NOBULL CrossFit GAMES 2022

Presented by GOWOD MOBILITY FIRST

AGE GROUP QUARTERFINAL / OCCUPATIONAL GAMES

12 P.M. (NOON) PT THURSDAY, APRIL 21, THROUGH 12 P.M. (NOON) PT FRIDAY, APRIL 22

WORKOUT 2

For time:

50 overhead squats
40 bar-facing burpees
40 back-rack walking lunges
30 bar-facing burpees
30 cleans
20 bar-facing burpees
20 single-leg squats
10 muscle-ups

♀ *65-lb barbell*
♂ *95-lb barbell*

Time cap: 20 minutes

WORKOUT VARIATIONS

Teenagers 16-17, Masters 35-54, Occupational Games

♀ 65-lb barbell
♂ 95-lb barbell

Teenagers 14-15

♀ 45-lb barbell
♂ 65-lb barbell

Masters 55+

♀ 45-lb barbell, 35-lb dumbbell for weighted step-ups, 20-in box
♂ 65-lb barbell, 50-lb dumbbell for weighted step-ups, 24-in box

NOTES

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

This workout begins with the athlete standing next to the rings, behind the tape line and facing the barbell. After the call of "3, 2, 1… go," the athlete will move to the barbell and complete 50 overhead squats, followed by 40 bar-facing burpees. After the burpees, the athlete will move the bar to the back-rack position and complete 40 walking-lunge steps, turning around after every 10 steps. When the lunges are completed, the athlete will begin 30 bar-facing burpees, then 30 cleans, then 20 bar-facing burpees. After the final bar-facing burpee, the athlete will complete 20 alternating single-leg squats, then move to the rings to complete 10 muscle-ups. Time stops when the final muscle-up is locked out.

The athlete's score will be the total time taken to complete the workout. In the event of a time cap, the athlete's score will be the total number of repetitions completed.

TIEBREAK (IF APPLICABLE)

The time should be recorded after the athlete has completed the 20 single-leg squats (55+ divisions complete dumbbell box step-ups). This time will be used as a tiebreaker. In the case of a tie (i.e., athletes complete the same number of reps), the athlete with the lower tiebreak time will be ranked higher.

If the athlete completes the workout before the time cap, there will be no tiebreaker.

Do **NOT** use a countdown timer.

EQUIPMENT

- Tape to mark the floor
- Gymnastics rings
- Barbell (35/45 lb)
- Bumper plates*
- Collars
- Dumbbell (55+ divisions only)

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the barbells are 20 kg (45 lb), 29 kg (65 lb), and 43 kg (95 lb), and 15 kg (35 lb), and 22.5 kg (50 lb) for the dumbbell step-ups (55+ divisions only).

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. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

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VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a ¾ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the event.
- 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.

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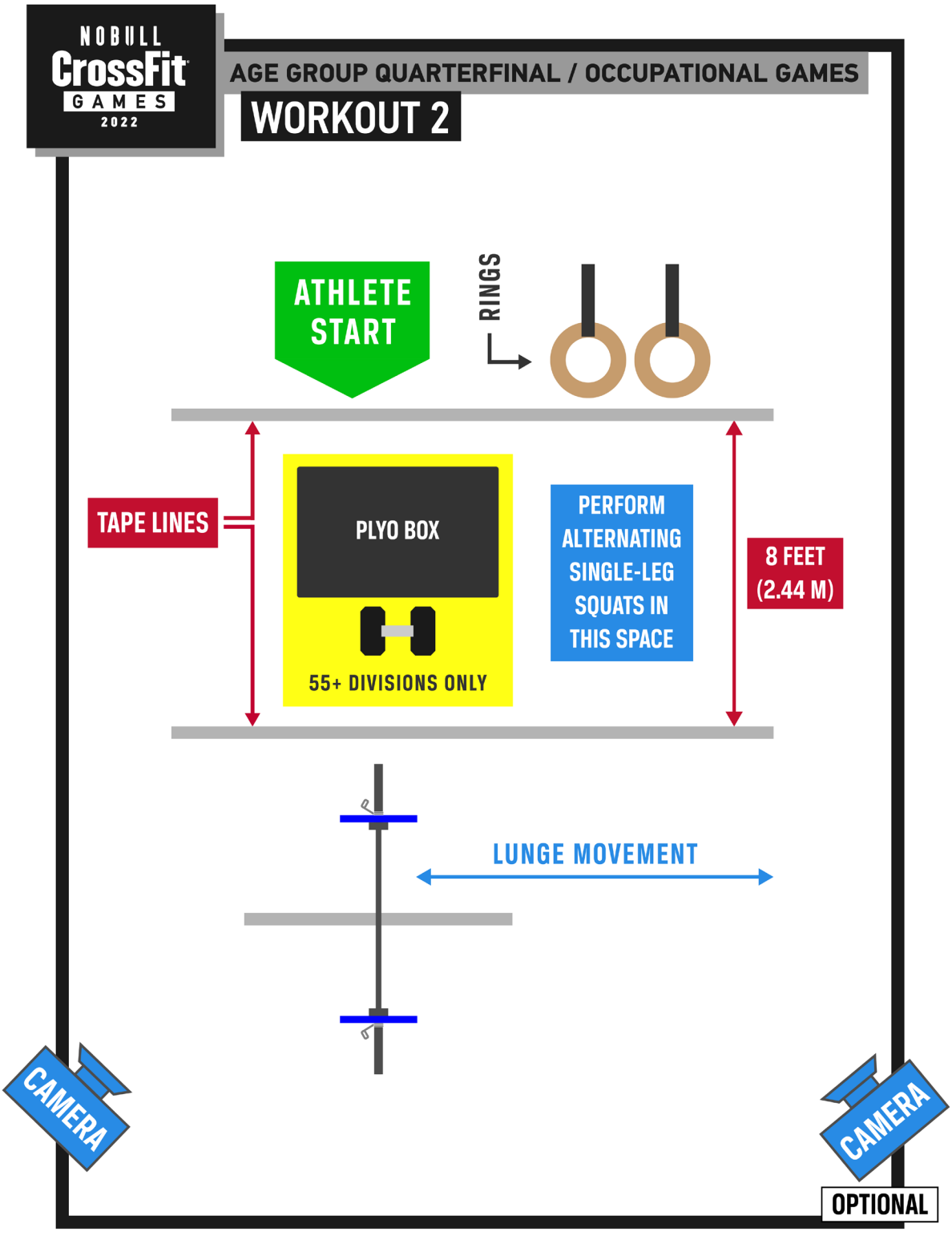

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MOVEMENT STANDARDS

OVERHEAD SQUAT

- The barbell must remain behind the tape line.
- The bar must begin on the ground. Squat racks are not permitted.
- A full squat snatch is permitted but not required to start the movement if standard depth is achieved.
- Once the bar is in the overhead position, the athlete's hip crease must pass below the top of their knees at the bottom.

- The barbell must remain overhead until the lockout position is achieved.
- The rep is credited when the athlete's hips, knees, and arms are fully extended and the bar is directly over or slightly behind the middle of the body.
- If any part of the athlete's body other than their hands makes contact with the bar, the rep will not count.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting their barbell.

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MOVEMENT STANDARDS

BAR-FACING BURPEE

- Athletes must use a barbell with standard 18-in (45-cm) plates.
- The burpees must be performed perpendicular to and facing the barbell.

- Athletes may jump or step back to reach the bottom position.
- The center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.
- The athlete's head must stay behind the barbell.
- Hands and feet must remain inside the width of the plates.
- Stepping and/or jumping back to the starting position are both permitted.

- The athlete **MUST** clearly jump over the barbell.
- Both feet must be off the ground as the athlete passes over the bar.
- Stepping over is **NOT** permitted.
- The athlete does **NOT** need to use a two-foot takeoff.
- Touching the barbell on the jump or step over is a no rep.

- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- There is no requirement to land with both feet at the same time.
- The athlete must be perpendicular to and facing the barbell before starting the next rep.
- Athletes may not receive assistance moving or resetting their barbell unless safety is an immediate concern.
- If the athlete receives a no rep for any reason, the entire rep must be repeated.

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MOVEMENT STANDARDS

BACK-RACK WALKING LUNGE

- Each lunge begins with the barbell in the back-rack position on the shoulders, with the feet together and hips and legs extended.

- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.
- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.

- The rep is credited when:
  - the feet are together; and
  - the hips and legs are fully extended.
- Lunging more than 10 steps in one direction without turning around is not allowed.
- Athletes must lunge in a straight path. After turning around, athletes must lunge back along the same path. Lunging in any other pattern is not allowed.
- Athletes may **NOT** receive assistance moving or resetting their barbell.

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MOVEMENT STANDARDS

CLEAN

- The barbell must remain behind the tape line.
- The barbell starts on the ground.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- Deliberately bouncing the bar is not allowed.
- The rep is credited when:
  - the athlete's hips and knees reach full extension; and
  - the bar is supported in the front-rack position with the elbows clearly in front of the bar.
- Athletes may **NOT** receive assistance moving or resetting their barbell.

SINGLE-LEG SQUAT

- All repetitions must be completed within the tape lines. If the athlete's foot touches the tape line at any point, the repetition will not count.
- Each rep begins with the hips and knee extended on the working leg.
- The non-working leg must remain in front of the body; it cannot pass behind the profile of the athlete's body.
- Athletes may **NOT** rest the non-working leg on the working leg or use the hands/arms to push into the working leg.
- Athletes **MAY** hold on to the non-working leg.
- The hip crease must pass below the top of the knee on the working leg.
- If any part of the athlete's body other than the working foot touches the floor before lockout, the rep will not count.

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MOVEMENT STANDARDS

SINGLE-LEG SQUAT (CONTINUED)

- The rep is credited when the athlete reaches full hip and knee extension with the working leg while the non-working leg is clearly off the ground.
- Athletes must alternate legs after every successful rep.
- Athletes must complete a successful rep on one side before beginning a rep on the other.

DUMBBELL BOX STEP-UP (55+ DIVISIONS ONLY)

- Masters 55+ divisions may use a dumbbell box step-up in place of single-leg squats.
- All repetitions must be completed within the tape lines. If the athlete's foot touches the tape line at any point, the repetition will not count.
- The dumbbell can be held in any manner but may not make contact with the legs.
- Only the feet may make contact with the box.
- Using hands to push into the legs during the step up is not allowed.
- Athletes must alternate their lead leg after every rep.

- The rep is credited when:
  - both feet are on top of the box; and
  - the hips and knees are fully extended, with head and shoulders over the hips.

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MOVEMENT STANDARDS

MUSCLE-UP

- Athletes must begin each rep hanging from the rings, with arms fully extended and feet off the ground.
- Kipping is allowed, but uprises and swings/rolls to support are not permitted.
- During consecutive kipping muscle-ups, a change of direction below the rings is required.
- No part of the foot may rise above the bottom of the rings during the kip.

- The athlete must pass through some portion of a dip before reaching lockout.

- The rep is credited when the elbows are fully locked out in the support position.
- Reaching lockout while pushing or falling away from the rings will not count.

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50 OVERHEAD SQUATS	___10 ___20 ___30 ___40 ___50	50
40 BAR-FACING BURPEES	___10 ___20 ___30 ___40	90
40 BACK-RACK WALKING LUNGES	___10 ___20 ___30 ___40	130
30 BAR-FACING BURPEES	___10 ___20 ___30	160
30 CLEANS	___10 ___20 ___30	190
20 BAR-FACING BURPEES	___10 ___20	210
20 SINGLE-LEG SQUATS	___10 ___20	230
10 MUSCLE-UPS		240

Athlete Name _____ **Time or Reps at 20 Min.** _____
Print

Workout Location _____ **Judge** _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

AGE GROUP QUARTERFINAL / OCCUPATIONAL GAMES - WORKOUT 2

Athlete Name _____ **Time or Reps at 20 Min.** _____
Print

Workout Location _____ **Judge** _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date

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