

# **FrostFit 2017**

**GENERAL INFORMATION  
WORKOUTS + STANDARDS**

# OFFICIAL WELCOME

From very humble beginnings in a little CrossFit gym in Saint Boniface, FrostFit has grown to host close to 200 competitors in its annual competition. FrostFit has taken many forms from having one open division, to having a novice and RX division, to having individuals and teams. This year we welcome NONRX and RX divisions with same sex and mixed pairs.

We welcome all new and returning competitors and welcome you to FrostFit for its 7th installment.

Good luck and have fun!

The FrostFit Planning Committee

# SCHEDULE

<p><u>Saturday, January 14th, 2017</u>            7:15AM: Registration RX            7:50AM - Events #1 &amp; #2 Briefing            8:20AM-9:25AM: Events #1 &amp; #2 RX            9:30AM - Event #3 Briefing            9:40AM-10:45AM: Event #3 RX            10:45AM - Event #4 Briefing            11:00AM-12:15PM: Event #4 RX            11:00AM: Registration NONRX            12:20PM - EVENTS #1 &amp; #2 Briefing            12:30PM-1:53PM: Events #1 &amp; #2 NONRX            2:00PM - Event #3 Briefing            2:15PM-3:30PM: Event #3 NONRX            3:35 - Event #4 Briefing            3:45PM-5:30PM: Event 4# NONRX            5:30PM-6:00PM: Day 1 Wrap-Up (INCLUDING Finals WOD)</p>	<p><u>Sunday, January 15th, 2017</u>            8:40 - Event #5 &amp; #6 Briefing NONRX            9:00AM-10:25AM: Events #5 &amp; #6 NONRX            10:30PM - Event #5 &amp; #6 Briefing RX            10:45AM-11:50AM: Event #5 &amp; #6 RX            12:00 - Event #7 Briefing NONRX            12:15PM-1:00PM: Event #7 NONRX            1:15PM - Event #7 Briefing RX            1:30PM-2:15PM: Event #7 RX            2:25PM: Finals Briefing            2:30PM-5:00PM - FINALS FOR ALL DIVISIONS            5:00PM-5:30PM - Wrap-Up &amp; Awards</p>
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## Event Summary

Saturday January 14th	Sunday January 15th
Event 1: Running Bee Event 2: Quick Hips Event 3: The Photo Op! Event 4: gymNASTY	Event 5: Dirty Jokes Event 6: The Burden Event 7: The Waiting Room (Semi-final)* Event 8: To The Window, To The Wall (final)**

\*Top 12 NONRX and top 8 RX teams in each category advance to the semi-final.

\*\*Top 4 teams in each category advance to the final.

## **ALL ATHLETES:**

Please ensure you have read all the information detailed in this package prior to the event. Although we will be having short standard/briefings prior to the event, it is your duty to ensure you understand all movement standards as described here. In most cases, you will have probably have done many of these movements at your CrossFit gym. There are no tricks to these workouts or movements but in some cases, your team will have to have a game plan. We are also using normal movement standards as you would typically see them in other CrossFit competitions such as the CrossFit Open and previous versions of FrostFit. One pattern you will notice with these workouts is that whenever you are switching the active working partner, you must tag off. Do not waste energy by doing work before your partner has tagged you and so that the judge can count your reps.

\*\*If teams choose to scale any movements, please be aware you will be ranked lower than teams who do not scale any movements in that workout. In addition, for workouts that have multiple movements which may be scaled, it does not matter if you scale one or all movements, you will be scored in the

Please note that the event times are APPROXIMATE! As we all know, slight delays throughout the day can quickly add up. We will try our best to stay on schedule.

FrostFit is made possible by volunteers, this includes your judges! They have volunteered their weekend to come and make this weekend possible. They are not looking to no-rep you, they are here to count reps and keep standards, so please be respectful to your judges and fellow competitors.

We look forward to two great days of competition. Remember, have fun and give it your all.

Meet you at the burpees.

# **Saturday, January 14th**

## **Event #1 + 2: Running Bee + Quick Hips**

7:50AM - Events #1 & #2 Rx BRIEFING

8:20AM-9:15AM: Events #1 & #2 Rx

12:30PM - Events #1 & #2 Novice BRIEFING

12:40PM-1:45PM: Events #1 & #2 Novice

### **Event 1 – Running Bee**

RX AND NONRX

Part A1: 1 minute – Teammate #1 max plate burpees

Part B1: 1 minute – Teammate #2 max plate burpees

Part C: 1 minute – Relay style shuttle runs

Part A2: 1 minute – Teammate #1 max plate burpees

Part B2: 1 minute – Teammate #2 max plate burpees

Rest/Transition: 2 minutes

### **Event 2 – Quick Hips**

6 Minutes for both partners to establish a heavy barbell complex

RX: 1 Clean + 2 front squats + jerk

NONRX: 1 Clean + 2 front squats

1 Minute to reset equipment

### **Movement Standard + Scoring**

#### **Plate Burpee**

Each rep starts with the athlete standing on a 45lb bumper plate. Athletes can jump or step their feet back down to the floor behind them and at the same time, put their hands down on the floor behind the plate, and come down onto their bellies at the bottom of burpee. At the bottom of the burpee, the athlete releases their hands from the floor and touch their plates with both hands (no other part of the body may be touching the plate at this point). He/she will immediately return their hands to the floor in order to jump or step back onto their plate. Each repetition must start and end on the plate. You do not have to stand to full extension on top of the plate.

#### **Burpee Shuttle Run**

Athletes will start the run belly down with hands behind the start line. When the clock beeps, they will run across the shuttle lane to the finish line, where they must cross and touch the floor on the other side of the line with at least one foot AND one hand. Athletes cannot

complete more than one shuttle run in a row (must be relay style). The next teammate may begin their shuttle when their partner has run past the start line. There is no requirement of a tag-off at this station but the athletes entire body must pass the start line before their teammate starts to get up and run. \*\*\*NOTE: There is no transition time between parts A1, B1, C, A2, and B2.

### **Scoring: Non-RX and RX**

Part 1:

Two scoring opportunities (these two scores will be weighted equally):

1 - Part A1, A2, B1 & B2 (ALL BURPEES) will be combined for one total number.

2 - Part C: Score is total number of completed burpee shuttle runs.

### **Part 2**

#### **RX: Clean + Front squat & Jerk**

Every barbell complex starts with the bar on the platform and finishes with bar overhead.

Athletes in this division must demonstrate two front squats with the bar prior to the jerk.

Athletes may power clean, then proceed to do two front squats OR do a full clean, plus one additional front squat prior to the jerk. Any form of jerk may be used however, the athlete must achieve full hip, knee, and elbow extension and have weight under control and be stationary with both feet lined up on the lifting platform at the end of the lift. The athlete must wait for the judge's signal to drop the weight. The athlete must stay on the platform. Once the rep is complete, athletes may drop the bar but they must keep their hands in contact with the bar until the bar passes their waist. Mixed teams will use one #45 bar. Athletes must secure the weight onto the bar with collars prior to lifting. No other body parts other than the feet can touch the platform. Both athletes may work to load the bar. All teams will share one bar.

Females RX will use a #35 bar, Males RX will use a #45 bar, and Mixed RX teams will use a #45 bar. If athletes fail on the jerk but are able to bring it back to the shoulder, they may try again, however, the bar is not allowed to travel past the shoulders on the way down to rereack the bar.

#### **Non-RX: Clean + Front squat**

Every rep starts with the bar on the platform and finishes with bar in the front rack position.

Athletes in this division must squat the bar twice. Athletes may power clean, then proceed to do two front squats OR do a full clean, plus one additional front squat. Athletes must achieve full hip & knee extension and have weight under control and be stationary with both feet lined up on the lifting platform at the end of the lift. The athlete must wait for the judge's signal to drop the weight. Once the rep is complete, athletes may drop the bar but they must keep their hands in contact with the bar until the bar passes their waist. Athletes must secure the weight onto the bar with collars prior to lifting. No other body parts other than the feet can touch the platform. Both athletes may work to load the bar. All teams will share one bar. Females NONRX will use a #35 bar, and Males NON will use a #45 bar.

### **Scoring: Non-RX and RX**

Total combined weight of the heaviest barbell complex completed by each teammate. No partial points awarded for incomplete barbell complexes.

## **Event #3: The Photo Op!**

9:30AM: Event #3 RX BRIEFING

9:40AM-10:45AM: Event #3 RX

2:00PM: Event #3 Novice BRIEFING

2:15PM-3:25PM: Event #3 Novice

Some skills, some strength, but all the photo ops!

Time restriction: 2 minutes of work, 30s rest/transition

<b>NON-RX</b>	<b>RX</b>
Station #1 – Rope climbs	Station #1 – Rope Climbs
Station #2 – Axel bar deadlift	Station #2 – Axel bar deadlifts
Station #3 – Wall over burpees	Station #3 – Wall over burpees
Station #4 – Tire flips***	Station #4 – Tire flips***

There are four scoring opportunities in event #3. Reps do not accumulate from one station to the next. Each event is scored separately. In this event, ALL REPS COUNT! All stations are weighted equally. There will be two heats going on simultaneously, which means you will travel with another team from station to station.

### **Movement Standard + Scoring**

#### **Station #1 – Rope climbs**

##### **RX**

Athletes will have 2 minutes to accumulate as many 20ft rope climbs as possible. One athlete will work at a time. Athletes must ring the bell at the top of the rope prior to descending down. Athletes must tag off when switching the active working partner. No minimum work required (ie. One person can do all the rope climbs). Control must be shown to the 10ft marker. 1 point for every completed rope climb (must ring the bell at the top).

##### **NON-RX**

Athletes will have 2 minutes to accumulate as many 10ft rope climbs as possible. One athlete will work at a time. Athletes must tag off when switching active working partner. No minimum work required (ie. One person can do all the rope climbs). Athletes must touch the 10ft black marker on rope and show control to the bottom of the rope. 1 point for each rope climb.

Score is total number of completed rope climbs by both athletes.

## **Station #2 – Axel Bar deadlifts**

### **RX and NON-RX**

Teams will have 2 minutes to accumulate as many axel bar deadlifts as possible. One athlete will work at a time. Athletes must tag off when switching active working partner. Athletes must be in control of the bar during both the eccentric and concentric phase of the lift (You cannot drop it from the top of the deadlift). Athletes must use a double overhand grip with thumbs wrapped around the bar (no alternate grip).

The barbell begins on the ground and must touch the ground between each rep, however bouncing is not allowed. The knees and hips must be extended at the top, with the shoulders behind the bar and hands must be outside their knees. Chalk and any injury prevention/protection such as tape are permitted. Sticky substances, wraps, or anything used for advantage are prohibited. Belts are permitted. No minimum work required. 1 point per deadlift.

We have two axel bars. One weighs #25, the other weighs #18. Additional weight will be added to the lighter bar to make up the difference.

Non-RX Women – #45/side

Non-RX Men & RX Women- #70/side

RX Men - #90/side

Mixed - #75/side

Score is total number of total completed deadlifts.

## **Station #2 – Wall'ee**

### **RX and NONRX**

Athletes will have 2 minutes to accumulate as many over-the-wall burpees as possible. One athlete will work at a time. Athletes must tag off when switching active working partner. Athletes will start belly down on the floor when the clock starts, jump over the wall and go belly down on the floor on the other side (burpee-style). Score is total number of burpee wall jumps. No minimum work required.

If one member of the team attempts a wall climb, but is unable to complete the repetition, he/she must tag off their partner and his/her partner must also complete a burpee prior to attempting a wall climb. Burpees can be lateral or wall-facing. For this event, we are asking athletes to go chest-to-deck on the floor for the burpee. You do not have to jump prior to attempting to climb the wall (you do not have to jump and show extension after the burpee).

### **NONRX**

Athletes in this category can have a foot assist from their partner to successfully get over the wall, however, you will be ranked lower than those teams who do not use a foot assist. Score is total number of completed burpees wall climbs completed.



<b>Wall height</b>
RX Male – 8ft
RX Females, RX Mixed, NONRX Men – 7ft
NONRX Women – 6'2"

#### **Station #4 – Tire flips jumps**

Athletes will have 2 minutes to accumulate as many tire flips as possible. In between each tire flip, both athletes must jump in and out of the tire (both feet must make contact with the floor at the same time). When jumping in and out of the tire, athletes are only allowed to use their hands to stabilize themselves (ie. cannot sit down on the tire). Athletes can also step in and out of the tire, however, both feet must make contact with the floor at the same time before stepping out. You can have either one or two people working at a time. If a team chooses to have only one athlete flip the tire, both teammates must still jump/step in and out of the tire prior to the next tire flip. You will not be penalized for having both athletes flip the tire. Athletes must keep the tire within the taped working space.

Each completed tire flip + jump sequence = 3 points (each jump in and out is also worth a point – so work till the buzzer goes!)

In order for two teams to go at once, we will have two tires available for this event. They are roughly the same weight. At the one-minute mark, your team and judge will switch tires. This way, all teams will have the same amount of time (one-minute) with each tire. You must continue where you left off, when you arrive at the new tire. For example, if at the one minute mark your team flips the tire but you don't have time to complete the jumps, you will have to do the jumps on the new tire.

## **Event #4 - gymNASTY**

10:45AM: Event #4 RX BRIEFING

11:00AM-12:15PM: Event #4 RX

3:35PM: Event 4# Novice BRIEFING

3:40PM-5:30PM: Event 4# Novice

Non-RX Women - #75 Men - #115	RX Women - #105 Men - #155
4 Thrusters + 10 pull-ups 6 Thrusters + 20 Toes to bar 8 Thrusters + 30 KB Swing (55/70) 10 Thrusters + 20 Partner facing burpees 8 Thrusters + 30 KB swing (55/70) 6 Thrusters + 20 Toes to bar 4 Thrusters + 10 pull ups	4 Thrusters + 10/5 bar muscle ups 6 Thrusters + 20 Chest to bar pull ups 8 Thrusters + 40 Toes to bar 10 Thrusters + 20 partner facing burpees 8 Thrusters + 40 Toes to bar 6 Thrusters + 20 Chest to bar pull ups 4 Thrusters + 10/5 bar muscle ups

**\*\*Mixed RX TEAMS: Your team will complete 10 muscle ups. You will also use 155/105 for the thrusters. However, your team will only use one #45 bar. If you are changing from male to female on the thrusters (or vice-versa), you will have to change the weight on the bar.**

**Women = bar + #25 + #5 on each side**

**Men = bar + #25 + #25 + #5 on each side**

**You are allowed to change the weight on the bar while your partner is working but you must tag off prior to doing any thrusters.**

### **Movement Standard + Scoring**

This workout is FOR TIME with a time cap of 15:00 minutes. Teams must complete this workout as quickly as possible, with one teammate working at a time. Teammates may switch as many times as desired but must tag off when switching the working partner. If teams are unable to finish this workout in 15:00 minutes, the score will be CAP+ number of repetitions remaining.

**Thruster** – Bar starts on the floor. It is picked up and racked on the shoulders. There is no requirement to stand up fully before beginning the thruster, therefore a squat clean directly into thruster is allowed. The thruster begins when the athlete squats below parallel, with the hip crease below top of knee, with the barbell racked on shoulders, or at the very least below the chin. In a single movement, the athlete drives the barbell up out of the squat and overhead, finishing with knees, hips, and arms fully extended with barbell stable over the heels and earlobe visible in front of the arms. Once the athlete hits the bottom of the squat, there can be

no re-bend of the knees or hips i.e. no jerks allowed. The bar can stop near the top and be pressed out but no descent of the barbell is allowed once the thruster had begun. Going up on the toes is permitted as long as there is no re-bending of the knees or jerking the bar. If the judge identifies a no-rep, the athlete will need to redo the rep. Teams may not pass the bar to one another without putting it down first. Athletes may drop the bar as long as they can control its descent and that the bar remains on the athlete's platform. Athletes may rest the bar overhead, in the front rack or in the back rack position. \*\*NONRX athletes may also scale this weight to #95/#55 but will be ranked lower than those who do not scale this movement.

**Chest to Bar Pull-ups** – Athlete may use any grip: supinated, pronated, or mixed. For this event, we will require that the chin breaks the horizontal plane of the bar as well as the chest touching the bar. Full extension of elbows at bottom and contact between the bar and athlete's chest or belly or any part of the body below the collarbone at the top.

**Pull-up** – Athlete may use any grip: supinated, pronated, or mixed. For this event, we will require that the chin CLEARLY breaks the HORIZONTAL plane of the bar at the top of the movement and full extension of elbows at bottom of the pull-up. \*\*For this event, teams will be given the option to give their partner a foot assist. Please note that scaling this, or any other movements will result in being ranked lower than teams who do not scale any movements.

**Kettlebell Swing** – At the top of the swing, the entire kettlebell must break the horizontal plane of the arms, ie. the entire kettlebell must be above the top of the shoulders. There is no requirement to swing the kettlebell overhead or to invert the kettlebell, however, the hips and knees must be fully extended and the arms straight. There is no requirement for flexing the knees. For this event, teams will also be given the option of scaling this movement by shortening the range of motion. \*\*Athletes scaling this movement will be required to have the handle of the kettlebell reach hip height. Please note that scaling this, or any other movements will result in being ranked lower than teams who do not scale any movements.

**Toes to Bar** – Athlete starts from a full hang and raises legs up until the toes touch the pull-up bar. The arms and hips must be fully extended at the bottom and the feet must be brought to at least under the bar, not out front. Any part of the feet may touch the bar but both feet must touch the bar together at some point. The arms can be bent or straight. Feet must touch the bar in between the hands. \*\*Novice athletes also have the option to scale the toes to bar to hanging leg raises in which athletes cannot jump to lift legs (must start from a hang) and both feet must start under or behind the hips at the bottom and both feet in their entirety must finish above the crease of the hip. Legs can be straight or bent. Teams who choose this option will also be ranked lower than those who do not scale this movement.

**Bar Muscle Up** – This is a standard bar muscle-up. At the bottom, the elbows and hips must be fully extended, with feet under to behind the hips. At the top, the athlete must show arms locked out at the top. Kipping the muscle-up is permitted. Boxes will be available to help reach the bar or your partner may assist you. If using a box or partner for assistance to reach the bar,

please ensure that you demonstrate extended hanging position before starting your muscle-up  
i.e. athletes may not use the box or partner assistance for the first pull of the muscle-up.

**Partner facing burpees** – With a teammate on each side of the barbell (facing each other), athletes can jump or step their feet to the floor behind them and at the same time, put their hands down on the floor, and come down onto their bellies and chest at the bottom of the burpee (nipples to the floor). The chest and thighs must also touch the ground at the bottom. They immediately jump or step back onto their feet, and finish the rep by making contact with both hands, in a double high-five with hands meeting above the shoulders. You do not have to jump when meeting hands at the top of the burpee.

\*\*\*Any teams scaling movements will be ranked below those who do not scale movements. However, those who scale more than one movement will be ranked according to number of movements scaled. For example, a team who scales three movements will be ranked higher than a team that scales four movements even if the team who scales four movements finishes first. You must declare which movements you will be scaling prior to the event to your judge. You must also stick to your variation throughout the workout, for example, you cannot choose to do #75 thrusters, then decide part way through the workout to do #55.

# **SUNDAY JAN 15TH**

## **Event #5&6: Dirty Jokes & The Burden**

### **RX**

#### **Event 5**

6 minutes: Max snatch – Dirty Jokes

Rest 1 minutes

#### **Event 6**

6 minute AMRAP: The Burden

Partner carry + Partner barbell suitcase carry + 20 double unders  
Partner carry + Partner barbell suitcase carry + 40 double unders  
Partner carry + Partner barbell suitcase carry + 60 double unders  
Partner carry + Partner barbell suitcase carry + 80 double unders  
Partner carry + Partner barbell suitcase carry + 100... double unders  
Etc...

### **NONRX**

#### **Event 5**

6 minutes: Max hang snatch

Rest 1 minute

#### **Event 6**

6 minute AMRAP: The Burden

Partner carry + Partner barbell suitcase carry + 10 double unders  
Partner carry + Partner barbell suitcase carry + 20 double unders  
Partner carry + Partner barbell suitcase carry + 30 double unders  
Partner carry + Partner barbell suitcase carry + 40 double unders  
Partner carry + Partner barbell suitcase carry + 50... double unders  
Etc....

### **Movement Standard + Scoring**

#### **RX – Snatch**

The barbell begins on the ground. The barbell goes directly from the ground to overhead in one motion without stopping at the shoulders. The athlete must squat this movement in one fluid motion. If athletes catch the bar in the power position, they must continue to ride the bar down so that the hip crease goes below the knee. This should be one fluid movement. The barbell must also come to full lockout overhead with arms, hips, and knees extended with

barbell directly over the heels. Athletes must have weight under control and be stationary with both feet lined up on the lifting platform. The athlete must wait for the judge's signal to drop the weight. Once the rep is complete, athletes may drop the bar but they must keep their hands in contact with the bar until the bar passes their waist. No other body parts other than the feet can touch the platform.

Score is total combined weight of the heaviest completed lift from each teammate.

### **NONRX – Hang Snatch**

Each repetition must start from the hang after the deadlift. Athletes must complete the deadlift lockout before re-dipping to initiate hang snatch. The bar cannot pass below the top of the knee in the hang position for it to be classed as a hang snatch. The barbell goes directly from the hang position to overhead in one motion without stopping at the shoulders. This can be a hang muscle snatch, a hang power snatch, a hang squat snatch, or a hang split snatch. The barbell must come to full lockout overhead with arms, hips, and knees extended, feet lined up, with barbell directly over the heels. The athlete must wait for the judge's signal to drop the weight. Once the rep is complete, athletes may drop the bar but they must keep their hands in contact with the bar until the bar passes their waist. No other body parts other than the feet can touch the platform.

Score is total combined weight of the heaviest completed lift from each teammate.

## **Event #6 - The Burden**

In this event, teams will complete as many rounds of a 60ft partner carry + 60ft team barbell suitcase carry + increasing number of double unders in 6 minutes. The partner carry and team suitcase carry will be two half gym lengths (there and back) which total 60ft. Teammates will work at the same time for the barbell suitcase carry and partner carry, however, only one team member is allowed to work during the double unders. Teammates must tag to switch the active working partner.

### **Movement Standard + Scoring**

#### **Partner Carry**

Both athletes must start behind the line and finish past the line. Teams may choose who will carry and who will be carried, and this can change at any time, however, teams may not move unless one team member is being carried by the other. Any type of safe carry is allowed, piggy back, fireman's etc.

#### **Partner Barbell Suitcase Carry**

Teammates will stand on the same side of the bar and deadlift the bar, like a suitcase. They will then walk to the finish line and back (60ft total). All plates on the side of the bar closest to the finish line must cross the finish line. Both athletes must be on the same side of the barbell. Each athlete is only allowed to have one hand on the barbell and may use any grip. Both athletes must remain between the collars on the barbell (cannot hold onto the ends of the barbell).

RX Men - #225

RX Women - #175

RX Mixed - #215 (using a #35 bar)

NONRX Men - #205

NONRX Ladies - #155

#### **Double Unders**

The rope must rotate twice under one jump. On this movement, only one partner is allowed to work at a time. Teammates must tag off to switch the active working partner.

\*\*\*Scale: NONRX athletes also have the option to do single skips, but must double the repetitions and will be ranked lower than those who do not scale this workout.

This event is for max rounds and repetitions. Each 30ft section on the mat is also divided into five-6ft sections. If teams are unable to complete the entire length, they will be given credit for each mat they are able to cross.

## **Event #7: The Waiting Room (SEMI-FINAL)**

Time restriction: 10-minute time cap

<b>NON-RX</b>	<b>RX</b>
Part A: 4 rounds for time: 10 DB snatch – left (#35/#55) DB front rack walking lunges - left 10 box jumps (16"/20") 10 DB snatch - right DB front rack walking lunges - right	Part A: 4 rounds for time 14 KB Sn – left (#35/55) OH walking lunges - left 14 box jumps (20"/24") 14 KB Sn - right OH walking lunges - right
Part B: Max calories on the rower	Part B: Max calories on the rower

There are two parts for event #7, however, they are done simultaneously. Teams must complete four rounds of the workout above, while at the same time, accumulating as many calories on the rower as possible in ten minutes. Teammates may switch off at any time, however, the teammate working on the DB/KB must tag off the person on the rower. If teams finish part A prior to the 10-minute time cap, teammates will work together accumulating as many calories as possible (with one person on the rower at a time).

Scoring: There are two scoring opportunities in event #7. They are weighted equally. If teams fail to complete the workout in the allotted time frame, their score will be TIME CAP + NUMBER OF REPS REMAINING

### **Walking Lunge**

The athlete must start behind the line and finish with the entire body past the line. In each step, the back knee must touch the floor. At the top of the movement, the knees and hips must be open (no duck-walking). In consecutive reps, the legs must be alternated. Resting at any point is acceptable, but movement must begin from the location of the last completed rep, which requires standing up fully. It is acceptable to take a half step with the trailing leg to meet the front leg, but not necessary.

RX Walking Lunge: In addition to the requirements above, athletes must keep the kettlebell locked out overhead with the specified arm. You may show your judge lockout prior to the



event. The other arm and/or hand cannot assist in keeping the kettlebell overhead or elbow locked out and must be free from the body.

NONRX Walking Lunge: In addition to the requirements above, athletes must also keep the dumbbell in the front rack position during the walking lunges. The dumbbell must be held with the arm and hand specified and must make contact with the shoulder. The other arm and/or hand cannot assist in keeping the dumbbell in the front rack position and must be free from the body.

### **Kettlebell Snatch**

The kettlebell snatch starts with a swing below the hips and finish overhead at full extension, this means that the elbow, knee and hip must be extended. In addition, the kettlebell must be directly over the heels. Athletes may demonstrate their lockout to the judge before they start. This must be a single fluid movement, no clean & jerking, no resting the kettlebell in the rack position. Each rep starts at the bottom of the swing (not on the floor) and finishes at the top. If switching partner during a set, the partner must pick up where their teammate left off.

### **Dumbbell Snatch**

The dumbbell snatch starts with the dumbbell on the floor and finishes in the overhead position with the arm, elbow, knee, and hip at full extension. The dumbbell must also be directly over the heels. Both heads of the dumbbell must touch the floor in between repetitions. Athletes may demonstrate their lockout to the judge before they start. This must be a single fluid movement, no clean & jerking, no resting the dumbbell in the rack position. If switching partners, during a set, the partner must pick up where their teammate left off.

### **Box Jump**

Athletes must jump from the ground onto the box with two feet. They must reach full extension on the box. Reaching full extension in the air only is not permitted. In other words, the athlete's knees and hips must be fully extended while both feet are on the box. The entire foot is being on the box is not required, however the heels must be above the horizontal plane of the box. Both jumping and stepping down are permitted. Athletes may jump or step up onto the box. Stepping up or down does not count as scaling.

### **Rowing**

The athlete may set their choice of damper setting when they get on rower. No touching the paddle until "go" but athletes may be seated. Teams may divide the row as they like, switching athletes at any time and as many times as they wish, however there can only be one team member touching the rower at any given time. The athlete must place the paddle back in the cradle safely.

