

EVENT 4

For max 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. Athletes will have 20 minutes from their declared start time to find a 4-rep-max front squat. Within the 20-minute window, athletes may make as many or as few attempts as they'd like.

Athletes must declare the load they are attempting before starting to lift. After finishing the final lift, remove and film all plates used on the bar to verify the loading.

The athlete's score will be the load (in lb.) of their heaviest successful set. There is no tiebreak for this event.

EQUIPMENT

- Barbell, 45/35 lb.
- Bumper plates*
- Collars
- Squat rack

*The official weight must be recorded in pounds.

If converting kilograms to pounds, round up to the nearest pound.

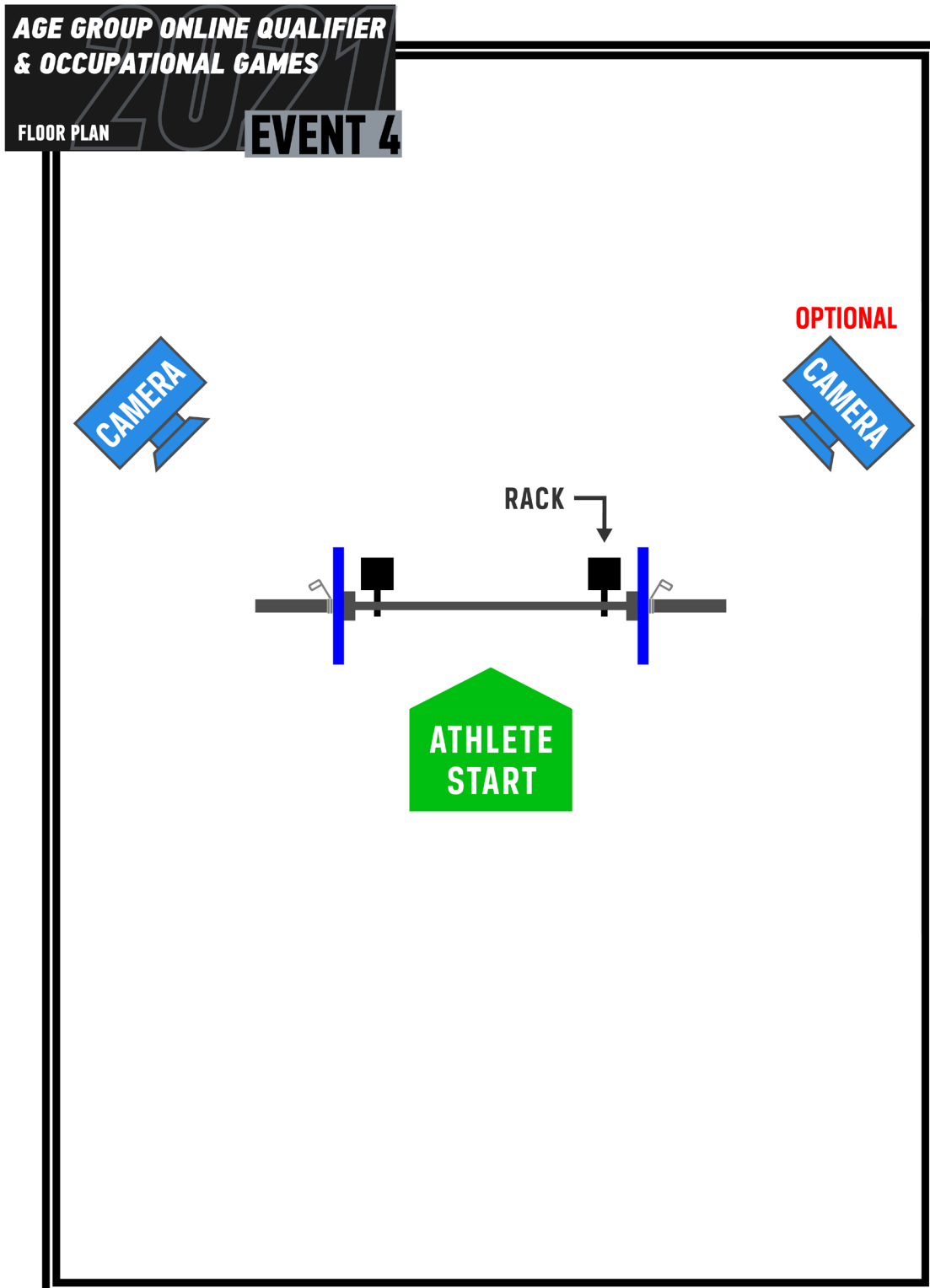
Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

Be sure the athlete has adequate space to safely complete the workout. 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.
- 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

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 4 reps must be successfully completed before the athlete re-racks or drops the bar.
- After finishing the final lift, remove and film all plates used on the bar to verify loading.
- Athletes may use knee sleeves, but wraps are **NOT** permitted.
- Athletes **MAY** have assistance returning the bar to the rack in the event of a failed lift.

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	LOAD (WEIGHT IN LB.)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	
ATTEMPT 9	
ATTEMPT 10	

Athlete Name _____ Heaviest Load (in Pounds) _____
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. _____
Affiliate Copy Athlete Signature Date

Athlete Copy

AGOQ / OCCUPATIONAL GAMES - EVENT 4

Athlete Name _____ Heaviest Load (in Pounds) _____
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. _____
Judge Signature Date