKOUT Complete as many rounds and repetitions as possible in 14 minutes of:

MEN <small><i>Includes Masters Men up to 54 years old</i></small>	WOMEN <small><i>Includes Masters Women up to 54 years old</i></small>
60-calorie row 50 toes-to-bars 40 wall-ball shots, 20 lb. to 10-foot target 30 cleans, 135 lb. 20 muscle-ups	60-calorie row 50 toes-to-bars 40 wall-ball shots, 14 lb. to 9-foot target 30 cleans, 95 lb. 20 muscle-ups
MASTERS MEN <small><i>Includes Masters Men 55+</i></small>	MASTERS WOMEN <small><i>Includes Masters Women 55+</i></small>
60-calorie row 50 toes-to-bars 40 wall-ball shots, 20 lb. to 9-foot target 30 cleans, 115 lb. 20 muscle-ups	60-calorie row 50 toes-to-bars 40 wall-ball shots, 10 lb. to 9-foot target 30 cleans, 65 lb. 20 muscle-ups

NOTES

This workout begins seated on the rower, with the monitor set to zero calories. At the call of "3-2-1...Go," the athlete will grab the handle and begin rowing. If you finish the 20 muscle-ups and return to the rower, you must reset the monitor to zero before rowing.

Your score will be the total number of repetitions completed before the 14-minute time cap. You will enter your result by the total number of reps completed plus your tiebreak time (see below).

SPECIAL TIEBREAK

In this workout, we are using a special tiebreak method. At the end of the set of cleans and the set of muscle-ups, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed the 30 cleans or the 20 muscle-ups, whichever was last. If you do not get through the 30 cleans you will not have a tiebreak time.

For example, a male athlete finishes all the reps up to and including 10 calories of rowing in his second round, for a total of 210 reps. This is his score. He finished his 30th clean at 10:05, and his 20th muscle-up at 13:10. In this case he will enter 13:10 as his time in the tiebreak field. This athlete would be ranked above someone who got 210 reps and a tiebreak time of 13:20, but below someone with 210 reps and a tiebreak time of 13:00.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- An indoor rower with a monitor that measures calories
- Pull-up bar
- A medicine ball of the appropriate weight for your division
- A wall mark or target set at the specified height
- Barbell
- Plates to load to the appropriate weight for your division
- A set of gymnastic rings hung so you can successfully perform a muscle-up

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are: 9-kg ball and 61-kg clean for the Men, 6-kg ball and 43-kg clean for the Women, 9-kg ball and 52-kg clean for the Masters Men, 4-kg ball and 29-kg clean for the Masters Women.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the height of the wall-ball target, as well as the weight of the ball, the barbell and the plates so the loads and height can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the movements from the side so it is clear that: 60 calories are rowed, the feet can be seen behind the plane of the bar at the bottom, and in contact with the bar at the top of the toes-to-bars, proper depth and height is being reached on the wall-ball shots, elbows are in front of the bar while standing tall with the barbell on the clean, and that lockout is shown at the bottom and top of the muscle-up.

Depending on the layout of your gym, the other person in the frame may need to move the camera during the workout so it is clear all standards are being met for each movement. This includes being able to clearly see the monitor of the rower set to zero at the start and at least 60 calories prior to moving to the toes-to-bars.



MOVEMENT STANDARDS

ROW



The athlete may begin the workout seated in the rower but may not grab the handle until the call of "go." The monitor must be set to zero at the beginning of each round.

TOES-TO-BAR



In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands.

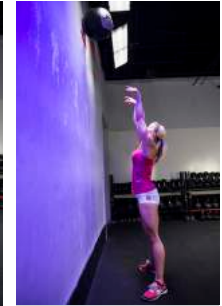


The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

WALL BALL

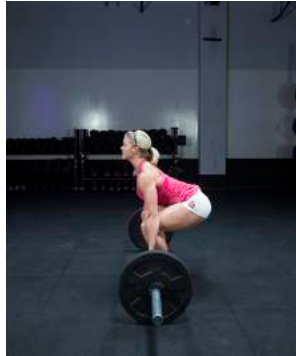


In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a no rep.

CLEAN



The barbell begins on the ground. Touch-and-go is permitted. No bouncing

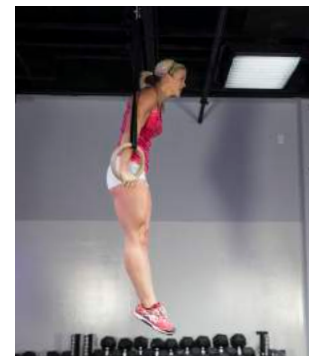


A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar

MUSCLE-UP



In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a false grip) and the feet off the ground



The elbows must be fully locked out while supporting yourself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required



WORKOUT 14.4 17:00 PT Thur, March 20 through 17:00 PT Mon, March 24

Week 4 presented by **ROGUE**
WWW.ROGUEFITNESS.COM

SCORECARD Complete as many rounds and reps as possible in 14 minutes of:

- 60-calorie row
- 50 toes-to-bars
- 40 wall-ball shots
- 30 cleans
- 20 muscle-ups

Men	20 lb. to 10' target / 135-lb. clean
Women	14 lb. to 9' target / 95-lb. clean
Masters Men	20 lb. to 9' target / 115-lb. clean
Masters Women	10 lb. to 9' target / 65-lb. clean

ROUND 1	REPS	
60-CALORIE ROW	60	
50 TOES-TO-BARS	110	
40 WALL-BALL SHOTS	150	
30 CLEANS	180	
20 MUSCLE-UPS	200	TIME

TIME

ROUND 2	REPS	
60-CALORIE ROW	260	
50 TOES-TO-BARS	310	
40 WALL-BALL SHOTS	350	
30 CLEANS	380	
20 MUSCLE-UPS	400	TIME

TIME

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N Online Judges Course?
Name of Affiliate Print

I confirm the information above accurately represents my performance for workout 14.4 _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N Online Judges Course?
Name of Affiliate Print

I confirm the information above accurately represents the Athlete's performance for workout 14.4 _____
Judge Signature Date



WORKOUT 14.5 17:00 PT Thur, March 27 through 17:00 PT Mon, March 31

Week 5 presented by



WORKOUT 21-18-15-12-9-6-3 reps for time of:

MEN <small>Includes Masters Men up to 54 years old</small>	WOMEN <small>Includes Masters Women up to 54 years old</small>
95-lb. thrusters Burpees	65-lb. thrusters Burpees
MASTERS MEN <small>Includes Masters Men 55+</small>	MASTERS WOMEN <small>Includes Masters Women 55+</small>
65-lb. thrusters Burpees	45-lb. thrusters Burpees

NOTES

This workout begins from the standing position with the barbell on the floor and the athlete standing tall. Using a ball, box or other object to check for proper depth is not allowed. Every second counts in this workout. Your score will be the time that it takes to complete all 168 repetitions. There is no time cap for this workout.

This workout ends when the feet land on the other side of the bar on the final rep. Time will be recorded in full seconds. Do not round up. If you finish in 14:34.8, your score is 14:34.

EQUIPMENT

- Barbell
- Plates to load to the appropriate weight for your division
- * If you do not use standard size bumper plates on the barbell you will also need:
- A 9.5-inch high target to jump over on the burpees

** The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg for the Men and, 29 kg for the Women, 29 kg for the Masters Men, 20 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS

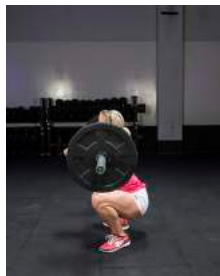
Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear that proper depth and lockout is being reached on the thrusters and the chest and thighs can be seen touching the ground on the burpees.

Note: Depending on your performance, this video may be longer than previous workouts. Be sure you have enough battery life, memory, and time to upload your video. You may need to [increase your limit on YouTube](#) to allow a longer video.

MOVEMENT STANDARDS

THRUSTER

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed.



The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground.



The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

BURPEE



Each burpee must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell. The chest and thighs touch the ground at the bottom.



You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.



The next rep will then begin on the opposite side facing the barbell.



WORKOUT 14.5 17:00 PT Thur, March 27 through 17:00 PT Mon, March 31

Week 5 presented by



SCORECARD 21-18-15-12-9-6-3 reps for time of:
 Thrusters
 Burpees

Men95 lb.
Women65 lb.
Masters Men65 lb.
Masters Women45 lb.

21 THRUSTERS	
21 BURPEES	
18 THRUSTERS	
18 BURPEES	
15 THRUSTERS	
15 BURPEES	
12 THRUSTERS	
12 BURPEES	
9 THRUSTERS	
9 BURPEES	
6 THRUSTERS	
6 BURPEES	
3 THRUSTERS	
3 BURPEES	

ATHLETE NAME _____ **TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Print

I confirm the information above accurately represents my performance for workout 14.5 _____
Athlete Signature Date

Affiliate Copy

 Athlete Copy

ATHLETE NAME _____ **TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Print

I confirm the information above accurately represents the Athlete's performance for workout 14.5 _____
Judge Signature Date

Note:.....

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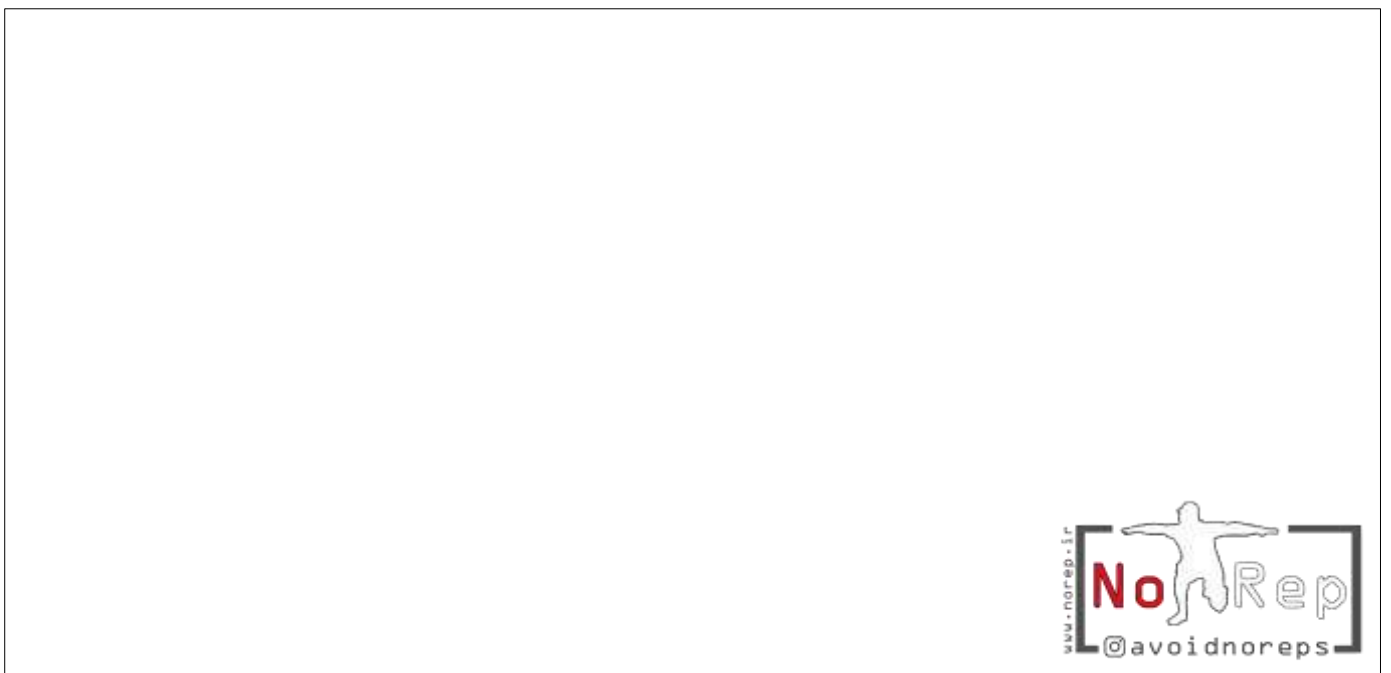
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WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 toes-to-bars

10 deadlifts (115 / 75 lb.)

5 snatches (115 / 75 lb.)

THEN

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

NOTE: *Workouts must both be completed within same 15 minutes.*

NOTES

These workouts begin with the athlete standing under their pull-up bar with the barbell loaded to the appropriate weight. After 15 toes-to-bars (sit-ups or hanging knee raises for scaled divisions) are completed the athlete will move to the barbell to perform 10 deadlifts followed by 5 snatches. After the last snatch is completed the athlete will move back to the pull-up bar and start their next round.

Your score for Workout 15.1 will be the total number of repetitions completed.

As soon as the clock reaches 9 minutes and Workout 15.1 is complete, Workout 15.1a will begin with the same running clock. The athlete will have from 9:00 to 15:00 to complete Workout 15.1a.

The same barbell must be used for both 15.1 and 15.1a. The athlete must load their own barbell and may not receive assistance. Prior to each lift you must state what weight you are about to attempt. Plates smaller than ½ lb. may not be used. There is no limit to the number of attempts within the 6-minute time limit.

Your score for Workout 15.1a will be the weight (in pounds) that you successfully clean and jerk.

Should the athlete choose to redo the workout, you must withdraw your scores for both 15.1 and 15.1a and resubmit both scores from the second attempt. You may not use your score from your first attempt at 15.1 and your score from your second attempt at 15.1a or vice versa.

SPECIAL TIEBREAK

Your score for Workout 15.1a will be the weight of your heaviest successful clean and jerk. Scores will be recorded in one pound increments. If there is a tie at the exact same weight, lighter athletes will rank above heavier athletes. The body weight posted on your profile will be the weight used to break your tie, divided into 10-lb. classes; e.g. 180-189, 190-199, 200-209, etc.

Affiliates will be responsible for validating that an athlete's body weight is within their weight class. If an athlete opts not to submit their body weight they will still have a valid score for Workout 15.1a, but they will be ranked lower than athletes that lifted the same amount of weight and also submitted their body weight.

EQUIPMENT

- Pull-up bar
- Barbell
- Collars
- Plates to load to the appropriate weight for your division for Workout 15.1
- Plates to load for your max clean and jerk (no smaller than ½ lb.)

For each workout, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra plates, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights for Workout 15.1 in kilograms are 52 / 34 kg for Rx'd, 38 / 25 kg for Scaled, Masters and Teens, and 29 / 20 kg for Scaled Masters and Scaled Teens. If you lift with kilogram plates you will need to convert your results to pounds when submitting your score. Remember, when lifting with pound plates a 20-kg barbell will count as 45 lb. and a 15-kg barbell will count as 35 lb.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

TOES-TO-BAR

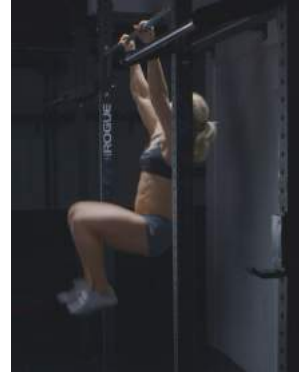


In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands.

HANGING KNEE RAISE



The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.



The hanging knee raise begins just like the toes-to-bar but ends when the athlete has raised their knees above the height of their hip.

SIT-UP



Each rep of the sit-up begins with the athlete's back in contact with the floor, their knees bent with their feet anchored, and their hands touching the floor above their head.



At the top, the athlete will sit up so their chest makes contact with their thighs and their hands touch their feet. AbMats are permitted.

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

SNATCH



The barbell begins on the ground and must be lifted overhead in one smooth motion. For most divisions this is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a no rep. For scaled divisions a ground-to-overhead is permitted, where the bar may be brought to the shoulders and then lifted overhead. Touch-and-go is permitted. No bouncing.



If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.

CLEAN & JERK



For Workout 15.1a, the clean and jerk is a ground-to-overhead any way. A muscle clean, power clean, squat clean or split clean may be used to get the bar to the shoulders, and a shoulder press, push press, push jerk or split jerk may be used to get the weight overhead. The barbell begins on the ground.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.



WORKOUT 15.1

RX'D

(Includes Masters up to 54 years old)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 toes-to-bars
- 10 deadlifts (115 / 75 lb.)
- 5 snatches (115 / 75 lb.)

SCALED

(Scaled men & women 18-54)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 hanging knee raises
- 10 deadlifts (85 / 55 lb.)
- 5 snatches* (85 / 55 lb.)

* *ground-to-overhead allowed*

MASTERS

(Masters 55+)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 toes-to-bars
- 10 deadlifts (85 / 55 lb.)
- 5 snatches (85 / 55 lb.)

SCALED MASTERS

(Scaled Masters 55+)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 sit-ups
- 10 deadlifts (65 / 45 lb.)
- 5 snatches* (65 / 45 lb.)

* *ground-to-overhead allowed*

TEENS

(Teens 14-17)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 toes-to-bars
- 10 deadlifts (85 / 55 lb.)
- 5 snatches (85 / 55 lb.)

SCALED TEENS

(Scaled Teens 14-17)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 hanging knee raises
- 10 deadlifts (65 / 45 lb.)
- 5 snatches* (65 / 45 lb.)

* *ground-to-overhead allowed*

WORKOUT 15.1A

(All divisions)

- 1-rep-max clean and jerk
- 6-minute time cap



WEEK 1 SCORECARD (RX'D)

Week 1 presented by



Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54

WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 toes-to-bars

10 deadlifts (115 / 75 lb.)

5 snatches (115 / 75 lb.)

ROUND	TOES-TO-BAR (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

ATHLETE BODY WEIGHT _____
Optional

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for the workout _____
Judge Signature Date



WEEK 1 SCORECARD (MASTERS)

Week 1 presented by

Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 toes-to-bars

10 deadlifts (85 / 55 lb.)

5 snatches (85 / 55 lb.)

ROUND	TOES-TO-BAR (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

ATHLETE BODY WEIGHT _____
Optional

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for workout _____
Judge Signature Date



WEEK 1 SCORECARD (TEENS)

Week 1 presented by

Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 toes-to-bars

10 deadlifts (85 / 55 lb.)

5 snatches (85 / 55 lb.)

ROUND	TOES-TO-BAR (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

ATHLETE BODY WEIGHT _____
Optional

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for workout _____
Judge Signature Date



WEEK 1 SCORECARD (SCALED)

Week 1 presented by



Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54,
Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49,
Scaled Masters Women 50-54

WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 hanging knee raises

10 deadlifts (85 / 55 lb.)

5 snatches* (85 / 55 lb.)

* *ground-to-overhead allowed*

ROUND	KNEE RAISES (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

ATHLETE BODY WEIGHT _____
Optional

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for workout _____
Judge Signature Date



WEEK 1 SCORECARD (SCALED MASTERS)

Week 1 presented by



Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 sit-ups

10 deadlifts (65 / 45 lb.)

5 snatches* (65 / 45 lb.)

* *ground-to-overhead allowed*

ROUND	SIT-UPS (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

ATHLETE BODY WEIGHT _____
Optional

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents the Athlete's performance for workout _____
Judge Signature Date



WEEK 1 SCORECARD (SCALED TEENS)

Week 1 presented by



Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 hanging knee raises

10 deadlifts (65 / 45 lb.)

5 snatches* (65 / 45 lb.)

* *ground-to-overhead allowed*

ROUND	KNEE RAISES (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

ATHLETE BODY WEIGHT _____
Optional

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

15.1 TOTAL REPS _____

15.1A WEIGHT _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents the Athlete's performance for workout _____
Judge Signature Date



WORKOUT 15.2

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

NOTES

Each three-minute section begins from the standing position with the barbell on the floor and the athlete standing tall. Using a ball, box or other object to check for proper depth is not allowed. Every rep counts in this workout. You will enter your score as the total number of reps. See the scorecard for assistance in calculating the rep total.

TIME BONUS

This workout begins as a standard three-minute couplet of two rounds of 10 overhead squats and 10 chest-to-bar pull-ups (6 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the three minutes are up before beginning the next segment. In the second segment, minute three to minute six, you will attempt two rounds of 12 overhead squats and 12 chest-to-bar pull-ups (8 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the six minutes are up before beginning the next segment. In the third segment, minute 6 to minute 9, you will attempt 2 rounds of 14 overhead squats and 14 chest-to-bar pull-ups (10 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the 9 minutes are up before beginning the next segment. You will continue in this pattern for as long as possible, adding 2 reps to each exercise each round for every three-minute segment you complete.

Your workout is over whenever you do not complete two full rounds of the couplet within the time cap and your score will be the total number of reps you complete.

For example, if you complete the first 2 rounds of 10s (40 reps) in 2:30, you will rest until 3:00 before beginning the rounds of 12s. If you then complete 1 full round of 12s plus an additional 10 overhead squats (34 reps) by minute 6, your workout is over. Your score will be 74 (40 reps from the first segment plus 34 reps from the second segment).

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Pull-up bar
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

For each workout, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra plates, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 / 29 kg for Rx'd, 29 / 20 kg for Scaled, Masters and Teens, and 20 / 15 kg for Scaled Masters and Scaled Teens.

OVERHEAD SQUAT



The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved.

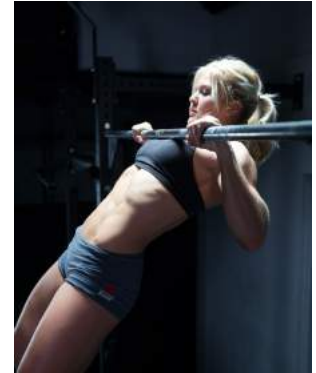


The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. You may not use a rack.

CHEST-TO-BAR PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.



At the top, the chest must clearly come into contact with the bar below the collarbone.

CHIN-OVER-BAR PULL-UP



The hang position is the same as the chest-to-bar pull-up (see above). Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. At the top, the chin must break the horizontal plane of the bar.

JUMPING CHEST-TO-BAR PULL-UP



The pull-up bar should be setup so it is at least six inches above the top of the athlete's head when standing tall.



At the bottom, the athlete must lower themselves so his or her arms are fully extended.



At the top, the chest must clearly come into contact with the bar.



RX'D

(Includes Masters up to 54 years old)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

SCALED

(Scaled Men & Women 18-54)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (65 / 45 lb.)

6 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (65 / 45 lb.)

8 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

MASTERS

(Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups*

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups*

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups*

Etc., following the same pattern until you fail to complete both rounds

*Masters Women 55+ do jumping chest-to-bar pull-ups.

SCALED MASTERS

(Scaled Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

TEENS

(Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

SCALED TEENS

(Scaled Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds



WEEK 2 SCORECARD (RX'D)

Week 2 presented by



Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54

WORKOUT 15.2

(Includes Masters up to 54 years old)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	10 OVERHEAD SQUATS		40	12:00-15:00	18 OVERHEAD SQUATS		280
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
3:00-6:00	12 OVERHEAD SQUATS		88	15:00-18:00	20 OVERHEAD SQUATS		360
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		
6:00-9:00	14 OVERHEAD SQUATS		144	18:00-21:00	22 OVERHEAD SQUATS		448
	14 PULL-UPS				22 PULL-UPS		
	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS				22 PULL-UPS		
9:00-12:00	16 OVERHEAD SQUATS		208	21:00-24:00	24 OVERHEAD SQUATS		544
	16 PULL-UPS				24 PULL-UPS		
	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
	16 PULL-UPS				24 PULL-UPS		

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 2 SCORECARD (MASTERS)

Week 2 presented by



Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

WORKOUT

(Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups*

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups*

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups*

Etc., following the same pattern until you fail to complete both rounds

*Masters Women 55+ do jumping chest-to-bar pull-ups.

0:00-3:00	10 OVERHEAD SQUATS		40	12:00-15:00	18 OVERHEAD SQUATS		280
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
3:00-6:00	12 OVERHEAD SQUATS		88	15:00-18:00	20 OVERHEAD SQUATS		360
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		
6:00-9:00	14 OVERHEAD SQUATS		144	18:00-21:00	22 OVERHEAD SQUATS		448
	14 PULL-UPS				22 PULL-UPS		
	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS				22 PULL-UPS		
9:00-12:00	16 OVERHEAD SQUATS		208	21:00-24:00	24 OVERHEAD SQUATS		544
	16 PULL-UPS				24 PULL-UPS		
	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
	16 PULL-UPS				24 PULL-UPS		

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 2 SCORECARD (TEENS)

Week 2 presented by



Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17

WORKOUT

(Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	10 OVERHEAD SQUATS		40	12:00-15:00	18 OVERHEAD SQUATS		280
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
3:00-6:00	12 OVERHEAD SQUATS		88	15:00-18:00	20 OVERHEAD SQUATS		360
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		
6:00-9:00	14 OVERHEAD SQUATS		144	18:00-21:00	22 OVERHEAD SQUATS		448
	14 PULL-UPS				22 PULL-UPS		
	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS				22 PULL-UPS		
9:00-12:00	16 OVERHEAD SQUATS		208	21:00-24:00	24 OVERHEAD SQUATS		544
	16 PULL-UPS				24 PULL-UPS		
	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
	16 PULL-UPS				24 PULL-UPS		

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 2 SCORECARD (SCALED)

Week 2 presented by



Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54,
 Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49,
 Scaled Masters Women 50-54

WORKOUT

(Scaled Men & Women 18-54)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (65 / 45 lb.)

6 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (65 / 45 lb.)

8 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		24	12:00-15:00	14 OVERHEAD SQUATS		200
	6 PULL-UPS				14 PULL-UPS		
	6 OVERHEAD SQUATS				14 OVERHEAD SQUATS		
	6 PULL-UPS				14 PULL-UPS		
3:00-6:00	8 OVERHEAD SQUATS		56	15:00-18:00	16 OVERHEAD SQUATS		264
	8 PULL-UPS				16 PULL-UPS		
	8 OVERHEAD SQUATS				16 OVERHEAD SQUATS		
	8 PULL-UPS				16 PULL-UPS		
6:00-9:00	10 OVERHEAD SQUATS		96	18:00-21:00	18 OVERHEAD SQUATS		336
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
9:00-12:00	12 OVERHEAD SQUATS		144	21:00-24:00	20 OVERHEAD SQUATS		416
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
Judge Signature Date



WEEK 2 SCORECARD (SCALED MASTERS)

Week 2 presented by



Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

WORKOUT

(Scaled Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		24	12:00-15:00	14 OVERHEAD SQUATS		200
	6 PULL-UPS				14 PULL-UPS		
	6 OVERHEAD SQUATS				14 OVERHEAD SQUATS		
	6 PULL-UPS				14 PULL-UPS		
3:00-6:00	8 OVERHEAD SQUATS		56	15:00-18:00	16 OVERHEAD SQUATS		264
	8 PULL-UPS				16 PULL-UPS		
	8 OVERHEAD SQUATS				16 OVERHEAD SQUATS		
	8 PULL-UPS				16 PULL-UPS		
6:00-9:00	10 OVERHEAD SQUATS		96	18:00-21:00	18 OVERHEAD SQUATS		336
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
9:00-12:00	12 OVERHEAD SQUATS		144	21:00-24:00	20 OVERHEAD SQUATS		416
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 2 SCORECARD (SCALED TEENS)

Week 2 presented by



Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

WORKOUT

(Scaled Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		24	12:00-15:00	14 OVERHEAD SQUATS		200
	6 PULL-UPS				14 PULL-UPS		
	6 OVERHEAD SQUATS				14 OVERHEAD SQUATS		
	6 PULL-UPS				14 PULL-UPS		
3:00-6:00	8 OVERHEAD SQUATS		56	15:00-18:00	16 OVERHEAD SQUATS		264
	8 PULL-UPS				16 PULL-UPS		
	8 OVERHEAD SQUATS				16 OVERHEAD SQUATS		
	8 PULL-UPS				16 PULL-UPS		
6:00-9:00	10 OVERHEAD SQUATS		96	18:00-21:00	18 OVERHEAD SQUATS		336
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
9:00-12:00	12 OVERHEAD SQUATS		144	21:00-24:00	20 OVERHEAD SQUATS		416
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date

WORKOUT 15.3

Complete as many rounds and repetitions as possible in 14 minutes of:

- 7 muscle-ups
- 50 wall-ball shots
- 100 double-unders

Men use 20-lb. ball to 10 feet, Women use 14-lb. ball to 9 feet

NOTES

This workout begins with the athlete standing under the rings. At the call of “3-2-1 ... go,” the athlete will jump up and perform muscle-ups. Once all the muscle-up reps are complete they will move to the wall-ball shots then to the double-unders. After the last double-under, the athlete will move back to the rings and begin the next round.

Your score will be the total number of repetitions completed before the 14-minute time cap. You will enter your result by the total number of reps completed plus your tiebreak time (see below).

Tiebreak

In this workout, we are using a special tiebreak method. At the end of each set of double-unders, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last set of double-unders.

For example, a male athlete finishes 2 complete rounds, plus an additional 2 muscle-ups for a total of 316 reps. This is his score. During his second round, he finished his 100th double-under at 13:20. In this case he will enter 13:20 as his time in the tiebreak field. This athlete would be ranked above someone who got 316 reps and a tiebreak time of 13:45, but below someone with 316 reps and a tiebreak time of 13:00.

For Masters and Teens, this workout is completed in reverse order, and their tiebreak time will be the point at which they completed their last wall-ball shot.

For Scaled options there is no tiebreak.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the height of the wall-ball target, as well as the weight of the ball, so the loads and height can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Set of gymnastic rings hung so you can successfully perform a muscle-up
- Medicine ball of the appropriate weight for your division
- Wall mark or target set at the specified height
- Jump rope

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are: 9-kg / 6-kg ball for Rx'd, 9-kg / 4-kg ball for Scaled, Masters and Teens, 6-kg / 4-kg ball for Scaled Masters and Scaled Teens.

MUSCLE-UP

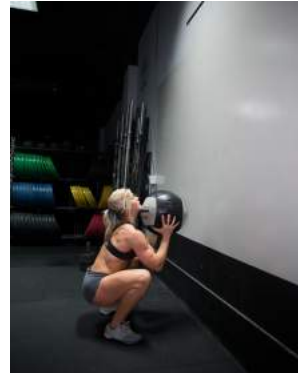


In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip') and the feet off the ground.

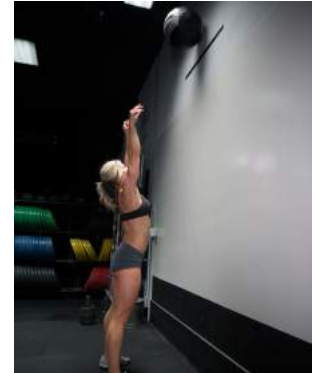


The elbows must be fully locked out while supporting yourself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

WALL BALL



In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a no rep.

DOUBLE-UNDER



This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE-UNDER



This is the standard single-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.



WEEK 3 WORKOUT VARIATIONS

Week 3 presented by



RX'D

(Includes Masters up to 54 years old and Teens 16-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 7 muscle-ups
- 50 wall-ball shots
- 100 double-unders

Men use 20-lb. ball to 10 feet, Women use 14-lb. ball to 9 feet

SCALED

(Scaled Men and Women 18-54)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

Men use 20-lb. ball to 9 feet, Women use 10-lb. ball to 9 feet

MASTERS

(Masters 55+)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 100 double-unders
- 50 wall-ball shots
- 7 muscle-ups

Men use 20-lb. ball to 9 feet, Women use 10-lb. ball to 9 feet

SCALED MASTERS

(Scaled Masters 55+)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

Men use 14-lb. ball to 9 feet, Women use 10-lb. ball to 9 feet

TEENS

(Teens 14-15, not including Teens 16-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 100 double-unders
- 50 wall-ball shots
- 7 muscle-ups

Boys use 14-lb. ball to 9 feet, Girls use 10-lb. ball to 9 feet

SCALED TEENS

(Scaled Teens 14-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

Boys use 14-lb. ball to 9 feet, Girls use 10-lb. ball to 9 feet



WEEK 3 SCORECARD (RX'D)

Week 3 presented by



Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54, Teen Boys 16-17, Teen Girls 16-17

WORKOUT 15.3

(Includes Masters up to 54 years old and Teens 16-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 7 muscle-ups
- 50 wall-ball shots
- 100 double-unders

Men use 20-lb. ball to 10 feet, Women use 14-lb. ball to 9 feet

ROUND	7 MUSCLE-UPS	50 WALL-BALL SHOTS	100 DOUBLE-UNDERS	TIME
1				157
2				314
3				471
4				628
5				785
6				942
7				1099

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 3 SCORECARD (MASTERS)

Week 3 presented by



Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

WORKOUT 15.3

(Masters 55+)

Complete as many rounds and repetitions as possible in 14 minutes of:

100 double-unders

50 wall-ball shots

7 muscle-ups

Men use 20-lb. ball to 9 feet,
Women use 10-lb. ball to 9 feet

ROUND	100 DOUBLE-UNDERS	50 WALL-BALL SHOTS	TIME	7 MUSCLE-UPS	
1					157
2					314
3					471
4					628
5					785
6					942
7					1099

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 3 SCORECARD (TEENS)

Week 3 presented by



Teen Boys 14-15, Teen Girls 14-15

WORKOUT 15.3

(Teens 14-15)

Complete as many rounds and repetitions as possible in 14 minutes of:

100 double-unders

50 wall-ball shots

7 muscle-ups

Boys use 14-lb. ball to 9 feet, Girls use 10-lb. ball to 9 feet

ROUND	100 DOUBLE-UNDERS	50 WALL-BALL SHOTS	TIME	7 MUSCLE-UPS	
1					157
2					314
3					471
4					628
5					785
6					942
7					1099

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 3 SCORECARD (SCALED)

Week 3 presented by



Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54,
Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49,
Scaled Masters Women 50-54

WORKOUT 15.3

(Scaled Men & Women 18-54)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

*Men use 20-lb. ball to 9 feet,
Women use 10-lb. ball to 9 feet*

ROUND	50 WALL-BALL SHOTS	200 SINGLE-UNDERS	
1			250
2			500
3			750
4			1000
5			1250
6			1500
7			1750

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 3 SCORECARD (SCALED MASTERS)

Week 3 presented by



Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

WORKOUT 15.3

(Scaled Masters 55+)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

Men use 14-lb. ball to 9 feet, Women use 10-lb. ball to 9 feet

ROUND	50 WALL-BALL SHOTS	200 SINGLE-UNDERS	
1			250
2			500
3			750
4			1000
5			1250
6			1500
7			1750

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 3 SCORECARD (SCALED TEENS)

Week 3 presented by



Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

WORKOUT 15.3

(Scaled Teens 14-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

Boys use 14-lb. ball to 9 feet, Girls use 10-lb. ball to 9 feet

ROUND	50 WALL-BALL SHOTS	200 SINGLE-UNDERS	
1			250
2			500
3			750
4			1000
5			1250
6			1500
7			1750

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date

WORKOUT 15.4

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Men clean 185 lb.

Women clean 125 lb.

NOTES

Prior to starting this workout each athlete will need to stand against the wall and measure and mark their foot line for the handstand push-ups (details below). At the call of "3-2-1 ... go," the athlete will kick up into a handstand and perform handstand push-ups. Once 3 handstand push-up reps are complete they will move to the barbell for 3 cleans, then back to the wall for 6 handstand push-ups, then 3 cleans, etc. Each round, the number of repetitions of the handstand push-ups will increase by 3. After every 3 rounds, the number of clean reps will increase by 3. Athletes will continue following this pattern for as many reps as possible within the 8 minutes.

Your score will be the total number of repetitions completed before the 8-minute time cap.

TIEBREAK

In this workout, we are using a special tiebreak method. Time is marked after every third set of cleans (the last set before increasing the clean reps), i.e., after the third set of 3 cleans, after the third set of 6 cleans, after the third set of 9 cleans, etc. Whichever occurred last will be your tiebreak score.

For example, a male athlete finishes 5 handstand push-ups in the round of 24 reps for a total of 125 reps. During his workout he finished his third set of 3 cleans at 1:31 and his third set of 6 cleans at 5:25. In this case, he will submit 125 reps for his score and also enter 5:25 as his time in the tiebreak field. This athlete would be ranked above someone who got 125 reps and a tiebreak time of 6:00, but below someone with 125 reps and a tiebreak time of 5:15.

For Scaled options there is no tiebreak.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Wall with a line at the appropriate height for the handstand push-up
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

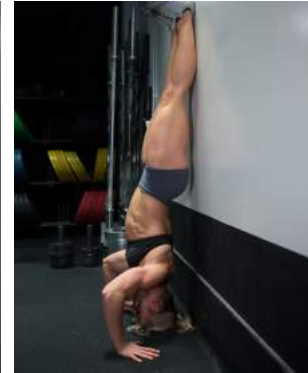
For each workout, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 84 / 56 kg for Rx'd, 43 / 29 kg push press and 52 / 34 kg clean for Masters 55+ and Scaled, 52 / 34 kg clean for Teens 16-17, 43 / 29 kg clean for Teens 14-15, 29 / 20 kg push press and 34 / 24 kg clean for Teens Scaled and Masters 55+ Scaled.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the process of measuring the line for the handstand push-ups. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

HANDSTAND PUSH-UP

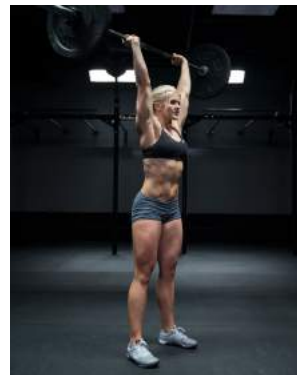


Prior to starting you will need to establish the foot line for your handstand push-up. Stand facing the wall with your feet at hip width and your toes touching the wall. While standing tall, reach your hands over your head with your elbows straight, shoulders extended and your thumbs touching. From here, mark the height of your wrists, then measure down 3 inches and create a line on the wall. Mark your line with a permanent marker, chalk or tape. Judges may restore the line between rounds as needed.

Each handstand push-up begins and ends with the heels in contact with the wall and above the pre-marked line. The athlete may place their hands however they choose, as long as their heels are above the line.

At the bottom the head makes contact with the ground. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the line at the beginning and end of each rep. Kipping is allowed.

PUSH PRESS



Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body.

The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder the hips and knees must remain straight until the weight is locked out overhead. No jerks.

At the top, the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. Using a rack is not permitted.

CLEAN



The barbell begins on the ground. Touch-and-go is permitted. No bouncing.



A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.



WEEK 4 WORKOUT VARIATIONS

Week 4 presented by
Compex
SUPERCHARGE YOUR WORKOUT / SPEED YOUR RECOVERY

RX'D

(Includes Masters up to 54 years old)

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Men clean 185 lb.

Women clean 125 lb.

NOTE: Athletes in all Masters categories who choose to perform the scaled version of this workout will still be eligible to advance to the Masters Qualifier. They will be ranked below all athletes who performed the Rx'd version, but will not be ineligible for the next stage of competition.

SCALED

(Scaled Men & Women 18-54)

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

MASTERS 55+

Complete as many reps as possible in 8 minutes of:

3 push presses

3 cleans

6 push presses

3 cleans

9 push presses

3 cleans

12 push presses

6 cleans

15 push presses

6 cleans

18 push presses

6 cleans

21 push presses

9 cleans

Etc., adding 3 reps to the push press each round, and 3 reps to the clean every 3 rounds.

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

SCALED MASTERS 55+

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Men push press 65 lb. and clean 75 lb.

Women push press 45 lb. and clean 55 lb.



WEEK 4 WORKOUT VARIATIONS

Week 4 presented by



TEENS

(Teens 14-17)

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Boys 14-15 clean 95 lb.

Boys 16-17 clean 115 lb.

Girls 14-15 clean 65 lb.

Girls 16-17 clean 75 lb.

SCALED TEENS

(Scaled Teens 14-17)

Complete as many rounds and reps as possible in 8 minutes of:

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Boys push press 65 lb. and clean 75 lb.

Girls push press 45 lb. and clean 55 lb.



WEEK 4 SCORECARD (RX'D)

Week 4 presented by
Compex
SUPERCARGE YOUR WORKOUT / SPEED YOUR RECOVERY

Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women,
 Masters Women 40-44, Masters Women 45-49, Masters Women 50-54

WORKOUT 15.4

(Includes Masters up to 54 years old)

Complete as many reps as possible in 8 minutes of:

- 3 handstand push-ups
- 3 cleans
- 6 handstand push-ups
- 3 cleans
- 9 handstand push-ups
- 3 cleans
- 12 handstand push-ups
- 6 cleans
- 15 handstand push-ups
- 6 cleans
- 18 handstand push-ups
- 6 cleans
- 21 handstand push-ups
- 9 cleans
- Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

*Men clean 185 lb.
 Women clean 125 lb.*

ROUNDS	REPS
3 HANDSTAND PUSH-UPS	3
3 CLEANS	6
6 HANDSTAND PUSH-UPS	12
3 CLEANS	15
9 HANDSTAND PUSH-UPS	24
3 CLEANS	27
12 HANDSTAND PUSH-UPS	39
6 CLEANS	45
15 HANDSTAND PUSH-UPS	60
6 CLEANS	66

ROUNDS	REPS
18 HANDSTAND PUSH-UPS	84
6 CLEANS	90
21 HANDSTAND PUSH-UPS	111
9 CLEANS	120
24 HANDSTAND PUSH-UPS	144
9 CLEANS	153
27 HANDSTAND PUSH-UPS	180
9 CLEANS	189
30 HANDSTAND PUSH-UPS	219
12 CLEANS	231

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Print

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Print

I confirm the information above accurately represents the athlete's performance for the workout _____
Judge Signature Date



WEEK 4 SCORECARD (MASTERS 55+)

Week 4 presented by



Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

WORKOUT 15.4

(Masters 55+)

Complete as many reps as possible in 8 minutes of:

- 3 push presses
 - 3 cleans
 - 6 push presses
 - 3 cleans
 - 9 push presses
 - 3 cleans
 - 12 push presses
 - 6 cleans
 - 15 push presses
 - 6 cleans
 - 18 push presses
 - 6 cleans
 - 21 push presses
 - 9 cleans
- Etc., adding 3 reps to the push press each round, and 3 reps to the clean every 3 rounds.

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

ROUNDS	REPS	
3 PUSH PRESSES		3
3 CLEANS		6
6 PUSH PRESSES		12
3 CLEANS		15
9 PUSH PRESSES		24
3 CLEANS		27
12 PUSH PRESSES		39
6 CLEANS		45
15 PUSH PRESSES		60
6 CLEANS		66

ROUNDS	REPS	
18 PUSH PRESSES		84
6 CLEANS		90
21 PUSH PRESSES		111
9 CLEANS		120
24 PUSH PRESSES		144
9 CLEANS		153
27 PUSH PRESSES		180
9 CLEANS		189
30 PUSH PRESSES		219
12 CLEANS		231

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Print

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Print

I confirm the information above accurately represents the athlete's performance for the workout _____
Judge Signature Date



WEEK 4 SCORECARD (TEENS)

Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17



WORKOUT 15.4

(Teens 14-17)

Complete as many reps as possible in 8 minutes of:

- 3 handstand push-ups
 - 3 cleans
 - 6 handstand push-ups
 - 3 cleans
 - 9 handstand push-ups
 - 3 cleans
 - 12 handstand push-ups
 - 6 cleans
 - 15 handstand push-ups
 - 6 cleans
 - 18 handstand push-ups
 - 6 cleans
 - 21 handstand push-ups
 - 9 cleans
- Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Boys 14-15 clean 95 lb.
 Boys 16-17 clean 115 lb.
 Girls 14-15 clean 65 lb.
 Girls 16-17 clean 75 lb.

ROUNDS	REPS	
3 HANDSTAND PUSH-UPS		3
3 CLEANS		6
6 HANDSTAND PUSH-UPS		12
3 CLEANS		15
9 HANDSTAND PUSH-UPS		24
3 CLEANS		27
12 HANDSTAND PUSH-UPS		39
6 CLEANS		45
15 HANDSTAND PUSH-UPS		60
6 CLEANS		66

ROUNDS	REPS	
18 HANDSTAND PUSH-UPS		84
6 CLEANS		90
21 HANDSTAND PUSH-UPS		111
9 CLEANS		120
24 HANDSTAND PUSH-UPS		144
9 CLEANS		153
27 HANDSTAND PUSH-UPS		180
9 CLEANS		189
30 HANDSTAND PUSH-UPS		219
12 CLEANS		231

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Print

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Print

I confirm the information above accurately represents the athlete's performance for the workout _____
Judge Signature Date



WEEK 4 SCORECARD (SCALED)



Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54

WORKOUT 15.4

(Scaled Men & Women 18-54)

Complete as many rounds and reps as possible in 8 minutes of:
10 push presses
10 cleans

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

ROUNDS	REPS
10 PUSH PRESSES	10
10 CLEANS	20
10 PUSH PRESSES	30
10 CLEANS	40
10 PUSH PRESSES	50
10 CLEANS	60
10 PUSH PRESSES	70
10 CLEANS	80
10 PUSH PRESSES	90
10 CLEANS	100

ROUNDS	REPS
10 PUSH PRESSES	110
10 CLEANS	120
10 PUSH PRESSES	130
10 CLEANS	140
10 PUSH PRESSES	150
10 CLEANS	160
10 PUSH PRESSES	170
10 CLEANS	180
10 PUSH PRESSES	190
10 CLEANS	200

ATHLETE NAME _____
Print

TOTAL REPS _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

TOTAL REPS _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for the workout _____
Judge Signature Date



WEEK 4 SCORECARD (SCALED MASTERS 55+)



Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

WORKOUT 15.4

(Scaled Masters 55+)

Complete as many rounds and reps as possible in 8 minutes of:
10 push presses
10 cleans

Men push press 65 lb. and clean 75 lb.

Women push press 45 lb. and clean 55 lb.

ROUNDS	REPS
10 PUSH PRESSES	10
10 CLEANS	20
10 PUSH PRESSES	30
10 CLEANS	40
10 PUSH PRESSES	50
10 CLEANS	60
10 PUSH PRESSES	70
10 CLEANS	80
10 PUSH PRESSES	90
10 CLEANS	100

ROUNDS	REPS
10 PUSH PRESSES	110
10 CLEANS	120
10 PUSH PRESSES	130
10 CLEANS	140
10 PUSH PRESSES	150
10 CLEANS	160
10 PUSH PRESSES	170
10 CLEANS	180
10 PUSH PRESSES	190
10 CLEANS	200

ATHLETE NAME _____
Print

TOTAL REPS _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

TOTAL REPS _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for the workout _____
Judge Signature Date



WEEK 4 SCORECARD (SCALED TEENS)



Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

WORKOUT 15.4

(Scaled Teens 14-17)

Complete as many rounds and reps as possible in 8 minutes of:
10 push presses
10 cleans

Boys push press 65 lb. and clean 75 lb.

Girls push press 45 lb. and clean 55 lb.

ROUNDS	REPS
10 PUSH PRESSES	10
10 CLEANS	20
10 PUSH PRESSES	30
10 CLEANS	40
10 PUSH PRESSES	50
10 CLEANS	60
10 PUSH PRESSES	70
10 CLEANS	80
10 PUSH PRESSES	90
10 CLEANS	100

ROUNDS	REPS
10 PUSH PRESSES	110
10 CLEANS	120
10 PUSH PRESSES	130
10 CLEANS	140
10 PUSH PRESSES	150
10 CLEANS	160
10 PUSH PRESSES	170
10 CLEANS	180
10 PUSH PRESSES	190
10 CLEANS	200

ATHLETE NAME _____
Print

TOTAL REPS _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

TOTAL REPS _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for the workout _____
Judge Signature Date

WORKOUT 15.5

27-21-15-9 reps for time of:

Row (calories)

Thrusters

Men use 95 lb.

Women use 65 lb.

NOTES

This workout begins seated on the rower with the monitor set to zero calories. At the call of "3-2-1 ... go," the athlete will grab the handle and begin rowing. Once you have rowed 27 calories you will move to the barbell for 27 thrusters, then back to the rower for the round of 21, and so forth. Each time you return to the rower you or your judge must reset the monitor to zero before rowing.

Every second counts in this workout. Your score will be the time it takes to complete all 144 repetitions. There is no time cap for this workout.

This workout ends when the final rep of the thruster is locked out overhead. Time will be recorded in full seconds. Do not round up. If you finish in 9:25.7, your score is 9:25.

MOVEMENT STANDARDS

ROW



The athlete may begin the workout seated in the rower but may not grab the handle until the call of "go." The monitor must be set to zero at the beginning of each round. The athlete or the judge may reset the monitor.

EQUIPMENT

- An indoor rower with a monitor that measures calories
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

For each workout, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 / 29 kg for Rx'd, 29 / 20 kg for Scaled, Masters 55+ and Teens, and 20 / 15 kg for Scaled Masters 55+ and Scaled Teens.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

THRUSTER



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. Using a ball, box or other object to check for proper depth is not allowed.



The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.



WEEK 5 SCORECARD

Week 5 presented by **PROGENEX**

WORKOUT 15.5

27-21-15-9 reps for time of:

Row (calories)

Thrusters

DIVISIONS

Rx'd (Includes Masters up to 54 years old)

Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54 95 lb.

Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54 65 lb.

Scaled

Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54 65 lb.

Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54 45 lb.

Masters 55+

Masters Men 55-59, Masters Men 60+ 65 lb.

Masters Women 55-59, Masters Women 60+ 45 lb.

Scaled Masters 55+

Scaled Masters Men 55-59, Scaled Masters Men 60+ 45 lb.

Scaled Masters Women 55-59, Scaled Masters Women 60+ 35 lb.

Teens

Teen Boys 14-15, Teen Boys 16-17 65 lb.

Teen Girls 14-15, Teen Girls 16-17 45 lb.

Scaled Teens

Scaled Teen Boys 14-15, Scaled Teen Boys 16-17 45 lb.

Scaled Teen Girls 14-15, Scaled Teen Girls 16-17 35 lb.

ROUND	REPS
27-CALORIE ROW	
27 THRUSTERS	

21-CALORIE ROW	
21 THRUSTERS	

15-CALORIE ROW	
15 THRUSTERS	

9-CALORIE ROW	
9 THRUSTERS	

ATHLETE NAME _____ **TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date

Note:.....

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ATOURBAN



OPEN WEEK 1

17:00 PT THUR, FEB 25 THROUGH 17:00 PT MON, FEB 29

Presented by



WORKOUT 16.1 Rx'd

(Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54, **Teen Boys 16-17, Teen Girls 16-17**)

Complete as many rounds and reps as possible in 20 minutes of:

25-ft. overhead walking lunge

8 burpees

25-ft. overhead walking lunge

8 chest-to-bar pull-ups

Men lunge 95 lb.

Women lunge 65 lb.

WORKOUT 16.1 Masters

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

Complete as many rounds and reps as possible in 20 minutes of:

25-ft. overhead walking lunge

8 burpees

25-ft. overhead walking lunge

8 chin-over-bar pull-ups

Men lunge 65 lb.

Women lunge 45 lb.

WORKOUT 16.1 Teens 14-15

(Teen Boys 14-15, Teen Girls 14-15)

Complete as many rounds and reps as possible in 20 minutes of:

25-ft. overhead walking lunge

8 burpees

25-ft. overhead walking lunge

8 chin-over-bar pull-ups

Boys lunge 65 lb.

Girls lunge 45 lb.

WORKOUT 16.1 Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

Complete as many rounds and reps as possible in 20 minutes of:

25-ft. front rack walking lunge

8 burpees

25-ft. front rack walking lunge

8 jumping chin-over-bar pull-ups

Men lunge 45 lb.

Women lunge 35 lb.

WORKOUT 16.1 Masters Scaled

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

Complete as many rounds and reps as possible in 20 minutes of:

25-ft. walking lunge

8 burpees

25-ft. walking lunge

8 jumping chin-over-bar pull-ups

**Lunges are unweighted*

WORKOUT 16.1 Teens Scaled

(Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15, Scaled Teen Girls 16-17)

Complete as many rounds and reps as possible in 20 minutes of:

25-ft. front rack walking lunge

8 burpees

25-ft. front rack walking lunge

8 jumping chin-over-bar pull-ups

Boys lunge 45 lb.

Girls lunge 35 lb.



OPEN WEEK 1

17:00 PT THUR, FEB 25 THROUGH 17:00 PT MON, FEB 29

Presented by



NOTES

Prior to starting this workout each athlete will need to mark a starting point on the floor, measure out 25-ft and make another mark on the floor at the finishing point. Additionally, intermediate marks must be made at every 5-ft interval, each of which represents 1 rep of the lunge.

This workout begins with the barbell resting on the floor near the pull-up bar. At the call of "3, 2, 1 ... go," the athlete will pick up the barbell and lunge with it overhead for 25 feet. They will then perform burpees, jumping over the barbell on each repetition, before picking the barbell back up and lunging back the opposite direction. Once back at the pull-up bar, they will perform 8 chest-to-bar pull-ups, and then will head back to the barbell to begin the next round.

Your score will be the total number of repetitions completed before the 20-minute time cap.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measurement of the 25-foot lunge area and the 5-foot intermediate marks. All video submissions should be uncut and unedited in order to accurately display the performance.

MOVEMENT STANDARDS

OVERHEAD WALKING LUNGE



Each lunge begins with the weight overhead, the feet together, and the athlete standing tall.



The trailing knee must make contact with the ground at the bottom of each lunge. The weight must remain overhead for the duration of the repetition.



The rep ends with the weight still overhead and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. If at any point the weight is dropped or comes into contact with the head or body, the athlete must restart from the last 5-ft. increment they crossed.

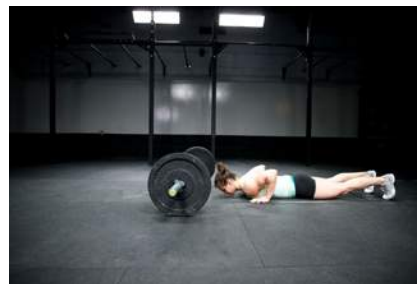
BURPEE



Each burpee must be performed perpendicular to and facing the barbell. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom.



The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.



The next rep will then begin on the opposite side facing the barbell. All scaled divisions will jump over an unloaded barbell.

A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. If the 25-ft. lunge area cannot be seen in the frame, athletes will be permitted to lunge back and forth in a smaller area, so long as the 5-ft. intervals can still be clearly seen.

EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight for your division
- Pull-up bar
- Measuring tape

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.), and 15 kg (35 lb.). For the lunge, a 7.5-meter length divided into five 1.5-meter sections will be acceptable.



OPEN WEEK 1

17:00 PT THUR, FEB 25 THROUGH 17:00 PT MON, FEB 29

Presented by



PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.

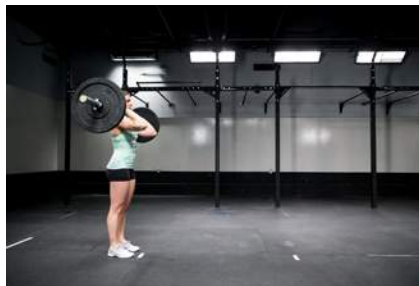


At the top, the chest must clearly come into contact with the bar below the collarbone.

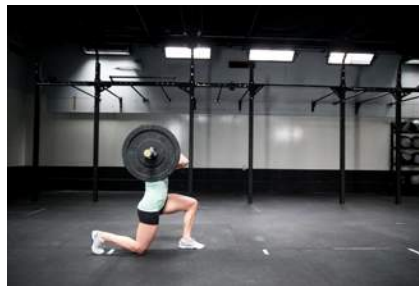


For Masters 55+ and Teens 14-15, at the top the chin must break the horizontal plane of the bar.

FRONT RACK WALKING LUNGE (SCALED ONLY)



Each lunge begins with the weight racked on the shoulders, the feet together, and the athlete standing tall. The lunge for scaled masters is unloaded.



The trailing knee must make contact with the ground at the bottom of each lunge.



The rep ends with the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. If at any point the weight is dropped the athlete must restart from the last 5-ft. increment they crossed.

JUMPING CHIN-OVER-BAR PULL-UP



The pull-up bar should be setup so it is at least 6 inches above the top of the athlete's head when standing tall.



At the bottom, the athlete must lower themselves so their arms are fully extended.



At the top the chin must break the horizontal plane of the bar.



OPEN WEEK 1 SCORECARD (ALL)

17:00 PT THUR, FEB 25 THROUGH 17:00 PT MON, FEB 29

Presented by



WORKOUT 16.1

20-min. AMRAP:

25-ft. lunge

8 burpees

25-ft. lunge

8 pull-ups

VARIATIONS

Rx'd and Teens 16-17: Overhead lunge 95 / 65 lb., chest-to-bar pull-ups

Scaled: Front rack lunge 45 / 35 lb., jumping chin-over-bar pull-ups

Masters 55+: Overhead lunge 65 / 45 lb., chin-over-bar pull-ups

Scaled Masters 55+: Unweighted lunge, jumping chin-over-bar pull-ups

Teens 14-15: Overhead lunge 65 / 45 lb., chin-over-bar pull-ups

Scaled Teens: Front rack lunge 45 / 35 lb., jumping chin-over-bar pull-ups

ROUND	LUNGE (5)	BURPEE (8)	LUNGE (5)	PULL-UP (8)	
1					26
2					52
3					78
4					104
5					130
6					156
7					182
8					208
9					234
10					260
11					286
12					312
13					338
14					364
15					390
16					416
17					442
18					468
19					494
20					520

ATHLETE NAME _____
Print

16.1 TOTAL REPS _____

AFFILIATE _____
Name of Affiliate

JUDGE NAME _____
Print

Initial

Has Judge passed Y / N
CrossFit's Online Judges
Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

16.1 TOTAL REPS _____

AFFILIATE _____
Name of Affiliate

JUDGE NAME _____
Print

Initial

Has Judge passed Y / N
CrossFit's Online Judges
Course?



OPEN WEEK 2

17:00 PT THUR, MAR 3 THROUGH 17:00 PT MON, MAR 7

Presented by

ASSAULT AIRBIKE

WORKOUT 16.2 Rx'd

(Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans, 135 / 85 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans, 185 / 115 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans, 225 / 145 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans, 275 / 175 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans, 315 / 205 lb.

Stop at 20 minutes.

WORKOUT 16.2 Masters

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans, 115 / 65 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans, 135 / 85 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans, 155 / 105 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans, 185 / 125 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans, 205 / 145 lb.

Stop at 20 minutes.

WORKOUT 16.2 Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 hanging knee raises
- 50 single-unders
- 15 squat cleans, 95 / 55 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 13 squat cleans, 115 / 75 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 11 squat cleans, 135 / 95 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 9 squat cleans, 155 / 115 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 7 squat cleans, 185 / 135 lb.

Stop at 20 minutes.

WORKOUT 16.2 Masters Scaled

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 sit-ups
- 50 single-unders
- 15 squat cleans, 65 / 45 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 sit-ups
- 50 single-unders
- 13 squat cleans, 85 / 65 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 sit-ups
- 50 single-unders
- 11 squat cleans, 105 / 75 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 sit-ups
- 50 single-unders
- 9 squat cleans, 125 / 85 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 sit-ups
- 50 single-unders
- 7 squat cleans, 145 / 105 lb.

Stop at 20 minutes.



OPEN WEEK 2

17:00 PT THUR, MAR 3 THROUGH 17:00 PT MON, MAR 7

Presented by

ASSAULT AIRBIKE

WORKOUT 16.2 Teens 14-15

(Teen Boys 14-15, Teen Girls 14-15)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans, 95 / 55 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans, 115 / 75 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans, 135 / 95 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans, 155 / 105 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans, 185 / 115 lb.

Stop at 20 minutes.

WORKOUT 16.2 Teens Scaled

(Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15, Scaled Teen Girls 16-17)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 hanging knee raises
- 50 single-unders
- 15 squat cleans, 65 / 45 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 13 squat cleans, 85 / 65 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 11 squat cleans, 105 / 75 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 9 squat cleans, 125 / 85 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 7 squat cleans, 145 / 95 lb.

Stop at 20 minutes.

WORKOUT 16.2 Teens 16-17

(Teen Boys 16-17, Teen Girls 16-17)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans, 115 / 75 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans, 145 / 95 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans, 185 / 125 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans, 205 / 135 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans, 235 / 155 lb.

Stop at 20 minutes.



OPEN WEEK 2

17:00 PT THUR, MAR 3 THROUGH 17:00 PT MON, MAR 7

Presented by

ASSAULT AIRBIKE

NOTES

This workout begins with the athlete standing under the pull-up bar. At the call of “3, 2, 1 ... go,” the athlete will have 4 minutes to perform 25 toes-to-bars, followed by 50 double-unders, and then 15 squat cleans. If all 90 repetitions are not completed by 4 minutes the athlete’s workout is over, and they will stop and record their score.

If all 90 repetitions are completed within the 4-minute window the athlete will earn an additional 4 minutes to perform another 25 toes-to-bars, 50 double-unders, and 13 squat cleans, this time at a heavier weight. If all 178 repetitions (90 from round 1 plus 88 from round 2) are completed by the 8-minute mark, they will begin another round and their time-cap will be extended by an additional 4 minutes. At each round the weight of the clean will increase while the number of reps of the clean will decrease. **Once a round is completed, the athlete may immediately begin their next round. They do not need to wait for the 4-minute round to end before moving on to the next round.** This pattern of earning additional time will continue for up to 20 minutes, as long as a full round is completed before the next cutoff.

This workout is over when the athlete fails to complete all the repetitions within the cut-off time for that round. The final round ends at the 20-minute mark. The athlete’s score is the number of repetitions completed up to their cut-off time.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of each set of double-unders, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last set of double-unders. In the case where 2 athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

MOVEMENT STANDARDS

TOES-TO-BAR



In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep the arms must be fully extended and the feet must be brought back behind the bar and behind the body.



Both feet must come into contact with the bar at the same time, inside the hands.

If all 5 rounds are completed in under 20 minutes, enter the time at which the last rep of the cleans was completed, as this will be used for the tiebreak score, not the time of completing the double-unders.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Pull-up bar
- Jump rope
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 20 kg (45 lb.), 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 38 kg (85 lb.), 43 kg (95 lb.), 47 kg (105 lb.), 52 kg (115 lb.), 56 kg (125 lb.), 61 kg (135 lb.), 65 kg (145 lb.), 70 kg (155 lb.), 79 kg (175 lb.), 83 kg (185 lb.), 93 kg (205 lb.), 102 kg (225 lb.), 106 kg (235 lb.), 124 kg (275 lb.), 142 kg (315 lb.).

DOUBLE-UNDER



This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.



OPEN WEEK 2

17:00 PT THUR, MAR 3 THROUGH 17:00 PT MON, MAR 7

Presented by

ASSAULT AIRBIKE

SQUAT CLEAN



The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before beginning the next repetition.



The athlete must pass through a full squat with hips below the knees. Receiving the barbell in the bottom of the squat is not required. A power clean or split clean followed by a front squat will be permitted.



The rep is complete when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders in the front rack position with the elbows in front of the bar.

HANGING KNEE RAISE (SCALED ONLY)



For Scaled and Scaled Teens the arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.



At the top of the repetition the athlete must raise their knees above the height of their hips.

SIT-UP (SCALED MASTERS ONLY)



For Scaled Masters, each rep of the sit-up begins with the athlete's back in contact with the floor, their knees bent with their feet anchored, and their hands touching the floor above their head.



At the top, the athlete will raise their torso so that their chest is upright and their hands touch their toes or the dumbbells. AbMats are permitted.

SINGLE-UNDER (SCALED ONLY)



For Scaled divisions, this is the standard single-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.



OPEN WEEK 2 SCORECARD RX'D

Presented by



WORKOUT 16.2

With a running clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans

If completed before 4 minutes proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans

If completed before 8 minutes proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans

If completed before 12 minutes proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans

If completed before 16 minutes proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans

Stop at 20 minutes.

RX'D LOADS (POUNDS)

	Round 1 (15 reps)	Round 2 (13 reps)	Round 3 (11 reps)	Round 4 (9 reps)	Round 5 (7 reps)
Rx'd	135 / 85	185 / 115	225 / 145	275 / 175	315 / 205
Masters 55+	115 / 65	135 / 85	155 / 105	185 / 125	205 / 145
Teens 14-15	95 / 55	115 / 75	135 / 95	155 / 105	185 / 115
Teens 16-17	115 / 75	145 / 95	185 / 125	205 / 135	235 / 155

Mens weight / womens weight

ROUND 1	25 toes-to-bars		Time 90
	50 double-unders		
	15 squat cleans		

If round 1 complete within 4 minutes proceed to round 2

ROUND 4	25 toes-to-bars		Time 348
	50 double-unders		
	9 squat cleans		

If round 4 complete within 16 minutes proceed to round 5

ROUND 2	25 toes-to-bars		Time 178
	50 double-unders		
	13 squat cleans		

If round 2 complete within 8 minutes proceed to round 3

ROUND 5	25 toes-to-bars		Time 430
	50 double-unders		
	7 squat cleans		

Workout ends at 20 minutes.

ROUND 3	25 toes-to-bars		Time 264
	50 double-unders		
	11 squat cleans		

If round 3 complete within 12 minutes proceed to round 4

Finish Time

ATHLETE NAME _____
Print

16.2 TOTAL REPS _____

- Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print

Initial _____ Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy
Athlete Copy

ATHLETE NAME _____
Print

16.2 TOTAL REPS _____

- Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print

Initial _____ Has Judge passed CrossFit's Online Judges Course? Y / N



OPEN WEEK 2 SCORECARD SCALED

Presented by



WORKOUT 16.2

With a running clock, complete as many reps as possible of:

- 25 hanging knee raises/sit-ups*
- 50 single-unders
- 15 squat cleans

If completed before 4 minutes proceed to:

- 25 hanging knee raises/sit-ups*
- 50 single-unders
- 13 squat cleans

If completed before 8 minutes proceed to:

- 25 hanging knee raises/sit-ups*
- 50 single-unders
- 11 squat cleans

If completed before 12 minutes proceed to:

- 25 hanging knee raises/sit-ups*
- 50 single-unders
- 9 squat cleans

If completed before 16 minutes proceed to:

- 25 hanging knee raises/sit-ups*
- 50 single-unders
- 7 squat cleans

Stop at 20 minutes.

*Performed only for the Scaled Masters 55+ division.

SCALED LOADS (POUNDS)

	Round 1 (15 reps)	Round 2 (13 reps)	Round 3 (11 reps)	Round 4 (9 reps)	Round 5 (7 reps)
Scaled	95 / 55	115 / 75	135 / 95	155 / 115	185/135
Scaled Masters 55+	65/45	85/65	105/75	125/85	145/105
Scaled Teens	65/45	85/65	105/75	125/85	145/95

Mens weight / womens weight

ROUND 1	25 knee raises		Time
	50 single-unders		
	15 squat cleans		
	If round 1 complete within 4 minutes proceed to round 2		90

ROUND 2	25 knee raises		Time
	50 single-unders		
	13 squat cleans		
	If round 2 complete within 8 minutes proceed to round 3		178

ROUND 3	25 knee raises		Time
	50 single-unders		
	11 squat cleans		
	If round 3 complete within 12 minutes proceed to round 4		264

ROUND 4	25 knee raises		Time
	50 single-unders		
	9 squat cleans		
	If round 4 complete within 16 minutes proceed to round 5		348

ROUND 5	25 knee raises		Time
	50 single-unders		
	7 squat cleans		
	Workout ends at 20 minutes.		430

Finish Time

ATHLETE NAME _____
Print

16.2 TOTAL REPS _____

- Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

16.2 TOTAL REPS _____

- Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N



OPEN WEEK 3

17:00 PT THUR, MAR 10 THROUGH 17:00 PT MON, MAR 14

Presented by



WORKOUT 16.3 Rx'd

(Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54, **Teen Boys 16-17, Teen Girls 16-17**)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

3 bar muscle-ups

Men use 75 lb.

Women use 55 lb.

WORKOUT 16.3 Masters

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 chest-to-bar pull-ups

Men use 65 lb.

Women use 45 lb.

WORKOUT 16.3 Teens 14-15

(Teen Boys 14-15, Teen Girls 14-15)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

3 bar muscle-ups

Boys use 65 lb.

Girls use 45 lb.

WORKOUT 16.3 Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 jumping chest-to-bar pull-ups

Men use 45 lb.

Women use 35 lb.

WORKOUT 16.3 Masters Scaled

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 jumping chest-to-bar pull-ups

Men use 45 lb.

Women use 35 lb.

WORKOUT 16.3 Teens Scaled

(Scaled Teen Boys 14-15, Scaled Teen Girls 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 16-17)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 jumping chest-to-bar pull-ups

Boys use 45 lb.

Girls use 35 lb.



OPEN WEEK 3

17:00 PT THUR, MAR 10 THROUGH 17:00 PT MON, MAR 14

Presented by



NOTES

This workout begins with the barbell on the floor and the athlete standing tall. At the call of “3, 2, 1 ... go,” the athlete will perform 10 power snatches, then move to the pull-up bar to perform muscle-ups. After 3 reps, the athlete will move back to the barbell and begin their next round.

Your score will be the total number of repetitions completed within the 7-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of each round, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last full round. In the case where 2 athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

MOVEMENT STANDARDS

POWER SNATCH



The barbell begins on the ground and must be lifted overhead in one smooth motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. No part of the body other than the feet may touch the ground during the repetition.



For divisions that use an empty barbell, or if plates smaller in diameter than standard bumper plates are used, each repetition must begin with the barbell clearly below the knees.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. This is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a “no rep.” A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Barbell
- Plates to load to the appropriate weight for your division
- Collars
- Pull-up bar

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 34 kg (75 lb.), 29 kg (65 lb.), 25 kg (55 lb.), 20 kg (45 lb.), and 15 kg (35 lb.).



OPEN WEEK 3

17:00 PT THUR, MAR 10 THROUGH 17:00 PT MON, MAR 14

Presented by



BAR MUSCLE-UP



In the bar muscle-up, you must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support or glide kips are not permitted. The heels may not rise above the height of the bar during the kip.



At the top, the elbows must be fully locked out while the athlete supports himself or herself above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar.

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.



At the top, the chest must clearly come into contact with the bar below the collarbone.

JUMPING CHEST-TO-BAR PULL-UP (SCALED ONLY)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar.



At the bottom, the athlete must lower himself or herself so the arms are fully extended.



At the top, the chest must clearly come into contact with the bar below the collarbone.



OPEN WEEK 3 SCORECARDS RX'D, TEENS

Presented by



17:00 PT THUR, MAR 10 THROUGH 17:00 PT MON, MAR 14

WORKOUT 16.3

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

3 bar muscle-ups

VARIATIONS

Rx'd and Teens 16-17 : Power snatches 75 / 55 lb., bar muscle-ups

Teens 14-15: Power snatches 65 / 45 lb., bar muscle-ups

ROUND	POWER SNATCH (10)	BAR MUSCLE-UP (3)	TIEBREAK TIME
1			13
2			26
3			39
4			52
5			65
6			78
7			91
8			104
9			117
10			130
11			143
12			156
13			169
14			182
15			195

ATHLETE NAME _____
Print

16.3 TOTAL REPS _____
TIEBREAK TIME _____

Rx'd
 Scaled

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

16.3 TOTAL REPS _____
TIEBREAK TIME _____

Rx'd
 Scaled

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N



OPEN WEEK 3 SCORECARDS MASTERS, ALL SCALED DIVISIONS

17:00 PT THUR, MAR 10 THROUGH 17:00 PT MON, MAR 14

Presented by



WORKOUT 16.3

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 pull-ups

VARIATIONS

Masters 55+: Power snatches 65 / 45 lb., chest-to-bar pull-ups

Scaled: Power snatches 45 / 35 lb., jumping chest-to-bar pull-ups

Scaled Masters 55+: Power snatches 45 / 35 lb., jumping chest-to-bar pull-ups

Scaled Teens 14-17: Power snatches 45 / 35 lb., jumping chest-to-bar pull-ups

ROUND	POWER SNATCH (10)	PULL-UPS (5)	TIEBREAK TIME
1			15
2			30
3			45
4			60
5			75
6			90
7			105
8			120
9			135
10			150
11			165
12			180
13			195
14			210
15			225

ATHLETE NAME _____ **16.3 TOTAL REPS** _____ Rx'd
Print Scaled
TIEBREAK TIME _____

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges
Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **16.3 TOTAL REPS** _____ Rx'd
Print Scaled
TIEBREAK TIME _____

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges
Course?



OPEN WEEK 4

17:00 PT THUR, MAR 17 THROUGH 17:00 PT MON, MAR 21

Presented by



LIFEPROOF
LET'S GO!

WORKOUT 16.4 Rx'd

(Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54)

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 handstand push-ups

*Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target
Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target*

WORKOUT 16.4 Masters

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 push presses

*Men deadlift 185 lb., throw 20-lb. ball to 9-ft. target and push press 95 lb.
Women deadlift 125 lb., throw 10-lb. ball to 9-ft. target and push press 65 lb.*

WORKOUT 16.4 Teens

(Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17)

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 handstand push-ups

*Boys 14-15 deadlift 135 lb. and throw 14-lb. ball to 9-ft. target
Boys 16-17 deadlift 185 lb. and throw 20-lb. ball to 10-ft. target
Girls 14-15 deadlift 95 lb. and throw 10-lb. ball to 9-ft. target
Girls 16-17 deadlift 125 lb. and throw 14-lb. ball to 9-ft. target*

WORKOUT 16.4 Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 hand-release push-ups

*Men deadlift 135 lb. and throw 20-lb. ball to 9-ft. target
Women deadlift 95 lb. and throw 10-lb. ball to 9-ft. target*

WORKOUT 16.4 Masters Scaled

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 push presses

*Men deadlift 135 lb. and throw 14-lb. ball to 9-ft. target and push press 65 lb.
Women deadlift 95 lb. and throw 10-lb. ball to 9-ft. target and push press 45 lb.*

WORKOUT 16.4 Teens Scaled

(Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15, Scaled Teen Girls 16-17)

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 hand-release push-ups

*Boys 14-15 deadlift 95 lb. and throw 14-lb. ball to 9-ft. target
Boys 16-17 deadlift 135 lb. and throw 14-lb. ball to 9-ft. target
Girls 14-15 deadlift 65 lb. and throw 10-lb. ball to 9-ft. target
Girls 16-17 deadlift 95 lb. and throw 10-lb. ball to 9-ft. target*



OPEN WEEK 4

17:00 PT THUR, MAR 17 THROUGH 17:00 PT MON, MAR 21

Presented by



LIFEPROOF
LET'S GO!

NOTES

Prior to starting this workout each athlete will need to stand against the wall and measure and mark their foot line for the handstand push-ups (details in Movement Standards section). This workout begins with the barbell on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will perform 55 deadlifts, then move to the wall and complete 55 wall-ball shots, then to the rower to pull 55 calories, then back to the wall for handstand push-ups. If 55 handstand push-ups are completed, the athlete will move back to the barbell and begin another round.

Your score will be the total number of repetitions completed within the 13-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of the row, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed the 55-calorie row. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

MOVEMENT STANDARDS

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

WALL BALL



In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measuring of the height of the handstand push-up marker, the height of the wall-ball target, as well as the weight of the ball, so the loads and height can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Barbell
- Standard bumper plates (18" diameter) to load to the appropriate weight for your division
- Collars
- A medicine ball of the appropriate weight for your division
- A wall mark or target set at specified height for wall-ball shots
- A wall mark for the handstand push-ups
- Rower that counts calories, similar in type and calibration to a Concept 2

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 102 kg (225 lb.), 83 kg (185 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 43 kg (95.), 29 kg (65 lb.), and 9-kg ball (20 lb.), 6-kg ball (14 lb.), 4-kg ball (10 lb.).



OPEN WEEK 4

17:00 PT THUR, MAR 17 THROUGH 17:00 PT MON, MAR 21

Presented by



LIFEPROOF
LET'S GO!

ROW



The monitor must be set to zero at the beginning of each row. The athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 55 calories.

HAND RELEASE PUSH-UP (SCALED ONLY)

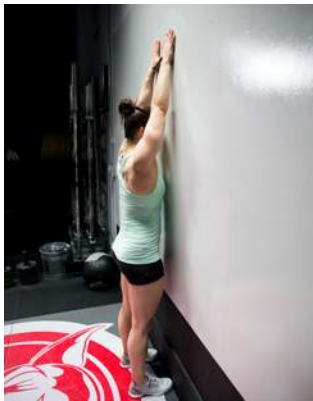


A straight body position must be maintained throughout the movement. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.



At the bottom, the chest (nipple line or above) must touch the floor and the hands must be lifted.

HANDSTAND PUSH-UP



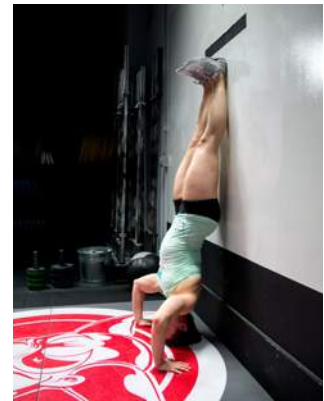
Prior to starting you will need to establish the foot line for your handstand push-up. Stand facing the wall on the same surface your hands will be on, with your feet at hip width and your toes touching the wall. While standing tall, reach your hands over your head with your elbows straight, shoulders extended and your thumbs touching.



From here, mark the height of your wrists, then measure down 3 inches and create a line on the wall. Mark your line with a permanent marker, chalk or tape. Judges may restore the line between rounds as needed.



Each handstand push-up begins and ends with the heels in contact with the wall and above the pre-marked line. The athlete may place their hands however they choose, as long as their heels are above the line.



At the bottom, the athlete's head makes contact with the wall and the hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the line at the beginning and end of each rep. Kipping is allowed.

PUSH PRESS (MASTERS 55+ ONLY)



For Masters, each rep of the push press begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder, the hips and knees must remain straight until the weight is locked out overhead. No jerks.



At the top, the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. Using a rack is not permitted.



OPEN WEEK 4 SCORECARD (ALL)

17:00 PT THUR, MAR 17 THROUGH 17:00 PT MON, MAR 21

Presented by



LIFEPROOF
LET'S GO!

WORKOUT 16.4

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 handstand push-ups*

VARIATIONS

Rx'd: Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target, Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

Scaled: Men deadlift 135 lb. and throw 20-lb. ball to 9-ft. target, Women deadlift 95 lb. and throw 10-lb. ball to 9-ft. target

*hand-release push-ups

Masters 55+: Men deadlift 185 lb., throw 20-lb. ball to 9-ft. target and push press 95 lb., Women deadlift 125 lb., throw 10-lb. ball to 9-ft. target and push press 65 lb.

Scaled Masters 55+: Men deadlift 135 lb., throw 14-lb. ball to 9-ft. target and push press 65 lb., Women deadlift 95 lb., throw 10-lb. ball to 9-ft. target and push press 45 lb.

Teens 14-17: Boys 14-15 deadlift 135 lb. and throw 14-lb. ball to 9-ft. target, Boys 16-17 deadlift 185 lb. and throw 20-lb. ball to 10-ft. target, Girls 14-15 deadlift 95 lb. and throw 10-lb. ball to 9-ft. target, Girls 16-17 deadlift 125 lb. and throw 14-lb. ball to 9-ft. target

Scaled Teens: Boys 14-15 deadlift 95 lb. and throw 14-lb. ball to 9-ft. target, Boys 16-17 deadlift 135 lb. and throw 14-lb. ball to 9-ft. target, Girls 14-15 deadlift 65 lb. and throw 10-lb. ball to 9-ft. target, Girls 16-17 deadlift 95 lb. and throw 10-lb. ball to 9-ft. target

*hand-release push-ups

ROUND	DEADLIFT (55)	WALL BALL (55)	ROW (55)	HSPU (55)	
1			Time		220
2			Time		440
3			Time		660

ATHLETE NAME _____
Print

16.4 TOTAL REPS _____
 Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____ **JUDGE NAME** _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

16.4 TOTAL REPS _____
 Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____ **JUDGE NAME** _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N



OPEN WEEK 5

17:00 PT THUR, MAR 24 THROUGH 17:00 PT MON, MAR 28

Presented by



WORKOUT 16.5 Rx'd

(Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54, **Teen Boys 16-17, Teen Girls 16-17**)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Men use 95 lb.

Women use 65 lb.

WORKOUT 16.5 Masters

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Men use 65 lb.

Women use 45 lb.

WORKOUT 16.5 Teens

(Teen Boys 14-15, Teen Girls 14-15)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Boys use 65 lb.

Girls use 45 lb.

WORKOUT 16.5 Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Men use 65 lb.

Women use 45 lb.

WORKOUT 16.5 Masters Scaled

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Men use 45 lb.

Women use 35 lb.

Note: Burpees over an unloaded barbell are permitted for this division.

WORKOUT 16.5 Teens Scaled

(Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15, Scaled Teen Girls 16-17)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Boys use 45 lb.

Girls use 35 lb.



OPEN WEEK 5

17:00 PT THUR, MAR 24 THROUGH 17:00 PT MON, MAR 28

Presented by



NOTES

This workout begins with the barbell on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will perform 21 thrusters, then 21 burpees, jumping over the barbell for each rep of the burpees. They will then perform 18 of each, then 15 of each, etc., until the last round of 3 of each. Every second counts in this workout. Your score will be the time it takes to complete all 168 repetitions. There is no time cap for this workout.

This workout ends when the feet land on the other side of the bar on the final rep. Time will be recorded in full seconds. Do not round up. If you finish in 7:49.8, your score is 7:49.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Note: Depending on your performance, this video may be longer than previous workouts. Be sure you have enough battery life, memory and time to upload your video. You may need to [increase your limit on YouTube](#) to allow a longer video.

EQUIPMENT

- Barbell
- Standard bumper plates (18" diameter) to load to the appropriate weight for your division
- Collars

* If you do not use standard-sized bumper plates on the barbell, you will also need a second barbell set with standard plates to jump over for the burpees, unless you are Scaled Masters. Scaled Masters will be permitted to jump over an empty barbell on the burpees.

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

**The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.), and 15 kg (35 lb.).



OPEN WEEK 5

17:00 PT THUR, MAR 24 THROUGH 17:00 PT MON, MAR 28

Presented by



MOVEMENT STANDARDS

THRUSTER



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed if the bar is on the ground. Using a ball, box or other object to check for proper depth is not allowed.



The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

BURPEE



Each burpee must be performed perpendicular to and facing the barbell. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom.



The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. If standard-sized bumper plates are not used on the thruster barbell, or your division allows for an empty barbell, a separate barbell loaded with standard bumper plates must be set up for the athlete to jump over during the burpees. Scaled Masters will be permitted to jump over an empty barbell on the burpees.



The next rep will begin on the opposite side facing the barbell.



OPEN WEEK 5 SCORECARD (ALL)

17:00 PT THUR, MAR 24 THROUGH 17:00 PT MON, MAR 28

Presented by



WORKOUT 16.5

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

21 THRUSTERS	
21 BURPEES	
18 THRUSTERS	
18 BURPEES	
15 THRUSTERS	
15 BURPEES	
12 THRUSTERS	
12 BURPEES	
9 THRUSTERS	
9 BURPEES	
6 THRUSTERS	
6 BURPEES	
3 THRUSTERS	
3 BURPEES	

VARIATIONS

Rx'd, Teens 16-17: Thruster 95 / 65 lb.

Scaled: Thruster 65 / 45 lb.

Masters 55+: Thruster 65 / 45 lb.

Scaled Masters 55+: Thruster 45 / 35 lb.

Teens 14-15: Thruster 65 / 45 lb.

Scaled Teens 14-17: Thruster 45 / 35 lb.

ATHLETE NAME _____ **16.5 TIME** _____ Rx'd
Print Scaled

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **16.5 TIME** _____ Rx'd
Print Scaled

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges Course?

Note:.....

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OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 23 THROUGH 17:00 PT MONDAY, FEB. 27

Presented by



WORKOUT 17.1 Rx'd (Ages 16-54)

For time:

10 snatches

15 burpee box jump-overs

20 snatches

15 burpee box jump-overs

30 snatches

15 burpee box jump-overs

40 snatches

15 burpee box jump-overs

50 snatches

15 burpee box jump-overs

M 50-lb. dumbbell / 24-in. box

F 35-lb. dumbbell / 20-in. box

Time cap: 20 minutes

NOTES

Prior to starting this workout, each athlete will need to create a long straight line on the floor and place their box on the center of that line. This workout begins with the dumbbell resting on the floor and the athlete standing tall. At the call of "3, 2, 1... go!" the athlete will reach down and begin the dumbbell snatches, alternating arms after each repetition. Once all reps are complete, they will move to the box and perform 15 burpee box jump-overs, then move back to the snatch, etc. In each round the number of repetitions of the snatch will increase. This workout ends when the feet land on the ground on the other side of the box on the final rep.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 225 repetitions. Time will be recorded in full seconds. Do not round up. If the athlete finishes in 10:32.7, their score is 10:32. There is a 20-minute time cap. If they do not finish all 225 reps before the time cap, their score will be the number of reps completed.

TIEBREAK

If all 225 reps are completed within the time cap, there is no tiebreaker for this workout. If all 225 reps are NOT completed within the 20-minute time cap, your score will be the total number of reps completed, with ties being broken by the time of completion of your last full set of burpee box jump-overs. At the end of each set of burpee box jump-overs, time should be marked and recorded for score submission. In the case where two athletes have completed the same number of reps, the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Dumbbell of appropriate weight for your division*†
- Box that is the appropriate height for your division. The top of the box must be at least 15-by-15 inches.
- Tape or line that bisects the burpee box jump area

* Kilogram dumbbells cannot be used by athletes competing in the U.S. or Canada. If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

†The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbell and box to be used so the loads and height can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 23 THROUGH 17:00 PT MONDAY, FEB. 27

Presented by



WORKOUT 17.1

For time:

- 10 snatches
- 15 burpee box jump-overs
- 20 snatches
- 15 burpee box jump-overs
- 30 snatches
- 15 burpee box jump-overs
- 40 snatches
- 15 burpee box jump-overs
- 50 snatches
- 15 burpee box jump-overs

Time cap: 20 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell and 24-in. box
Women use 35-lb. dumbbell and 20-in. box

Teenagers 14-15:

Boys use 35-lb. dumbbell and 24-in. box
Girls use 20-lb. dumbbell and 20-in. box

Masters 55+:

Men use 35-lb. dumbbell and 24-in. box, step-ups OK
Women use 20-lb. dumbbell and 20-in. box, step-ups OK

Scaled: (Ages 16-54)

Men use 35-lb. dumbbell and 20-in. box, step-ups OK
Women use 20-lb. dumbbell and 20-in. box, step-ups OK

Scaled Teenagers 14-15:

Boys use 20-lb. dumbbell and 24-in. box, step-ups OK
Girls use 10-lb. dumbbell and 20-in. box, step-ups OK

Scaled Masters 55+:

Men use 20-lb. dumbbell and 20-in. box, step-ups OK
Women use 10-lb. dumbbell and 20-in. box, step-ups OK

MOVEMENT STANDARDS

DUMBBELL SNATCHES



The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.



At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.



OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 23 THROUGH 17:00 PT MONDAY, FEB. 27

Presented by



MOVEMENT STANDARDS

BURPEE BOX JUMP-OVER



The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.

There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

BURPEE BOX STEP-OVER (SCALED AND MASTERS 55+ ONLY)



The burpee box step-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping or stepping over the box. In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.

There is no requirement to stand tall while on top of the box. Only the athlete's feet may touch the box. The athlete may step up or jump on top of the box and then jump or step down on the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.



OPEN WEEK 1 SCORECARD (ALL)

17:00 PT, THURSDAY, FEB. 23 THROUGH 17:00 PT MONDAY, FEB. 27

Presented by



WORKOUT 17.1

For time:

- 10 snatches
- 15 burpee box jump-overs
- 20 snatches
- 15 burpee box jump-overs
- 30 snatches
- 15 burpee box jump-overs
- 40 snatches
- 15 burpee box jump-overs
- 50 snatches
- 15 burpee box jump-overs

Time cap: 20 minutes

10 Dumbbell Snatches	10	
15 Burpee Box Jump-Overs	25	
20 Dumbbell Snatches	45	TIME
15 Burpee Box Jump-Overs	60	
30 Dumbbell Snatches	90	TIME
15 Burpee Box Jump-Overs	105	
40 Dumbbell Snatches	145	TIME
15 Burpee Box Jump-Overs	160	
50 Dumbbell Snatches	210	TIME
15 Burpee Box Jump-Overs	225	

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell and 24-in. box
Women use 35-lb. dumbbell and 20-in. box

Teenagers 14-15:

Boys use 35-lb. dumbbell and 24-in. box
Girls use 20-lb. dumbbell and 20-in. box

Masters 55+:

Men use 35-lb. dumbbell and 24-in. box, step-ups OK
Women use 20-lb. dumbbell and 20-in. box, step-ups OK

Scaled: (Ages 16-54)

Men use 35-lb. dumbbell and 20-in. box, step-ups OK
Women use 20-lb. dumbbell and 20-in. box, step-ups OK

Scaled Teenagers 14-15:

Boys use 20-lb. dumbbell and 24-in. box, step-ups OK
Girls use 10-lb. dumbbell and 20-in. box, step-ups OK

Scaled Masters 55+:

Men use 20-lb. dumbbell and 20-in. box, step-ups OK
Women use 10-lb. dumbbell and 20-in. box, step-ups OK

TIME

Rx'd

Scaled

ATHLETE NAME _____ Print _____ TIME _____
OR

REPS @ 20:00 _____ TIEBREAK _____

AFFILIATE _____ JUDGE NAME _____ Print _____ Initial _____ Has Judge passed Y / N
Name of Affiliate _____ Print _____ Initial _____ CrossFit's Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

Rx'd

Scaled

ATHLETE NAME _____ Print _____ TIME _____
OR

REPS @ 20:00 _____ TIEBREAK _____

AFFILIATE _____ JUDGE NAME _____ Print _____ Initial _____ Has Judge passed Y / N
Name of Affiliate _____ Print _____ Initial _____ CrossFit's Online Judges Course?



OPEN WEEK 2

17:00 PT THURSDAY, MARCH 2 THROUGH 17:00 PT MONDAY, MARCH 6

Presented by



WORKOUT 17.2 Rx'd (Ages 16-54)

Complete as many rounds and reps as possible in 12 minutes of:

2 rounds of:

50-ft. weighted walking lunge

16 toes-to-bars

8 power cleans

Then, 2 rounds of:

50-ft. weighted walking lunge

16 bar muscle-ups

8 power cleans

Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.

M 50-lb. dumbbells

F 35-lb. dumbbells

NOTES

Prior to starting this workout, each athlete will need to mark a starting point on the floor, measure out 25 feet and make another mark on the floor at the turnaround point. Additionally, intermediate marks must be made at every 5-foot interval, each of which represents 1 rep of the lunge. This workout begins with the dumbbells resting on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will lift the dumbbells to the shoulders and lunge forward with them for 25 feet, turn around and lunge back 25 feet. They then will perform 16 toes-to-bars and will finish the round with 8 dumbbell power cleans. Round 2 will be performed in the same fashion. For rounds 3 and 4, 16 bar muscle-ups will be performed in place of the toes-to-bars. Rounds 5 and 6 will go back to toes-to-bars, rounds 7 and 8 to bar muscle-ups, etc.

The athlete's score will be the total number of repetitions completed before the 12-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of each round (after the eighth power clean), time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last full round. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Dumbbells of appropriate weight for your division*†
- Pull-up bar
- Measuring tape
- Tape or chalk to mark lunge area

* Kilogram dumbbells cannot be used by athletes competing in the U.S. or Canada. If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

†The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

If gym space is limited and a 25-foot lunge area is not available, athletes will be permitted to lunge back and forth in a smaller area so long as the 5-foot intervals still can be seen clearly. For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbells to be used so the loads can be seen clearly. Also film the measurement of the 25-foot lunge area and the 5-foot intermediate segments. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 2

17:00 PT THURSDAY, MARCH 2 THROUGH 17:00 PT MONDAY, MARCH 6

Presented by



WORKOUT 17.2

Complete as many rounds and reps as possible in 12 minutes of:

2 rounds of:

- 50-ft. weighted walking lunge
- 16 toes-to-bars*
- 8 power cleans

Then, 2 rounds of:

- 50-ft. weighted walking lunge
- 16 bar muscle-ups*
- 8 power cleans

Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.

* Movements vary by division.

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbells
Women use 35-lb. dumbbells

Teenagers 14-15:

Boys use 35-lb. dumbbells, perform toes-to-bars / bar muscle-ups
Girls use 20-lb. dumbbells, perform toes-to-bars / bar muscle-ups

Masters 55+:

Men use 35-lb. dumbbells, perform toes-to-bars / chest-to-bar pull-ups
Women use 20-lb. dumbbells, perform toes-to-bars / chest-to-bar pull-ups

Scaled: (Ages 16-54)

Men use 35-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups
Women use 20-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups

Scaled Teenagers 14-15:

Boys use 20-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups
Girls use 10-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups

Scaled Masters 55+:

Men use 20-lb. dumbbells, perform sit-ups / jumping chest-to-bar pull-ups
Women use 10-lb. dumbbells, perform sit-ups / jumping chest-to-bar pull-ups

MOVEMENT STANDARDS

WEIGHTED LUNGE



Each lunge begins with the dumbbells at the shoulders, the feet together, and the athlete standing tall. The rear head of the dumbbell must be clearly over or slightly behind the center of the athlete's body when viewed from profile.



A lunge rep will count when both heels are past the line, the athlete is standing tall with the dumbbells at the shoulders and all standards for the repetition have been met.



The trailing knee must make contact with the ground at the bottom of each lunge. The dumbbells must remain at the shoulders, and the hands must remain around the dumbbell handle for the duration of the rep. Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is not allowed. Walking lunges are required. Lunging in place is not allowed. Lunging more than 25 feet in one direction without turning around is not allowed.



The rep ends with the dumbbells still at the shoulders and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not allowed. If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the dumbbells at the shoulders for the entire rep, the athlete must restart from behind the last 5-foot increment they successfully crossed. Similarly, if at any time during the lunge the dumbbells are lowered from the shoulders, the athlete must restart from behind the last 5-foot increment they successfully crossed.

MOVEMENT STANDARDS

TOES-TO-BAR



In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body.



Both feet must come into contact with the bar at the same time, inside the hands.

DUMBBELL POWER CLEAN



For the clean, the dumbbells begin on the ground, outside the athlete's feet. Touch-and-go is permitted, and only one head of each dumbbell is required to touch the floor between repetitions. No bouncing.



A muscle clean, power clean, squat clean or split clean may be used, as long as the dumbbells come up to the shoulders in one motion, the hips and knees are fully extended, the feet are in line, and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body.

BAR MUSCLE-UPS



In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip.



At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

MOVEMENT STANDARDS

HANGING KNEE-RAISE (SCALED ONLY)



The arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body.



At the top of the repetition, the athlete must raise the knees above the height of the hips.

CHIN-OVER-BAR PULL-UP (SCALED ONLY)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom with the feet off the ground.



At the top of the movement, the chin must break the horizontal plane of the bar.

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.



At the top, the chest must clearly come into contact with the bar below the collarbone.



OPEN WEEK 2

17:00 PT THURSDAY, MARCH 2 THROUGH 17:00 PT MONDAY, MARCH 6

Presented by



MOVEMENT STANDARDS

ABMAT SIT-UP (SCALED MASTERS 55+ONLY)



Each rep of the sit-up begins with the athlete's back in contact with the floor, their knees bent with their feet anchored, and their hands touching the floor above their head.



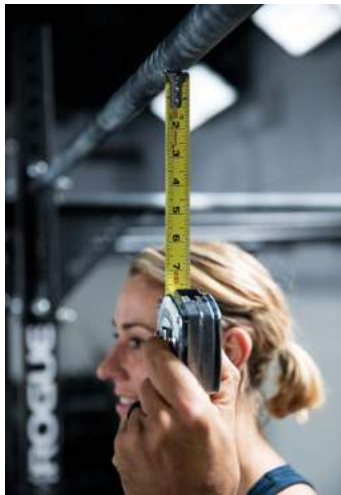
At the top, the athlete will raise their torso so their chest is upright and their hands touch their toes or the dumbbells.



AbMats are permitted.

MOVEMENT STANDARDS

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when standing tall.



The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower their body so the arms are fully extended.



At the top, the chest must clearly come into contact with the bar below the collarbone.



OPEN WEEK 2 SCORECARD

17:00 PT THURSDAY, MARCH 2 THROUGH 17:00 PT MONDAY, MARCH 6

Presented by



WORKOUT 17.2

12-min. AMRAP

2 rounds of:

- 50-ft. weighted walking lunge
- 16 toes-to-bars*
- 8 power cleans

Then, 2 rounds of:

- 50-ft. weighted walking lunge
- 16 bar muscle-ups*
- 8 power cleans

Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.

* Movements vary by division.

ROUND	LUNGE (10)	T2B/MU (16)	CLEAN (8)	
1		T2B*		34
2		T2B*		Time 68
3		MU*		Time 102
4		MU*		Time 136
5		T2B*		Time 170
6		T2B*		Time 204
7		MU*		Time 238
8		MU*		Time 272
9		T2B*		Time 306
10		T2B*		Time 340

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbells
Women use 35-lb. dumbbells

Teenagers 14-15:

Boys use 35-lb. dumbbells, perform toes-to-bars / bar muscle-ups
Girls use 20-lb. dumbbells, perform toes-to-bars / bar muscle-ups

Masters 55+:

Men use 35-lb. dumbbells, perform toes-to-bars / chest-to-bar pull-ups
Women use 20-lb. dumbbells, perform toes-to-bars / chest-to-bar pull-ups

Scaled: (Ages 16-54)

Men use 35-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups
Women use 20-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups

Scaled Teenagers 14-15:

Boys use 20-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups
Girls use 10-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups

Scaled Masters 55+:

Men use 20-lb. dumbbells, perform sit-ups / jumping chest-to-bar pull-ups
Women use 10-lb. dumbbells, perform sit-ups / jumping chest-to-bar pull-ups

Rx'd

Scaled

ATHLETE NAME _____

Print

REPS _____

TIEBREAK _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed Y / N
CrossFit's Online Judges
Course?

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

Rx'd

Scaled

WORKOUT 17.2

ATHLETE NAME _____

Print

REPS _____

TIEBREAK _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed Y / N
CrossFit's Online Judges
Course?



OPEN WEEK 3

17:00 PT THURSDAY, MARCH 9 THROUGH 17:00 PT MONDAY, MARCH 13

Presented by



WORKOUT 17.3 Rx'd (Ages 16-54)

Prior to 8:00, complete:

3 rounds of:

6 chest-to-bar pull-ups

6 squat snatches (95 / 65 lb.)

Then, 3 rounds of:

7 chest-to-bar pull-ups

5 squat snatches (135 / 95 lb.)

*Prior to 12:00, complete 3 rounds of:

8 chest-to-bar pull-ups

4 squat snatches (185 / 135 lb.)

*Prior to 16:00, complete 3 rounds of:

9 chest-to-bar pull-ups

3 squat snatches (225 / 155 lb.)

*Prior to 20:00, complete 3 rounds of:

10 chest-to-bar pull-ups

2 squat snatches (245 / 175 lb.)

Prior to 24:00, complete 3 rounds of:

11 chest-to-bar pull-ups

1 squat snatch (265 / 185 lb.)

*If all reps are completed, time cap extends by 4 minutes.

NOTES

This workout begins with the athlete standing under the pull-up bar. At the call of "3, 2, 1 ... go," the athlete will have 8 minutes to perform 3 rounds of 6 chest-to-bar pull-ups and 6 squat snatches, AND 3 rounds of 7 chest-to-bar pull-ups and 5 squat snatches. If all 72 repetitions are not completed within 8 minutes, the athlete's workout is over, and they will stop and record their score.

If all 72 repetitions are completed within the 8-minute window, the athlete will earn an additional 4 minutes to continue with the couplet. If all 108 reps (36 from rounds 1-3, 36 from rounds 4-6 and 36 from rounds 7-9) are completed by the 12-minute mark, the time will once again be extended by 4 minutes. Throughout the workout, after every 3 complete rounds, the reps of the pull-up will increase, the reps of the snatch will decrease, and the barbell will get heavier. **Once a 3-round section is completed, the athlete may immediately begin their next section. They do not need to wait for the 4-minute window to expire before moving on to the next section.** This pattern will continue for up to 24 minutes, as long as 3 rounds of the couplet are completed before each cutoff.

This workout is over when the athlete completes all the required work prior to 24 minutes or fails to complete all the repetitions within the cutoff time for a section. The athlete's score is their time if they complete the workout or the number of repetitions completed up to their cutoff time.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used.

TIEBREAK

If all 216 reps are completed prior to the 24-minute time cap, your score will be your total time and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of each 3-round section. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full 3-round section. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Pull-up bar
- Barbell
- Collars
- Standard bumper plates (18 inches in diameter) to load to the appropriate weight for your division

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb.), 20 kg (45 lb.), 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 43 kg (95 lb.), 47 kg (105 lb.), 52 kg (115 lb.), 61 kg (135 lb.), 70 kg (155 lb.), 79 kg (175 lb.), 83 kg (185 lb.), 93 kg (205 lb.), 102 kg (225 lb.), 111 kg (245 lb.) and 120 kg (265 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell(s) to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 3

17:00 PT THURSDAY, MARCH 9 THROUGH 17:00 PT MONDAY, MARCH 13

Presented by



WORKOUT 17.3

Prior to 8:00, complete:

3 rounds of:

6 chest-to-bar pull-ups

6 squat snatches (95 / 65 lb.)

Then, 3 rounds of:

7 chest-to-bar pull-ups

5 squat snatches (135 / 95 lb.)

*Prior to 12:00, 3 rounds of:

8 chest-to-bar pull-ups

4 squat snatches (185 / 135 lb.)

*Prior to 16:00, 3 rounds of:

9 chest-to-bar pull-ups

3 squat snatches (225 / 155 lb.)

*Prior to 20:00, 3 rounds of:

10 chest-to-bar pull-ups

2 squat snatches (245 / 175 lb.)

Prior to 24:00, 3 rounds of:

11 chest-to-bar pull-ups

1 squat snatch (265 / 185 lb.)

*If all reps are completed, time cap extends by 4 minutes.

VARIATIONS

Rx'd: (Ages 16-54)

Men use 95-135-185-225-245-265 lb.

Women use 65-95-135-155-175-185 lb.

Teenagers 14-15:

Chin-over-bar pull-ups

Squat snatches

Boys use 75-105-135-155-185-205 lb.

Girls use 45-75-95-115-135-155 lb.

Masters 55+:

Chin-over-bar pull-ups

Squat snatches or power snatches with overhead squats permitted

Men use 75-105-135-155-185-205 lb.

Women use 45-75-95-115-135-155 lb.

Scaled: (Ages 16-54)

Jumping chin-over-bar pull-ups

Squat snatches or power snatches with overhead squats permitted

Men use 45-75-95-115-135-155 lb.

Women use 35-55-65-75-95-105 lb.

Scaled Teenagers 14-15:

Jumping chin-over-bar pull-ups

Squat snatches or power snatches with overhead squats permitted

Boys use 45-75-95-115-135-155 lb.

Girls use 35-55-65-75-95-105 lb.

Scaled Masters 55+:

Jumping chin-over-bar pull-ups

Squat snatches or power snatches with overhead squats permitted

Men use 45-75-95-115-135-155 lb.

Women use 35-55-65-75-95-105 lb.



OPEN WEEK 3

17:00 PT THURSDAY, MARCH 9 THROUGH 17:00 PT MONDAY, MARCH 13

Presented by



MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.

At the top, the chest must clearly come into contact with the bar below the collarbone.

SQUAT SNATCH



The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

In every division, the athlete must pass through a full squat with hips below the knees. For the Rx'd division, catching the bar while above parallel will only be allowed if the athlete continues to drop below parallel in a smooth motion, without pausing or rising before achieving the required depth. A power snatch followed by an overhead squat will not be allowed.

Scaled divisions and some masters divisions are not required to catch the bar below parallel and will be permitted to power snatch, pause or stand, and then proceed to the bottom of the overhead squat.

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to-overhead any way.

MOVEMENT STANDARDS

JUMPING CHIN-OVER-BAR PULL-UP (SCALED ONLY)



For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when standing tall.



At the bottom, the arms must be fully extended.



At the top, the chin must break the horizontal plane of the bar.

CHIN-OVER-BAR PULL-UP (TEENAGERS AND MASTERS ONLY)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.



At the top, the chin must break the horizontal plane of the bar.



OPEN WEEK 3 SCORECARD (RX'D)

17:00 PT THURSDAY, MARCH 9 THROUGH 17:00 PT MONDAY, MARCH 13

Presented by



WORKOUT 17.3 RX'd

Prior to 8:00, complete:

3 rounds of:

- 6 chest-to-bar pull-ups
- 6 squat snatches (95 / 65 lb.)

Then, 3 rounds of:

- 7 chest-to-bar pull-ups
- 5 squat snatches (135 / 95 lb.)

*Prior to 12:00, 3 rounds of:

- 8 chest-to-bar pull-ups
- 4 squat snatches (185 / 135 lb.)

*Prior to 16:00, 3 rounds of:

- 9 chest-to-bar pull-ups
- 3 squat snatches (225 / 155 lb.)

*Prior to 20:00, 3 rounds of:

- 10 chest-to-bar pull-ups
- 2 squat snatches (245 / 175 lb.)

Prior to 24:00, 3 rounds of:

- 11 chest-to-bar pull-ups
- 1 squat snatch (265 / 185 lb.)

*If all reps are completed, time cap extends by 4 minutes.

	Pull-up	Snatch	Pull-up	Snatch	Pull-up	Snatch	
95 / 65 lb.	6	6	6	6	6	6	36
135 / 95 lb.							TIME
8:00	7	5	7	5	7	5	72
185 / 135 lb.							TIME
12:00	8	4	8	4	8	4	108
225 / 155 lb.							TIME
16:00	9	3	9	3	9	3	144
245 / 175 lb.							TIME
20:00	10	2	10	2	10	2	180
265 / 185 lb.							TIME
24:00	11	1	11	1	11	1	216
							TIME

TOTAL REPS _____

VARIATIONS

See Page 6

Rx'd

ATHLETE NAME _____ TOTAL REPS _____
Print

TIEBREAK _____

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 17.3

Rx'd

ATHLETE NAME _____ TOTAL REPS _____
Print

TIEBREAK _____

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges Course?



OPEN WEEK 3 SCORECARD

17:00 PT THURSDAY, MARCH 9 THROUGH 17:00 PT MONDAY, MARCH 13

Presented by



WORKOUT 17.3

Prior to 8:00, complete:

3 rounds of:

- 6 chest-to-bar pull-ups
- 6 squat snatches (95 / 65 lb.)

Then, 3 rounds of:

- 7 chest-to-bar pull-ups
- 5 squat snatches (135 / 95 lb.)

*Prior to 12:00, 3 rounds of:

- 8 chest-to-bar pull-ups
- 4 squat snatches (185 / 135 lb.)

*Prior to 16:00, 3 rounds of:

- 9 chest-to-bar pull-ups
- 3 squat snatches (225 / 155 lb.)

*Prior to 20:00, 3 rounds of:

- 10 chest-to-bar pull-ups
- 2 squat snatches (245 / 175 lb.)

Prior to 24:00, 3 rounds of:

- 11 chest-to-bar pull-ups
- 1 squat snatch (265 / 185 lb.)

*If all reps are completed, time cap extends by 4 minutes.

	Pull-up	Snatch	Pull-up	Snatch	Pull-up	Snatch	
LOAD							
LOAD	6	6	6	6	6	6	36
							TIME
LOAD	7	5	7	5	7	5	72
8:00							TIME
LOAD	8	4	8	4	8	4	108
12:00							TIME
LOAD	9	3	9	3	9	3	144
16:00							TIME
LOAD	10	2	10	2	10	2	180
20:00							TIME
LOAD	11	1	11	1	11	1	216
24:00							TIME

TOTAL REPS _____

VARIATIONS

Rx'd: (Ages 16-54)

Men use 95-135-185-225-245-265 lb.
Women use 65-95-135-155-175-185 lb.

Teenagers 14-15:

Chin-over-bar pull-ups
Squat snatches
Boys use 75-105-135-155-185-205 lb.
Girls use 45-75-95-115-135-155 lb.

Masters 55+:

Chin-over-bar pull-ups
Squat snatches or power snatches with overhead squats permitted
Men use 75-105-135-155-185-205 lb.
Women use 45-75-95-115-135-155 lb.

Scaled: (Ages 16-54)

Jumping chin-over-bar pull-ups
Squat snatches or power snatches with overhead squats permitted
Men use 45-75-95-115-135-155 lb.
Women use 35-55-65-75-95-105 lb.

Scaled Teenagers 14-15:

Jumping chin-over-bar pull-ups
Squat snatches or power snatches with overhead squats permitted
Boys use 45-75-95-115-135-155 lb.
Girls use 35-55-65-75-95-105 lb.

Scaled Masters 55+:

Jumping chin-over-bar pull-ups
Squat snatches or power snatches with overhead squats permitted
Men use 45-75-95-115-135-155 lb.
Women use 35-55-65-75-95-105 lb.

Rx'd
 Scaled

ATHLETE NAME _____ TOTAL REPS _____
Print

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 17.3

ATHLETE NAME _____ TOTAL REPS _____
Print

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

Rx'd
 Scaled



OPEN WEEK 4

17:00 PT THURSDAY, MARCH 16 THROUGH 17:00 PT MONDAY, MARCH 20

Presented by

ASSAULT
FITNESS

WORKOUT 17.4 Rx'd (Ages 16-54)

Complete as many rounds and reps as possible in 13 minutes of:

55 deadlifts

55 wall-ball shots

55-calorie row

55 handstand push-ups

Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target

Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

NOTES

Prior to starting this workout, each athlete will need to mark a box on the ground and a foot line on the wall for the handstand push-ups (details in Movement Standards section). They will also need to mark the required height on the wall or wall-ball target. This workout begins with the barbell on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will perform 55 deadlifts, then move to the designated target to complete 55 wall-ball shots, then to the rower to pull 55 calories, then to the wall for handstand push-ups. If 55 handstand push-ups are completed, the athlete will move back to the barbell to begin another round.

The athlete's score will be the total number of repetitions completed within the 13-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. Upon completion of 55 reps of each exercise, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last full set on any of the exercises. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weight for your division
- Collars
- A medicine ball of the appropriate weight for your division
- A wall mark or target set at specified height for wall-ball shots
- A wall mark and floor marks for the handstand push-ups
- Rower that counts calories, similar in type and calibration to a Concept2 rower

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 102 kg (225 lb.), 83 kg (185 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 43 kg (95 lb.) and 29 kg (65 lb.). The minimum acceptable weights in kilograms for the medicine ball are 9 kg (20 lb.), 6 kg (14 lb.) and 4 kg (10 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measuring of the height, width and depth of the handstand push-up markers, the height of the wall-ball target and the weight of the ball so all loads and measurements can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 4

17:00 PT THURSDAY, MARCH 16 THROUGH 17:00 PT MONDAY, MARCH 20

Presented by

ASSAULT
FITNESS

WORKOUT 17.4

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 handstand push-ups*

Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target

Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

*Movement varies by division

VARIATIONS

Rx'd: (Ages 16-54)

Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target

Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

Scaled: (Ages 16-54)

Men deadlift 135 lb., throw 20-lb. ball to 9-ft. target and perform hand-release push-ups

Women deadlift 95 lb., throw 10-lb. ball to 9-ft. target and perform hand-release push-ups

Teenagers 14-15:

Boys deadlift 135 lb. and throw 14-lb. ball to 9-ft. target

Girls deadlift 95 lb. and throw 10-lb. ball to 9-ft. target

Scaled Teenagers 14-15:

Boys deadlift 95 lb., throw 14-lb. ball to 9-ft. target and perform hand-release push-ups

Girls deadlift 65 lb., throw 10-lb. ball to 9-ft. target and perform hand-release push-ups

Masters 55+:

Men deadlift 185 lb., throw 20-lb. ball to 9-ft. target and push press 95 lb.

Women deadlift 125 lb., throw 10-lb. ball to 9-ft. target and push press 65 lb.

Scaled Masters 55+:

Men deadlift 135 lb., throw 14-lb. ball to 9-ft. target and push press 65 lb.

Women deadlift 95 lb., throw 10-lb. ball to 9-ft. target and push press 45 lb.



OPEN WEEK 4

17:00 PT THURSDAY, MARCH 16 THROUGH 17:00 PT MONDAY, MARCH 20

Presented by

ASSAULT
FITNESS

MOVEMENT STANDARDS

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the head and shoulders behind the bar. The arms must be straight throughout. No bouncing.

WALL-BALL SHOT



In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



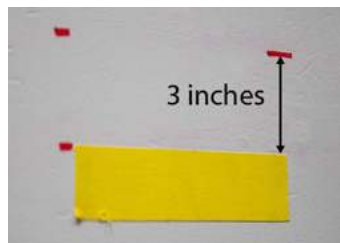
The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

ROW



The monitor on the rower must be set to zero at the beginning of each row. The athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 55 calories.

HANDSTAND PUSH-UP



Prior to starting, the athlete will need to establish the foot line on the wall and measure a box on the floor for the handstand push-up. For the foot line, the athlete will stand facing the wall on the same surface the hands will be on, with feet at hip width and toes touching the wall. While standing tall, the athlete will reach their hands over their head with elbows locked out, shoulders extended and thumbs touching.

From here, mark the height of the athlete's wrists, then measure down 3 inches and create a line on the wall. Mark the foot line with a permanent marker, chalk or tape. Judges may restore the line between rounds as needed.

Additionally, a 36-inch wide and 24-inch deep box must be marked on the floor.



Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. The athlete's heels must start the rep above the pre-marked foot line. The palm of the hands must remain inside the pre-marked box on the ground throughout the entire rep.

At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the line at the beginning and end of each rep. While the palm of the hands must stay within the width of the box marked on the ground, the fingers may extend past the line. Kipping is allowed.



OPEN WEEK 4

17:00 PT THURSDAY, MARCH 16 THROUGH 17:00 PT MONDAY, MARCH 20

Presented by

ASSAULT
FITNESS

HAND-RELEASE PUSH-UP (SCALED ONLY)



A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.

At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.

PUSH PRESS (MASTERS 55+ ONLY)



Each rep of the push press begins with the barbell at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder, the hips and knees must remain straight until the weight is locked out overhead. No jerks.

At the top, the arms, hips and knees are fully extended, and the bar finishes directly over the middle of the body with the feet in line under the body. Using a rack is not permitted.



OPEN WEEK 4 SCORECARD

17:00 PT THURSDAY, MARCH 16 THROUGH 17:00 PT MONDAY, MARCH 20

Presented by



WORKOUT 17.4

Complete as many rounds and reps as possible in 13 minutes of:

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 handstand push-ups*

*Movement varies by division

ROUND	DEADLIFT (55)	WALL BALL (55)	ROW (55)	HSPU (55)	
1					
	55 _____ TIME	110 _____ TIME	165 _____ TIME	220 _____ TIME	220
2					
	275 _____ TIME	330 _____ TIME	385 _____ TIME	440 _____ TIME	440

VARIATIONS

Rx'd: (Ages 16-54)

Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target
 Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

Teenagers 14-15:

Boys deadlift 135 lb. and throw 14-lb. ball to 9-ft. target
 Girls deadlift 95 lb. and throw 10-lb. ball to 9-ft. target

Masters 55+:

Men deadlift 185 lb., throw 20-lb. ball to 9-ft. target and push press 95 lb.
 Women deadlift 125 lb., throw 10-lb. ball to 9-ft. target and push press 65 lb.

Scaled: (Ages 16-54)

Men deadlift 135 lb., throw 20-lb. ball to 9-ft. target and perform hand-release push-ups
 Women deadlift 95 lb., throw 10-lb. ball to 9-ft. target and perform hand-release push-ups

Scaled Teenagers 14-15:

Boys deadlift 95 lb., throw 14-lb. ball to 9-ft. target and perform hand-release push-ups
 Girls deadlift 65 lb., throw 10-lb. ball to 9-ft. target and perform hand-release push-ups

Scaled Masters 55+:

Men deadlift 135 lb., throw 14-lb. ball to 9-ft. target and push press 65 lb.
 Women deadlift 95 lb., throw 10-lb. ball to 9-ft. target and push press 45 lb.

TOTAL REPS _____

Rx'd
 Scaled

ATHLETE NAME _____ TOTAL REPS _____

Print

TIEBREAK _____

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
 Name of Affiliate Print Initial CrossFit's Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____

Affiliate Copy

Athlete Copy

Athlete Signature

Date

WORKOUT 17.4

Rx'd
 Scaled

ATHLETE NAME _____ TOTAL REPS _____

Print

TIEBREAK _____

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
 Name of Affiliate Print Initial CrossFit's Online Judges Course?



OPEN WEEK 5

17:00 PT THURSDAY, MARCH 23 THROUGH 17:00 PT MONDAY, MARCH 27

Presented by



WORKOUT 17.5 Rx'd (Ages 16-54)

10 rounds for time of:

9 thrusters

35 double-unders

M 95 lb. F 65 lb.

NOTES

This workout begins with the barbell on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will perform 9 thrusters, then 35 double-unders. They will repeat this couplet for a total of 10 rounds. During the workout, only the athlete may handle their equipment, and the rope must be set on the ground while the athlete is performing thrusters.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 440 repetitions. Time will be recorded in full seconds. Do not round up. If an athlete finishes in 15:40.8, their score is 15:40. There is a 40-minute time cap. If the athlete does not finish all 440 reps within the time cap, their score will be the number of reps completed. There is no tiebreaker for this workout.

EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight for your division
- Jump rope

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.) and 15 kg (35 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 5

17:00 PT THURSDAY, MARCH 23 THROUGH 17:00 PT MONDAY, MARCH 27

Presented by



WORKOUT 17.5

10 rounds for time of:

9 thrusters

35 double-unders

M 95 lb. F 65 lb.

Time cap: 40 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men use 95 lb.

Women use 65 lb.

Scaled: (Ages 16-54)

Men use 65 lb. and perform single-unders

Women use 45 lb. and perform single-unders

Teenagers 14-15:

Boys use 65 lb.

Girls use 45 lb.

Scaled Teenagers 14-15:

Boys use 45 lb. and perform single-unders

Girls use 35 lb. and perform single-unders

Masters 55+:

Men use 65 lb.

Women use 45 lb.

Scaled Masters 55+:

Men use 45 lb. and perform single-unders

Women use 35 lb. and perform single-unders



OPEN WEEK 5

17:00 PT THURSDAY, MARCH 23 THROUGH 17:00 PT MONDAY, MARCH 27

Presented by



MOVEMENT STANDARDS

THRUSTER



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Using a ball, box or other object to check for proper depth is not allowed.

The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the body.

DOUBLE-UNDER



This is the standard double-under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

SINGLE-UNDER (SCALED ONLY)



For scaled divisions, this is the standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.



OPEN WEEK 5 SCORECARD

17:00 PT THURSDAY, MARCH 23 THROUGH 17:00 PT MONDAY, MARCH 27

Presented by



WORKOUT 17.5

10 rounds for time of:

9 thrusters

35 double-unders

ROUND	9 THRUSTERS	35 DOUBLE-UNDERS
1	9	44
2	53	88
3	97	132
4	141	176
5	185	220
6	229	264
7	273	308
8	317	352
9	361	396
10	405	440

VARIATIONS

Rx'd: (Ages 16-54)

Men use 95 lb.

Women use 65 lb.

Teenagers 14-15:

Boys use 65 lb.

Girls use 45 lb.

Masters 55+:

Men use 65 lb.

Women use 45 lb.

Scaled: (Ages 16-54)

Men use 65 lb. and perform single-unders

Women use 45 lb. and perform single-unders

Scaled Teenagers 14-15:

Boys use 45 lb. and perform single-unders

Girls use 35 lb. and perform single-unders

Scaled Masters 55+:

Men use 45 lb. and perform single-unders

Women use 35 lb. and perform single-unders

TIME: _____ Rx'd

OR REPS@40:00 _____ Scaled

ATHLETE NAME _____ SCORE _____

Print

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____

Affiliate Copy

Athlete Copy

WORKOUT 17.5

TIME: _____ Rx'd

OR REPS@40:00 _____ Scaled

ATHLETE NAME _____ SCORE _____

Print

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges Course?

Note:.....

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ATOURBAN



OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 22, THROUGH 17:00 PT, MONDAY, FEB. 26

Presented by



WORKOUT 18.1

Complete as many rounds as possible in 20 minutes of:

8 toes-to-bars

10 dumbbell hang clean and jerks

14 / 12-cal. row

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell

Women use 35-lb. dumbbell

Scaled: (Ages 16-54)

Men perform hanging knee-raises, use 35-lb. dumbbell

Women perform hanging knee-raises, use 20-lb. dumbbell

Teenagers 14-15:

Boys use 35-lb. dumbbell

Girls use 20-lb. dumbbell

Scaled Teenagers 14-15:

Boys perform hanging knee-raises, use 20-lb. dumbbell

Girls perform hanging knee-raises, use 10-lb. dumbbell

Masters 55+:

Men use 35-lb. dumbbell

Women use 20-lb. dumbbell

Scaled Masters 55+:

Men perform sit-ups, use 20-lb. dumbbell

Women perform sit-ups, use 10-lb. dumbbell

NOTES

This workout begins with the athlete standing on the floor under the pull-up bar. After the call of "3, 2, 1... go," the athlete may jump up and perform toes-to-bars. After 8 reps are complete, the athlete will move to the dumbbell for hang clean and jerks. The athlete must complete 5 clean and jerks on one arm, then 5 on the other arm. He or she will then move to the rower and pull 14 calories (12 for women). The monitor must read 14 calories (12 for women) before the athlete can unstrap and move to the pull-up bar for the next round.

The athlete's score will be the total number of repetitions completed within the 20-minute time cap. Each calorie completed on the row will be equal to 1 rep.

EQUIPMENT

- Pull-up bar
- Dumbbell of appropriate weight for your division*†
- Rower that counts calories, similar in type and calibration to a Concept2 rower

* If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in his or her video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

† The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbell to be used so the weight and plate size can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 22, THROUGH 17:00 PT, MONDAY, FEB. 26

Presented by



MOVEMENT STANDARDS

TOES-TO-BAR



In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted.



Both feet must come into contact with the bar at the same time, inside the hands. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

DUMBBELL HANG CLEAN AND JERK



After the dumbbell is lifted off the floor, the athlete must pause with the dumbbell at the hang position, either at his or her side or between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the dumbbell comes up and makes contact with the shoulder before being lifted overhead.



Once at the shoulder, the athlete may get the dumbbell overhead any way he or she chooses. Shoulder press, push press, push jerk and split jerk are all permitted. The non-working hand may not come into contact with the body or the dumbbell while the dumbbell is being lifted. Athletes may use two hands while lowering the dumbbell between reps.



At the top, the arm, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. If a split jerk is performed, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead. Each round, athletes must perform 5 repetitions on one arm, then switch and perform the next 5 with the other arm.



OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 22, THROUGH 17:00 PT, MONDAY, FEB. 26

Presented by



MOVEMENT STANDARDS

ROW



The monitor on the rower must be set to zero at the beginning of each row. The athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 14 / 12 calories.

HANGING KNEE-RAISE (SCALED ONLY)



In the hanging knee-raise, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted.



At the top of the repetition, the athlete must raise the knees above the height of the hips. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

SIT-UP (SCALED MASTERS 55+ ONLY)



Each rep of the sit-up begins with the athlete's back in contact with the floor, the knees bent with the feet anchored, and the hands touching the floor above the athlete's head.



At the top, the athlete will raise his or her torso so the chest is upright and the hands touch the toes or the dumbbells. AbMats are permitted.



OPEN WEEK 1 SCORECARD (MEN)

17:00 PT, THURSDAY, FEB. 22, THROUGH 17:00 PT, MONDAY, FEB. 26

Presented by



WORKOUT 18.1 (MEN)

Complete as many rounds as possible in 20 minutes of:

8 toes-to-bars

10 dumbbell hang clean and jerks

14-cal. row

Round	8 Toes-to-Bars	10 Hang Clean and Jerks <small>5 with one arm, 5 with other arm</small>	14 Calorie Row
1			32
2			64
3			96
4			128
5			160
6			192
7			224
8			256
9			288
10			320
11			352
12			384
13			416
14			448
15			480
16			512

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell

Scaled: (Ages 16-54)

Men perform hanging knee-raises, use 35-lb. dumbbell

Teenagers 14-15:

Boys use 35-lb. dumbbell

Scaled Teenagers 14-15:

Boys perform hanging knee-raises, use 20-lb. dumbbell

Masters 55+:

Men use 35-lb. dumbbell

Scaled Masters 55+:

Men perform sit-ups, use 20-lb. dumbbell

ATHLETE NAME _____

Print

TOTAL REPS _____

Rx'd

Scaled

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout.

Athlete Signature

Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____

Print

TOTAL REPS _____

Rx'd

Scaled

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed CrossFit's Online Judges Course? Y / N



OPEN WEEK 1 SCORECARD (WOMEN)

17:00 PT, THURSDAY, FEB. 22, THROUGH 17:00 PT, MONDAY, FEB. 26

Presented by



WORKOUT 18.1 (WOMEN)

Complete as many rounds as possible in 20 minutes of:

8 toes-to-bars

10 dumbbell hang clean and jerks

12-cal. row

Round	8 Toes-to-Bars	10 Hang Clean and Jerks 5 with one arm, 5 with other arm	12 Calorie Row
1			30
2			60
3			90
4			120
5			150
6			180
7			210
8			240
9			270
10			300
11			330
12			360
13			390
14			420
15			450
16			480

VARIATIONS

Rx'd: (Ages 16-54)

Women use 35-lb. dumbbell

Scaled: (Ages 16-54)

Women perform hanging knee-raises, use 20-lb. dumbbell

Teenagers 14-15:

Girls use 20-lb. dumbbell

Scaled Teenagers 14-15:

Girls perform hanging knee-raises, use 10-lb. dumbbell

Masters 55+:

Women use 20-lb. dumbbell

Scaled Masters 55+:

Women perform sit-ups, use 10-lb. dumbbell

ATHLETE NAME _____
Print

TOTAL REPS _____

Rx'd Scaled

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed
CrossFit's Online
Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout.

Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

TOTAL REPS _____

Rx'd Scaled

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed
CrossFit's Online
Judges Course? Y / N



OPEN WEEK 2

17:00 PT, THURSDAY, MARCH 1, THROUGH 17:00 PT, MONDAY, MARCH 5

Presented by



WORKOUT 18.2

1-2-3-4-5-6-7-8-9-10 reps
for time of:
Dumbbell squats
Bar-facing burpees

WORKOUT 18.2a

1-rep-max clean

Time cap: 12 minutes to complete 18.2 and 18.2a

Note: If 18.2 is not completed in under 12 minutes, athletes will not lift and will not have a score for 18.2a. If 18.2 is performed scaled, 18.2a will also be scored as scaled and will rank below anyone who did not scale 18.2.

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbells
Women use 35-lb. dumbbells

Scaled: (Ages 16-54)

Men use 35-lb. dumbbells, stepping burpees allowed
Women use 20-lb. dumbbells, stepping burpees allowed

Teenagers 14-15:

Boys use 35-lb. dumbbells
Girls use 20-lb. dumbbells

Scaled Teenagers 14-15:

Boys use 20-lb. dumbbells, stepping burpees allowed
Girls use 10-lb. dumbbells, stepping burpees allowed

Masters 55+:

Men use 35-lb. dumbbells
Women use 20-lb. dumbbells

Scaled Masters 55+:

Men use 20-lb. dumbbells, jump over empty barbell, stepping burpees allowed
Women use 10-lb. dumbbells, jump over empty barbell, stepping burpees allowed

NOTES

Prior to starting the workout, the athlete will need to set up a barbell, with standard plates, to jump over during the burpees. This workout begins with the dumbbells resting on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may lift the dumbbells to the shoulders and perform 1 squat. The athlete will then return the dumbbells to the floor and complete 1 bar-facing burpee. He or she will then complete 2 dumbbell squats and 2 bar-facing burpees, 3 and 3, etc. This portion of the workout is over when the athlete lands with two feet on the opposite side of the barbell after the final burpee, or when the clock reaches 12 minutes.

If the athlete completes all the squats and burpees before the 12-minute cap, he or she will use the remaining time to complete Workout 18.2a, a 1-rep-max clean. The clean must be performed with a barbell, and the plates must be secured with collars. The athlete may complete as many attempts as he or she likes until the time cap is up but will only receive credit for the heaviest successful lift. Plates smaller than 1/2 lb. may not be used, and the minimum weight increase will be 1 pound. The athlete may receive assistance from other people to load the barbell between lifts. Each athlete may use only one barbell for 18.2 and 18.2a, and male athletes must use a 45-lb. (20-kg) barbell.

The athlete's score for 18.2 will be the total time it takes to complete all 110 reps or the number of reps completed at the end of 12 minutes. The athlete's score for 18.2a will be the heaviest weight successfully cleaned, in pounds. If the athlete does not complete the squats and burpees in less than 12 minutes, he or she will not log a score for 18.2a.

Note: If an athlete chooses to scale 18.2, he or she will also have a scaled 18.2a score. An athlete who completes 18.2 as prescribed and fails to complete a lift will be ranked higher on the Leaderboard for both 18.2 and 18.2a than athletes who scale 18.2.

TIEBREAK

There is no tiebreak for Workout 18.2. However, the scoring for Workout 18.2a does include a tiebreak. In the case where two athletes clean the same amount on 18.2a, their times on 18.2 will serve as the tiebreak, and the athlete with the faster time on 18.2 will be ranked higher on 18.2a. Ties will not be broken for athletes who did not complete a lift.



OPEN WEEK 2

17:00 PT, THURSDAY, MARCH 1, THROUGH 17:00 PT, MONDAY, MARCH 5

Presented by



EQUIPMENT

- One pair of dumbbells of appropriate weight for your division*†
- Barbell
- Standard bumper plates (18-in. diameter) and change plates (no smaller than ½ lb.)
- Collars

* If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in his or her video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

† The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.). Athletes lifting with kg plates will need to convert their weight to pounds prior to submitting.

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbells, barbell and plates to be used so the loads can be seen clearly. Before or after each lift, the athlete must state the weight and show the plates used. At the end of the workout, film the barbell being unloaded, and show the weight of the plates in order to clarify the actual heaviest load lifted. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

MOVEMENT STANDARDS

DUMBBELL SQUAT



The rep begins from the top, with knees and hips extended and dumbbells on the shoulders. A muscle clean into a squat is allowed. The dumbbells must be held on the shoulders. There is no requirement to maintain a grip on the dumbbell the entire time.



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. Only one pair of dumbbells may be used.

MOVEMENT STANDARDS

BAR-FACING BURPEE



The burpee must be performed perpendicular to and facing the barbell.



The athlete will jump the feet back so that he or she is lying on the ground. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom.



The athlete must jump over the barbell from both feet and land on both feet. Single-legged jumping or stepping over is not permitted (scaled divisions excluded). The barbell must be loaded with standard-height bumper plates for the athlete to jump over (scaled masters excluded).



The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell.



Using a two-foot jump, the feet must move back and forth together in the burpee.



NOTE: Unless the athlete is performing the workout scaled, he or she may NOT step backward or forward one foot at a time when lowering and raising to and from the ground. On the way down, the athlete must jump both feet back simultaneously. On the way up, the athlete must jump both feet forward simultaneously. Stepping back and/or stepping up is permitted for athletes in the scaled divisions only. Scaled athletes may also choose to step over the barbell instead of jumping.



OPEN WEEK 2

17:00 PT, THURSDAY, MARCH 1, THROUGH 17:00 PT, MONDAY, MARCH 5

Presented by



MOVEMENT STANDARDS

CLEAN



The barbell begins on the ground.



The rep is complete when the athlete's hips and knees are fully extended and the bar is resting on the shoulders in the front-rack position with the athlete's elbows in front of the bar. Power cleans, squat cleans and split cleans are permitted. Hang cleans are not permitted.



OPEN WEEK 2 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 1, THROUGH 17:00 PT, MONDAY, MARCH 5

Presented by



WORKOUT 18.2

1-2-3-4-5-6-7-8-9-10 reps for time of:
Dumbbell squats
Bar-facing burpees

12 minutes to complete
18.2 AND 18.2a

1 DB Squat	1	1 Burpee	2
2 DB Squats	4	2 Burpees	6
3 DB Squats	9	3 Burpees	12
4 DB Squats	16	4 Burpees	20
5 DB Squats	25	5 Burpees	30
6 DB Squats	36	6 Burpees	42
7 DB Squats	49	7 Burpees	56
8 DB Squats	64	8 Burpees	72
9 DB Squats	81	9 Burpees	90
10 DB Squats	100	10 Burpees	110

TIME OR REPS AT 12 MIN. _____

WORKOUT 18.2a

1-rep-max clean

1-Rep-Max Clean

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbells
Women use 35-lb. dumbbells

Scaled: (Ages 16-54)

Men use 35-lb. dumbbells, stepping burpees allowed
Women use 20-lb. dumbbells, stepping burpees allowed

Teenagers 14-15:

Boys use 35-lb. dumbbells
Girls use 20-lb. dumbbells

Scaled Teenagers 14-15:

Boys use 20-lb. dumbbells, stepping burpees allowed
Girls use 10-lb. dumbbells, stepping burpees allowed

Masters 55+:

Men use 35-lb. dumbbells
Women use 20-lb. dumbbells

Scaled Masters 55+:

Men use 20-lb. dumbbells, jump over empty barbell, stepping burpees allowed
Women use 10-lb. dumbbells, jump over empty barbell, stepping burpees allowed

Rx'd Scaled

ATHLETE NAME _____

Print

18.2 TIME _____

18.2A WEIGHT _____

OR 18.2 REPS _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout. _____

Affiliate Copy

Athlete Signature

Date

Athlete Copy

WORKOUT 18.2

Rx'd Scaled

ATHLETE NAME _____

Print

18.2 TIME _____

18.2A WEIGHT _____

OR 18.2 REPS _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed CrossFit's Online Judges Course? Y / N



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 8, THROUGH 17:00 PT, MONDAY, MARCH 12

Presented by

ASSAULT FITNESS

WORKOUT 18.3

2 rounds for time of:

- 100 double-unders
- 20 overhead squats
- 100 double-unders
- 12 ring muscle-ups
- 100 double-unders
- 20 dumbbell snatches
- 100 double-unders
- 12 bar muscle-ups

Time cap: 14 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men perform 115-lb. OHS, 50-lb. DB snatches
Women perform 80-lb. OHS, 35-lb. DB snatches

Scaled: (Ages 16-54)

Men perform single-unders, 45-lb. OHS, chin-over-bar pull-ups (for both MU sets), 35-lb. DB snatches
Women perform single-unders, 35-lb. OHS, chin-over-bar pull-ups (for both MU sets), 20-lb. DB snatches

Teenagers 14-15:

Boys perform 75-lb. OHS, 35-lb. DB snatches
Girls perform 55-lb. OHS, 20-lb. DB snatches

Scaled Teenagers 14-15:

Boys perform single-unders, 45-lb. OHS, chin-over-bar pull-ups (for both MU sets), 20-lb. DB snatches
Girls perform single-unders, 35-lb. OHS, chin-over-bar pull-ups (for both MU sets), 10-lb. DB snatches

Masters 55+:

Men perform 75-lb. OHS, chest-to-bar pull-ups (for both MU sets), 35-lb. DB snatches
Women perform 55-lb. OHS, chest-to-bar pull-ups (for both MU sets), 20-lb. DB snatches

Scaled Masters 55+:

Men perform single-unders, 45-lb. OHS, jumping chest-to-bar pull-ups (for both MU sets), 20-lb. DB snatches
Women perform single-unders, 35-lb. OHS, jumping chest-to-bar pull-ups (for both MU sets), 10-lb. DB snatches

NOTES

This workout begins with the barbell and dumbbell on the floor, and the athlete standing tall with a jump rope in hand. After the call of "3, 2, 1 ... go," the athlete will have 14 minutes to complete 2 rounds of 100 double-unders, 20 overhead squats, 100 double-unders, 12 ring muscle-ups, 100 double-unders, 20 dumbbell snatches, 100 double-unders and 12 bar muscle-ups.

This workout is over when the athlete completes all the required work prior to 14 minutes or the 14-minute time cap expires. The athlete's score is the time it takes to complete the workout or the number of repetitions completed up to the cutoff time.

TIEBREAK

This workout includes a tiebreaker. If all 928 reps are completed prior to the 14-minute time cap, your score will be your total time, and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of every set of 100 double-unders. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full set of double-unders. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 8, THROUGH 17:00 PT, MONDAY, MARCH 12

Presented by

ASSAULT FITNESS

EQUIPMENT

- Jump rope
- Barbell
- Collars
- Plates to load to the appropriate weight for your division*
- Rings
- Dumbbell of appropriate weight for your division†
- Pull-up bar

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the barbell are 15 kg (35 lb.), 20 kg (45 lb.), 25 kg (55 lb.), 34 kg (75 lb.), 36 kg (80 lb.) and 52 kg (115 lb.). For the dumbbell, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

† If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to

confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in his or her video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbell, plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

MOVEMENT STANDARDS

DOUBLE-UNDER



This is the standard double-under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

OVERHEAD SQUAT



The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted but not required to start the movement if standard depth is achieved.



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 athlete may not use a rack.



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 8, THROUGH 17:00 PT, MONDAY, MARCH 12

Presented by

ASSAULT FITNESS

MOVEMENT STANDARDS

RING MUSCLE-UP



In the muscle-up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The heels may not rise above the height of the rings during the kip.



The elbows must be fully locked out while in the support position above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

DUMBBELL SNATCH



The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before he or she can switch hands for the next rep. The non-lifting hand and arm may not be in contact with the body during the repetition. If the athlete receives a no rep and has already switched hands, the athlete may proceed from where he or she is. The athlete does not need to return the dumbbell to the no-repped arm for the next repetition to count.



At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 8, THROUGH 17:00 PT, MONDAY, MARCH 12

Presented by

ASSAULT FITNESS

MOVEMENT STANDARDS

BAR MUSCLE-UP



In the bar muscle-up, the athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip.



At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

SINGLE-UNDERS (SCALED ONLY)



For scaled divisions, this is the standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.

CHIN-OVER-BAR PULL-UP (SCALED ONLY)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom with the feet off the ground.



At the top of the movement, the chin must break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 8, THROUGH 17:00 PT, MONDAY, MARCH 12

Presented by

ASSAULT FITNESS

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.



At the top, the chest must clearly come into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when he or she is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar.



At the bottom of the movement, the athlete must lower his or her body so the arms are fully extended.



At the top, the chest must clearly come into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.



OPEN WEEK 3 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 8, THROUGH 17:00 PT, MONDAY, MARCH 12

Presented by

ASSAULT FITNESS

WORKOUT 18.3

2 rounds for time of:

- 100 double-unders
- 20 overhead squats
- 100 double-unders
- 12 ring muscle-ups
- 100 double-unders
- 20 dumbbell snatches
- 100 double-unders
- 12 bar muscle-ups

Time cap: 14 minutes

ROUND 1

100 Double-Unders	100	
20 Overhead Squats	120	TIME
100 Double-Unders	220	
12 Ring Muscle-Ups	232	TIME
100 Double-Unders	332	
20 DB Snatches	352	TIME
100 Double-Unders	452	
12 Bar Muscle-Ups	464	TIME

ROUND 2

100 Double-Unders	564	
20 Overhead Squats	584	TIME
100 Double-Unders	684	
12 Ring Muscle-Ups	696	TIME
100 Double-Unders	796	
20 DB Snatches	816	TIME
100 Double-Unders	916	
12 Bar Muscle-Ups	928	TIME

VARIATIONS

Rx'd: (Ages 16-54)

Men perform 115-lb. OHS, 50-lb. DB snatches
Women perform 80-lb. OHS, 35-lb. DB snatches

Scaled: (Ages 16-54)

Men perform single-unders, 45-lb. OHS, chin-over-bar pull-ups (for both MU sets), 35-lb. DB snatches
Women perform single-unders, 35-lb. OHS, chin-over-bar pull-ups (for both MU sets), 20-lb. DB snatches

Teenagers 14-15:

Boys perform 75-lb. OHS, 35-lb. DB snatches
Girls perform 55-lb. OHS, 20-lb. DB snatches

Scaled Teenagers 14-15:

Boys perform single-unders, 45-lb. OHS, chin-over-bar pull-ups (for both MU sets), 20-lb. DB snatches
Girls perform single-unders, 35-lb. OHS, chin-over-bar pull-ups (for both MU sets), 10-lb. DB snatches

Masters 55+:

Men perform 75-lb. OHS, chest-to-bar pull-ups (for both MU sets), 35-lb. DB snatches
Women perform 55-lb. OHS, chest-to-bar pull-ups (for both MU sets), 20-lb. DB snatches

Scaled Masters 55+:

Men perform single-unders, 45-lb. OHS, jumping chest-to-bar pull-ups (for both MU sets), 20-lb. DB snatches
Women perform single-unders, 35-lb. OHS, jumping chest-to-bar pull-ups (for both MU sets), 10-lb. DB snatches

 Rx'd

 Scaled

ATHLETE NAME _____

Print

TIME _____

OR REPS AT 14 MIN. _____

TIEBREAK TIME _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed
CrossFit's Online
Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

 Rx'd

 Scaled

WORKOUT 18.3

ATHLETE NAME _____

Print

TIME _____

OR REPS AT 14 MIN. _____

TIEBREAK TIME _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed
CrossFit's Online
Judges Course? Y / N



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19



WORKOUT 18.4

21 deadlifts (weight 1)
21 handstand push-ups
15 deadlifts (weight 1)
15 handstand push-ups
9 deadlifts (weight 1)
9 handstand push-ups
21 deadlifts (weight 2)
50-ft. handstand walk
15 deadlifts (weight 2)
50-ft. handstand walk
9 deadlifts (weight 2)
50-ft. handstand walk

Time cap: 9 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men deadlift 225 lb. then 315 lb.

Women deadlift 155 lb. then 205 lb.

Scaled: (Ages 16-54)

Men deadlift 135 lb. and perform hand-release push-ups, then deadlift 185 lb. and bear crawl

Women deadlift 95 lb. and perform hand-release push-ups, then deadlift 135 lb. and bear crawl

Teenagers 14-15:

Boys deadlift 135 lb. then 185 lb.

Girls deadlift 95 lb. then 135 lb.

Scaled Teenagers 14-15:

Boys deadlift 75 lb. and perform hand-release push-ups, then deadlift 95 lb. and bear crawl

Girls deadlift 55 lb. and perform hand-release push-ups, then deadlift 75 lb. and bear crawl

Masters 55+:

Men deadlift 185 lb. and push press 95 lb., then deadlift 255 lb. and perform sets of 10 handstand push-ups in place of handstand walks

Women deadlift 125 lb. and push press 65 lb., then deadlift 165 lb. and perform sets of 10 handstand push-ups in place of handstand walks

Scaled Masters 55+:

Men deadlift 115 lb. and perform hand-release knee push-ups, then deadlift 155 lb. and bear crawl

Women deadlift 80 lb. and perform hand-release knee push-ups, then deadlift 105 lb. and bear crawl

NOTES

Prior to starting this workout, the athlete will need to mark a foot line on the wall for the handstand push-ups (details in Movement Standards section). He or she also will need to measure and mark lengths on the floor for the handstand walk. This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may perform 21 deadlifts, then move to the wall for the 21 handstand push-ups. He or she will then complete 15 deadlifts and 15 handstand push-ups, then 9 deadlifts and 9 handstand push-ups.

The athlete then can move on to the heavier deadlifts to complete 21 deadlifts, a 50-ft. handstand walk, 15 deadlifts, another 50-ft. handstand walk, and finally, 9 deadlifts and a third 50-ft. handstand walk.

The athlete's score will be the time it takes to complete the workout or the total number of repetitions completed within the 9-minute time cap. In the handstand walk, each 5-foot section will count as 1 rep.

TIEBREAK

This workout includes a tiebreak. If all 165 reps are completed prior to the 9-minute time cap, your score will be your total time, and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of each set of deadlifts. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full set of deadlifts. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19



EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weights for your division
- Collars
- A wall mark for the handstand push-ups
- Floor marks for the handstand walk

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 143 kg (315 lb.), 115 kg (255 lb.), 102 kg (225 lb.), 93 kg (205 lb.), 83 kg (185 lb.), 75 kg (165 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 52 kg (115 lb.), 47 kg (105 lb.), 43 kg (95 lb.), 36 kg (80 lb.), 34 kg (75 lb.) 29 kg (65 lb.), and 25 kg (55 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measuring process for the handstand push-up mark and the length of the floor marks for the handstand walk so all measurements can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

MOVEMENT STANDARDS

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.



Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing. Two separate barbells may be used for deadlifting during the workout. If one barbell is used, the athlete may receive assistance with changing the load.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19



MOVEMENT STANDARDS

HANDSTAND PUSH-UP



Prior to starting, the athlete will need to establish the foot line on the wall for the handstand push-up. For the first step, measure the distance from the athlete's elbow to the athlete's middle knuckle while he or she makes a fist.



In step 2, the athlete will stand with his or her back to the wall on the same surface the hands will be on, with feet at hip width and heels touching the wall. A line will need to be drawn on the wall, marking the height of the top of the athlete's head.



From the mark for the top of the athlete's head (step 2), add **half the distance measured in step 1** and make a second mark. This will be the height of the target line for the handstand push-ups. For example, if an athlete is 65 inches tall and measures 14 inches from elbow to knuckle, he or she would add 7 inches to the height mark for a final target line of 72 inches.



Once the height of the target line is established, mark it with a marker, chalk or tape. Judges may restore the line between rounds as needed.



Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. The athlete's heels must start the rep above the pre-marked target line.



At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement but must touch above the line at the beginning and end of each rep. Kipping is allowed.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19



MOVEMENT STANDARDS

HANDSTAND WALK



The handstand walk area must be divided into 5-ft. segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 25-foot walk in one direction and a 25-foot walk back. Walking more than 25 feet in one direction without turning around is not allowed.



The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep.



If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 5-foot increment to earn credit for that distance. Each 5-foot section will count as 1 rep.

HAND-RELEASE PUSH-UP (SCALED ONLY)



A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.



At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19



MOVEMENT STANDARDS

BEAR CRAWL (SCALED ONLY)



The bear crawl area must be divided into 5-ft. segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 25-foot crawl in one direction and a 25-foot crawl back. Crawling more than 25 feet in one direction without turning around is not allowed.



The athlete must place both hands (entire hand, including palm and fingers) on the ground BEHIND the mark denoting the start of the segment being attempted. Reaching across the line and placing hands into the segment constitutes a no rep. During the bear crawl, the athlete must touch both palms to the floor and raise the hips above the height of the head so as to be supporting some body weight with the arms.



If at any time the athlete stands up, drops to the floor, or drops the hips below the height of the head, he or she must restart from the last increment crossed. Both hands and both feet must cross the line marking the 5-foot increment to earn credit for that distance. Each 5-foot section will count as 1 rep.

PUSH PRESS (MASTERS 55+ ONLY)



Each rep of the push press begins with the barbell at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder, the hips and knees must remain straight until the weight is locked out overhead. No jerks.



At the top, the arms, hips and knees are fully extended, and the bar finishes directly over the middle of the body with the feet in line under the body. Using a rack is not permitted. Athletes may have two separate barbells for the deadlifts and another barbell for the push presses.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19



MOVEMENT STANDARDS

HAND-RELEASE KNEE PUSH-UP (SCALED MASTERS 55+ ONLY)



A straight body position must be maintained throughout the push-up. No snaking or sagging. The elbows must be locked out at the top with the knees no wider than shoulder width.



At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.



OPEN WEEK 4 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19



WORKOUT 18.4

For time:

21 deadlifts (weight 1)
21 handstand push-ups

15 deadlifts (weight 1)
15 handstand push-ups

9 deadlifts (weight 1)
9 handstand push-ups

21 deadlifts (weight 2)
50-ft. handstand walk

15 deadlifts (weight 2)
50-ft. handstand walk

9 deadlifts (weight 2)
50-ft. handstand walk

Time cap: 9 minutes

WEIGHT 1	21 Deadlifts	21	TIME
	15 Deadlifts	57	
	9 Deadlifts	81	TIME

21 Handstand Push-Ups	42
15 Handstand Push-Ups	72
9 Handstand Push-Ups	90

WEIGHT 2	21 Deadlifts	111	TIME
	15 Deadlifts	136	
	9 Deadlifts	155	TIME

50-ft. Handstand Walk	5'__ 10'__ 15'__ 20'__ 25'__	121
	30'__ 35'__ 40'__ 45'__ 50'__	
50-ft. Handstand Walk	5'__ 10'__ 15'__ 20'__ 25'__	146
	30'__ 35'__ 40'__ 45'__ 50'__	
50-ft. Handstand Walk	5'__ 10'__ 15'__ 20'__ 25'__	165
	30'__ 35'__ 40'__ 45'__ 50'__	

VARIATIONS

Rx'd: (Ages 16-54)

Men deadlift 225 lb. then 315 lb.
Women deadlift 155 lb. then 205 lb.

Scaled: (Ages 16-54)

Men deadlift 135 lb. and perform hand-release push-ups, then deadlift 185 lb. and bear crawl
Women deadlift 95 lb. and perform hand-release push-ups, then deadlift 135 lb. and bear crawl

Teenagers 14-15:

Boys deadlift 135 lb. then 185 lb.
Girls deadlift 95 lb. then 135 lb.

Scaled Teenagers 14-15:

Boys deadlift 75 lb. and perform hand-release push-ups, then deadlift 95 lb. and bear crawl
Girls deadlift 55 lb. and perform hand-release push-ups, then deadlift 75 lb. and bear crawl

Masters 55+:

Men deadlift 185 lb. and push press 95 lb., then deadlift 255 lb. and perform sets of 10 handstand push-ups in place of handstand walks
Women deadlift 125 lb. and push press 65 lb., then deadlift 165 lb. and perform sets of 10 handstand push-ups in place of handstand walks

Scaled Masters 55+:

Men deadlift 115 lb. and perform hand-release knee push-ups, then deadlift 155 lb. and bear crawl
Women deadlift 80 lb. and perform hand-release knee push-ups, then deadlift 105 lb. and bear crawl

Rx'd Scaled

ATHLETE NAME _____ TIME _____ OR REPS AT 9 MIN. _____
Print

TIEBREAK TIME _____

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____

Affiliate Copy

Athlete Copy

Athlete Signature Date

WORKOUT 18.4

Rx'd Scaled

ATHLETE NAME _____ TIME _____ OR REPS AT 9 MIN. _____
Print

TIEBREAK TIME _____

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N



OPEN WEEK 5

17:00 PT, THURSDAY, MARCH 22, THROUGH 17:00 PT, MONDAY, MARCH 26

Presented by



WORKOUT 18.5

Complete as many reps as possible in 7 minutes of:

- 3 thrusters
- 3 chest-to-bar pull-ups
- 6 thrusters
- 6 chest-to-bar pull-ups
- 9 thrusters
- 9 chest-to-bar pull-ups
- 12 thrusters
- 12 chest-to-bar pull-ups
- 15 thrusters
- 15 chest-to-bar pull-ups
- 18 thrusters
- 18 chest-to-bar pull-ups

This is a timed workout. If you complete the round of 18, go on to 21. If you complete 21, go on to 24, etc.

VARIATIONS

Rx'd: (Ages 16-54)

Men use 100 lb.

Women use 65 lb.

Scaled: (Ages 16-54)

Men use 65 lb., perform jumping chin-over-bar pull-ups

Women use 45 lb., perform jumping chin-over-bar pull-ups

Teenagers 14-15:

Boys use 65 lb., perform chin-over-bar pull-ups

Girls use 45 lb., perform chin-over-bar pull-ups

Scaled Teenagers 14-15:

Boys use 45 lb., perform jumping chin-over-bar pull-ups

Girls use 35 lb., perform jumping chin-over-bar pull-ups

Masters 55+:

Men use 65 lb., perform chin-over-bar pull-ups

Women use 45 lb., perform chin-over-bar pull-ups

Scaled Masters 55+:

Men use 45 lb., perform jumping chin-over-bar pull-ups

Women use 35 lb., perform jumping chin-over-bar pull-ups

NOTES

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may perform 3 thrusters, then 3 chest-to-bar pull-ups. The athlete will repeat this couplet, performing 6 thrusters and 6 pull-ups, 9 and 9, 12 and 12, and so on, until the 7-minute time cap.

The athlete's score will be the total number of repetitions completed before the time cap expires.

EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight for your division*
- Pull-up bar

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 45 kg (100 lb.), 29 kg (65 lb.), 20 kg (45 lb.) and 15 kg (35 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the pull-up bar, plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 5

17:00 PT, THURSDAY, MARCH 22, THROUGH 17:00 PT, MONDAY, MARCH 26

Presented by



MOVEMENT STANDARDS

THRUSTER



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. Using a ball, box or other object to check for proper depth is not allowed.

The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.

CHEST-TO-BAR PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. Overhand, underhand or mixed grip are all permitted.

At the top, the chest must clearly come into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.



OPEN WEEK 5

17:00 PT, THURSDAY, MARCH 22, THROUGH 17:00 PT, MONDAY, MARCH 26

Presented by



MOVEMENT STANDARDS

JUMPING CHIN-OVER-BAR PULL-UP (SCALED ONLY)



For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall.



At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted.



At the top, the chin must break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

CHIN-OVER-BAR PULL-UP (TEENAGERS 14-15 AND MASTERS 55+ ONLY)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. Overhand, underhand or mixed grip are all permitted.



At the top of the movement, the chin must break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.



OPEN WEEK 5 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 22, THROUGH 17:00 PT, MONDAY, MARCH 26

Presented by



WORKOUT 18.5

Complete as many reps as possible in 7 minutes of:

- 3 thrusters
- 3 chest-to-bar pull-ups
- 6 thrusters
- 6 chest-to-bar pull-ups
- 9 thrusters
- 9 chest-to-bar pull-ups
- 12 thrusters
- 12 chest-to-bar pull-ups
- 15 thrusters
- 15 chest-to-bar pull-ups
- 18 thrusters
- 18 chest-to-bar pull-ups
- Etc.

3 Thrusters	3	3 Pull-Ups	6
6 Thrusters	12	6 Pull-Ups	18
9 Thrusters	27	9 Pull-Ups	36
12 Thrusters	48	12 Pull-Ups	60
15 Thrusters	75	15 Pull-Ups	90
18 Thrusters	108	18 Pull-Ups	126
21 Thrusters	147	21 Pull-Ups	168
24 Thrusters	192	24 Pull-Ups	216
27 Thrusters	243	27 Pull-Ups	270

VARIATIONS

Rx'd: (Ages 16-54)

Men use 100 lb.

Women use 65 lb.

Scaled: (Ages 16-54)

Men use 65 lb., perform jumping chin-over-bar pull-ups

Women use 45 lb., perform jumping chin-over-bar pull-ups

Teenagers 14-15:

Boys use 65 lb., perform chin-over-bar pull-ups

Girls use 45 lb., perform chin-over-bar pull-ups

Scaled Teenagers 14-15:

Boys use 45 lb., perform jumping chin-over-bar pull-ups

Girls use 35 lb., perform jumping chin-over-bar pull-ups

Masters 55+:

Men use 65 lb., perform chin-over-bar pull-ups

Women use 45 lb., perform chin-over-bar pull-ups

Scaled Masters 55+:

Men use 45 lb., perform jumping chin-over-bar pull-ups

Women use 35 lb., perform jumping chin-over-bar pull-ups

ATHLETE NAME _____

Print

TOTAL REPS _____

Rx'd Scaled

AFFILIATE _____ JUDGE NAME _____

Name of Affiliate

Print

Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

WORKOUT 18.5

Rx'd Scaled

ATHLETE NAME _____

Print

TOTAL REPS _____

AFFILIATE _____ JUDGE NAME _____

Name of Affiliate

Print

Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

Note:.....

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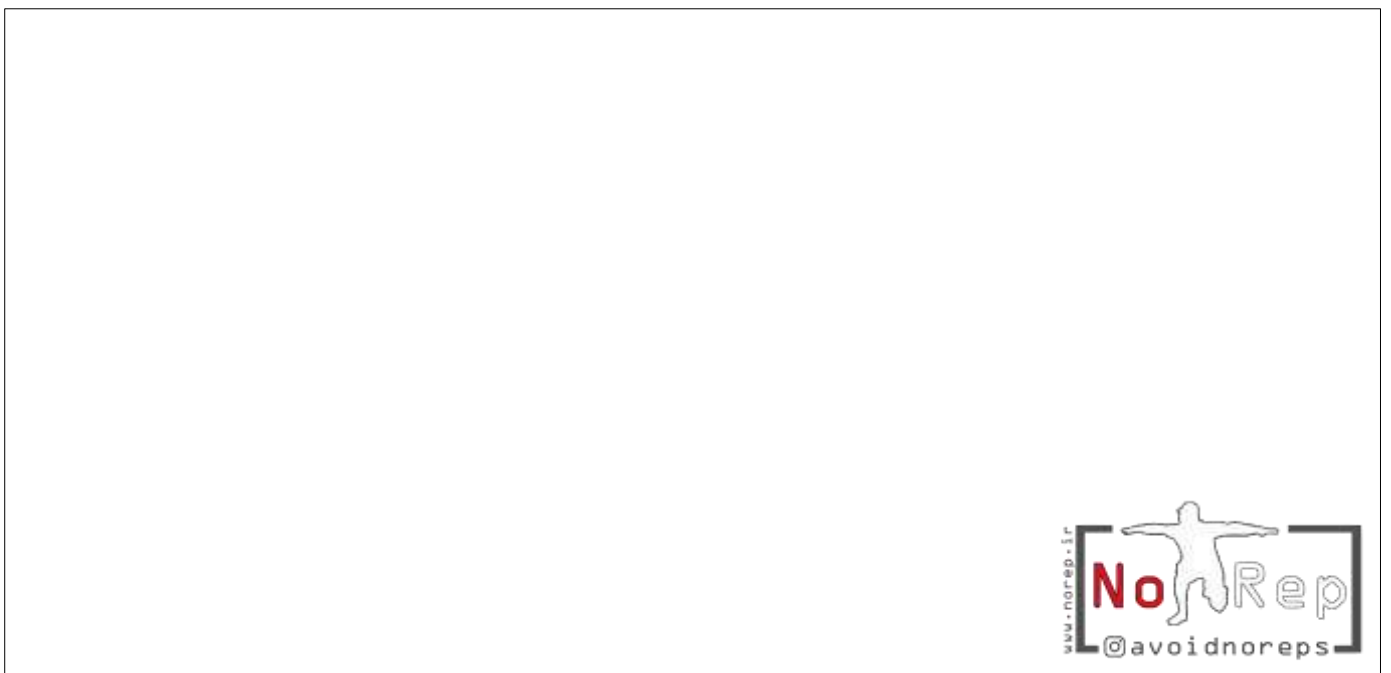
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OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 21, THROUGH 17:00 PT, MONDAY, FEB. 25

Presented by



WORKOUT 19.1

Complete as many rounds as possible in 15 minutes of:

19 wall-ball shots
19-cal. row

VARIATIONS

Rx'd: (Ages 16-54)

Men throw 20-lb. ball to 10-ft. target
Women throw 14-lb. ball to 9-ft. target

Scaled: (Ages 16-54)

Men throw 14-lb. ball to 10-ft. target
Women throw 10-lb. ball to 9-ft. target

Teenagers 14-15:

Boys throw 14-lb. ball to 9-ft. target
Girls throw 10-lb. ball to 9-ft. target

Scaled Teenagers 14-15:

Boys throw 14-lb. ball to 8-ft. target
Girls throw 10-lb. ball to 8-ft. target

Masters 55+:

Men throw 20-lb. ball to 9-ft. target
Women throw 10-lb. ball to 9-ft. target

Scaled Masters 55+:

Men throw 14-lb. ball to 8-ft. target
Women throw 10-lb. ball to 8-ft. target

NOTES

The workout begins with the medicine ball on the ground and athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will pick up the ball and perform the wall-ball shots. After 19 reps are complete, the athlete will move to the rower and pull 19 calories. The monitor must read 19 calories before the athlete can unstrap and move back to the wall-ball shots for the next round.

The athlete's score will be the total number of repetitions completed within the 15-minute time cap. Each calorie completed on the row will be equal to 1 rep.

There is no tiebreak for this workout.

EQUIPMENT

- Medicine ball of appropriate weight for your division*
- Concept2 rower

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 9 kg (20 lb.), 6 kg (14 lb.) and 4 kg (10 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show the weight of the medicine ball and measure the height of the target. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. The monitor of the rower should also be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 21, THROUGH 17:00 PT, MONDAY, FEB. 25

Presented by



MOVEMENT STANDARDS

WALL-BALL SHOT



In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

ROW



The monitor on the rower must be set to zero at the beginning of each row. The athlete may have assistance resetting the monitor. The athlete must stay seated on the rower until the monitor reads 19 calories.



OPEN WEEK 1 SCORECARD (ALL)

17:00 PT, THURSDAY, FEB. 21, THROUGH 17:00 PT, MONDAY, FEB. 25

Presented by



WORKOUT 19.1

Complete as many rounds as possible in 15 minutes of:

19 wall-ball shots

19-cal. row

VARIATIONS

Rx'd: (Ages 16-54)

Men throw 20-lb. ball to 10-ft. target

Women throw 14-lb. ball to 9-ft. target

Scaled: (Ages 16-54)

Men throw 14-lb. ball to 10-ft. target

Women throw 10-lb. ball to 9-ft. target

Teenagers 14-15:

Boys throw 14-lb. ball to 9-ft. target

Girls throw 10-lb. ball to 9-ft. target

Scaled Teenagers 14-15:

Boys throw 14-lb. ball to 8-ft. target

Girls throw 10-lb. ball to 8-ft. target

Masters 55+:

Men throw 20-lb. ball to 9-ft. target

Women throw 10-lb. ball to 9-ft. target

Scaled Masters 55+:

Men throw 14-lb. ball to 8-ft. target

Women throw 10-lb. ball to 8-ft. target

ROUND	19 WALL-BALL SHOTS	19 CALORIE ROW
1		38
2		76
3		114
4		152
5		190
6		228
7		266
8		304
9		342
10		380
11		418
12		456
13		494
14		532
15		570
16		608
17		646
18		684
19		722

Athlete Name _____
Print

Total Reps _____

Rx'd

Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 19.1

Athlete Name _____
Print

Total Reps _____

Rx'd

Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date



OPEN WEEK 2

17:00 PT, THURSDAY, FEB. 28, THROUGH 17:00 PT, MONDAY, MARCH 4

Presented by



WORKOUT 19.2 RX'D

Beginning on an 8-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans (weight #1)
- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans (weight #2)

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans (weight #3)

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans (weight #4)

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans (weight #5)

Stop at 20 minutes.

RX'D LOADING

Rx'd: (Ages 16-54)

Men squat clean 135-185-225-275-315 lb.

Women squat clean 85-115-145-175-205 lb.

Teenagers 14-15:

Boys squat clean 95-115-135-155-185 lb.

Girls squat clean 55-75-95-105-115 lb.

Masters 55+:

Men squat clean 115-135-155-185-205 lb.

Women squat clean 65-85-105-125-145 lb.

WORKOUT 19.2 SCALED

Beginning on an 8-minute clock, complete as many reps as possible of:

- 25 hanging knee-raises*
- 50 single-unders
- 15 squat cleans (weight #1)
- 25 hanging knee-raises*
- 50 single-unders
- 13 squat cleans (weight #2)

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee-raises*
- 50 single-unders
- 11 squat cleans (weight #3)

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee-raises*
- 50 single-unders
- 9 squat cleans (weight #4)

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee-raises*
- 50 single-unders
- 7 squat cleans (weight #5)

Stop at 20 minutes.

SCALED LOADING AND VARIATIONS

Scaled: (Ages 16-54)

Men squat clean 95-115-135-155-185 lb.

Women squat clean 55-75-95-115-135 lb.

Scaled Teenagers 14-15:

Boys squat clean 65-85-105-125-145 lb.

Girls squat clean 45-65-75-85-95 lb.

Scaled Masters 55+:

*Men perform sit-ups, squat clean 65-85-105-125-145 lb.

*Women perform sit-ups, squat clean 45-65-75-85-105 lb.



OPEN WEEK 2

17:00 PT, THURSDAY, FEB. 28, THROUGH 17:00 PT, MONDAY, MARCH 4

Presented by



NOTES

This workout begins with the athlete standing under the pull-up bar. After the call of "3, 2, 1 ... go," the athlete will have 8 minutes to perform 25 toes-to-bars, followed by 50 double-unders and 15 squat cleans, then perform 25 toes-to-bars, 50 double-unders and 13 squat cleans, this time at a heavier weight. If the athlete does not complete all 178 repetitions within 8 minutes, their workout is over. The athlete will stop and record their score.

If all 178 repetitions are completed within the 8-minute window, the athlete will earn an additional 4 minutes to perform another 25 toes-to-bars, 50 double-unders and 11 squat cleans, again at a heavier weight. If all 264 repetitions (90 from round 1, plus 88 from round 2, plus 86 from round 3) are completed by the 12-minute mark, the athlete will begin another round and the time cap will be extended by an additional 4 minutes. Each round, the weight of the clean will increase while the reps of the clean decrease. **Once a round is completed, the athlete may immediately begin the next round. The athlete does not need to wait for the 4-minute round to end before moving on to the next round.** This pattern of earning additional time will continue for up to 20 minutes, as long as a full round is completed before the next cutoff.

This workout is over when the athlete fails to complete all the repetitions within the cutoff time for that round. The final round ends at the 20-minute mark. The athlete's score is the number of repetitions completed up to their cutoff time.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used. Collars must be placed on the outside of all the plates on any bar used during the workout.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of each set of double-unders, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field where you will enter the elapsed time at which you completed your last set of double-unders. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak will be ranked higher.

If all 5 rounds are completed in under 20 minutes, your score is the total time it takes you to complete the workout.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. **Do not use a countdown timer.**

EQUIPMENT

- Pull-up bar
- Jump rope
- Barbell
- Collars
- Plates to load to the appropriate weight for your division*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 20 kg (45 lb.), 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 38 kg (85 lb.), 43 kg (95 lb.), 47 kg (105 lb.), 52 kg (115 lb.), 56 kg (125 lb.), 61 kg (135 lb.), 65 kg (145 lb.), 70 kg (155 lb.), 79 kg (175 lb.), 83 kg (185 lb.), 93 kg (205 lb.), 102 kg (225 lb.), 124 kg (275 lb.) and 142 kg (315 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting, film the pull-up bar, plates and barbell to be used so the loads can be seen clearly. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

MOVEMENT STANDARDS

TOES-TO-BAR



In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended and the heels must be brought back behind the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection. Overhand, underhand, or mixed grip are all permitted.



The rep is credited when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

DOUBLE-UNDER



This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SQUAT CLEAN



The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.



The athlete must pass through a full squat with hips below the knees. Receiving the barbell in the bottom of the squat is not required; a power clean or split clean followed by a front squat will be permitted, but a deadlift followed by a hang clean is not allowed.



The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.

MOVEMENT STANDARDS

HANGING KNEE-RAISE (SCALED ONLY)



Scaled athletes and scaled teens may perform hanging knee-raises. In the hanging knee-raise, the arms and hips must be fully extended at the bottom and the heels must be brought back behind the bar. Overhand, underhand, or mixed grip are all permitted.



The rep is credited when the knees are above the height of the hips.

SINGLE-UNDER (SCALED ONLY)



For scaled divisions, this is the standard single-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SIT-UP (SCALED MASTERS ONLY)



For scaled masters, each rep of the sit-up begins with the athlete's back in contact with the floor, the knees bent with the feet anchored, and the hands touching the floor above the head.



The rep is credited once the athlete raises their torso until the hands touch either the toes or the dumbbells. AbMats are permitted.



OPEN WEEK 2 SCORECARD (ALL)

17:00 PT, THURSDAY, FEB. 28, THROUGH 17:00 PT, MONDAY, MARCH 4

Presented by



LOADS (POUNDS)

	ROUND 1 (M/F)	ROUND 2 (M/F)	ROUND 3 (M/F)	ROUND 4 (M/F)	ROUND 5 (M/F)
Rx'd	135 / 85	185 / 115	225 / 145	275 / 175	315 / 205
Masters 55+	115 / 65	135 / 85	155 / 105	185 / 125	205 / 145
Teens 14-15	95 / 55	115 / 75	135 / 95	155 / 105	185 / 115
Teens 16-17	135 / 85	185 / 115	225 / 145	275 / 175	315 / 205
Scaled	95 / 55	115 / 75	135 / 95	155 / 115	185 / 135
Scaled Masters 55+	65 / 45	85 / 65	105 / 75	125 / 85	145 / 105
Scaled Teens 14-15	65 / 45	85 / 65	105 / 75	125 / 85	145 / 95
Scaled Teens 16-17	95 / 55	115 / 75	135 / 95	155 / 115	185 / 135

WORKOUT 19.2

Beginning on an 8-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans (weight #1)
- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans (weight #2)

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans (weight #3)

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans (weight #4)

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans (weight #5)

Stop at 20 minutes.

VARIATIONS

Scaled (Ages 16-54):

*Hanging knee-raises and single-unders

Scaled Teenagers 14-15:

*Hanging knee-raises and single-unders

Scaled Masters 55+:

*Sit-ups and single-unders

ROUND 1	25 TOES-TO-BARS*		90	TIME	ROUND 4	25 TOES-TO-BARS*		348	TIME
	50 DOUBLE-UNDERS*					50 DOUBLE-UNDERS*			
	15 SQUAT CLEANS					9 SQUAT CLEANS			
ROUND 2	25 TOES-TO-BARS*		178	TIME	ROUND 5	25 TOES-TO-BARS*		430	TIME
	50 DOUBLE-UNDERS*					50 DOUBLE-UNDERS*			
	13 SQUAT CLEANS					7 SQUAT CLEANS			
ROUND 3	25 TOES-TO-BARS*		264	TIME					
	50 DOUBLE-UNDERS*								
	11 SQUAT CLEANS								

If round 2 completed before **8:00**, proceed to round 3.

If round 4 completed before **16:00**, proceed to round 5.

Workout ends at **20:00**.

Finish Time _____ OR Total Reps _____

Athlete Name _____
Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

WORKOUT 19.2

Finish Time _____ OR Total Reps _____

Athlete Name _____
Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Judge Signature _____ Date _____



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 7, THROUGH 17:00 PT, MONDAY, MARCH 11

Presented by

ASSAULT FITNESS

WORKOUT 19.3

For time:

200-ft. dumbbell overhead lunge
50 dumbbell box step-ups
50 strict handstand push-ups
200-ft. handstand walk

Time cap: 10 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell, 24-in. box

Women use 35-lb. dumbbell, 20-in. box

Scaled: (Ages 16-54)

Men use 50-lb. dumbbell and 24-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl
Women use 35-lb. dumbbell and 20-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl

Teenagers 14-15:

Boys use 35-lb. dumbbell and 24-in. box, perform overhead lunges, strict HSPU and handstand walk
Girls use 20-lb. dumbbell and 20-in. box, perform overhead lunges, strict HSPU and handstand walk

Scaled Teenagers 14-15:

Boys use 35-lb. dumbbell and 24-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl
Girls use 20-lb. dumbbell and 20-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl

Masters 55+:

Men use 35-lb. dumbbell and 24-in. box, perform overhead lunges, 5-in. elevated strict HSPU and handstand walk
Women use 20-lb. dumbbell and 20-in. box, perform overhead lunges, 5-in. elevated strict HSPU and handstand walk

Scaled Masters 55+:

Men use 20-lb. dumbbell and 20-in. box, perform front-rack lunges, dumbbell strict presses (with two dumbbells) and bear crawl
Women use 10-lb. dumbbell and 16-in. box, perform front-rack lunges, dumbbell strict presses (with two dumbbells) and bear crawl

NOTES

Prior to starting this workout, the athlete will need to mark a starting point on the floor, then measure out no more than 25 feet and make another mark on the floor at the finishing point. Additionally, marks must be made every 5 feet to create sections, each of which represents 1 rep of the lunge and handstand walk.

A box measuring 36 inches wide and 24 inches deep also must be marked on the floor in front of the wall where strict handstand push-ups will be performed.

This workout begins with the dumbbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will pick up a single dumbbell and lunge with it overhead for 200 feet. The athlete then will perform 50 dumbbell box step-ups with one dumbbell. After completion of the dumbbell box step-ups, the athlete will perform strict handstand push-ups. Once 50 strict handstand push-ups are completed, the athlete will handstand walk for 200 feet.

The athlete's score will be the time it takes to complete the workout or the total number of repetitions completed before the 10-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. The athlete's time after completing the final box step-up will be used as a tiebreak time. Another tiebreak time will be recorded after the final handstand push-up is completed. When you submit your final result, your score will be the number of reps completed. There will be another field where you will enter the elapsed time at which you completed either your final box step-up or your final handstand push-up. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

If the entire workout is completed in under 10 minutes, your score is the total time it takes you to complete the workout.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. **Do not use a countdown timer.**



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 7, THROUGH 17:00 PT, MONDAY, MARCH 11

Presented by

ASSAULT
FITNESS

EQUIPMENT

- Dumbbell of appropriate weight for your division*†
- Box of appropriate height for your division (the top of the box must be at least 15-by-15 inches)
- Measuring tape
- Floor marks for the strict handstand push-up box
- Floor marks for the single-arm overhead walking lunge and handstand walk

*Kilogram dumbbells may not be used by athletes competing in the U.S. or Canada. If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athletes using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

†The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

If gym space is limited and a 25-foot lunge and handstand walk area is not available, athletes will be permitted to lunge back and forth in a smaller area so long as the 5-foot intervals still can be seen clearly.

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbells so the weight can be seen clearly, and show the height of the box being measured with a tape measure. Also film the measuring process for the strict handstand push-up box and the length of the floor marks for the overhead lunge and handstand walk. All video submissions should be uncut and unedited in order to accurately display the performance. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 3

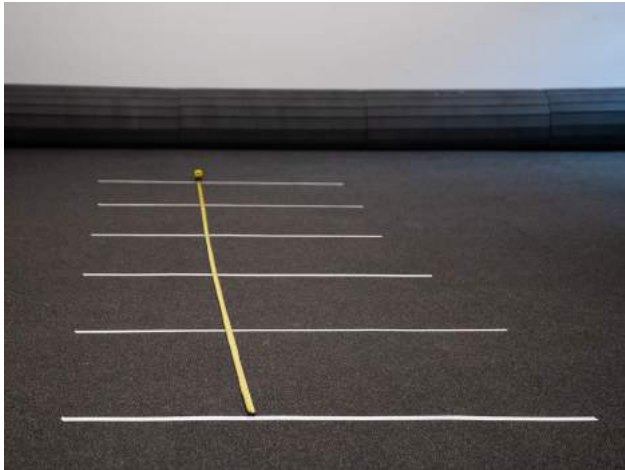
17:00 PT, THURSDAY, MARCH 7, THROUGH 17:00 PT, MONDAY, MARCH 11

Presented by

ASSAULT FITNESS

MOVEMENT STANDARDS

PREPARING THE FLOOR FOR THE LUNGE, HANDSTAND WALK AND BEAR CRAWL



The workout area for the lunge, handstand walk and bear crawl must be divided into 5-foot sections visibly marked on the floor. Ideally, the lane will have five consecutive sections, allowing for a 25-foot movement in one direction and a 25-foot movement back.

Performing the lunge, handstand walk or bear crawl more than 25 feet in one direction without turning around is not allowed.

OVERHEAD LUNGE



This is a single-arm overhead walking lunge. Each lunge begins with a dumbbell overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be **behind** the mark denoting the start of the segment being attempted.



At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the dumbbell must be above the height of the athlete's head. If, during the lunge, either head of the dumbbell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue. There is no requirement to switch arms; athletes may choose to do so of their own accord. However, athletes must complete a 5-foot section prior to switching arms. Lunging in place is not allowed.



The rep is credited when the athlete gets both heels across the line, has the dumbbell in the overhead position and is standing tall with hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each step. Shuffle steps between steps are not allowed.

Each 5-foot section will count as 1 rep. If the athlete fails to meet any standard during a step, the athlete must restart from behind the last 5-foot section successfully completed.

MOVEMENT STANDARDS

DUMBBELL FRONT-RACK LUNGE (SCALED ONLY)



For divisions using the front-rack lunge, the dumbbell is supported on the shoulders in front of the body.



Athletes may support the dumbbell with one or two hands. At least one hand must remain in contact with the dumbbell at all times.

DUMBBELL BOX STEP-UP



For every repetition of the dumbbell box step-up, the athlete starts with both feet on the ground and faces the box. With the dumbbell supported in any position but not resting on the leg, the athlete must step to the top of the box. Only the athlete's feet may make contact with the box. If the athlete is holding the dumbbell with one hand, the free hand may not push into the legs during the step-up.



The rep is credited when both of the athlete's feet are on the top of the box and the hips and knees are fully extended. Athletes must alternate legs to start each step.



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 7, THROUGH 17:00 PT, MONDAY, MARCH 11

Presented by

ASSAULT FITNESS

MOVEMENT STANDARDS STRICT HANDSTAND PUSH-UP



Prior to starting, a box that is 36 inches wide and 24 inches deep must be marked on the floor.



Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. The feet must remain inside the width of the hands throughout the entire repetition.



At the bottom, the athlete's head makes contact with the ground or target. For athletes competing in a division that does not require elevation, if the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates.

The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall. At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms and heels touching the wall.

Kipping is not allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.



The palms of the hands must stay within the dimensions of the box marked on the ground, but the fingers may extend past the line.

MOVEMENT STANDARDS

ELEVATED HANDSTAND PUSH-UP (MASTERS 55+, SCALED DIVISIONS ONLY)



For divisions that require an elevated handstand push-up, the start and end positions are the same as described for the strict handstand push-up.



Set up a target of appropriate height for your division. The head must touch the target depth before returning to the finish position.

HANDSTAND WALK



The athlete must start with the hands (entire hand, including palm and fingers) **behind** the mark denoting the start of the segment being attempted. When kicking up, stepping across the line or landing with the hands on or over the line constitutes a no rep. Athletes must walk forward.



If the athlete comes down at any time, the athlete must restart from the last increment completed. Both hands, including palms and fingers, must touch the ground in front of the line marking the 5-foot section to earn credit for that distance. Each 5-foot section will count as 1 rep. Athletes must handstand walk across the line and may **not** jump both hands over the line to finish a section.



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 7, THROUGH 17:00 PT, MONDAY, MARCH 11

Presented by

ASSAULT FITNESS

MOVEMENT STANDARDS

BEAR CRAWL (SCALED ONLY)



The athlete must place both hands (entire hand, including palm and fingers) on the ground **behind** the mark denoting the start of the section being attempted. Reaching across the line and placing hands into the section constitutes a no rep. During the bear crawl, the athlete must touch both palms to the floor and raise the hips above the height of the head so as to be supporting some body weight with the arms.



If at any time the athlete stands up, drops to the floor or drops the hips below the height of the head, the athlete must restart from the last line crossed. Both hands and both feet must cross the line marking the 5-foot section to earn credit for that distance. Each 5-foot section will count as 1 rep.

DUMBBELL STRICT PRESS (MASTERS 55+ SCALED ONLY)



Each rep of the press begins with the dumbbells at the shoulders and the feet in line. During the rep, any halt in the upward motion of the dumbbells constitutes a no rep. The athlete may **not** receive assistance with any movement from the hips or legs. Excessive backward leaning of the torso is not allowed. The feet must remain flat on the ground. A push press or jerk is not allowed.



The rep is credited when the arms, hips and knees are fully extended with the dumbbells directly over the middle of the body.



OPEN WEEK 3 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 7, THROUGH 17:00 PT, MONDAY, MARCH 11

Presented by



WORKOUT 19.3

For time:

- 200-ft. dumbbell overhead lunge
- 50 dumbbell box step-ups
- 50 strict handstand push-ups
- 200-ft. handstand walk

Time cap: 10 minutes

Tiebreaks: After final box step-up and final handstand push-up

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell, 24-in. box

Women use 35-lb. dumbbell, 20-in. box

Scaled: (Ages 16-54)

*Men use 50-lb. dumbbell and 24-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl

*Women use 35-lb. dumbbell and 20-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl

Teenagers 14-15:

Boys use 35-lb. dumbbell and 24-in. box, perform overhead lunges, strict HSPU and handstand walk

Girls use 20-lb. dumbbell and 20-in. box, perform overhead lunges, strict HSPU and handstand walk

Scaled Teenagers 14-15:

*Boys use 35-lb. dumbbell and 24-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl

*Girls use 20-lb. dumbbell and 20-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl

Masters 55+:

Men use 35-lb. dumbbell and 24-in. box, perform overhead lunges, 5-in. elevated strict HSPU and handstand walk

Women use 20-lb. dumbbell and 20-in. box, perform overhead lunges, 5-in. elevated strict HSPU and handstand walk

Scaled Masters 55+:

*Men use 20-lb. dumbbell and 20-in. box, perform front-rack lunges, dumbbell strict presses (with two dumbbells) and bear crawl

*Women use 10-lb. dumbbell and 16-in. box, perform front-rack lunges, dumbbell strict presses (with two dumbbells) and bear crawl

200-FT. DUMBBELL LUNGE	5'___	10'___	15'___	20'___	25'___	40		
	30'___	35'___	40'___	45'___	50'___			
	55'___	60'___	65'___	70'___	75'___			
	80'___	85'___	90'___	95'___	100'___			
	105'___	110'___	115'___	120'___	125'___			
	130'___	135'___	140'___	145'___	150'___			
	155'___	160'___	165'___	170'___	175'___			
	180'___	185'___	190'___	195'___	200'___			
	50 DUMBBELL BOX STEP-UPS						90	
	50 STRICT HANDSTAND PUSH-UPS *						140	
200-FT. HANDSTAND WALK *	5'___	10'___	15'___	20'___	25'___	180		
	30'___	35'___	40'___	45'___	50'___			
	55'___	60'___	65'___	70'___	75'___			
	80'___	85'___	90'___	95'___	100'___			
	105'___	110'___	115'___	120'___	125'___			
	130'___	135'___	140'___	145'___	150'___			
	155'___	160'___	165'___	170'___	175'___			
	180'___	185'___	190'___	195'___	200'___			

TIME

TIME

Time _____ OR Reps at 10 Min. _____

Athlete Name _____

Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____

Name of Affiliate

Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

WORKOUT 19.3

Time _____ OR Reps at 10 Min. _____

Athlete Name _____

Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____

Name of Affiliate

Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Judge Signature _____ Date _____



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 14, THROUGH 17:00 PT, MONDAY, MARCH 18

Presented by



WORKOUT 19.4

For total time:

3 rounds of:
10 snatches
12 bar-facing burpees

Then, rest 3 minutes before continuing with:

3 rounds of:
10 bar muscle-ups
12 bar-facing burpees

Time cap: 12 minutes, including 3-minute rest period

VARIATIONS

Rx'd: (Ages 16-54)

Men snatch 95 lb.

Women snatch 65 lb.

Scaled: (Ages 16-54)

Men snatch 65 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Women snatch 45 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Teenagers 14-15:

Boys snatch 65 lb.

Girls snatch 45 lb.

Scaled Teenagers 14-15:

Boys snatch 45 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Girls snatch 35 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Masters 55+:

Men snatch 65 lb., perform chest-to-bar pull-ups

Women snatch 45 lb., perform chest-to-bar pull-ups

Scaled Masters 55+:

Men snatch 45 lb., perform jumping chest-to-bar pull-ups, may step over bar on the burpees

Women snatch 35 lb., perform jumping chest-to-bar pull-ups, may step over bar on the burpees

NOTES

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will perform 10 snatches and 12 bar-facing burpees for 3 rounds. Upon completion of the first couplet, the athlete **must** rest 3 minutes while the clock continues to run. The athlete then will continue to the second portion of the workout: 3 rounds of 10 bar muscle-ups and 12 bar-facing burpees.

The athlete's score will be the total time it takes to complete the entire workout or the total number of

repetitions completed before the 12-minute time cap.

If the athlete doesn't complete the first couplet until after the 9-minute mark, their workout is over. In this case, the athlete's score will be 66 reps (with a tiebreak time).

TIEBREAK

This workout includes a tiebreak. If all 132 reps are completed prior to the 12-minute time cap, your score will be your total time, and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of the final burpee in the first couplet. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full set of bar-facing burpees in the first couplet. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. **Do not use a countdown timer.**

EQUIPMENT

- Barbell
- Standard bumper plates (18-in. diameter) to load to the appropriate weight for your division*
- Collars
- Pull-up bar

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.) and 15 kg (35 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the pull-up bar, plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 14, THROUGH 17:00 PT, MONDAY, MARCH 18

Presented by



MOVEMENT STANDARDS

SNATCH



The barbell begins on the ground and must be lifted overhead in one motion. Power, squat and split snatches are all permitted, but in each instance the athlete's feet must be brought back in line. This is not a ground-to-overhead any way. A clean and jerk is a no rep. Touch and go is permitted but deliberately bouncing the barbell is not. The bar can be dropped from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition.



If you begin with an empty barbell, or a barbell that has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.



The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.

BAR-FACING BURPEE



The burpee must be performed perpendicular to and facing the barbell.

Athletes using an empty barbell or small-diameter plates for the snatch will need to set up a second barbell with 18-in. plates for the burpees.



The athlete jumps or steps back to lie on the ground. The athlete's head must be behind the barbell. The chest and thighs must touch the ground at the bottom. The hands and feet must remain inside the width of the plates at the bottom of the burpee. From this position, the athlete can step or jump to their feet.



The athlete must jump over the barbell using a two-foot takeoff. Single-legged jumping or stepping over is **not** permitted (scaled divisions excluded). The athlete does not need to land with both feet at the same time.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 14, THROUGH 17:00 PT, MONDAY, MARCH 18

Presented by



MOVEMENT STANDARDS

BAR-FACING BURPEE (CONTINUED)



The rep is credited when both feet have touched the ground on the opposite side of the barbell. Before starting the next rep, the athlete must be perpendicular to and facing the barbell.

BAR MUSCLE-UP



The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the 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 height of the bar during the kip.



The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

MOVEMENT STANDARDS

CHIN-OVER-BAR PULL-UP (SCALED ONLY)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground.



The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground.



The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 14, THROUGH 17:00 PT, MONDAY, MARCH 18

Presented by



MOVEMENT STANDARDS

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when the athlete is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar.



At the bottom of the movement, the athlete must lower their body so the arms are fully extended.



The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **and** wear hand protection.



OPEN WEEK 4 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 14, THROUGH 17:00 PT, MONDAY, MARCH 18

Presented by



WORKOUT 19.4

For total time:

3 rounds of:

- 10 snatches
- 12 bar-facing burpees

Then, rest 3 minutes before continuing with:

3 rounds of:

- 10 bar muscle-ups*
- 12 bar-facing burpees

Time cap: 12 minutes

12-MINUTE CAP, INCLUDING REST		ROUND 1	ROUND 2	ROUND 3	
	10 SNATCHES				
		10	32	54	
	12 BAR-FACING BURPEES				
		22	44	66	
		TIEBREAK TIME			
		REQUIRED REST PERIOD +3:00			
		=			
		RESTART TIME			
		ROUND 1	ROUND 2	ROUND 3	
	10 BAR MUSCLE-UPS *				
		76	98	120	
	12 BAR-FACING BURPEES				
		88	110	132	
		TIME			

VARIATIONS

Rx'd: (Ages 16-54)

Men snatch 95 lb.

Women snatch 65 lb.

Scaled: (Ages 16-54)

*Men snatch 65 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

*Women snatch 45 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Teenagers 14-15:

Boys snatch 65 lb.

Girls snatch 45 lb.

Scaled Teenagers 14-15:

*Boys snatch 45 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

*Girls snatch 35 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Masters 55+:

*Men snatch 65 lb., perform chest-to-bar pull-ups

*Women snatch 45 lb., perform chest-to-bar pull-ups

Scaled Masters 55+:

*Men snatch 45 lb., perform jumping chest-to-bar pull-ups, may step over bar on the burpees

*Women snatch 35 lb., perform jumping chest-to-bar pull-ups, may step over bar on the burpees

Time _____ OR Reps at 12 Min. _____

Athlete Name _____

Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____

Name of Affiliate

Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

WORKOUT 19.4

Time _____ OR Reps at 12 Min. _____

Athlete Name _____

Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____

Name of Affiliate

Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Judge Signature _____ Date _____



OPEN WEEK 5

17:00 PT, THURSDAY, MARCH 21, THROUGH 17:00 PT, MONDAY, MARCH 25

Presented by

FITAID ZERO

WORKOUT 19.5

33-27-21-15-9 reps for time of:

Thrusters

Chest-to-bar pull-ups

Time cap: 20 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men use 95 lb.

Women use 65 lb.

Scaled: (Ages 16-54)

Men use 65 lb. and perform jumping pull-ups

Women use 45 lb. and perform jumping pull-ups

Teenagers 14-15:

Boys use 65 lb.

Girls use 45 lb.

Scaled Teenagers 14-15:

Boys use 45 lb. and perform jumping pull-ups

Girls use 35 lb. and perform jumping pull-ups

Masters 55+:

Men use 65 lb. and perform chin-over-bar pull-ups

Women use 45 lb. and perform chin-over-bar pull-ups

Scaled Masters 55+:

Men use 45 lb. and perform jumping pull-ups

Women use 35 lb. and perform jumping pull-ups

NOTES

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may perform 33 thrusters, then 33 chest-to-bar pull-ups. The athlete will repeat this couplet, performing 27 thrusters and 27 chest-to-bar pull-ups, 21 and 21, 15 and 15, and finally 9 and 9.

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 20-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Barbell
- Plates to load to the appropriate weight for your division*
- Collars
- Pull-up bar

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.) and 15 kg (35 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the pull-up bar, plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

MOVEMENT STANDARDS

THRUSTER



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.

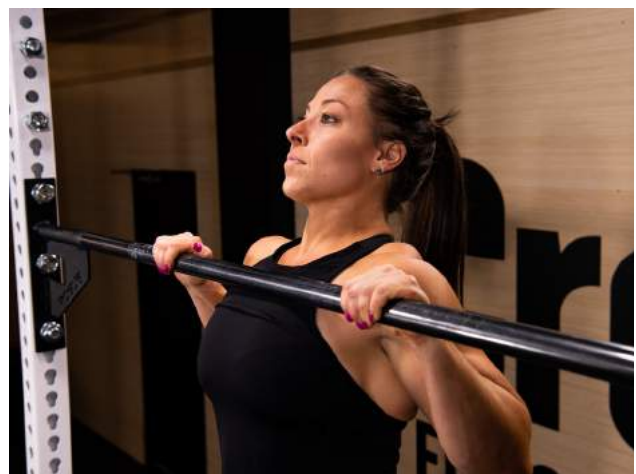


The rep is credited when the barbell is locked out overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.

CHEST-TO-BAR PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. Overhand, underhand or mixed grip are all permitted.



The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **and** wear hand protection.

MOVEMENT STANDARDS

CHIN-OVER-BAR PULL-UP (MASTERS 55+)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground.



The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar **or** wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **and** wear hand protection.

JUMPING CHIN-OVER-BAR PULL-UP (SCALED, SCALED TEENAGERS 14-15 AND SCALED MASTERS 55+ ONLY)



For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall.



At the bottom, the arms must be fully extended. Overhand, underhand and mixed grips are all permitted.



The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar **or** wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **and** wear hand protection.



OPEN WEEK 5 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 21, THROUGH 17:00 PT, MONDAY, MARCH 25

Presented by



WORKOUT 19.5

33-27-21-15-9 reps for time of:

Thrusters
Chest-to-bar pull-ups

Time cap: 20 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men use 95 lb.

Women use 65 lb.

Scaled: (Ages 16-54)

Men use 65 lb. and perform jumping pull-ups

Women use 45 lb. and perform jumping pull-ups

Teenagers 14-15:

Boys use 65 lb.

Girls use 45 lb.

Scaled Teenagers 14-15:

Boys use 45 lb. and perform jumping pull-ups

Girls use 35 lb. and perform jumping pull-ups

Masters 55+:

Men use 65 lb. and perform chin-over-bar pull-ups

Women use 45 lb. and perform chin-over-bar pull-ups

Scaled Masters 55+:

Men use 45 lb. and perform jumping pull-ups

Women use 35 lb. and perform jumping pull-ups

33 THRUSTERS	33
33 PULL-UPS	66
27 THRUSTERS	93
27 PULL-UPS	120
21 THRUSTERS	141
21 PULL-UPS	162
15 THRUSTERS	177
15 PULL-UPS	192
9 THRUSTERS	201
9 PULL-UPS	210

Time _____ OR Reps at 20 Min. _____

Athlete Name _____
Print

Rx'd Scaled

Workout Location _____ **Judge** _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 19.5

Time _____ OR Reps at 20 Min. _____

Athlete Name _____
Print

Rx'd Scaled

Workout Location _____ **Judge** _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date

Note:.....

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ATOURBAN



OPEN WEEK 1

17:00 PT, THURSDAY, OCTOBER 10, THROUGH 17:00 PT, MONDAY, OCTOBER 14

Presented by



WORKOUT 20.1

10 rounds for time of:
8 ground-to-overheads
10 bar-facing burpees

♀ 65 lb. ♂ 95 lb.

Time cap: 15 minutes

WORKOUT VARIATIONS

Rx'd (*Rx'd Ages 16-54*)

♀ 65 lb.

♂ 95 lb.

Scaled (*Scaled Ages 16-54*)

♀ 45 lb., may step over bar on burpees

♂ 65 lb., may step over bar on burpees

Teenagers 14-15

♀ 45 lb.

♂ 65 lb.

Scaled Teenagers 14-15

♀ 35 lb., may step over bar on burpees

♂ 45 lb., may step over bar on burpees

Masters 55+

♀ 45 lb.

♂ 65 lb.

Scaled Masters 55+

♀ 35 lb., may step over bar on burpees

♂ 45 lb., may step over bar on burpees

NOTES

Prior to starting the workout, the athlete will need to set up a barbell, with standard plates, to jump over during the burpees. This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1... go," the athlete may pick up the barbell and perform 8 ground-to-overheads then 10 bar-facing burpees for 10 rounds.

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 15-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Barbell(s)
- Standard bumper plates (18-inch diameter) to load barbell for burpee
- Collars to secure the plates on the barbell
- Plates to load to the appropriate weight for your division*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.), and 15 kg (35 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.



OPEN WEEK 1

17:00 PT, THURSDAY, OCTOBER 10, THROUGH 17:00 PT, MONDAY, OCTOBER 14

Presented by



MOVEMENT STANDARDS

GROUND-TO-OVERHEAD



- Every rep begins with the barbell on the ground.
- Any variation of a snatch or clean and jerk is acceptable.
- Touch and go is permitted, but deliberately bouncing the barbell is not.
- Dropping from overhead is OK, but the bar must settle on the ground before the next rep.



- If using an empty barbell, or a barbell with smaller-than-standard bumper plates, each rep must begin with the barbell clearly below the knees.



THE REP IS CREDITED WHEN:

- The barbell is at full lockout overhead, with the hips, knees, and arms fully extended.
- The barbell is directly over or slightly behind the middle of the body.
- Note: If a split-style lift is used, both feet must be brought back in line to finish the rep.

MOVEMENT STANDARDS

BAR-FACING BURPEE



- Must use a barbell with 18-inch plates.
- Must be performed perpendicular to and facing the barbell.



- May jump or step back to reach the bottom position.
- Chest and thighs must touch the ground with the head 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.



- Must jump over the barbell using a two-foot takeoff. Touching the bar, single-legged jumping, or stepping over is not permitted.
- Scaled divisions may step over the bar.



- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- No need to land with both feet at the same time.
- Must be perpendicular to and facing the barbell before starting the next rep.
- If a "no rep" is received for any reason, the entire rep must be repeated.



OPEN WEEK 1 SCORECARD (ALL)

17:00 PT, THURSDAY, OCTOBER 10, THROUGH 17:00 PT, MONDAY, OCTOBER 14

Presented by



WORKOUT 20.1

10 rounds for time of:
8 ground-to-overheads
10 bar-facing burpees

♀ 65 lb. ♂ 95 lb.

Time cap: 15 minutes

WORKOUT VARIATIONS

Rx'd (*Rx'd Ages 16-54*)

♀ 65 lb.

♂ 95 lb.

Scaled (*Scaled Ages 16-54*)

♀ 45 lb., may step over bar on burpees

♂ 65 lb., may step over bar on burpees

Teenagers 14-15

♀ 45 lb.

♂ 65 lb.

Scaled Teenagers 14-15

♀ 35 lb., may step over bar on burpees

♂ 45 lb., may step over bar on burpees

Masters 55+

♀ 45 lb.

♂ 65 lb.

Scaled Masters 55+

♀ 35 lb., may step over bar on burpees

♂ 45 lb., may step over bar on burpees

ROUND	8 GROUND-TO-OVERHEADS	10 BAR-FACING BURPEES
1	8	18
2	26	36
3	44	54
4	62	72
5	80	90
6	98	108
7	116	126
8	134	144
9	152	162
10	170	180

TIME

Time _____ OR Reps at 15 Min. _____

Athlete Name _____

Print

Rx'd

Scaled

Workout Location _____ Judge _____

Name of Affiliate

Judge Name

Has judge passed CrossFit's
Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Athlete Signature

Date

Affiliate Copy

Athlete Copy

WORKOUT 20.1

Time _____ OR Reps at 15 Min. _____

Athlete Name _____

Print

Rx'd

Scaled

Workout Location _____ Judge _____

Name of Affiliate

Judge Name

Has judge passed CrossFit's
Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Judge Signature

Date



OPEN WEEK 2

17:00 PT, THURSDAY, OCTOBER 17, THROUGH 17:00 PT, MONDAY, OCTOBER 21

Presented by



WORKOUT 20.2

Complete as many rounds as possible in 20 minutes of:

4 dumbbell thrusters

6 toes-to-bars

24 double-unders

♀ 35-lb. dumbbells ♂ 50-lb. dumbbells

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 35-lb. DBs

♂ 50-lb. DBs

Scaled (Ages 16-54)

♀ 20-lb. DBs, hanging knee-raises, single-unders

♂ 35-lb. DBs, hanging knee-raises, single-unders

Teenagers 14-15

♀ 20-lb. DBs

♂ 35-lb. DBs

Scaled Teenagers 14-15

♀ 15-lb. DBs, hanging knee-raises, single-unders

♂ 20-lb. DBs, hanging knee-raises, single-unders

Masters 55+

♀ 20-lb. DBs

♂ 35-lb. DBs

Scaled Masters 55+

♀ 15-lb. DBs, sit-ups, single-unders

♂ 20-lb. DBs, sit-ups, single-unders

NOTES

This workout begins with the dumbbells on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may begin performing thrusters. After 4 reps of thrusters are completed, the athlete will advance to a pull-up bar to perform toes-to-bars. After 6 reps of toes-to-bars are completed, the athlete will move to a jump rope and complete 24 double-unders before returning to the thrusters for the next round.

The athlete's score will be the total number of repetitions completed before the 20-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Pull-up bar
- Jump rope
- Dumbbells of the appropriate weight for your division*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.), and 7.5 kg (15 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film the pull-up bar and dumbbells so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

MOVEMENT STANDARDS

DUMBBELL THRUSTER



- Each set of dumbbell thrusters begins with dumbbells on the ground.
- Hold the dumbbells in the front-rack position during the squat.
- Dumbbells move from the bottom of a front squat to full lockout overhead.
- A full squat clean into the thruster is allowed when the dumbbells are taken from the floor.
- The hip crease must clearly pass below the top of the knees in the bottom position.



- The rep is credited when:
 - the dumbbells are locked out overhead, with the hips, knees, and arms fully extended.
 - both dumbbells are directly over or slightly behind the middle of the body.
- Continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep."
- Athletes may not receive any assistance moving the dumbbells.

TOES-TO-BAR



- Begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar.
- 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.
- Overhand, underhand, or mixed grips are all permitted.



- The rep is credited when both feet come in contact with the bar at the same time, between the hands.
- Any part of the feet may make contact with the bar.

MOVEMENT STANDARDS

DOUBLE-UNDER



- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

HANGING KNEE-RAISE (SCALED ONLY)



- Scaled athletes and scaled teens may perform hanging knee-raises.
- Begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.

- The rep is credited when the knees are above the hips.

MOVEMENT STANDARDS

SIT-UP (SCALED MASTERS ONLY)



- Scaled masters may perform sit-ups.
- Begin with the back in contact with the floor, feet anchored, and hands touching the floor above the head.
- AbMats are permitted.



- Raise the torso until the hands touch the toes or dumbbells.

SINGLE-UNDER (SCALED ONLY)



- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.



OPEN WEEK 2 SCORECARD (ALL)

17:00 PT, THURSDAY, OCTOBER 17, THROUGH 17:00 PT, MONDAY, OCTOBER 21

Presented by



WORKOUT 20.2

Complete as many rounds as possible in 20 minutes of:

- 4 dumbbell thrusters
- 6 toes-to-bars
- 24 double-unders

♀ 35-lb. dumbbells ♂ 50-lb. dumbbells

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

- ♀ 35-lb. DBs
- ♂ 50-lb. DBs

Teenagers 14-15

- ♀ 20-lb. DBs
- ♂ 35-lb. DBs

Masters 55+

- ♀ 20-lb. DBs
- ♂ 35-lb. DBs

Scaled (Ages 16-54)

- ♀ 20-lb. DBs, hanging knee-raises, single-unders
- ♂ 35-lb. DBs, hanging knee-raises, single-unders

Scaled Teenagers 14-15

- ♀ 15-lb. DBs, hanging knee-raises, single-unders
- ♂ 20-lb. DBs, hanging knee-raises, single-unders

Scaled Masters 55+

- ♀ 15-lb. DBs, sit-ups, single-unders
- ♂ 20-lb. DBs, sit-ups, single-unders

ROUND	4 DB THRUSTERS	6 TOES-TO-BARS	24 DOUBLE-UNDERS
1	4	10	34
2	38	44	68
3	72	78	102
4	106	112	136
5	140	146	170
6	174	180	204
7	208	214	238
8	242	248	272
9	276	282	306
10	310	316	340
11	344	350	374
12	378	384	408
13	412	418	442
14	446	452	476
15	480	486	510

ROUND	4 DB THRUSTERS	6 TOES-TO-BARS	24 DOUBLE-UNDERS
16	514	520	544
17	548	554	578
18	582	588	612
19	616	622	646
20	650	656	680
21	684	690	714
22	718	724	748
23	752	758	782
24	786	792	816
25	820	826	850
26	854	860	884
27	888	894	918
28	922	928	952
29	956	962	986
30	990	996	1020

Athlete Name _____
Print

TOTAL REPS _____
 Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Affiliate Copy Athlete Signature Date

Athlete Copy

WORKOUT 20.2

Athlete Name _____
Print

TOTAL REPS _____
 Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date



OPEN WEEK 3

17:00 PT, THURSDAY, OCTOBER 24, THROUGH 17:00 PT, MONDAY, OCTOBER 28

Presented by



WORKOUT 20.3

For time:

- 21 deadlifts (weight 1)
- 21 handstand push-ups
- 15 deadlifts (weight 1)
- 15 handstand push-ups
- 9 deadlifts (weight 1)
- 9 handstand push-ups
- 21 deadlifts (weight 2)
- 50-ft. handstand walk
- 15 deadlifts (weight 2)
- 50-ft. handstand walk
- 9 deadlifts (weight 2)
- 50-ft. handstand walk

♀ *deadlift 155 lb. then 205 lb.*
♂ *deadlift 225 lb. then 315 lb.*

Time cap: 9 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ deadlift 155 lb. then 205 lb.
♂ deadlift 225 lb. then 315 lb.

Scaled (Ages 16-54)

♀ deadlift 95 lb., perform hand-release push-ups, then deadlift 135 lb. and bear crawl
♂ deadlift 135 lb., perform hand-release push-ups, then deadlift 185 lb. and bear crawl

Teenagers 14-15

♀ deadlift 95 lb. then 135 lb.
♂ deadlift 135 lb. then 185 lb.

Scaled Teenagers 14-15

♀ deadlift 55 lb., perform hand-release push-ups, then deadlift 75 lb. and bear crawl
♂ deadlift 75 lb., perform hand-release push-ups, then deadlift 95 lb. and bear crawl

Masters 55+

♀ deadlift 125 lb., push press 65 lb., then deadlift 165 lb. and perform sets of 10 handstand push-ups
♂ deadlift 185 lb., push press 95 lb., then deadlift 255 lb. and perform sets of 10 handstand push-ups

Scaled Masters 55+

♀ deadlift 80 lb., perform hand-release knee push-ups, then deadlift 105 lb. and bear crawl
♂ deadlift 115 lb., perform hand-release knee push-ups, then deadlift 155 lb. and bear crawl

NOTES

Prior to starting the workout, the athlete will need to mark a line on the wall for the handstand push-ups (details in Movement Standards section). Lengths on the floor will also need to be measured and marked for the handstand walk.

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may perform 21 deadlifts, then move to the wall for 21 handstand push-ups, then complete 15 deadlifts and 15 handstand push-ups, then 9 deadlifts and 9 handstand push-ups.

The athlete may then move on to the heavier barbell to complete 21 deadlifts, a 50-ft. handstand walk, 15 deadlifts, another 50-ft. handstand walk, and finally, 9 deadlifts and a third 50-ft. handstand walk.

The athlete's score will be the time it takes to complete the workout or the total number of repetitions completed before the 9-minute time cap. Each completed 5-foot section of the handstand walk will count as 1 rep.

TIEBREAK

This workout includes a tiebreak. If the athlete completes the entire workout prior to the 9-minute time cap, their score will be their total time, and there will be no tiebreaker. However, if the athlete is not able to complete the entire workout, note the time at the end of each set of deadlifts. When submitting a score, there will be a space for the final rep count and an additional field to enter the elapsed time at which the athlete completed their last full set of deadlifts. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher. Do NOT use a countdown timer.



OPEN WEEK 3

17:00 PT, THURSDAY, OCTOBER 24, THROUGH 17:00 PT, MONDAY, OCTOBER 28

Presented by



EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weights for your division
- Collars to secure the plates on the barbell
- A heel mark for the handstand push-ups
- Floor marks for the handstand walk

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 143 kg (315 lb.), 115 kg (255 lb.), 102 kg (225 lb.), 93 kg (205 lb.), 83 kg (185 lb.), 75 kg (165 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 52 kg (115 lb.), 47 kg (105 lb.), 43 kg (95 lb.), 36 kg (80 lb.), 34 kg (75 lb.) 29 kg (65 lb.), and 25 kg (55 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

MOVEMENT STANDARDS

DEADLIFT



- Start every rep with the barbell on the ground.
- Hands must be outside the knees. Sumo deadlifts are not allowed.
- Arms must be straight throughout. No bouncing.

VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly
- Film the measuring process for the handstand push-up mark and the length of the floor marks for the handstand walk so all measurements can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.



- The rep is credited when the hips and knees reach full extension and the head and shoulders are behind the bar.
- Two separate barbells may be used.
- If one barbell is used, another person may assist with changing the load.
- Collars must be placed outside the plates.

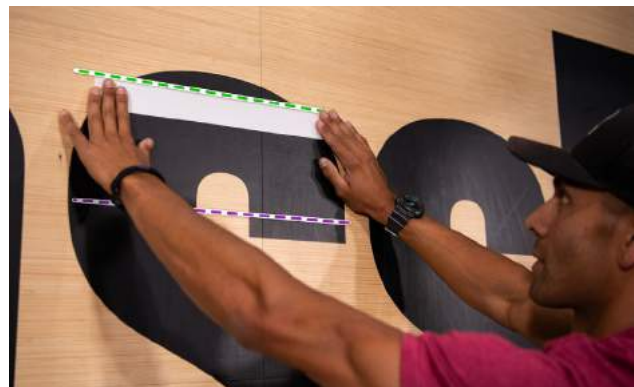
MOVEMENT STANDARDS

HANDSTAND PUSH-UP



- Before starting, step 1:
 - stand with back to the wall, on the same surface the hands will be on during the push-up.
 - Feet must be no wider than hip width, with heels touching the wall.
 - Look straight ahead.
 - Mark a line on the wall at the height of the top of the head.

- Before starting, step 2:
 - Place elbow on the wall, keep the wrist straight, and make a fist.
 - With a straight wrist, measure the distance from the wall to the end of the knuckle furthest from the wall.
 - Divide this number in half (to be used in step 3).



- Before starting, step 3:
 - From the mark at the top of the head (step 1), add the number established in step 2 (half the distance between wall and knuckle) and make a second mark.
 - This will be the height of the heel line for the handstand push-ups.
 - Once the height of the heel line is established, mark it with a marker, chalk, or tape.
 - Judges may restore the line between rounds as needed.
- Example: If an athlete is 65 inches tall and measures 14 inches from wall to knuckle, the athlete would add seven inches to the height mark for a final target line of 72 inches.

MOVEMENT STANDARDS

HANDSTAND PUSH-UP (CONTINUED)

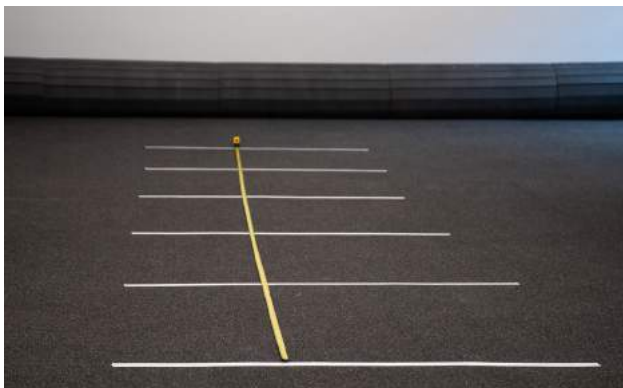


- Begin with arms locked out, heels in contact with the wall, hips open, and body in line with the arms.
- Heels must be above the pre-marked line.
- Only the heels may be touching the wall at the start and finish of each rep.
- The rep is credited upon return to the starting position.



- At the bottom, the head must make contact with the ground.
- If the head and hands are on different surfaces, the surfaces must be level (i.e., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain in contact with the wall for the duration of the movement, but heels must touch above the line at the beginning and end of each rep.
- Kipping is allowed.

HANDSTAND WALK



- Before starting, the handstand walk area must be marked in 5-ft. segments.
- Ideally, the lane will have five consecutive segments, allowing a 25-ft. walk in one direction and a 25-ft. walk back.
- Do NOT walk more than 25 feet in one direction without turning around.

MOVEMENT STANDARDS

HANDSTAND WALK (CONTINUED)



- Kick up with both hands (entire hand, including palm and fingers) BEHIND the mark of the segment being attempted.
- Stepping over the line or landing 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 successfully crossed.



- A rep is credited when both hands, including palms and fingers, cross the line before the feet touch the ground.
- Each 5-foot section will count as 1 rep.
- Must handstand walk across the line. Jumping both hands over the line to finish a section is not allowed.

HAND-RELEASE PUSH-UP (SCALED ONLY)



- Scaled athletes may perform hand-release push-ups instead of handstand push-ups.
- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking, sagging, or pushing up from the knees.



- The chest (nipple line or above) must touch the floor.
- Then the hands must be lifted completely off the ground.

MOVEMENT STANDARDS

BEAR CRAWL (SCALED ONLY)



- Scaled athletes may bear crawl instead of handstand walk.
- Use the same floor marking as the handstand walking setup (see above).
- Both hands (entire hand, including palm and fingers) must be placed on the ground BEHIND the mark of the segment being attempted.
- Reaching onto or over the line constitutes a “no rep.”
- Hips must remain above head height.
- Standing up, dropping to the floor, or dropping the hips below the head at any time requires a restart from behind the last line successfully crossed.



- A rep is credited when both feet and both hands cross the line.
- Each 5-foot section will count as 1 rep.

PUSH PRESS (MASTERS 55+ ONLY)



- Masters 55+ may perform push presses instead of handstand push-ups.
- Barbell begins at the shoulders. No racks allowed.
- Dip and drive with the legs while the weight is on the shoulders.
- Once the barbell leaves the shoulders, the hips and knees must remain straight until the weight is locked out overhead.
- No re-dip of the legs allowed (i.e., a push jerk or split jerk).



- The rep is credited when arms, hips, and knees are fully extended and the bar is directly over or slightly behind the middle of the body, with feet in line.
- Two separate barbells may be used for the deadlifts, and a third barbell is permitted for the push presses.

MOVEMENT STANDARDS

HAND-RELEASE KNEE PUSH-UP (SCALED MASTERS 55+ ONLY)



- Scaled Masters 55+ may perform hand-release knee push-ups instead of handstand push-ups.
- Elbows must be locked out, with feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking or sagging.



- The chest (nipple line or above) must touch the floor.
- Then the hands must be lifted completely off the ground.



OPEN WEEK 3 SCORECARD (ALL)

17:00 PT, THURSDAY, OCTOBER 24, THROUGH 17:00 PT, MONDAY, OCTOBER 28

Presented by



WORKOUT 20.3

For time:

21-15-9 reps of:

Deadlifts (weight 1)

Handstand push-ups

Then,

21-15-9 deadlifts (weight 2)
with 50-ft. handstand walk

♀ *deadlift 155 lb. then 205 lb.*
♂ *deadlift 225 lb. then 315 lb.*

Time cap: 9 minutes

WORKOUT VARIATIONS

Rx'd (Rx'd Ages 16-54)

♀ 155 lb., then 205 lb.
♂ 225 lb., then 315 lb.

Teenagers 14-15

♀ 95 lb., then 135 lb.
♂ 135 lb., then 185 lb.

Masters 55+

♀ 125 lb., push press 65 lb.,
then 165 lb., 10 HSPU
♂ 185 lb., push press 95 lb.,
then 255 lb., 10 HSPU

Scaled (Scaled Ages 16-54)

♀ 95 lb., HR push-ups, then 135 lb., bear crawl
♂ 135 lb., HR push-ups, then 185 lb., bear crawl

Scaled Teenagers 14-15

♀ 55 lb., HR push-ups, then 75 lb., bear crawl
♂ 75 lb., HR push-ups, then 95 lb., bear crawl

Scaled Masters 55+

♀ 80 lb., HR knee push-ups, then 105 lb., bear crawl
♂ 115 lb., HR knee push-ups, then 155 lb., bear crawl

WEIGHT 1	21 DEADLIFTS	21	TIME	21 HSPU*	42
	15 DEADLIFTS	57	TIME	15 HSPU*	72
	9 DEADLIFTS	81	TIME	9 HSPU*	90

WEIGHT 2	21 DEADLIFTS	111	TIME	50-ft. HS WALK*	5'___ 10'___ 15'___ 20'___ 25'___ 30'___ 35'___ 40'___ 45'___ 50'___ 121
	15 DEADLIFTS	136	TIME	50-ft. HS WALK*	5'___ 10'___ 15'___ 20'___ 25'___ 30'___ 35'___ 40'___ 45'___ 50'___ 146
	9 DEADLIFTS	155	TIME	50-ft. HS WALK*	5'___ 10'___ 15'___ 20'___ 25'___ 30'___ 35'___ 40'___ 45'___ 50'___ 165

Time OR Reps at 9 Minutes _____

Athlete Name _____
Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's
Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 20.3

Time OR Reps at 9 Minutes _____

Athlete Name _____
Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's
Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date



OPEN WEEK 4

17:00 PT, THURSDAY, OCTOBER 31, THROUGH 17:00 PT, MONDAY, NOVEMBER 4

Presented by

**ASSAULT
FITNESS**

WORKOUT 20.4

For time:

- 30 box jumps
- 15 clean and jerks, 65 | 95 lb.
- 30 box jumps
- 15 clean and jerks, 85 | 135 lb.
- 30 box jumps
- 10 clean and jerks, 115 | 185 lb.
- 30 single-leg squats
- 10 clean and jerks, 145 | 225 lb.
- 30 single-leg squats
- 5 clean and jerks, 175 | 275 lb.
- 30 single-leg squats
- 5 clean and jerks, 205 | 315 lb.

♀ 20-in. box

♂ 24-in. box

Time cap: 20 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 20-in. box, single-leg squat, C&J 65-85-115-145-175-205 lb.

♂ 24-in. box, single-leg squat, C&J 95-135-185-225-275-315 lb.

Scaled (Ages 16-54)

♀ 20-in. box, 14-lb. medicine-ball step-up, C&J 35-55-75-95-115-135 lb.

♂ 24-in. box, 20-lb. medicine-ball step-up, C&J 65-95-115-135-155-185 lb.

Teenagers 14-15

♀ 20-in. box, single-leg squat, C&J 35-55-75-95-105-115 lb.

♂ 24-in. box, single-leg squat, C&J 65-95-115-135-155-185 lb.

Scaled Teenagers 14-15

♀ 20-in. box, 14-lb. med-ball step-up, C&J 35-45-65-75-85-95 lb.

♂ 24-in. box, 20-lb. med-ball step-up, C&J 45-65-85-105-125-145 lb.

Masters 55+

♀ 20-in. box, 14-lb. med-ball step-up, C&J 65-75-95-105-125-145 lb.

♂ 24-in. box, 20-lb. med-ball step-up, C&J 95-115-135-155-185-205 lb.

Scaled Masters 55+

♀ 16-in. box, 14-lb. med-ball step-up, C&J 35-45-65-75-85-105 lb.

♂ 20-in. box, 20-lb. med-ball step-up, C&J 45-65-85-105-125-145 lb.

NOTES

After the call of "3, 2, 1 ... go," the athlete may perform 30 box jumps followed by 15 clean and jerks, then 30 box jumps followed by 15 clean and jerks at a heavier weight, then 30 box jumps followed by 10 clean and jerks, increasing the weight again. Next, the athlete performs 30 single-leg squats followed by 10 clean and jerks, then 30 single-leg squats followed by 5 clean and jerks, and finally, 30 single-leg squats followed by 5 clean and jerks. Again, the weight of the clean and jerk increases each round.

Athletes may set up multiple barbells. If one barbell is used, the athlete may receive assistance changing the load on the bar. Receiving any assistance other than adjusting loading is not permitted unless safety is an immediate concern.

TIEBREAK

If the athlete completes the entire workout prior to the 20-minute time cap, their score will be their total time, and there will be no tiebreaker.

If the athlete is not able to complete the entire workout in the allotted time, a tiebreaker will be factored into their score. During the workout, be sure to note the athlete's time at the end of each set of box jumps and single-leg squats. When the athlete submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed their final rep of box jumps or single-leg squats. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher. Do NOT use a countdown timer.



OPEN WEEK 4

17:00 PT, THURSDAY, OCTOBER 31, THROUGH 17:00 PT, MONDAY, NOVEMBER 4

Presented by

**ASSAULT
FITNESS**

EQUIPMENT

- Box of appropriate height for your division (the top of the box must be at least 15-by-15 inches)
- Barbell
- Standard bumper plates (18-in. diameter) to load to the appropriate weight for your division*
- Medicine ball* (scaled divisions)
- Collars to secure the plates on the barbell

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 6 kg (14 lb.), 9 kg (20 lb.), 15 kg (35 lb.), 20 kg (45 lb.), 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 38 kg (85 lb.), 43 kg (95 lb.), 47 kg (105 lb.), 52 kg (115 lb.), 56 kg (125 lb.), 61 kg (135 lb.), 65 kg (145 lb.), 70 kg (155 lb.), 79 kg (175 lb.), 83 kg (185 lb.), 93 kg (205 lb.), 102 kg (225 lb.), 124 kg (275 lb.), and 142 kg (315 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

MOVEMENT STANDARDS

BOX JUMP OR STEP-UP



- Start with both feet on the ground and face the side of the box.
- Do NOT angle the box and jump or step up on the corner.
- Jumping OR stepping onto and off the box is permitted.
- Only the feet may make contact with the box.
- Using hands to push into the legs during the step-up is not allowed.
- The rep is credited when:
 - Both feet are on top of the box.
 - Hips and knees are fully extended, with head and shoulders over the hips.
- Reaching extension in midair is a no rep.

MOVEMENT STANDARDS

CLEAN AND JERK



- Start each rep with the barbell on the ground. Touch and go is permitted.
- No bouncing or dropping and catching the barbell on the rebound.
- If dropped, the barbell must settle on the ground before the start of the next rep.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.



- If using an empty barbell, or a barbell with smaller-than-standard plates, each rep must begin with the barbell clearly below the knees.



- The lift must have two distinct phases: the clean and the jerk.
- Snatching is not permitted.
- The barbell must make contact with the shoulders.
- It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.



- The rep is credited when:
 - The barbell is locked out overhead, and arms, hips, and legs are extended.
 - The bar is over or slightly behind the center of the body, with feet in line.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.
- Receiving any assistance other than adjusting loading is not permitted unless safety is an immediate concern.

MOVEMENT STANDARDS

SINGLE-LEG SQUAT



- At the start and finish of each rep, the hips and knee of the working leg are extended.
- The non-working leg must remain in front of the body (cannot pass beyond profile).
- Holding on to the non-working leg is permitted.



- At the bottom, the hip crease must pass below the top of the knee on the working leg.
- If any part of the body other than the support foot touches the floor before lockout, the rep will not count.
- Must alternate legs after every successful rep.
- Must complete a successful rep on one side before alternating.
- Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.

MEDICINE-BALL BOX STEP-UP (SCALED DIVISIONS AND 55+)



- Scaled and Masters 55+ divisions may use a medicine-ball step-up in place of single-leg squats.
- The ball can be held in any manner but may not make contact with the legs.
- See above for additional movement standards for the box step-up.



OPEN WEEK 4 SCORECARD (ALL)

17:00 PT, THURSDAY, OCTOBER 31, THROUGH 17:00 PT, MONDAY, NOVEMBER 4

Presented by



WORKOUT 20.4

For time:

- 30 box jumps
- 15 clean and jerks, 65 | 95 lb.
- 30 box jumps
- 15 clean and jerks, 85 | 135 lb.
- 30 box jumps
- 10 clean and jerks, 115 | 185 lb.
- 30 single-leg squats
- 10 clean and jerks, 145 | 225 lb.
- 30 single-leg squats
- 5 clean and jerks, 175 | 275 lb.
- 30 single-leg squats
- 5 clean and jerks, 205 | 315 lb.

Time cap: 20 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

- ♀ 20-in. box, single-leg squat, C&J 65-85-115-145-175-205 lb.
- ♂ 24-in. box, single-leg squat, C&J 95-135-185-225-275-315 lb.

Scaled (Ages 16-54)

- ♀ 20-in. box, 14-lb. medicine-ball step-up, C&J 35-55-75-95-115-135 lb.
- ♂ 24-in. box, 20-lb. medicine-ball step-up, C&J 65-95-115-135-155-185 lb.

Teenagers 14-15

- ♀ 20-in. box, single-leg squat, C&J 35-55-75-95-105-115 lb.
- ♂ 24-in. box, single-leg squat, C&J 65-95-115-135-155-185 lb.

Scaled Teenagers 14-15

- ♀ 20-in. box, 14-lb. med-ball step-up, C&J 35-45-65-75-85-95 lb.
- ♂ 24-in. box, 20-lb. med-ball step-up, C&J 45-65-85-105-125-145 lb.

Masters 55+

- ♀ 20-in. box, 14-lb. med-ball step-up, C&J 65-75-95-105-125-145 lb.
- ♂ 24-in. box, 20-lb. med-ball step-up, C&J 95-115-135-155-185-205 lb.

Scaled Masters 55+

- ♀ 16-in. box, 14-lb. med-ball step-up, C&J 35-45-65-75-85-105 lb.
- ♂ 20-in. box, 20-lb. med-ball step-up, C&J 45-65-85-105-125-145 lb.

30 BOX JUMPS	30	
15 CLEAN AND JERKS	45	TIME
30 BOX JUMPS	75	
15 CLEAN AND JERKS	90	TIME
30 BOX JUMPS	120	
10 CLEAN AND JERKS	130	TIME

30 SINGLE-LEG SQUATS*	160	
10 CLEAN AND JERKS	170	TIME
30 SINGLE-LEG SQUATS*	200	
5 CLEAN AND JERKS	205	TIME
30 SINGLE-LEG SQUATS*	235	
5 CLEAN AND JERKS	240	TIME

Time OR Reps at 20 Minutes _____

Athlete Name _____
Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____

Affiliate Copy

Athlete Signature Date

Athlete Copy

WORKOUT 20.4

Time OR Reps at 20 Minutes _____

Athlete Name _____
Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____

Judge Signature Date



OPEN WEEK 5

17:00 PT, THURSDAY, NOVEMBER 7, THROUGH 17:00 PT, MONDAY, NOVEMBER 11

Presented by



WORKOUT 20.5

For time, partitioned any way:

40 muscle-ups

80-cal. row

120 wall-ball shots

♀ 14-lb. ball to 9 ft.

♂ 20-lb. ball to 10 ft.

Time cap: 20 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 14-lb. ball to 9 ft.

♂ 20-lb. ball to 10 ft.

Scaled (Ages 16-54)

♀ chin-over-bar pull-ups, 10-lb. ball to 9 ft.

♂ chin-over-bar pull-ups, 14-lb. ball to 10 ft.

Teenagers 14-15

♀ 10-lb. ball to 9 ft.

♂ 14-lb. ball to 9 ft.

Scaled Teenagers 14-15

♀ chin-over-bar pull-ups, 10-lb. ball to 9 ft.

♂ chin-over-bar pull-ups, 14-lb. ball to 9 ft.

Masters 55+

♀ chest-to-bar pull-ups, 10-lb. ball to 9 ft.

♂ chest-to-bar pull-ups, 20-lb. ball to 9 ft.

Scaled Masters 55+

♀ jumping chest-to-bar pull-ups, 10-lb. ball to 8 ft.

♂ jumping chest-to-bar pull-ups, 14-lb. ball to 8 ft.

NOTES

After the call of "3, 2, 1 ... go," the athlete may perform 40 muscle-ups, 80 calories on the rower, and 120 wall-ball shots. Athletes may perform the movements in any order, and the reps can be divided up in any manner. There are no restrictions on the sequence or combinations of movements, or their corresponding repetitions. The repetitions of one movement do not have to be completed before the athlete can accumulate reps of another movement.

Regardless of where athletes choose to begin the workout, they must start fully standing, not touching any equipment. Only after the call of "3, 2, 1 ... go" may the athlete touch the medicine ball, rower, or rings and begin the workout.

TIEBREAK

This workout includes a tiebreak. If the athlete completes all 240 reps prior to the 20-minute time cap, their score will be their total time, and there will be no tiebreaker.

If the athlete is not able to complete the entire workout in the allotted time, a tiebreaker will be factored into their final score. Note the time when the athlete completes 80 calories on the rower and 120 wall-ball shots, regardless of how they choose to break up the work. When the athlete submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed the rowing and wall balls. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher. Do NOT use a countdown timer.

EQUIPMENT

- Rings
- Pull-up bar* (Masters 55+ and scaled divisions only)
- Concept2 rower
- Medicine ball of appropriate weight for your division*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 9 kg (20 lb.), 6 kg (14 lb.), and 4 kg (10 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.



OPEN WEEK 5

17:00 PT, THURSDAY, NOVEMBER 7, THROUGH 17:00 PT, MONDAY, NOVEMBER 11

Presented by



VIDEO SUBMISSION STANDARDS

- Film the rings (or pull-up bar), clearly show the weight of the medicine ball, and measure the height of the target.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

NOTE: Athletes submitting video submissions for review must be prepared to submit two separate videos: one of the workout following the typical video submission standards and a separate video specifically showing the calories on the Concept2 rower monitor. The display of calories on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower. When submitting videos, send only the first video (full workout) in accordance with normal video submission standards. CrossFit may require the second video (rower calories) and will provide further details at that time. Athletes who are unable to produce the second video upon request may be determined to have an invalid score.

MOVEMENT STANDARDS

MUSCLE-UP



- Begin hanging from the rings, with arms fully extended and feet off the ground.
- If performing consecutive kipping muscle-ups, a change of direction below the rings is required.



- The rep is credited when the elbows are fully locked out in the support position.
- Must pass through some portion of a dip before reaching lockout.
- Kipping is allowed, but swings or rolls to support are not permitted.
- No part of the foot may rise above the rings during the kip.

MOVEMENT STANDARDS

ROW



- The monitor on the rower must be set to zero calories at the beginning of each row. Athletes may receive assistance in resetting the monitor to zero if they split the row into multiple sets.
- When exiting the rower, credit will be earned for the calories displayed at the time the handle is released.
- If working up to the 20-minute mark, credit will be earned for the calories displayed when the clock reaches 20 minutes (There will be no credit for rollover calories after the time cap).

NOTE: Athletes submitting video submissions for review must be prepared to submit **two separate videos**: one of the workout following the typical video submission standards and a separate video specifically showing the calories on the Concept2 rower monitor. The display of calories on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower. When submitting videos, send only the first video (full workout) in accordance with normal video submission standards. CrossFit may require the second video (rower calories) and will provide further details at that time. Athletes who are unable to produce the second video upon request may be determined to have an invalid score.

WALL-BALL SHOT



- The medicine ball must be in the support position in front of the body at the start of each rep.
- Squat until the hip crease is below the knee.
- Squat cleaning is allowed as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits low or does not hit the wall, it is a “no rep.”
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

MOVEMENT STANDARDS

CHIN-OVER-BAR PULL-UP (SCALED ONLY)



- Scaled athletes perform chin-over-bar pull-ups instead of muscle-ups.
- At the start of each rep, arms must be fully extended, with feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the chin breaks the horizontal plane of the bar.
- 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.

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



- Masters 55+ perform chest-to-bar pull-ups instead of muscle-ups.
- At the start of each rep, arms must be fully extended, with feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone.
- 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.

MOVEMENT STANDARDS

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



- Scaled Masters 55+ perform jumping chest-to-bar pull-ups instead of muscle-ups.
- The bar should be at least six inches above the top of the head when standing tall.
- Plates or other stable platforms may be required to decrease the distance between the top of the head and the bar.
- At the start of each rep, lower until the arms are fully extended.



- The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone.
- 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.



OPEN WEEK 5 SCORECARD (ALL)

17:00 PT, THURSDAY, NOVEMBER 7, THROUGH 17:00 PT, MONDAY, NOVEMBER 11

Presented by



WORKOUT 20.5

For time, partitioned any way:

- 40 muscle-ups
- 80-cal. row
- 120 wall-ball shots

♀ 14-lb. ball to 9 ft.
♂ 20-lb. ball to 10 ft.

Time cap: 20 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

- ♀ 14-lb. ball to 9 ft.
- ♂ 20-lb. ball to 10 ft.

Teenagers 14-15

- ♀ 10-lb. ball to 9 ft.
- ♂ 14-lb. ball to 9 ft.

Masters 55+

- *♀ chest-to-bar pull-ups, 10-lb. ball to 9 ft.
- *♂ chest-to-bar pull-ups, 20-lb. ball to 9 ft.

Scaled (Ages 16-54)

- *♀ chin-over-bar pull-ups, 10-lb. ball to 9 ft.
- *♂ chin-over-bar pull-ups, 14-lb. ball to 10 ft.

Scaled Teenagers 14-15

- *♀ chin-over-bar pull-ups, 10-lb. ball to 9 ft.
- *♂ chin-over-bar pull-ups, 14-lb. ball to 9 ft.

Scaled Masters 55+

- *♀ jumping chest-to-bar pull-ups, 10-lb. ball to 8 ft.
- *♂ jumping chest-to-bar pull-ups, 14-lb. ball to 8 ft.

NOTE: Record time at which all 80 calories on the rower and 120 wall-ball shots are completed.

Regardless of where athletes choose to begin the workout, they must start fully standing, not touching any equipment. Only after the call of "3, 2, 1 ... go" may the athlete touch the medicine ball, rower, or rings and begin the workout.

40 MUSCLE-UPS*	0	10	20	30	40
	0	10	20	30	40

80-CAL. ROW	0	10	20	30	40	50	60	70	80
	0	10	20	30	40	50	60	70	80

120 WALL-BALL SHOTS	0	10	20	30	40	50	60	70	80	90	100	110	120
	0	10	20	30	40	50	60	70	80	90	100	110	120

TIME

Time OR Reps at 20 Minutes _____

Athlete Name _____
Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 20.5

Time OR Reps at 20 Minutes _____

Athlete Name _____
Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____
Name of Affiliate Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date

Note:.....

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