

TESTS 1A AND 1B

TEST 1A: (100 points)

For time:

- 1,000-m row
- 100 double-unders
- 20 shuttle runs
- 750-m row
- 75 double-unders
- 15 shuttle runs
- 500-m row
- 50 double-unders
- 10 shuttle runs
- 250-m row
- 25 double-unders
- 5 shuttle runs

Time cap: 25 minutes

TEST 1B: (50 points)

Immediately following Test 1A, complete as many snatches as possible in 3 minutes.

- ♀ 155 lb
- ♂ 225 lb

Time cap: 3 minutes

TEST 1B VARIATIONS

Teenagers 14-15, Masters 60+

- ♀ 85 lb
- ♂ 135 lb

Masters 35-44

- ♀ 155 lb
- ♂ 225 lb

Teenagers 16-17, Masters 45-54

- ♀ 125 lb
- ♂ 185 lb

Masters 55-59

- ♀ 105 lb
- ♂ 155 lb

NOTES

Prior to starting, set up the floor plan as shown.

Start seated on the rower with your hands off of the handle. After the call of "3, 2, 1 ... go," begin rowing. After 1,000 m have elapsed, complete 100 double-unders, then 20 shuttle runs. Return to the rower and complete a 750-m row, 75 double-unders, and 15 shuttle runs. Then, complete a 500-m row, 50 double-unders, and 10 shuttle runs. Finally, complete a 250-m row, 25 double-unders, and 5 shuttle runs. Time stops when you cross the line from the final shuttle run. Your score for Test 1A is the total time taken to complete the test.

Test 1B begins as soon as Test 1A is complete or the time cap is reached. You will have 3 minutes to complete as many snatches as possible. Your score is the total number of repetitions completed within the time cap. Test 1B is worth a maximum of 50 points.

You must submit a score higher than 0 for Test 1A to be able to submit a score for Test 1B.

When both tests are complete, walk to the camera and state the password.

TIEBREAK

There is no tiebreak for Test 1A.

In the event of a tie on reps completed on Test 1B, the athlete's Test 1A score will be used to break the tie.

EQUIPMENT

- Tape to mark the floor.
- Concept2 rower.
- Jump rope.
- Barbell + collars.
- Bumper plates.

Be sure the athlete has adequate space to safely complete all 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 test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the barbells are 38 kg (85 lb), 47 kg (105 lb), 56 kg (125 lb), 61 kg (135 lb), 70 kg (155 lb), 83 kg (185 lb), and 102 kg (225 lb).

VIDEO SUBMISSION STANDARDS

- **ALL** competitors must video each test at this stage of competition.
- Video must show the competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- After the test is complete, **STATE THE PASSWORD** before turning off or moving the camera.

VIDEO REVIEW PENALTIES

General:

- Missing or skipping any repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps will result in a Major Penalty.
- If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled, then added as penalty time.
- If a penalty results in a time greater than the time cap, the athlete's score will be adjusted to less than the total number of possible reps at a rate of -1 rep for every 5 seconds over the cap.

Row:

- False-start penalty: 5 seconds.
- Missed/skipped meters: 2-repetition penalty for every 10 meters per instance.
- If the meters rowed are not clearly displayed after each row, the athlete may receive a 15-second penalty per occurrence.

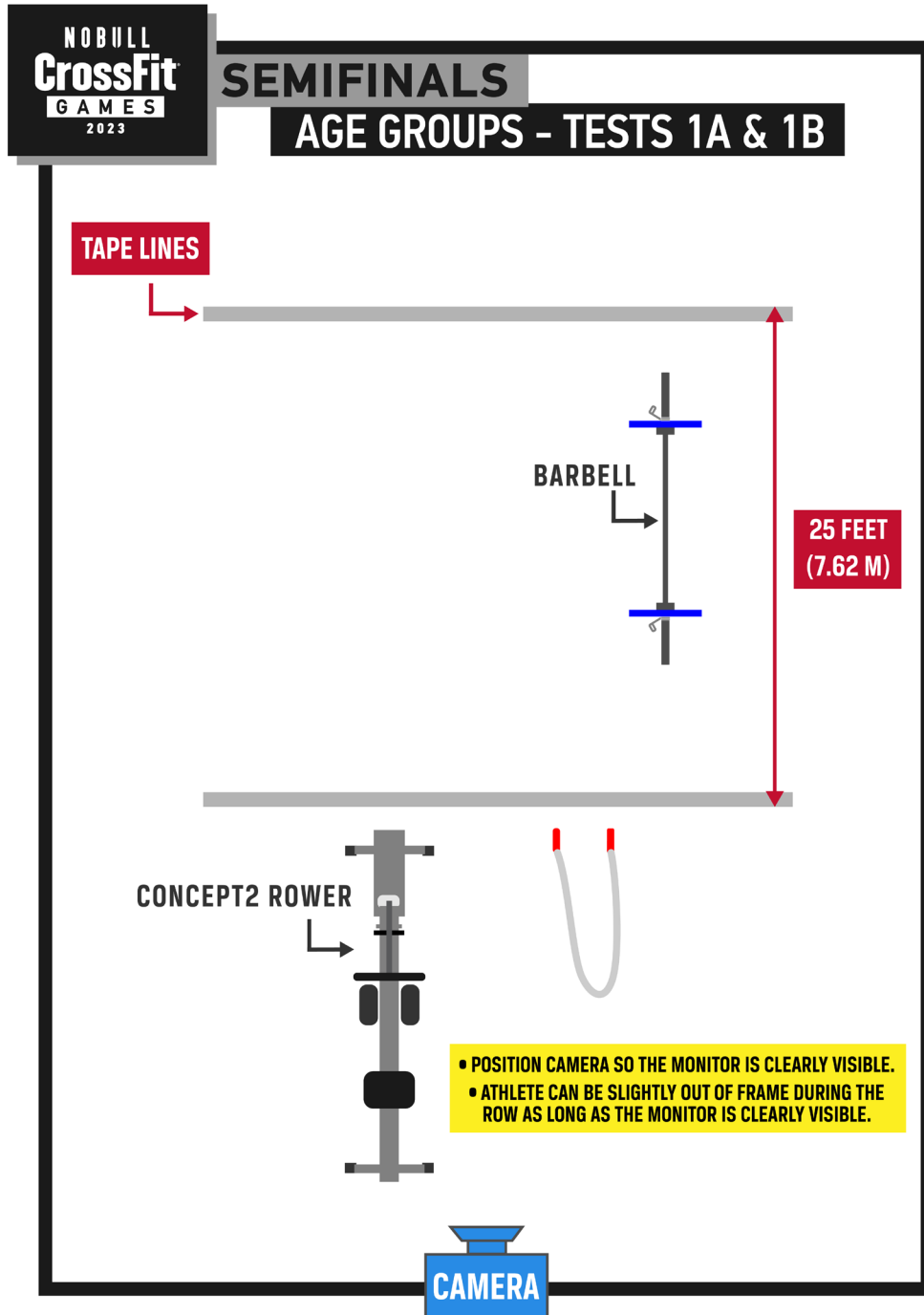
Shuttle Run:

- If an athlete starts or finishes with any part of the foot on the line, a 5-second penalty will be assessed per occurrence.
- Any shuttle run that is not completed will result in a time penalty based on average cycle time as stated above.

VIDEO REVIEW ZERO-SCORE VIOLATIONS

The following may result in an immediate zero score:

- A setup that does not allow for a clear view of the C2 monitor.
- Incorrect barbell loading.
- Not visually confirming floor measurements on camera.
- Altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Failure to use a registered judge.
- Failure to state the correct password.



SCAN THE CODE

NOBULL

THE OFFICIAL FOOTWEAR AND APPAREL BRAND OF CROSSFIT. SHOP NOW.

MOVEMENT STANDARDS

ROW



- You must use a Concept2 rower.
- The monitor must be clearly visible in your video.
- **Prioritize the visibility of the monitor in your setup. It is acceptable to have part of the athlete out of frame to improve visibility on the monitor.**
- The monitor on the rower must be set to zero at the beginning of each row.
- You **may** receive assistance resetting the rower between rounds.
- Start seated on the rower with your hands off the handle until after the call of "3, 2, 1 ... go."
- You must stay seated on the rower until the monitor reads the designated distance during each round.
- If athletes are time-capped on the row, record the completed distance when the rower comes to rest. Each 10 m = 1 rep, rounded down.
 - EX: 125 m = 12 reps
- *Note: If the athlete is concerned with the visibility of their monitor, it is recommended to designate an individual to take a picture of the monitor after each completed row.*

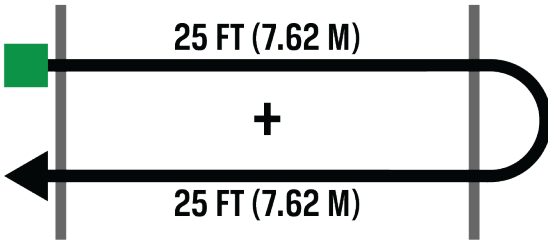
DOUBLE-UNDER



- 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.
- **Prioritize the visibility of the feet and lower body in your setup. It is acceptable to have part of the athlete's upper body out of frame during the double-unders.**
- The athlete **may** step on or cross the line designating the start of the shuttle run during the double-unders.

MOVEMENT STANDARDS
SHUTTLE RUN

1 REP = 50 FT (15.24 M)



- Each rep of the shuttle run = 50 feet (15.24 meters)
 - 25 feet (7.62 meters) down + 25 feet (7.62 meters) back.



- Each rep starts with the feet clearly behind the start line.



- At each turnaround, both feet and one hand must touch the ground over the line before the athlete may return.
- Stepping on or touching the line will not count.



- On the final shuttle run of each round, the athlete must simply pass the line.
- One repetition of the shuttle run = 50 feet.
- If the athlete is time-capped on the shuttle run and does not complete the full 50 feet, the repetition will not count.
 - There is no partial credit for completing only the first 25 feet of the shuttle run.

MOVEMENT STANDARDS

SNATCH



- Loads vary by division — you **MUST** reference your division and load the bar correctly.
- Athletes may lift anywhere on the competition floor as long as they are clearly visible on video at a $\frac{3}{4}$ or profile angle.
- Each rep starts with the bar on the ground.
 - If using an empty barbell or a barbell with bumper plates that are smaller than the standard size, each rep must begin with the barbell clearly below the knees.
- Power, squat, and split snatches are permitted.
- Hang snatches are **NOT** permitted.
- Bouncing the bar is **NOT** permitted.



- The rep is counted when the athlete's hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind, when viewed from profile.
- If a split snatch is used, the feet must return in line before the bar is lowered.
- Athletes **MAY** receive assistance moving the bar into position on the competition floor during Test 1A in preparation for Test 1B.
- After the athlete has attempted their first rep of Test 1B, they may **NOT** receive further assistance with the barbell.

TEST 1A

For time: (100 points)

- 1,000-m row
- 100 double-unders
- 20 shuttle runs
- 750-m row
- 75 double-unders
- 15 shuttle runs
- 500-m row
- 50 double-unders
- 10 shuttle runs
- 250-m row
- 25 double-unders
- 5 shuttle runs

Time cap: 25 minutes

Test 1B begins immediately upon completing Test 1A.

1,000-M ROW	100
100 DOUBLE-UNDERS	200
20 SHUTTLE RUNS	220
750-M ROW	295
75 DOUBLE-UNDERS	370
15 SHUTTLE RUNS	385
500-M ROW	435
50 DOUBLE-UNDERS	485
10 SHUTTLE RUNS	495
250-M ROW	520
25 DOUBLE-UNDERS	545
5 SHUTTLE RUNS	550

Athlete Name _____
 Print

Time or Reps at 25 Min. _____

Test Location _____

Judge _____
 Judge Name

I confirm the information above accurately represents the athlete's performance for this test. _____
 Athlete Signature Date

Athlete Copy

SEMIFINALS - AGE GROUPS - TEST 1A

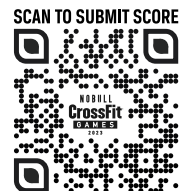
Time or Reps at 25 Min. _____

Athlete Name _____
 Print

Test Location _____

Judge _____
 Judge Name

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



TEST 1B

Test 1B begins immediately upon completing Test 1A.

Athletes will have 3 minutes to complete as many snatches as possible. (50 points)

♀ 155 lb
 ♂ 225 lb

Time cap: 3 minutes

MAX SNATCHES IN 3 MINUTES	
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TEST 1B VARIATIONS

Teenagers 14-15, Masters 60+

♀ 85 lb
 ♂ 135 lb

Masters 35-44

♀ 155 lb
 ♂ 225 lb

Teenagers 16-17, Masters 45-54

♀ 125 lb
 ♂ 185 lb

Masters 55-59

♀ 105 lb
 ♂ 155 lb

Athlete Name _____ **Total Reps** _____
Print **Tiebreak (Test 1A Score)** _____

Test Location _____ **Judge** _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this test. _____
Athlete Signature Date

Athlete Copy

SEMIFINALS - AGE GROUPS - TEST 1B

Athlete Name _____ **Total Reps** _____
Print **Tiebreak (Test 1A Score)** _____

Test Location _____ **Judge** _____
Judge Name

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

