

TEST 4

For total load:

4-rep-max front squat

Time frame: 20 min.

NOTES

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

This event begins with the barbell in the rack. Teams will have 20 minutes from their declared start time to find a 4-rep-max front squat for each athlete. Within the 20-minute window, athletes may make as many or as few attempts as they'd like.

All athletes will use the same 45-lb. bar. Only one rack can be used. Teammates may load the bar for each other. Teammates may help each other re-rack the bar in the event of a failed lift.

Any increases in loading must be at least 1 lb.

Each athlete's score will be the load (in lb.) of their heaviest successful set. The team's score will be the sum of the athletes' heaviest sets.

There will be no tiebreak for this event.

EQUIPMENT

- Barbell, 45 lb.
- Bumper plates*
- Collars, 1 set
- 1 squat rack
- 1 judge

*The official weight must be recorded in pounds.

If converting kilograms to pounds, round up to the nearest pound. If lifting in pounds, only whole pound change plates may be used. Collars cannot be included in the weight.

For each workout, 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

- Set up your workout according to the floor plan provided. Either camera placement is acceptable.
- 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 athlete.

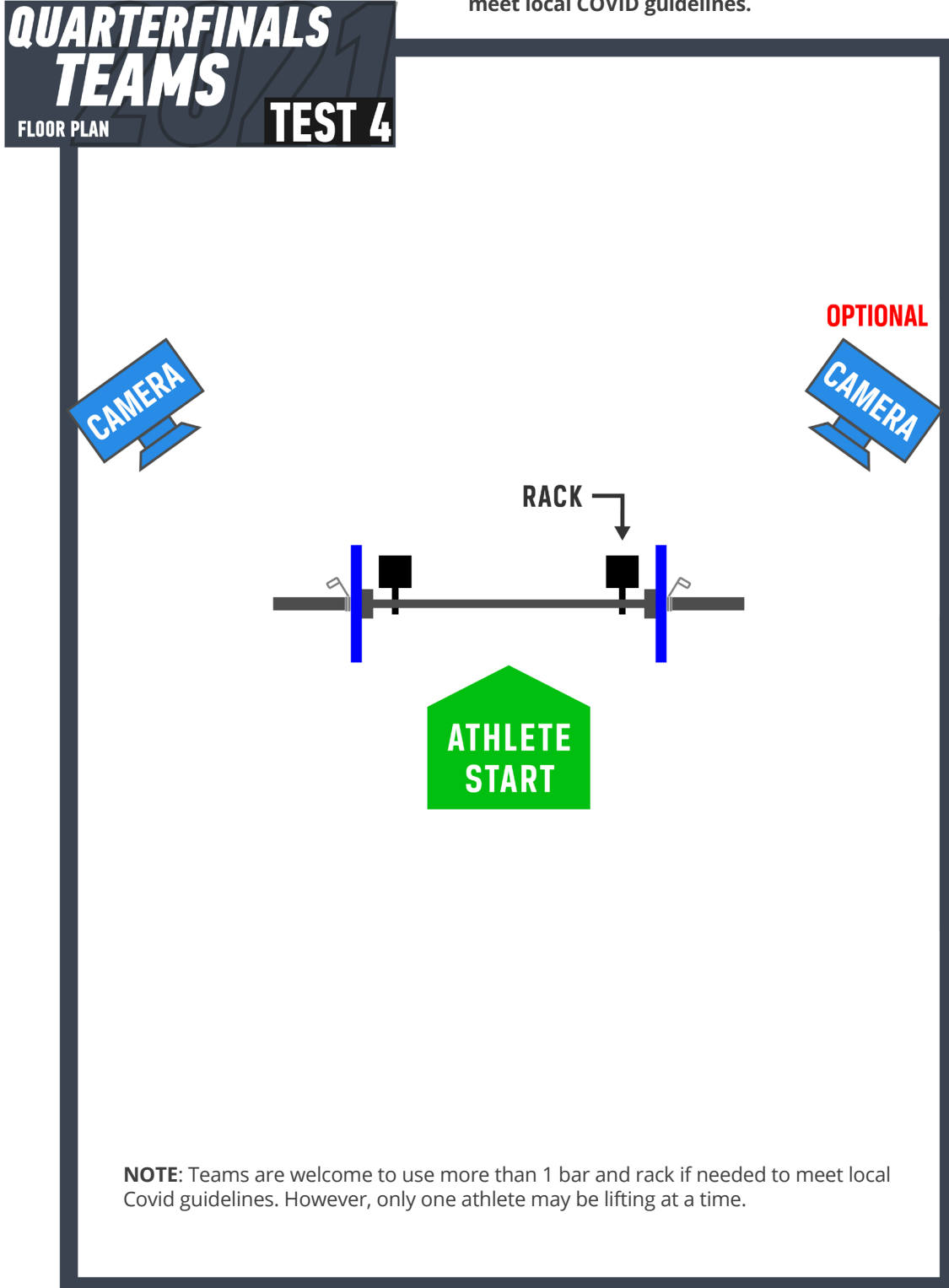
QUARTERFINALS - TEAMS

12:00 P.M. (NOON) PT FRIDAY, APRIL 23, THROUGH 12:00 P.M. (NOON) PT SATURDAY, APRIL 24

Presented by



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



NOTE: Teams are welcome to use more than 1 bar and rack if needed to meet local Covid guidelines. However, only one athlete may be lifting at a time.

MOVEMENT STANDARDS

FRONT SQUAT



- 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.
- The bar rests on the athlete's shoulders and their elbows are in front of the bar.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- 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 four reps must be successfully completed before the athlete re-racks or drops the bar.
- Athletes may use knee sleeves, but wraps are **NOT** permitted.
- After finishing the final lift, remove and film all plates used on the bar to verify loading.

TEST 4

For total load:
4-rep-max front squat
Time frame: 20 min.

| | LOAD (WEIGHT IN LB.) | | | |
|--------------------------|----------------------|----------|--------|--------|
| | FEMALE 1 | FEMALE 2 | MALE 1 | MALE 2 |
| ATTEMPT 1 | | | | |
| ATTEMPT 2 | | | | |
| ATTEMPT 3 | | | | |
| ATTEMPT 4 | | | | |
| ATTEMPT 5 | | | | |
| ATTEMPT 6 | | | | |
| ATTEMPT 7 | | | | |
| ATTEMPT 8 | | | | |
| ATTEMPT 9 | | | | |
| ATTEMPT 10 | | | | |
| HEAVIEST SUCCESSFUL LOAD | | | | |

Team Name _____ Total Team Load (in Pounds) _____
Print

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. _____ Athlete Signature _____ Date

Affiliate Copy

Athlete Copy

QUARTERFINALS - TEAMS - TEST 4

Team Name _____ Total Team Load (in Pounds) _____
Print

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. _____ Judge Signature _____ Date