

TEST 2

(100 points)

Complete as many reps as possible of:

Thrusters

Muscle-ups

**Athletes must complete a minimum number (varied by division) of thrusters and muscle-ups. If this number is not achieved for one movement, any reps over the minimum of the other movement will not count.*

♀ 95 lb

♂ 135 lb

Time cap: 5 minutes

TEST 2 VARIATIONS

Teenagers 16-17, Masters 35-49

♀ 95 lb, *minimums: 15 thrusters and 15 muscle-ups*

♂ 135 lb, *minimums: 15 thrusters and 15 muscle-ups*

Masters 50-59

♀ 95 lb, *minimums: 15 thrusters and 10 muscle-ups*

♂ 135 lb, *minimums: 15 thrusters and 10 muscle-ups*

Teenagers 14-15, Masters Men 60+

♀ 75 lb, *minimums: 15 thrusters and 10 muscle-ups*

♂ 105 lb, *minimums: 15 thrusters and 10 muscle-ups*

Masters Women 60-64

♀ 75 lb, *minimums: 15 thrusters and 5 muscle-ups*

Masters Women 65+

♀ 75 lb, *minimums: 15 thrusters and 15 chest-to-bar pull-ups*

NOTES

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

Athletes may begin with either movement. All athletes will start standing tall at the side of the barbell facing away from it. After the call of "3, 2, 1 ... go," move to the rings or the barbell and begin accumulating reps.

You may switch movements at any time. Your score will be the total number of repetitions completed before the 5-minute time cap.

Athletes must complete the minimum number of repetitions (the minimum varies by division) for both thrusters and muscle-ups for any repetitions above the minimums to count.

If the designated minimum is not achieved for one movement, any reps above the minimum of the other movement will not count.

For example, a 35-year-old athlete has a minimum of 15/15 and completes:

- 5 muscle-ups - **Minimum NOT completed.**
- 27 thrusters - **12 reps above the minimum.**
 - The thrusters will be adjusted to 15; the minimum for the muscle-ups was not met.
- Total score = 20 (5 muscle-ups + 15 thrusters)

When the test is complete, walk to the camera and state the password.

TIEBREAK

Note the time when the required minimum of **BOTH** the thrusters and muscle-ups (65+ women: chest-to-bar pull-ups) are completed.

In the event of a tie on total reps, the athlete who completed the minimums of both movements faster will win the tie.

EQUIPMENT

- Tape to mark the floor.
- Rings.
- Pull-up bar (65+ women only).
- Barbell and 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 34 kg (75 lb), 43 kg (95 lb), 47 kg (105 lb), and 61 kg (135 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 workout is complete, **STATE THE PASSWORD** before turning off or moving the camera.

VIDEO REVIEW PENALTIES

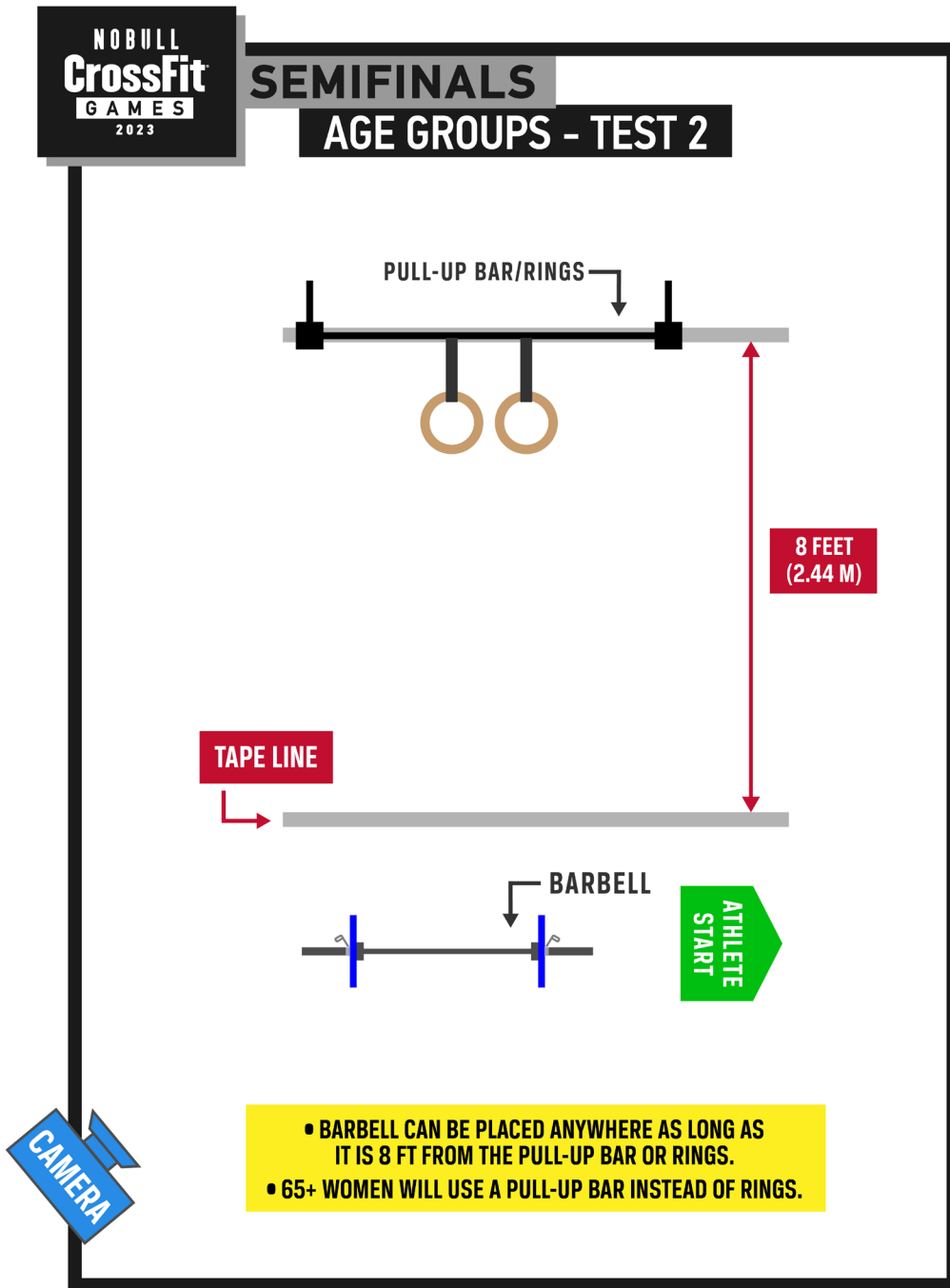
General:

- If the minimum rep count is not achieved for one movement, any reps over the minimum of the other movement will not count. The athlete's score will be adjusted to reflect the minimum for the higher-scoring movement.
- A significant number of no reps will result in a 15% Major Penalty.
- False starts or starting in the wrong position will result in a 1-rep penalty.

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 both movements.
- 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 required password.



NOBULL

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

MOVEMENT STANDARDS

THRUSTER



- You and the barbell must remain in front of the tape line.
- If either plate or your foot touches the line at any time, the rep will not count.
- Each set of thrusters begins with the barbell on the ground.
- The crease of your hip must clearly pass below the top of your knees in the bottom position.
- A full squat clean into the thruster is allowed but not required when the bar is taken from the floor.
- The rep is credited when:
 - Your hips, knees, and arms are fully extended.
 - The bar is directly over, or slightly behind, the middle of your body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before you pick it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting the barbell.

MUSCLE-UP



- Athletes must begin each rep hanging from the rings with arms fully extended and feet off the ground.
- Kipping is allowed, but uprises and swings/rolls to support are not permitted.
- During consecutive kipping muscle-ups, a change of direction below the rings is required.
- No part of the foot may rise above the bottom of the rings during the kip.
- The athlete must pass through some portion of a dip before reaching lockout.
- The rep is credited when the elbows are fully locked out in the support position.
- Reaching lockout while pushing or falling away from the rings will not count.

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UPS (WOMEN 65+ DIVISION ONLY)



- The athlete must start each rep with arms fully extended and 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.
- Athletes must be visible from a $\frac{3}{4}$ angle on camera.

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Athlete Name _____
Print

Reps at 5 Min. _____

Tiebreak Time _____

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 2

Athlete Name _____
Print

Reps at 5 Min. _____

Tiebreak Time _____

Test Location _____

Judge _____
Judge Name

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

SCAN TO SUBMIT SCORE

