

## EVENT 1

5 rounds for time:

15 handstand push-ups

15 dumbbell shoulder-to-overheads

15-cal. row

**Time cap: 20 min.**

## WORKOUT VARIATIONS

### 14-15

♀ 20-lb. dumbbells

♂ 35-lb. dumbbells

### 16-17, 35-54 (Occupational Games)

♀ 35-lb. dumbbells

♂ 50-lb. dumbbells

### 55+

♀ 20-lb. dumbbells, perform handstand push-ups to a 2-in. riser

♂ 35-lb. dumbbells, perform handstand push-ups to a 2-in. riser

## NOTES

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

This workout begins with the athlete standing behind the line, away from the wall. After the call of "3, 2, 1... go," the athlete may move to the wall and complete 15 handstand push-ups, then move to the dumbbells for 15 shoulder-to-overheads, and finally the rower for 15 calories. Complete this sequence for 5 rounds. Time stops when the monitor reads 15 calories on the final row.

The athlete's score will be the total time it takes to complete the workout or the total number of repetitions completed before the 20-minute time cap.

There is no tiebreak for this workout.

Athletes competing in the Occupational Games **MUST** perform the 16-54 workout variation.

## EQUIPMENT

- Two dumbbells at the appropriate weight for your division\*
- Tape to mark the floor
- Concept2 rower

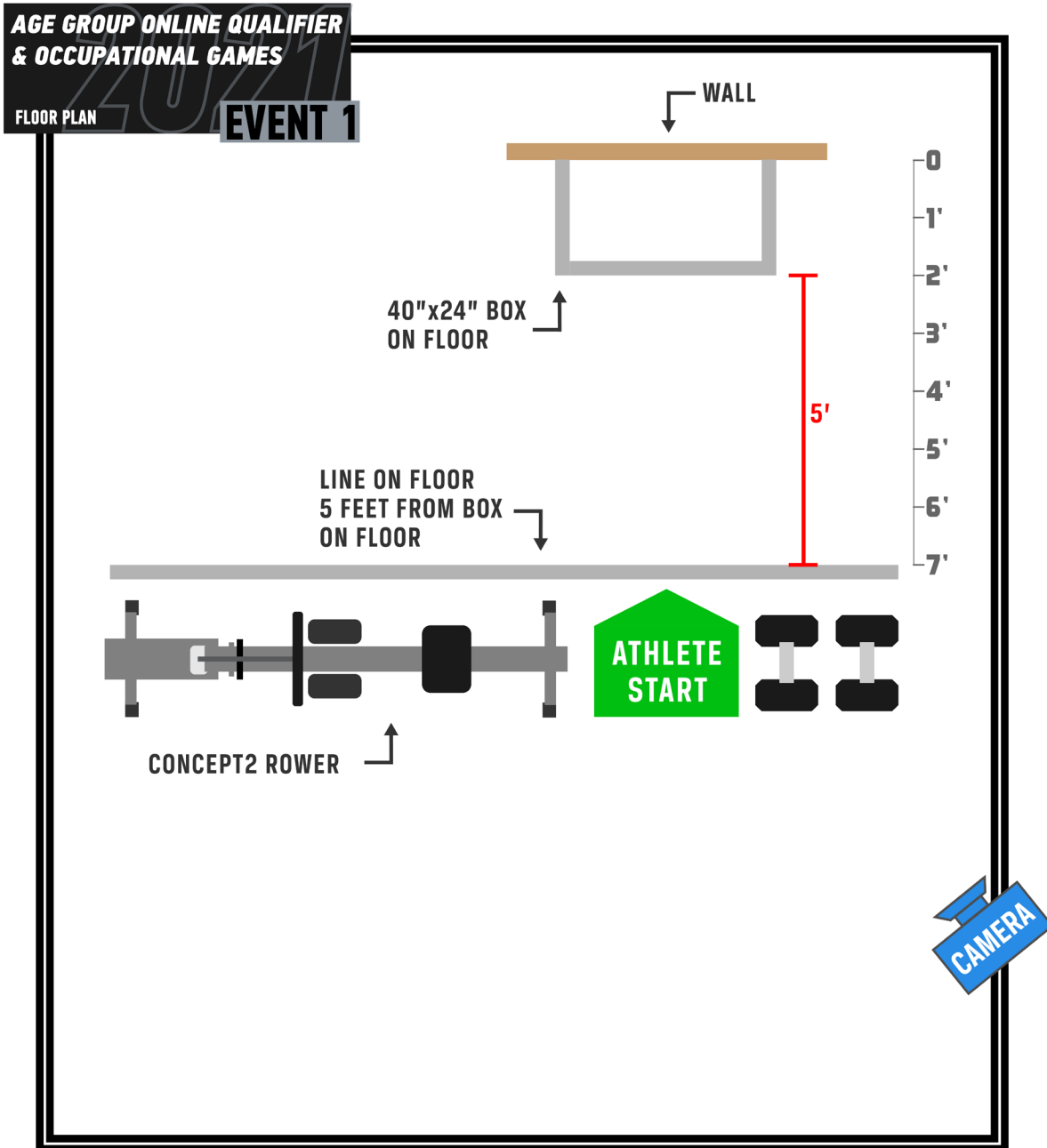
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 10 kg (20 lb.), 15 kg (35 lb.), and 22.5 kg (50 lb.).

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.

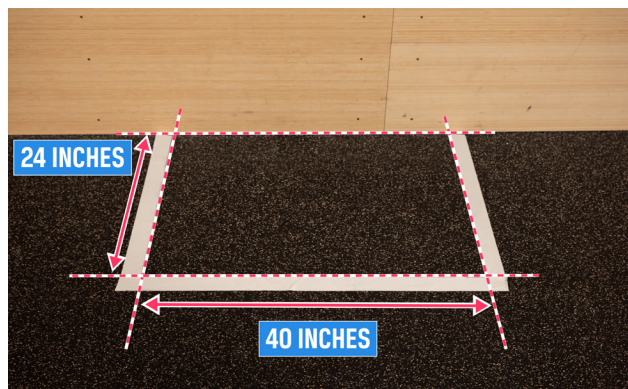
## VIDEO SUBMISSION STANDARDS

- Use the camera placement provided in the diagram.
- Avoid placing the camera low to the ground. It is recommended to place the camera at least 3 feet off the ground.
- Film **ALL** competition area measurements so the distances and/or heights can be seen clearly.
- The monitor of the rower **MUST** be visible to the camera.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- At the finish of the workout, move the camera and get a final shot of the rower monitor to show the final round of calories rowed before ending the video recording.



## MOVEMENT STANDARDS

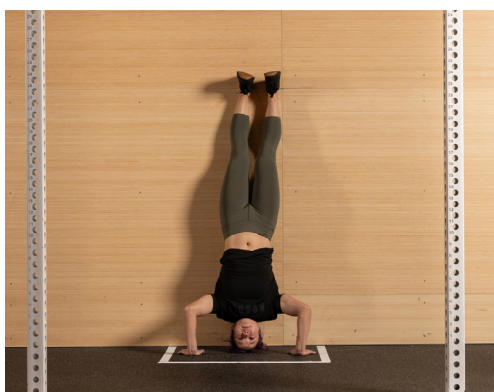
### HANDSTAND PUSH-UP



- 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.
- Kipping **IS** allowed.



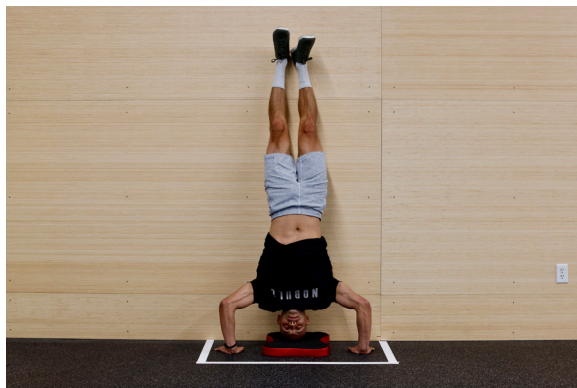
- The rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips and legs fully extended; and shoulders in line with the body.
- The feet may be no wider than the width of the hands at the lockout.

## MOVEMENT STANDARDS

### ELEVATED HANDSTAND PUSH-UP (55+ DIVISION ONLY)



- For divisions that require an elevated handstand push-up, the start and end positions are the same as described for the handstand push-up.
- Set up a target of appropriate height for your division. The head must touch the target depth before returning to the finish position.





## MOVEMENT STANDARDS

### 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.

### ROWING



- The monitor on the rower must be set to zero at the beginning of each row.
- The athlete may have assistance resetting the monitor each round.
- The athlete must stay seated on the rower until the monitor reads 15 calories.
- If the athlete reaches the time cap on the rower, the number of calories completed when the rower comes to a rest will count (i.e., the rollover calories will count).

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	15 HANDSTAND PUSH-UPS	15 DUMBBELL SHOULDER-TO- OVERHEADS	15-CAL. ROW
ROUND 1	15	30	45
ROUND 2	60	75	90
ROUND 3	105	120	135
ROUND 4	150	165	180
ROUND 5	195	210	225

**Athlete Name** \_\_\_\_\_ **Time OR Reps at 20 Minutes** \_\_\_\_\_  
Print

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_ **Has judge passed CrossFit's**  
Judge Name 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

**AGOQ / OCCUPATIONAL GAMES - EVENT 1**

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Print

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_ **Has judge passed CrossFit's**  
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I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
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