

## EVENT 2

For time:

60 GHD sit-ups

6 rope climbs, 15 ft.

60 alternating single-leg squats

50 GHD sit-ups

5 rope climbs, 15 ft.

50 alternating single-leg squats

40 GHD sit-ups

4 rope climbs, 15 ft.

40 alternating single-leg squats

**Time cap: 20 min.**

## WORKOUT VARIATIONS

### 14-15

Sit-ups

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

GHD sit-ups

### 55+

♀ Sit-ups; weighted box step-ups, 14-lb. ball, 20-in. box

♂ Sit-ups; weighted box step-ups, 20-lb. ball, 24-in. box

## NOTES

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

This workout begins with the athlete standing across the 5-foot line, facing the GHD. After the call of "3, 2, 1 ... go," the athlete may move to the GHD for 60 GHD sit-ups, then to the rope for 6 rope climbs, and then back to the starting position facing the GHD for 60 alternating single-leg squats. Continue in this fashion, decreasing the number of repetitions each round. Time stops after the completion of the final single-leg squat.

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.

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

## TIEBREAK

The time should be recorded after the completion of each set of GHD sit-ups.

If the athlete completes the workout before the time cap, there will be no tiebreaker.

If the athlete does not complete the workout before the time cap, when they log their score they will enter the total number of reps they completed as well as the time at which they completed their last full set of GHD sit-ups.

In the case of a tie (i.e., athletes complete the same number of reps), the athlete with the lower tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.

## EQUIPMENT

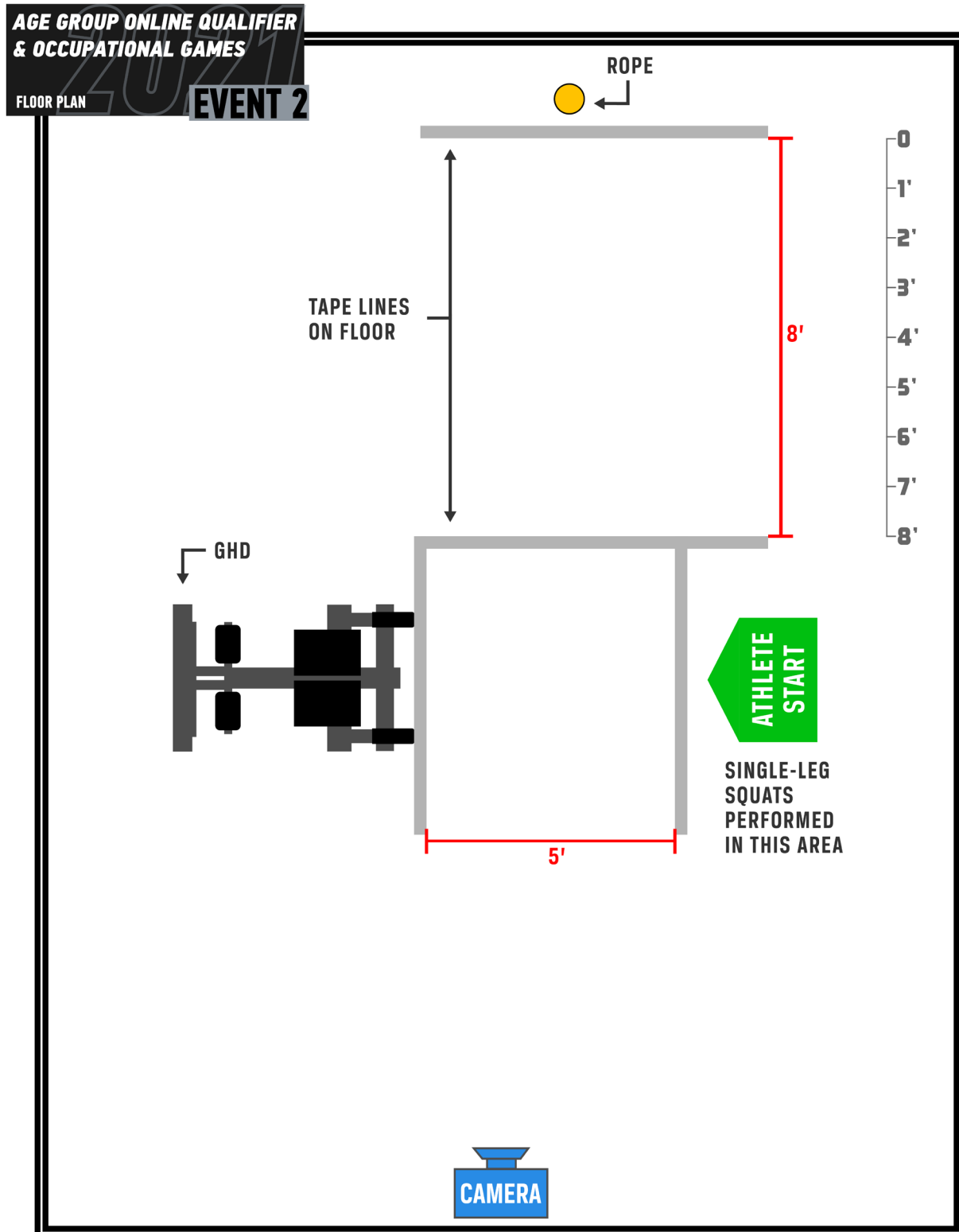
- GHD set to the appropriate height
- Climbing rope, measured and marked to the designated height
- 14-15/55+
  - Dumbbells (or other implement) to anchor the feet for sit-ups
  - AbMat (optional)
  - Box of appropriate height
  - Medicine ball of appropriate weight
- Tape to mark the floor

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

- Shoot the video according to the diagram provided.
- 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.
- 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.



## MOVEMENT STANDARDS

### GHD SIT-UP



- Each rep begins and ends with the athlete seated at the top of the GHD with hands touching the foot pads.



- The athlete must touch the ground or designated riser with both hands before returning to the seated position.
- The touch on the ground or riser must be overhead, not to the side of the body. The fingers must be at least in line with the top of the head when viewed from profile.



- The rep is credited when both hands touch the foot pads.



- Equipment note: The distance from the top of the seat pad to the floor may be no fewer than 40 inches for men and 37 inches for women.

## MOVEMENT STANDARDS

### GHD SIT-UP (CONTINUED)



- If the athlete is using a GHD that **EXCEEDS** the 40/37-inch requirement, they may touch an elevated target that creates the 40/37-inch distance (i.e., women may use a 6-inch riser on a 43-inch GHD to create a net height of 37 inches).



- If the athlete is using a GHD that is **BELOW** the 40/37-inch requirement, they may elevate the GHD to create the 40/37-inch distance.

### SIT-UP (14-15, 55+ ONLY)



- Teenagers 14-15 and Masters 55+ divisions may perform sit-ups.
- Sit-ups must be performed in the designated GHD location on the floor plan.
- The athlete must begin with the back in contact with the floor, feet anchored, and hands touching the floor above the head.

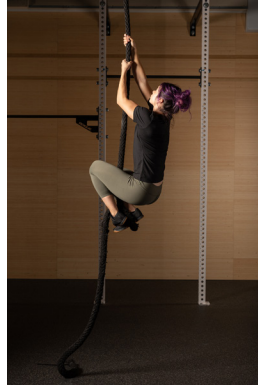


- The rep is credited when both hands touch the feet at the same time.
- AbMats are permitted but not required.



## MOVEMENT STANDARDS

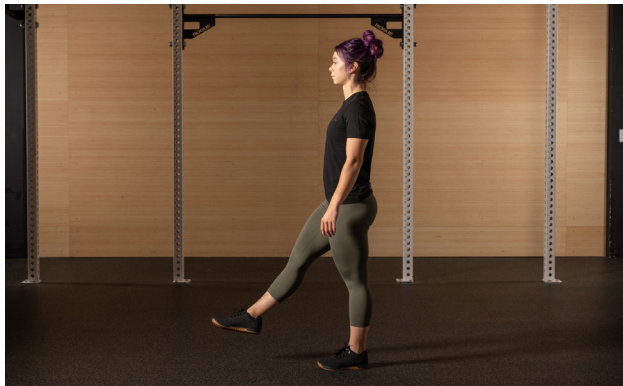
### ROPE CLIMB



- Each rep starts with both feet on the ground.
- The athlete may jump into the rope climb.
- Any style of climbing is permitted.

- The rep is credited when one hand clearly touches above the designated 15-ft. mark.
- Athletes may choose to touch a fixed object, such as a beam or the ceiling, so long as the object is at least 15 ft. high.
- There is no requirement during the descent of the climb.

### SINGLE-LEG SQUAT



- The athlete must return to the starting position across the line, facing the GHD.
- If the foot on the ground touches or crosses the line at any time, the rep will not count.
- Each rep begins with the hips and knee extended on the working leg.
- The non-working leg must remain in front of the body; it cannot pass behind the profile of the athlete's body.
- Athletes may **NOT** rest the non-working leg on the working leg or use the hands/arms to push into the working leg.
- Athletes **MAY** hold on to the non-working leg.

- The hip crease must pass below the top of the knee on the working leg.
- If any part of the athlete's body other than the working foot touches the floor before lockout, the rep will not count.

## **MOVEMENT STANDARDS**

### **SINGLE-LEG SQUAT (CONTINUED)**



- The rep is credited when the athlete reaches full hip and knee extension with the working leg while the non-working leg is clearly off the ground.
- Athletes must alternate legs after every successful rep.
- Athletes must complete a successful rep on one side before beginning a rep on the other.

### **MEDICINE-BALL BOX STEP-UP (55+ ONLY)**



- Masters 55+ divisions may use a medicine-ball step-up in place of single-leg squats.
- The athlete must return to the starting position across the line, facing the GHD.
- The ball can be held in any manner but may not make contact with the legs.
- Only the feet may make contact with the box.
- Using hands to push into the legs during the step-up is not allowed.
- The rep is credited when:
  - Both feet are on top of the box.
  - The hips and knees are fully extended, with head and shoulders over the hips.

## EVENT 2

For time:

60 GHD sit-ups

6 rope climbs, 15 ft.

60 alternating single-leg squats

50 GHD sit-ups

5 rope climbs, 15 ft.

50 alternating single-leg squats

40 GHD sit-ups

4 rope climbs, 15 ft.

40 alternating single-leg squats

Time cap: 20 min.

60 GHD SIT-UPS

60

6 ROPE CLIMBS

66

60 ALTERNATING  
SINGLE-LEG SQUATS

126

50 GHD SIT-UPS

176

5 ROPE CLIMBS

181

50 ALTERNATING  
SINGLE-LEG SQUATS

231

40 GHD SIT-UPS

271

4 ROPE CLIMBS

275

40 ALTERNATING  
SINGLE-LEG SQUATS

315

TIME

TIME

TIME

## WORKOUT VARIATIONS

### 14-15

Sit-ups

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

GHD sit-ups

### 55+

♀ Sit-ups; weighted box step-ups, 14-lb. ball, 20-in. box

♂ Sit-ups; weighted box step-ups, 20-lb. ball, 24-in. box

Time OR Reps at 20 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_  
Print

Tiebreak Time \_\_\_\_\_

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

## AGOQ / OCCUPATIONAL GAMES - EVENT 2

Time OR Reps at 20 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_  
Print

Tiebreak Time \_\_\_\_\_

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