

WORKOUT 5

Starting every 2 minutes until the reps cannot be completed in the interval:

25 wall-ball shots

Rest in the remaining time

30 wall-ball shots

Rest in the remaining time

35 wall-ball shots

Rest in the remaining time

Etc., adding 5 repetitions to the wall-ball shots after each 2-minute interval. Immediately following the end of the final 2-minute interval, begin Workout 6.

♀ 14-lb medicine ball, 10-ft target

♂ 20-lb medicine ball, 11-ft target

WORKOUT 6

1-rep-max clean and jerk

Time begins immediately following the final 2-minute interval of Workout 5. Workouts 5 and 6 must be completed sequentially in a single effort.

Time cap: 5 minutes

WORKOUT VARIATIONS

All divisions

♀ 14-lb medicine ball, 10-ft target

♂ 20-lb medicine ball, 11-ft target

NOTES

Prior to starting the workouts, set up the floor plan as shown. Start each 2-minute interval of wall-ball shots behind the line. You must face the camera during Workout 6.

Begin Workout 5 standing behind the line. After the call of "3, 2, 1 ... go," run to the medicine ball and complete 25 wall-ball shots. Then, return behind the line and rest in the time remaining. When the clock reaches 2:00 exactly, again run to the medicine ball and complete 30 repetitions, then rest in the time remaining. When the clock reaches 4:00 exactly, complete 35 wall-ball shots and continue adding 5 repetitions every 2-minute interval until the required repetitions cannot be completed within the 2-minute interval.

Your score for Workout 5 will be the total number of repetitions completed.

Workout 6 begins immediately at the end of your final 2-minute interval. You will have 5 minutes to complete as many attempts as needed to establish a 1-rep-max clean and jerk. All attempts must be completed **BEFORE** the 5-minute time cap. Any attempt where you are still in motion after the 5-minute time cap will not count.

You may use only a single barbell. You may receive assistance loading your barbell.

Your score for Workout 6 will be the weight (in pounds) of your heaviest successfully completed clean and jerk. Carefully review the equipment section for specific instructions regarding score calculation. All athletes **MUST** follow these instructions.

Workouts 5 and 6 must be completed sequentially in a single effort.

After both workouts are complete, walk to the camera and STATE THE PASSWORD before moving or turning off the camera.

TIEBREAK: WORKOUT 6

In the event that two athletes tie during the clean and jerk, the athlete who completed more repetitions in Workout 5 will be ranked higher.

WORKOUT 5 TO WORKOUT 6 TIMING (EXAMPLES ONLY)

Workout 5 ends	Add 5 minutes	Workout 6 ends
Failed in 6:00-8:00 interval	5:00	13:00
Failed in 10:00-12:00 interval	5:00	17:00
Failed in 14:00-16:00 interval	5:00	21:00

EQUIPMENT

- Medicine ball of appropriate weight for your division*
- Barbell
 - Note: For this workout a 15-kg bar **MUST** be totaled as 33 lb. A 20-kg bar **MUST** be totaled as 44 lb.
- Bumper plates**
- Collars

Men must use a 45-lb (20-kg) barbell, and women must use a 35-lb (15-kg) barbell.

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

**The official weight of the clean and jerk must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound:

200.1 to 200.4 lb = 200 lb
200.5 to 200.9 lb = 201 lb

Any weight increases using change plates must result in a whole number (no decimal points). Collars cannot be included in the total weight.

For each workout, be sure you have 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 weights can be seen clearly.
- Use the camera placement provided in the floor plan.
- 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 workout.
- 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.
- After the workout is complete, **STATE THE PASSWORD** before moving or turning the camera off.
- Workout 5 and Workout 6 must be recorded as a single unedited video.

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece **BEFORE** the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

Then round the sum to the nearest whole pound (.5 and up = round up, .4 and below = round down).

Calculating total load:

Example 1:

Barbell is 20 kg → 44 lb
Two 45-lb plates → 90 lb

TOTAL → 134 lb
Enter 134 lb on scorecard.

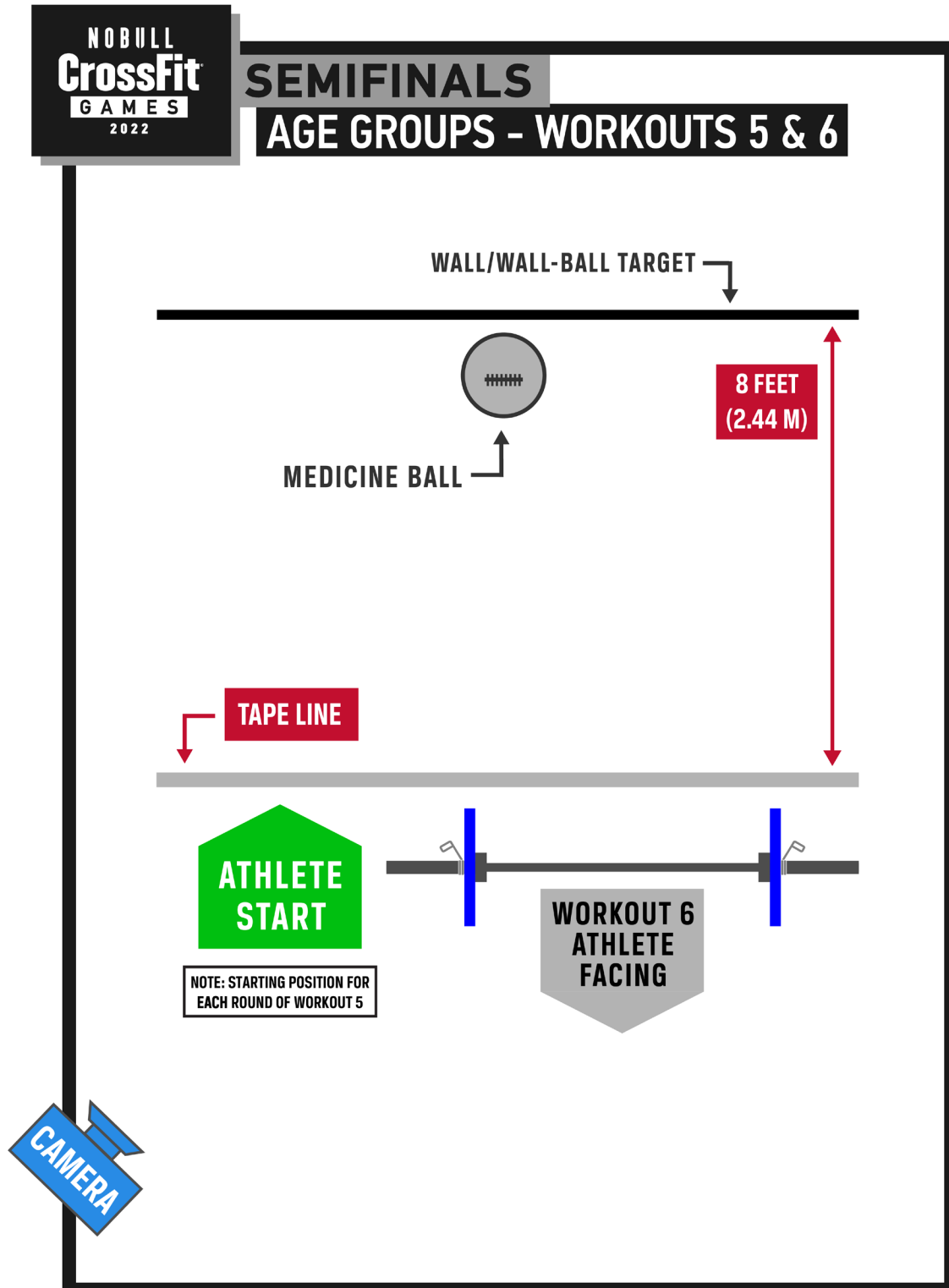
Example 2:

Barbell is 20 kg → 44 lb
Two 1.5-kg plates → 6.6 lb
Two 10-kg plates → 44 lb

TOTAL → 94.6 lb
94.6 lb rounds up to 95 lb
Enter 95 lb on scorecard.

This table will be used in all instances when determining scores for this workout.

KILOGRAMS (KG)	POUNDS (LB)
0.5	1.0
1.0	2.2
1.5	3.3
2.0	4.4
2.5	5.5
5	11
10	22
15	33
20	44
25	55



MOVEMENT STANDARDS

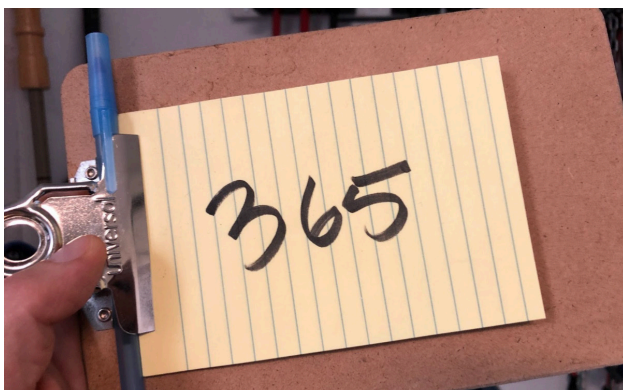
WALL-BALL SHOT



- At the start of each rep, you must have the ball in the support position in front of your body.
- Squat until your hip crease is below your knees.
- A squat clean to start the set is allowed but not required 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 (10 ft for women, 11 ft for men).
- If the ball hits low or does not hit the wall (or target), the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before you start the next rep; you may not catch the ball 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.
- You may not receive assistance moving or resetting the medicine ball at any time.

CLEAN AND JERK



- You **MUST** declare the load you are attempting by writing the weight down on paper or a small whiteboard and clearly displaying it to the camera before you start to lift.



- You and the barbell must remain in front of the tape, away from the wall-ball target and facing the camera. Stepping on the line is a no rep.
- Collars must be placed outside the plates during all attempts.
- Start each rep with the bar on the ground.
- Power, squat, and split cleans are permitted.
- Hang cleans are **NOT** permitted.

MOVEMENT STANDARDS
CLEAN AND JERK (CONTINUED)



- You must first lift the bar to your shoulders and then lock it out overhead.
- Snatching the barbell will not count.
- You do **NOT** need to reach full extension with your hips and legs in the receiving position of the clean before beginning your overhead lift.
- Any style of overhead lift is acceptable (press, push press, or jerk).
- The rep is credited when:
 - the hips, knees, and arms are extended;
 - feet are in line; and
 - the bar is over or slightly behind the middle of your body when viewed from profile.
- You may not lower the bar until you reach the finish position.
- If you receive a no rep for any reason at any time in the sequence, the entire clean and jerk must be repeated.



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WORKOUT 5

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Rest in the remaining time

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Rest in the remaining time

35 wall-ball shots

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Etc., adding 5 repetitions to the wall-ball shots after each 2-minute interval. Immediately following the end of the final 2-minute interval, begin Workout 6.

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WORKOUT VARIATIONS

All divisions

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2-MINUTE INTERVALS	WALL-BALL SHOTS	
0:00-2:00	25	25
2:00-4:00	30	55
4:00-6:00	35	90
6:00-8:00	40	130
8:00-10:00	45	175
10:00-12:00	50	225
12:00-14:00	55	280
14:00-16:00	60	340
16:00-18:00	65	405
18:00-20:00	70	475

IMMEDIATELY START WORKOUT 6

Athlete Name _____
Print

Total Reps _____

Workout Location _____

Judge _____
Judge Name

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

Athlete Copy

SEMIFINALS - AGE GROUPS - WORKOUT 5

Athlete Name _____
Print

Total Reps _____

Workout Location _____

Judge _____
Judge Name

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

ONLINE AGE-GROUP SEMIFINAL

WEEK 1 (14-17, 35-49): 12 P.M. (NOON) PT SATURDAY, MAY 28, THROUGH 12 P.M. (NOON) PT SUNDAY, MAY 29
WEEK 2 (50-65+): 12 P.M. (NOON) PT SATURDAY, JUNE 4, THROUGH 12 P.M. (NOON) PT SUNDAY, JUNE 5

Presented by



WORKOUT 6

1-rep-max clean and jerk

Time begins immediately following the final 2-minute interval of Workout 5. Workouts 5 and 6 must be completed sequentially in a single effort.

Time cap: 5 minutes

WORKOUT 5 TO WORKOUT 6 TIMING (EXAMPLES ONLY)

Workout 5 Failed During:	Workout 6 Ends:
0:00-2:00 min.	7:00 min.
2:00-4:00 min.	9:00 min.
4:00-6:00 min.	11:00 min.
6:00-8:00 min.	13:00 min.
8:00-10:00 min.	15:00 min.
10:00-12:00 min.	17:00 min.
12:00-14:00 min.	19:00 min.
14:00-16:00 min.	21:00 min.
16:00-18:00 min.	23:00 min.
18:00-20:00 min.	25:00 min.

	LOAD (WEIGHT IN POUNDS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	

Athlete Name _____
Print

Workout Location _____

Judge _____
Judge Name

Heaviest Load (in Pounds) _____

Workout 5 Reps (for Tiebreak) _____

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

Athlete Copy

SEMIFINALS - AGE GROUPS - WORKOUT 6

Heaviest Load (in Pounds) _____

Athlete Name _____
Print

Workout 5 Reps (for Tiebreak) _____

Workout Location _____

Judge _____
Judge Name

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