



AGE GROUP QUALIFIER

17:00 PT, THURSDAY, APRIL 19, THROUGH 17:00 PT, MON, APRIL 23



Presented by

TRIFECTA

WORKOUT 4

Complete as many rounds as possible in 5 minutes of:

- 9 handstand push-ups
- 6 burpees
- 3 snatches

VARIATIONS

Ages 16-17 and 35-54:

Men snatch 165 lb.

Women snatch 115 lb.

Ages 14-15:

Boys snatch 115 lb.

Girls snatch 80 lb.

Ages 55+:

Men snatch 115 lb.

Women snatch 80 lb.

NOTES

Prior to starting this workout, the athlete will need to mark a foot line on the wall for the handstand push-ups (details in Movement Standards section).

This workout begins with the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will kick up against the wall and perform 9 handstand push-ups, then 6 bar-facing burpees, then 3 snatches. He or she will then move back to the handstand push-up and begin the next round.

The athlete's score will be the total number of repetitions completed within the 5-minute time cap.

EQUIPMENT

- A wall mark for the handstand push-ups
- Barbell
- Standard bumper plates (18 inches in diameter) to load to the appropriate weight for your division
- Collars

* The official weight is in pounds. For your convenience, the minimum acceptable weights for the barbell in kilograms are 75 kg (165 lb.), 52 kg (115 lb.) and 36 kg (80 lb.).

For each workout, 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

Prior to starting, film the plates and barbell(s) to be used so the loads can be seen clearly. Also film the measuring process for the handstand push-up mark. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be seen clearly meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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MOVEMENT STANDARDS

HANDSTAND PUSH-UP



Prior to starting, the athlete will need to establish the foot line on the wall for the handstand push-up. For the first step, measure the distance from the athlete's elbow to the athlete's middle knuckle while he or she makes a fist.



In step 2, the athlete will stand with his or her back to the wall on the same surface the hands will be on, with feet at hip width and heels touching the wall. A line will need to be drawn on the wall, marking the height of the top of the athlete's head.



From the mark at the top of the athlete's head (step 2), add **half the distance measured in step 1** and make a second mark. This will be the height of the target line for the handstand push-ups. For example, if an athlete is 65 inches tall and measures 14 inches from elbow to knuckle, he or she would add 7 inches to the height mark for a final target line of 72 inches.



Once the height of the target line is established, mark it with a marker, chalk or tape. Judges may restore the line between rounds as needed.



Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. The athlete's heels must start the rep above the pre-marked target line.



At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, 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 entire movement but must touch above the line at the beginning and end of each rep. Kipping is allowed.



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MOVEMENT STANDARDS

BAR-FACING BURPEE



The burpee must be performed perpendicular to and facing the barbell.



The athlete will jump the feet back so that he or she is lying on the ground. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom.



The athlete must jump over the barbell from both feet and land on both feet. Single-legged jumping or stepping over is not permitted. The barbell must be loaded with standard-height bumper plates for the athlete to jump over.



The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell.



Using a two-foot jump, the feet must move back and forth together in the burpee. **The athlete may NOT step backward or forward one foot at a time when lowering and raising to and from the ground.** On the way down, the athlete must jump both feet back simultaneously. On the way up, the athlete must jump both feet forward simultaneously. Stepping back and/or stepping up is no rep.



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MOVEMENT STANDARDS

SNATCH



In the snatch, the barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is 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.



The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. There is no requirement to pass below parallel. This is not a ground-to-overhead any way. Power snatches, squat snatches and split snatches are permitted. Hang snatches are not permitted.



AGE GROUP QUALIFIER SCORECARD

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ROUND	9 Handstand Push-Ups	6 Burpees	3 Snatches
1			18
2			36
3			54
4			72
5			90
6			108
7			126
8			144

ATHLETE NAME _____

Print

REPS _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed
CrossFit's Online
Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

WORKOUT 4

ATHLETE NAME _____

Print

REPS _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed
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