

EVENT 3

For time:

75 cleans

300 double-unders

Time cap: 15 min.

WORKOUT VARIATIONS

14-15

♀ 55 lb.

♂ 75 lb.

16-17, 35-54 (Occupational Games)

♀ 95 lb.

♂ 135 lb.

55+

♀ 65 lb.

♂ 95 lb.

NOTES

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

The workout begins with the athlete standing behind the line. After the call of "3, 2, 1... go," the athlete will cross the line, pick up the barbell, and complete 75 cleans. After completing the cleans, the athlete may step back across the line for 300 double-unders. Time stops when the athlete has completed their final double-under.

The athlete's score will be the time it takes to complete the workout or the total number of repetitions completed before the 15-minute time cap. There is no tiebreak for this workout.

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

EQUIPMENT

- 45/35-lb. barbell
- Bumper plates of appropriate weight*
- Jump rope
- Tape to mark the floor

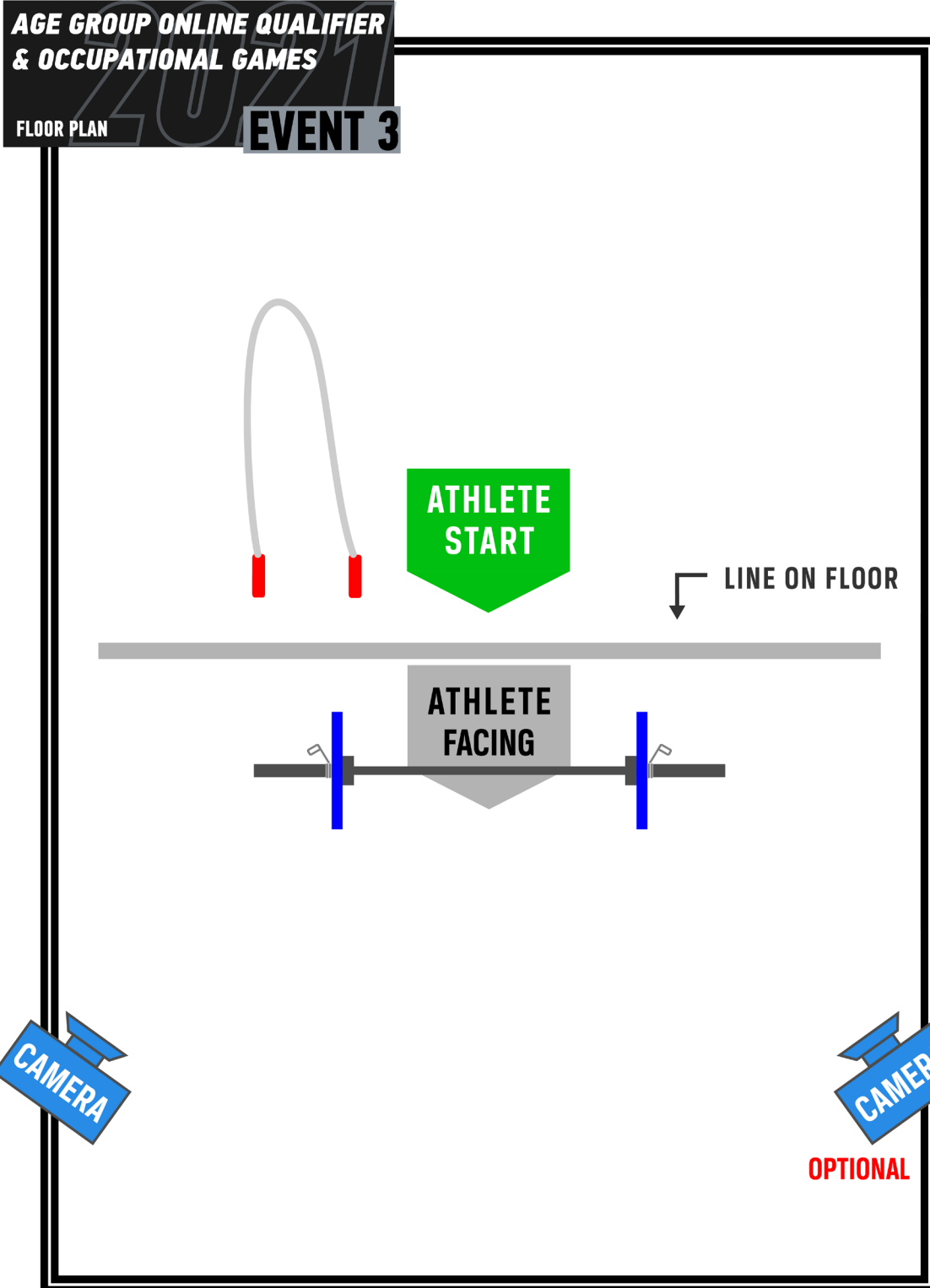
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 43 kg (95 lb.), and 61 kg (135 lb.).

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

- 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

CLEAN

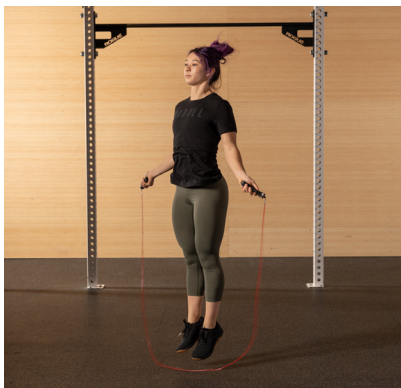


- The barbell and plates must be clearly over the line. If the athlete's feet or the plates touch the line, the rep will not count. The athlete must face the camera while performing the cleans.
- Each rep begins with the barbell on the ground. Both plates must touch the ground. Touch-and-go reps are permitted.
- No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.
- A power clean, squat clean, or split clean will be permitted, but a deadlift followed by a hang clean is not allowed.



- The rep is credited when:
 - the athlete's hips and knees are fully extended,
 - the bar is resting on the shoulders,
 - the elbows are in front of the bar when viewed from profile, and
 - the feet are in line with each other.
- The athlete must reach the finish position **BEFORE** lowering the barbell from the shoulders.
- Athletes may **NOT** have assistance resetting or moving their equipment.

DOUBLE-UNDER



- The athlete must remain behind the tape line.
- If the athlete's feet touch or cross the line at any time, the rep will not count.
- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.
- Athletes may **NOT** have assistance resetting or moving their equipment.

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75 CLEANS	75
300 DOUBLE-UNDERS	375

Athlete Name _____ **Time OR Reps at 15 Minutes** _____
Print

Workout Location _____ **Judge** _____ **Has judge passed CrossFit's Online Judges Course?** Y / N
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Affiliate Copy Athlete Signature Date

AGOQ / OCCUPATIONAL GAMES - EVENT 3

Athlete Name _____ **Time OR Reps at 15 Minutes** _____
Print

Workout Location _____ **Judge** _____ **Has judge passed CrossFit's Online Judges Course?** Y / N
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date