

**23.1****PART A****0-4 min****to Find 3RM Front Squat (from the rack)****1 min rest****PART B****5-9 min****to Find 3RM Hang Power Clean****1 min rest****PART C****10-14 min****to Find 3RM Shoulder to Overhead (from the rack)****1 min rest****23.1A****5 min Time Cap****Buy In****2 rounds****15 Box Jump Overs****15 Wall Balls *****In remaining time****AMRAP Bar Muscle Ups***** Tie Break Time****Scaled (Ages 30-44)**

5 kg Wall Ball (274,3 cm), 50 cm box

9 kg Wall Ball (274,3 cm), 60 cm box

Scaled (Ages 45-54)

5 kg Wall Ball (274,3 cm), 40 cm box

9 kg Wall Ball (274,3 cm), 50 cm box

Scaled (Ages 55-)

5 kg Wall Ball (274,3 cm), 40 cm box

9 kg Wall Ball (274,3 cm), 40 cm box

*All scaled divisions and Rx'd 55+ may step up on box jump-overs.

Instead of Muscle Up**Female Rx'd (Ages 55-)**

C2B

Scaled (Ages 30-44)

C2B

Scaled (Ages 45-54)

Pull Up

Scaled (Ages 55-)

Jumping PU

WORKOUT VARIATIONS**Rx'd (Ages 30-44)**

6 kg Wall Ball (274,3 cm), 50 cm box

9 kg Wall Ball (305 cm), 60 cm box

Rx'd (Ages 45-54)

6 kg Wall Ball (274,3 cm), 40 cm box

9 kg Wall Ball (305 cm), 50 cm box

Rx'd (Ages 55-)

5 kg Wall Ball (274,3 cm), 40 cm box

9 kg Wall Ball (274,3 cm), 50 cm box



EQUIPMENTS

- Wall Ball of appropriate weight for the athlete's division.*
- Box of appropriate height for the athlete's division. The top of the box must be at least 40-by-40 cm.
- The official weight is in kg-s.

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 ALL competition area measurements so the distances and/or heights can be seen clearly.
- 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.

NOTES

This workout begins with the athlete standing behind the rack. After the call of "3, 2, 1... go," the athlete will start. Two part of WODs are scored separately.

Part A scored by total weights. TOTAL SCORE OF BEST LIFTS IN PART A, B AND C. 23.1A scored by reps
Before you start the workout show all the equipments you are going to use in '23.1' and '23.1A'.

23.1 A-B-C, you have 4 minutes to find your maximum. Increase or decrease anyhow. **For scaled Athletes Clean only in part B.**



MOVEMENT STANDARDS

FRONT SQUATS

- Athletes must place collars on the outside of the plates before beginning the lift.
- Athletes **MUST** declare the load they are attempting before starting to lift.
- Each set of front squats must begin with the barbell on the rack.
- The bar rests on the athlete's shoulders and their elbows are in front of the bar.
- The crease of the athlete's hip must be clearly below the top of the knees at the bottom.
- The rep is credited when:
 - the athlete's hips and knees are fully extended;
 - the bar is resting on the athlete's shoulders and their elbows are in front of the bar; and
 - the athlete's feet are in line with one another when the athlete is viewed from profile.
- All three reps must be successfully completed before the athlete re-racks or drops the bar.
- After finishing the final lift, remove and film all plates used on the bar to verify loading.
- Athletes **MAY** have assistance returning the bar to the rack in the event of a failed lift.

HANG POWER CLEANS

- The hang clean begins from the floor.
- The barbell starts on the ground. Collars must be placed outside the plates.
- After finishing deadlift with athlete's knees and hips fully extended, athlete start on hang power cleans.
- The bar may not pass below the knee.
- The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position.



- All three reps must be successfully completed before the athlete drops the bar.
- Hang Squat Clean is not permitted.
- After finishing the final lift, remove and film all plates used on the bar to verify loading.

SHOULDER TO OVERHEAD

- The barbell must start on the rack.
- The athlete must bring the bar to the shoulders without assistance.
- Each rep begins with the barbell in the frontrack position and the bar in contact with the torso.
- The rep is credited when the barbell is fully locked out overhead with the athlete's arms, hips, and legs extended.
- The feet must be in line under the body, and the bar must be over the center of the athlete's body when viewed from profile.
- A press, push press, push jerk, or split jerk are all permitted as long as the athlete reaches the required finish position.
- All three reps must be successfully completed before the athlete re-racks or drops the bar.
- After finishing the final lift, remove and film all plates used on the bar to verify loading.
- Athletes MAY have assistance returning the bar to the rack in the event of a failed lift.

BOX JUMP OVERS

- The athlete starts with the both feet on the ground on the side of the box.
- Do not angle the box and jump or step up on the corner.
- A lateral jump over the box (starting with the feet parallel to the box) IS PERMITTED.
- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete must step off to the other side.
- Alternatively, the athlete may jump completely over the box.



- If jumping over the box, the feet must pass over the box, not around it. A two-foot landing is required.
- There is no requirement to stand tall while on the top of the box.
- Scaled division and Master Division 55+ may step up.
- In this case (box step up) both feet MUST touch the top of the box if stepping up and over.
- Athletes MUST step down from the box for the rep to count.
- The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep.

WALL BALL

- 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.

BAR MUSCLE UP

- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-ups is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.
- The athlete must pass through some portion of a dip before locking out over the bar.
- The rep is credited when:
- The athlete's arms are fully locked out in the support position above the bar.
- The athlete's shoulders are over or slightly in front of the bar.



- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands in the support position is not allowed.
- At lockout, only the arms may support the athlete's weight.

CHEST-TO-BAR PULL-UP

- 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 (gymnastic grips, gloves, etc) is permitted, but tapping the bar AND wearing hand protection is not.

CHIN-OVER-BAR PULL-UP

- 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 (gymnastic grips, gloves, etc) is permitted, but tapping the bar AND wearing hand protection is not.



SCORESHEET

Athlete Name: _____

Competition Division: Rx Scaled

Age Division: 30-34 35-39 40-44 45-49 50-54 55-59 60+

Judge Name: _____

Has judge passed CrossFit's Online Judges Course? Yes No

3 Rep-Max Front Squats	LOAD (WEIGHT IN KGS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
3 Rep-Max Hang Power Cleans	LOAD (WEIGHT IN KGS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
3 Rep-Max Shoulder to Overhead	LOAD (WEIGHT IN KGS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	



ROUND 1	15 Box Jump Overs	15
	15 Wall Balls	30
ROUND 2	15 Box Jump Overs	45
	15 Wall Balls	60
TIE BREAK TIME.		
AMRAP	BMU / C2B / PU	

SCORE

TOTAL LOAD (WEIGHT IN KGS)	
TOTAL REPS OF BAR MUSCLE UPS	