

TEST 1

For total time:

2 rounds each of:

- 15 strict handstand push-ups
- 15 dumbbell hang power cleans
- 100 double-unders

Male athlete 1 completes 1 round, then male athlete 2 completes 1 round. Repeat.

Then immediately into 2 rounds each of:

- 15 kipping handstand push-ups
- 15 dumbbell shoulder-to-overheads
- 100 double-unders

Male athlete 1 completes 1 round, then male athlete 2 completes 1 round. Repeat.

After the men have finished, the women complete the same sequence.

♀ 35-lb. dumbbells

♂ 50-lb. dumbbells

Time cap: 30 min.

NOTES

Prior to starting, athletes must set up the competition area as shown in the floor plan below.

This workout begins with all athletes standing over the line, away from the wall. After the call of "3, 2, 1... go," the first male athlete may move to the wall and complete 15 strict handstand push-ups, then to the dumbbells for 15 hang power cleans, and finally to the rope for 100 double-unders. After completing this sequence, the first male athlete will tag the second male athlete, who then will complete 15, 15, and 100 reps. After finishing the round, the second male athlete will tag the first male athlete, and each will complete the sequence again. After both athletes have completed 2 rounds, they will then immediately continue to 2 rounds following the same pattern, this time with 15 kipping handstand push-ups, 15 dumbbell shoulder-to-overheads, and 100 double-unders.

When the second male athlete completes his final round, he will tag in the first female athlete. The female athletes then will complete the workout in the same fashion. Time stops when the second female athlete completes her final double-under on her final round.

The team's score will be the total time it takes to complete the workout or the total number of repetitions completed before the 30-minute time cap.

Athletes must always start behind the line before they are tagged in to begin their round.

TIEBREAK

The time should be recorded after each athlete completes each round.

If the team completes the workout before the time cap, there will be no tiebreaker.

If the team does not complete the workout before the time cap, enter the total number of reps completed as well as the time at which the last athlete completed a full round.

In the case of a tie (i.e., teams complete the same number of reps), the team with the lower tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.

EQUIPMENT

- Two dumbbells, 35 lb.*
- Two dumbbells, 50 lb.*
- Tape to mark the floor
- Jump rope
- 1 judge

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb.) and 22.5 kg (50 lb.).

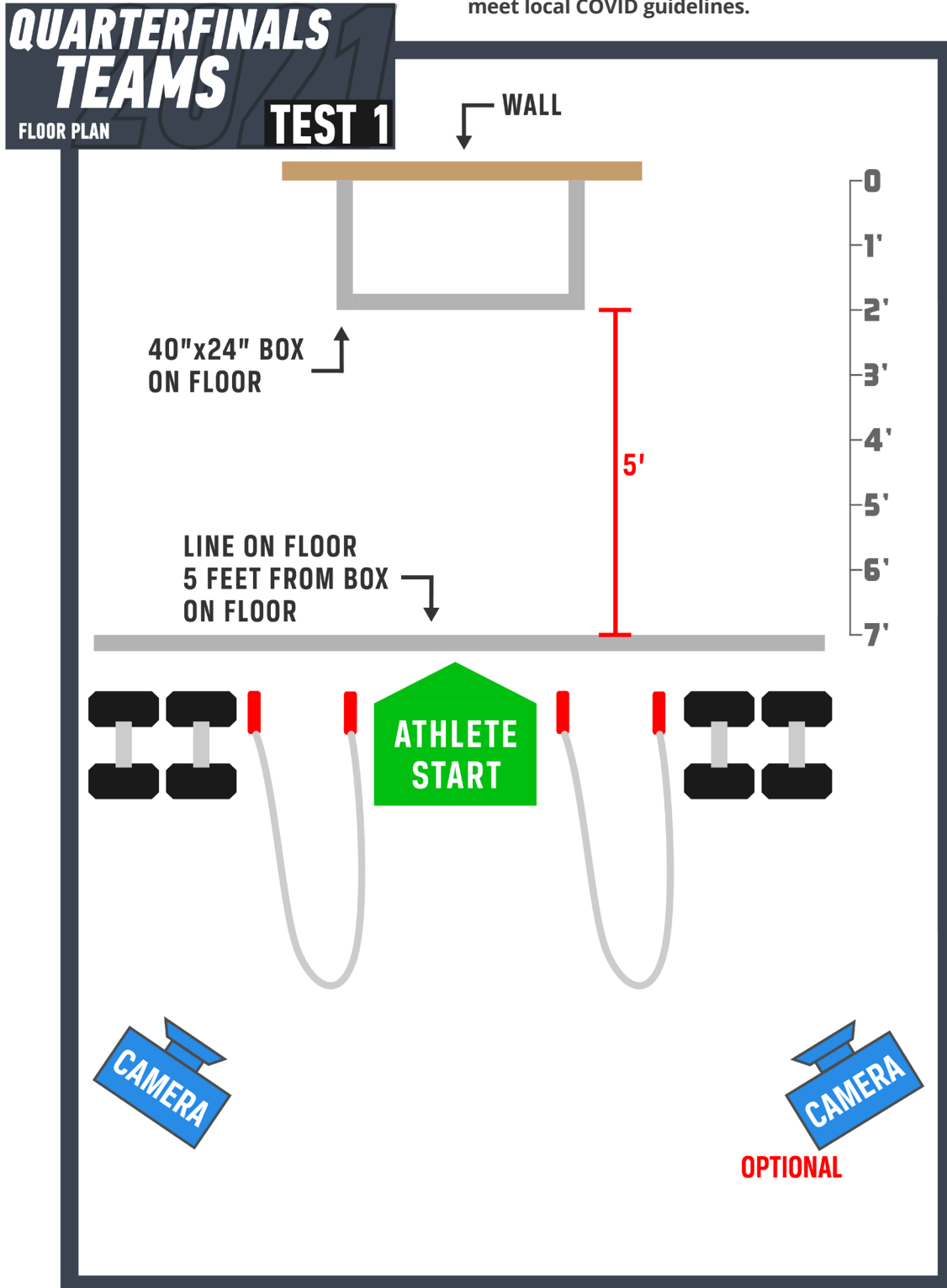
Be sure the team has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

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

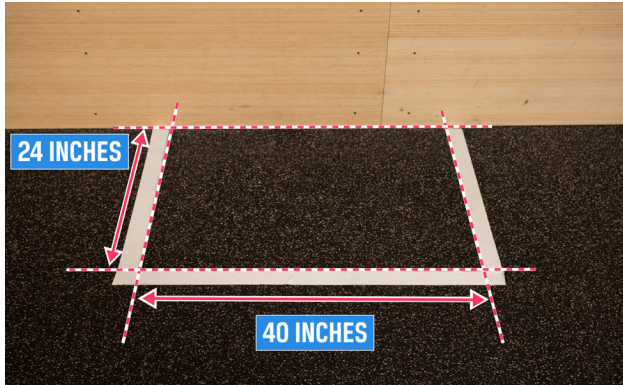
- Use either of the camera placements provided in the floor plan.
- Film **ALL** competition area measurements so the distances and/or heights can be seen clearly.
- Avoid placing the camera low to the ground. It is recommended to place the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the 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.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obscure the view of the athletes.

Teams are welcome to use more equipment and space than outlined in the floor plan if needed to meet local COVID guidelines.



MOVEMENT STANDARDS

HANDSTAND PUSH-UP



- The inside of the box for the handstand push-up must measure 40 inches wide and 24 inches deep.
- The box must be on the same surface as the hands (i.e., if using an elevated platform, the tape must be on the platform, not on the floor beneath.)



- The arms must be fully extended and in line with the body before the athlete can descend.
- Each rep begins and ends with the athlete in the lockout position with the heels against the wall, arms fully extended and shoulders in line with the body.
- The hands must remain inside the 40-by-24-inch box.
- If any part of the hand, including any part of the fingers, touches the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout 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 the feet must return to the wall at the beginning and end of each rep.
- The feet may be no wider than the width of the hands.



- The rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.
- Kipping **IS NOT** allowed during the first triplet. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.
- Kipping **IS ALLOWED** during the second triplet.

MOVEMENT STANDARDS

DUMBBELL HANG POWER CLEAN



- The athlete and the dumbbells must remain in front of the tape line.
- If the athlete's feet touch or cross the line at any time, the rep will not count.
- The first rep begins with the athlete's hips and knees at full extension, and the athlete's head and shoulders in line vertically over the hips.
- From this position, the athlete may lower the dumbbells to the hang.



- The dumbbells may not touch the ground.
- The arms must remain straight in the hang position.



- The rep is credited when the athlete's hips and knees reach full extension and the dumbbells are at the shoulders.
- The dumbbells must reach a position of support with the athlete's elbows directly beneath or slightly in front of the hands.
- The athlete must reach the finish position before the dumbbells are lowered from the shoulders.
- The athlete may lower the subsequent repetitions directly to the hang position.
- Athletes may **NOT** have assistance resetting their equipment during the workout.

MOVEMENT STANDARDS

DOUBLE-UNDER



- The athlete must remain in front of the tape line.
- If the athlete's feet touch or cross the line at any time, the rep will not count.
- 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.
- Athletes may **NOT** have assistance resetting their equipment during the workout.
- After completing the final double-under, tag the next athlete.
- The waiting athlete must be behind the line until they are tagged.

DUMBBELL SHOULDER-TO-OVERHEAD



- The athlete and the dumbbells must remain in front of the tape line.
- If the athlete's feet touch or cross the line at any time, the rep will not count.
- The dumbbells must be at the shoulders to begin the shoulder-to-overhead.
- A press, push press, push jerk, or split jerk are all permitted as long as the finish position is achieved.



- The rep is credited when the dumbbells are locked out overhead.
- The arms, hips, and legs must be extended.
- The center of both dumbbells must be over or slightly behind the center of the athlete's body, with the feet in line.
- Athletes may **NOT** have assistance resetting their equipment during the workout.



QUARTERFINALS TEAMS

12:00 P.M. (NOON) PT THURSDAY, APRIL 22, THROUGH 12:00 P.M. (NOON) PT FRIDAY, APRIL 23

Presented by



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2 rounds each of:

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- 100 double-unders

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Then, 2 rounds each of:

- 15 kipping handstand push-ups
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After the men have finished, the women complete the same sequence.

♀ 35-lb. dumbbells

♂ 50-lb. dumbbells

Time cap: 30 min.

	15 STRICT HSPU	15 DB CLEANS	100 DOUBLE-UNDERS	
MALE 1 - ROUND 1	15	30	130	
MALE 2 - ROUND 1	145	160	260	TIME
MALE 1 - ROUND 2	275	290	390	
MALE 2 - ROUND 2	405	420	520	TIME
	15 KIPPING HSPU	15 DB SHOULDER-TO-OVERHEADS	100 DOUBLE-UNDERS	TIME
MALE 1 - ROUND 3	535	550	650	
MALE 2 - ROUND 3	665	680	780	TIME
MALE 1 - ROUND 4	795	810	910	
MALE 2 - ROUND 4	925	940	1040	TIME
	15 STRICT HSPU	15 DB CLEANS	100 DOUBLE-UNDERS	
FEMALE 1 - ROUND 5	1055	1070	1170	
FEMALE 2 - ROUND 5	1185	1200	1300	TIME
FEMALE 1 - ROUND 6	1315	1330	1430	
FEMALE 2 - ROUND 6	1445	1460	1560	TIME
	15 KIPPING HSPU	15 DB SHOULDER-TO-OVERHEADS	100 DOUBLE-UNDERS	TIME
FEMALE 1 - ROUND 7	1575	1590	1690	
FEMALE 2 - ROUND 7	1705	1720	1820	TIME
FEMALE 1 - ROUND 8	1835	1850	1950	
FEMALE 2 - ROUND 8	1965	1980	2080	TIME

Team Name _____
Print

Time OR Reps at 30 Minutes _____

Workout Location _____ Judge _____
Judge Name

Tiebreak Time _____

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

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

Affiliate Copy

Team Captain Signature

Date

Athlete Copy

QUARTERFINALS - TEAMS - TEST 1

Time OR Reps at 30 Minutes _____

Team Name _____
Print

Tiebreak Time _____

Workout Location _____ Judge _____
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. _____ Date

Judge Signature

Date