

TEST 3

For time:

120 wall-ball shots

120-cal. row

♀ 14-lb. ball, 9-ft. target

♂ 20-lb. ball, 10-ft. target

Time cap: 15 min.

NOTES

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

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 ball, and perform 120 wall-ball shots. After completing the wall-ball shots, the athlete will move to the rower and pull 120 calories. Time stops when the monitor reads 120 calories.

The athlete's score will be the time taken to complete the workout or the total number of repetitions completed before the 15-minute time cap. Each calorie completed on the row will be equal to 1 rep.

There is no tiebreak for this workout.

EQUIPMENT

- Medicine ball, 14/20 lb.*
- Target at 9/10 ft.
- Concept2 rower
- Tape to mark the floor

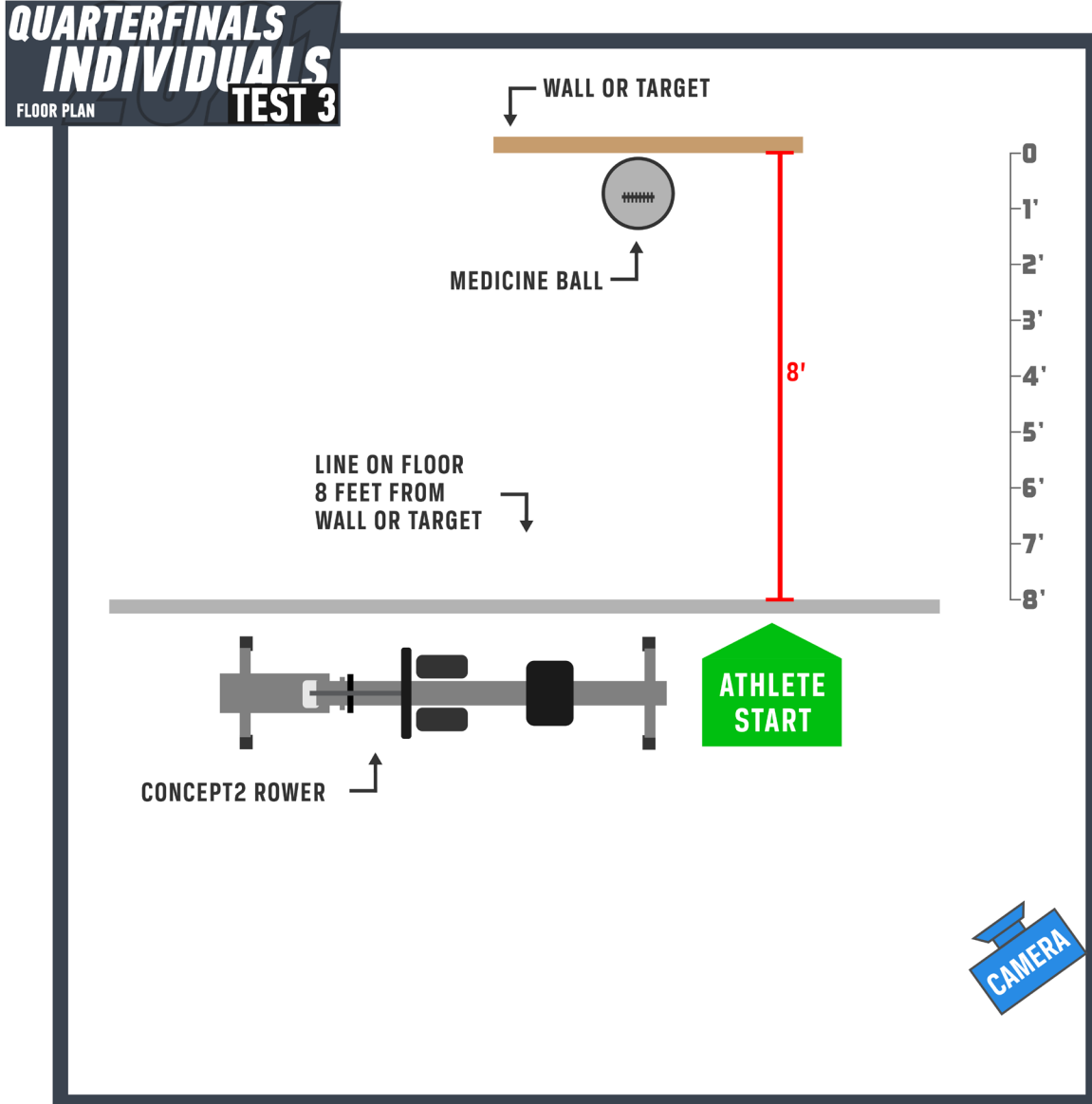
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 6 kg (14 lb.) and 9 kg (20 lb.).

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 floor plan provided.
- Film **ALL** competition area measurements so the distances and/or heights can be seen clearly.
- 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.
- At the finish of the workout, move the camera to get a final shot of the Concept2 rower monitor and show the total calories rowed before ending the video recording.



MOVEMENT STANDARDS

WALL-BALL SHOT



- At the start of each rep, the ball must be in the support position in front of the body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed as long as the ball starts on the ground.



- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

NOTE: If using a mounted wall-ball target, it is **HIGHLY** recommended that the **BOTTOM** of the target be mounted to the appropriate height.

ROWING



- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower until the monitor reads 120 calories.
- If the athlete reaches the time cap on the rower, the number of calories completed when the rower comes to rest will count. (i.e., the roll-over calories will count).

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120 WALL-BALL SHOTS	120
120-CAL. ROW	240

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

QUARTERFINALS - INDIVIDUALS - TEST 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