

MEN/WOMEN OPEN RX'D MEN/WOMEN MASTERS 35-39:

10 minute AMRAP of:

- 21 Wall Balls (20/14 ball, 10'/9'target)
- 15 Box Jumps (24"/20") step-ups are not permitted
- 9 Bar Muscle Ups
- 6 Deadlifts (275/185)

MEN/WOMEN MASTERS 40-49:

10 minute AMRAP of:

- 21 Wall Balls (20/14 ball, 10'/9'target)
- 15 Box Jumps (24"/20") step-ups are not permitted
- 9 Bar Muscle Ups (Men)/9 Chest To Bar (Women)
- 6 Deadlifts (275/185)

MEN/WOMEN OPEN SCALED:

10 minute AMRAP of:

- 21 Wall Balls (20/14 ball, 10'/9'target)
- 15 Box Jumps (24"/20") step-ups are allowed
- 9 Jumping Pull-Ups
- 6 Deadlifts (185/125)

MEN/WOMEN MASTERS 50-59:

10 minute AMRAP of:

- 21 Wall Balls (20/14 ball, 10'/9'target)
- 15 Box Jumps (24"/20") step-ups are allowed
- 9 Pullups (Men)/9 jumping pull ups (Women)
- 6 Deadlifts (185/125)

MEN/WOMEN MASTERS 60+

10 minute AMRAP of:

- 21 Wall Balls (20/14 ball, 10’/9’ target)
- 15 Box Jumps (24”/20”) step-ups are allowed
- 9 Pull-Ups (Men)/9 Jumping Pull-Ups (Women)
- 6 Deadlifts (155/105)

MEN/WOMEN TEENS

10 Minute AMRAP of:

- 21 Wall Balls (20/14 ball, 10’/9’ target)
- 15 Box Jumps (24”/20”) step-ups are not permitted
- 9 Chest To Bar Pull Ups
- 6 Deadlifts (185/125)

Equipment Notes

- A 15-kg bar counts as 35# and a 20 kg bar counts as 45#.
- You must use full-size bumper plates on the barbell.

**Movement Standards**

**Wall Balls** –The medicine ball must be taken from the bottom of a squat, hip crease below the top of the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

**Box Jumps** – You must use a two-foot take-off and come to full extension while standing on top of the box, hips and knees fully extended. Both feet must be on the box together at some point in the rep. You may jump down or step down, but you must jump up. Step-ups are permitted for the Open Scaled and Masters 50+ divisions. Step-Ups – Step-ups (or a combination of box jumps and step-ups) are permitted for the Open Scaled and Masters 50+ divisions. You must come to full extension while feet are on top of box, hips and knees fully extended. Both feet must be on the box together at some point in the rep. Both feet must be in contact

with the ground at the same time at the beginning of each rep. Jumping down is allowed.

**Bar Muscle Ups** -- In the bar muscle-up, you must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support or glide kips are not permitted. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports himself or herself above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar.

**Chest to Bar Pull-Up** -- This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the chest must clearly come into contact with the bar below the collarbone.

**Pull-ups** – This is a standard pull-up. Arms must be fully extended at the bottom. At the top, chin must break the horizontal plane of the bar.

**Jumping Pull-ups** – The bar should be set up so it is at least 6 inches above the top of the athlete’s head when standing tall. At the bottom, the athlete must lower themselves so their arms are fully extended. At the top, the chin must break the horizontal plane of the bar.

**Deadlifts** – This is a standard deadlift with hands outside knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell should be lifted until hips and knees reach full extension with the shoulders behind the bar. Arms must be straight throughout. No bouncing.

Note: Any uncommon movement or equipment used to alter the accepted standard or range of motion is disallowed. Athletes with physical limitations in a specific range of motion may be granted an exception on a case-by-case basis at the discretion of event organizers. However, this is a very rare occurrence and must be approved prior to the athlete completing the workout.

### **Scoring / Submitting Your Score**

You must use a judge to ensure full range of movement (see Movement Standards) and successful completion of all reps. Have a CrossFit Level 1 certified trainer validate your score. Your score will be the total number of reps you complete in 10 minutes. Please fill out the attached scorecard and keep it for the duration of the competition in case of inquiry.

You must submit your score before 5:00 pm Mountain Time on Wednesday, July 26, 2017. Late scores will not be accepted--no exceptions! If you miss the deadline, you will remain in the competition, but receive a “zero” score for the workout. Please log into <https://www.breezescoring.com/> to submit your score.

# Scorecard

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

ROUND 1	Judge's Tally	Total Reps	ROUND 5	Judge's Tally	Total Reps
21 Wall Balls		21	21 Wall Balls		225
15 Box Jumps/Step-Ups		36	15 Box Jumps/Step-Ups		240
9 Bar MU/C2B/Pull-ups		45	9 Bar MU/C2B/Pull-ups		249
6 Deadlifts		51	6 Deadlifts		255
ROUND 2			ROUND 6		
21 Wall Balls		72	21 Wall Balls		276
15 Box Jumps/Step-Ups		87	15 Box Jumps/Step-Ups		291
9 Bar MU/C2B/Pull-ups		96	9 Bar MU/C2B/Pull-ups		300
6 Deadlifts		102	6 Deadlifts		306
ROUND 3			ROUND 7		
21 Wall Balls		123	21 Wall Balls		327
15 Box Jumps/Step-Ups		138	15 Box Jumps/Step-Ups		342
9 Bar MU/C2B/Pull-ups		147	9 Bar MU/C2B/Pull-ups		351
6 Deadlifts		153	6 Deadlifts		357
ROUND 4			ROUND 8		
21 Wall Balls		174	21 Wall Balls		378
15 Box Jumps/Step-Ups		189	15 Box Jumps/Step-Ups		393
9 Bar MU/C2B/Pull-ups		198	9 Bar MU/C2B/Pull-ups		402
6 Deadlifts		204	6 Deadlifts		408

Total Reps Completed: \_\_\_\_\_

We certify that the above athlete achieved the designated number of reps for the workout and that all workout specifications were adhered to and all standards of movement were achieved.

Participant Signature: \_\_\_\_\_

Judge Signature: \_\_\_\_\_

Validating CFL1 Signature: \_\_\_\_\_