

## TEST 1

For total time:

3 rounds of:

10 strict handstand push-ups  
10 dumbbell hang power cleans  
50 double-unders

Rest 1 min., then:

3 rounds of:

10 kipping handstand push-ups  
10 dumbbell shoulder-to-overheads  
50 double-unders

♀ *35-lb. dumbbells*

♂ *50-lb. dumbbells*

**Time cap: 10 min.**

## 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 over the line, away from the wall. After the call of "3, 2, 1... go," the athlete may move to the wall and complete 10 strict handstand push-ups, then move to the dumbbells for 10 hang power cleans, and finally the rope for 50 double-unders. Complete this sequence for 3 rounds. After the final double-under on the third round, the mandatory 1-minute rest period begins.

The next segment of the workout begins with the athlete standing over the line, away from the wall. After exactly 1 minute of rest, the athlete may begin 10 kipping handstand push-ups, then move to the dumbbells for 10 shoulder-to-overheads, and finally, move to the rope for 50 double-unders. Complete this sequence for 3 rounds. Time stops after the final double-under is completed.

The athlete's score will be the total time it takes to complete the workout or the total number of repetitions completed before the 10-minute time cap.

## EQUIPMENT

- Two dumbbells, 35/50 lb.\*
- Tape to mark the floor
- Jump rope

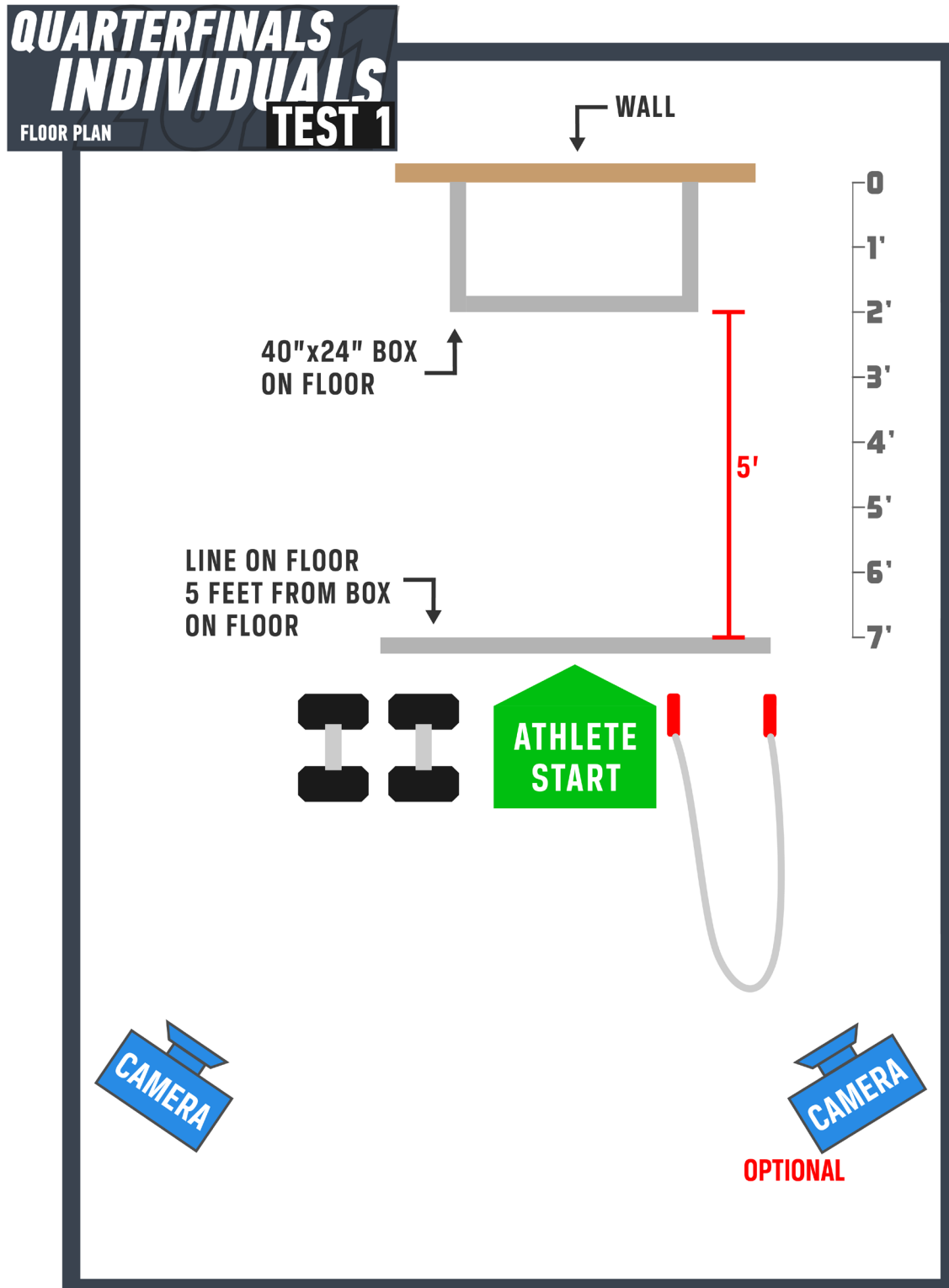
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb.) and 22.5 kg (50 lb.).

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.

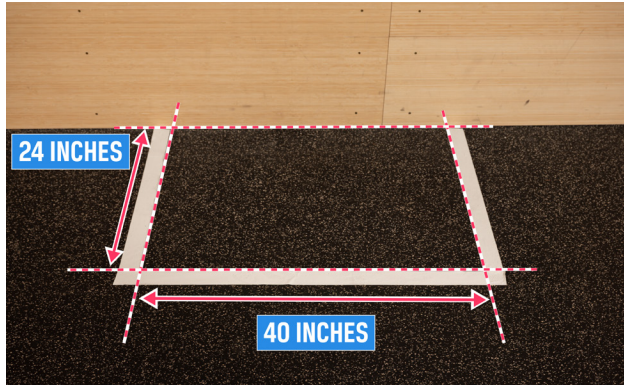
## VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and/or heights can be seen clearly.
- Use either of the camera placements provided in the floor plan.
- 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.
- 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.



## 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 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.
- The feet may be no wider than the width of the hands.



- 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.
- Kipping **is NOT** allowed during the first triplet. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.
- Kipping **is allowed** during the second triplet.

## MOVEMENT STANDARDS

### DUMBBELL HANG POWER CLEAN



- 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 first rep begins with the athlete's hips and knees at full extension, and the athlete's head and shoulders in line vertically over the hips.
- From this position, the athlete may lower the dumbbells to the hang.



- The dumbbells may not touch the ground.
- The arms must remain straight in the hang position.



- The rep is credited when the athlete's hips and knees reach full extension and the dumbbells are at the shoulders.
- The athlete must reach the finish position before the dumbbells are lowered from the shoulders.
- The athlete may lower the subsequent repetitions directly to the hang position.
- Athletes may **NOT** have assistance resetting their equipment during the workout.

## MOVEMENT STANDARDS

### DOUBLE-UNDER



- The athlete 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 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 their equipment during the workout

### 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.



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push-ups

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cleans

50 double-unders

Rest 1 min., then:

3 rounds of:

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push-ups

10 dumbbell  
shoulder-to-overheads

50 double-unders

♀ 35-lb. dumbbells

♂ 50-lb. dumbbells

Time cap: 10 min.

	10 STRICT HANDSTAND PUSH-UPS	10 DUMBBELL HANG POWER CLEANS	50 DOUBLE-UNDERS
ROUND 1	10	20	70
ROUND 2	80	90	140
ROUND 3	150	160	210

REST 1 MINUTE

	10 KIPPING HANDSTAND PUSH-UPS	10 DUMBBELL SHOULDER-TO- OVERHEADS	50 DOUBLE-UNDERS
ROUND 4	220	230	280
ROUND 5	290	300	350
ROUND 6	360	370	420

Athlete Name \_\_\_\_\_ Time OR Reps at 10 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

Athlete Copy

**QUARTERFINALS - INDIVIDUALS - TEST 1**

Athlete Name \_\_\_\_\_ Time OR Reps at 10 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