

TEST 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.

Any increases in loading must be at least 1 lb.

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. If lifting in pounds, only whole pound change plates may be used. Collars cannot be included in the weight.

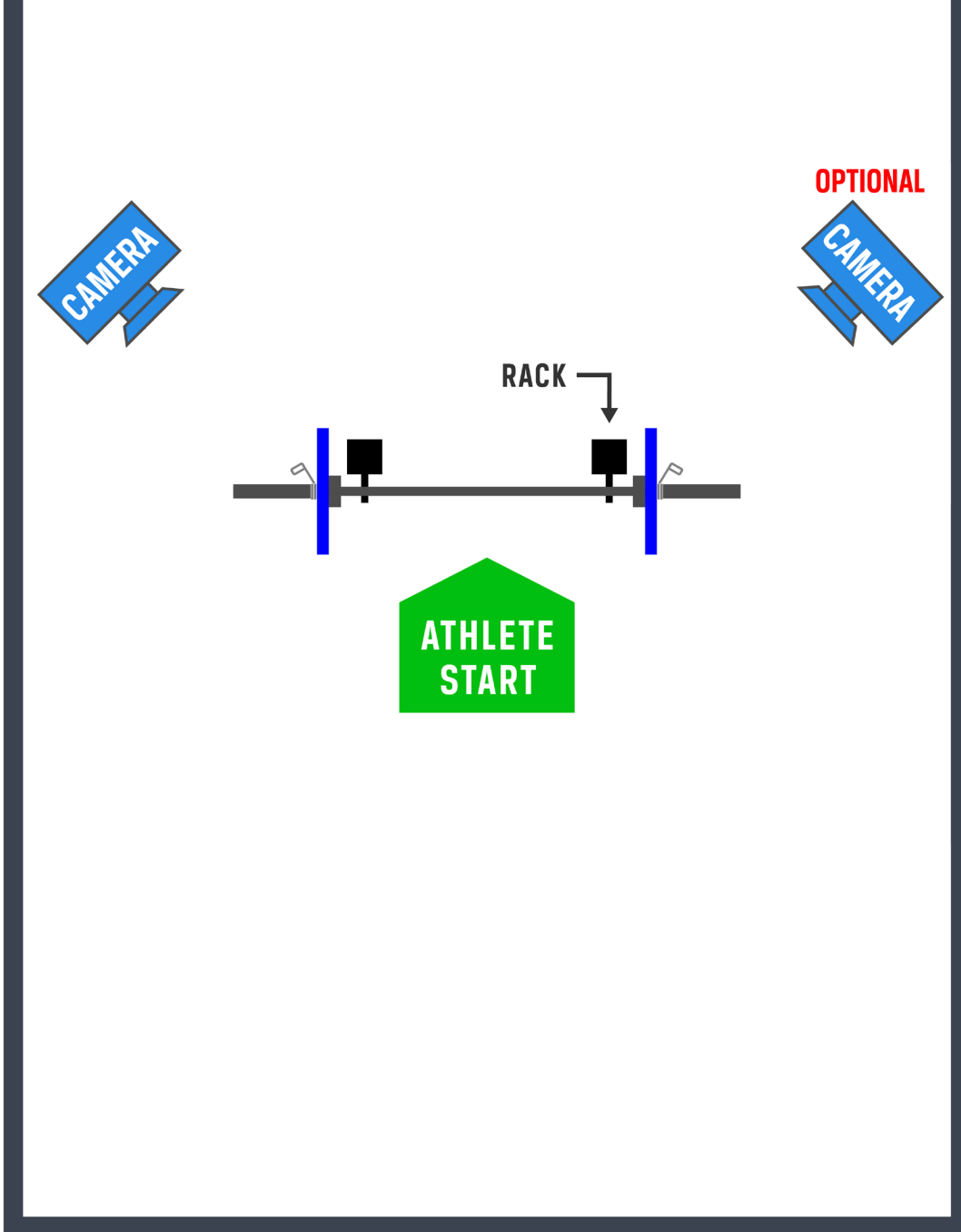
Be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people, or other obstructions.

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.
- 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.

**QUARTERFINALS
INDIVIDUALS
FLOOR PLAN TEST 4**



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 four 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** have assistance returning the bar to the rack in the event of a failed lift.

TEST 4

For max load:
 4-rep-max front squat
 Time frame: 20 min.

	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 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 4

Athlete Name _____ **Heaviest Load (in Pounds)** _____
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