

23.3:

ADAPTIVE - INTELLECTUAL

Starting with a 6-minute time cap, complete as many reps as possible of:

- 20 hand-release push-ups
- 50 single-unders
- 15 hang snatches (weight 1)
- 20 hand-release push-ups
- 50 single-unders
- 12 hang snatches (weight 2)

*If completed before the 6-minute time cap, add 3 minutes to the time cap and complete:

- 5 wall walks
- 50 single-unders
- 9 hang snatches (weight 3)

*If completed before the 9-minute time cap, add 3 minutes to the time cap and complete:

- 5 wall walks
- 50 single-unders
- 6 hang snatches (weight 4)

♀ 45 lb, 55 lb, 75 lb, 95 lb

♂ 65 lb, 95 lb, 115 lb, 135 lb

50 single-unders, and 6 hang snatches at the final weight. You do not need to wait until the 9-minute mark to begin the wall walks.

If the athlete completes all of the reps under the time cap, their score will be the total time taken to complete the test. If the athlete reaches the time cap before completing all of the reps, their score will be the total number of reps completed.

Athletes who do not have an approved modification (section 6.0 of the [Adaptive Athlete Policy](#)) may choose to adjust any of the standards above and submit a scaled score. Athletes submitting a scaled score are free to create their own version of the test as long as the original rep scheme is preserved. Movements and loads may be modified to match the athlete's ability. Athletes who do have an approved modification may submit their score Rx'd.

Any adaptive athlete who finishes in the top 10 for an individual test or overall for the Open should expect to submit videos for all of their Open tests. These videos will be requested for review by CrossFit prior to finalizing the leaderboard.

TIEBREAK

The time should be recorded after the completion of each set of hang snatches.

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

If the athlete does not complete the test before the time cap, when they log their score they will enter the total number of reps they completed as well as the time at which they completed their last full set of hang snatches.

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.

Do **NOT** use a countdown timer.

NOTES

Prior to starting the test, set up the floor plan as shown. As long as the barbell and jump rope are 8 feet away from the wall, they may be placed in any configuration.

This test begins on the far side of the 8-foot line facing the wall. After "3, 2, 1, ... go," move across the line and complete 20 hand-release push-ups. Then, cross over the 8-foot line and complete 50 single-unders. Next, move to the barbell and complete 15 hang snatches at the first weight. Then, repeat the sequence of 20 hand-release push-ups and 50 single-unders, then 12 hang snatches at the second weight. If you complete the 12 hang snatches at the second weight under the 6-minute time cap, add 3 minutes to the time cap and immediately continue with 5 wall walks, 50 single-unders, and 9 hang snatches at the third weight. You do not need to wait until the 6-minute mark to begin the wall walks. If you complete the 9 hang snatches under the 9-minute time cap, add 3 minutes to the time cap and immediately continue with 5 wall walks,

EQUIPMENT

- Tape to mark the floor.
- Jump rope.
- Barbell, plates, and collars.*

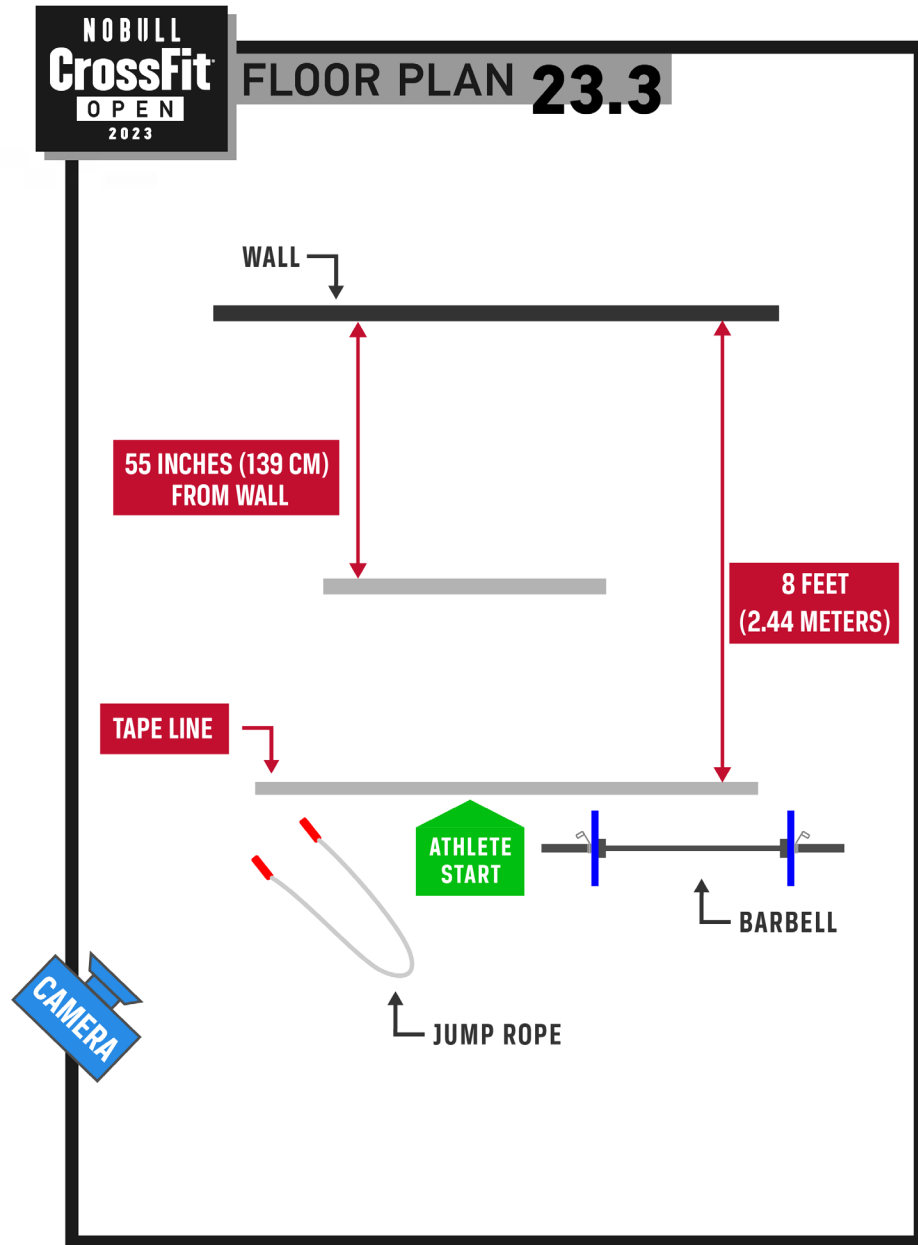
* The official weight must be recorded in pounds. For your convenience, the minimum acceptable weights in kilograms for the hang snatches are 20 kg (45 lb), 25 kg (55 lb), 29 kg (65 lb), 34 kg (75 lb), 43 kg (95 lb), 52 kg (115 lb), and 61 kg (135 lb).

Be sure the athlete has adequate space to safely complete all 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 test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

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 $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing 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 test.
- 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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MOVEMENT STANDARDS

HAND-RELEASE PUSH-UP



- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking, sagging, or pushing up from the knees.



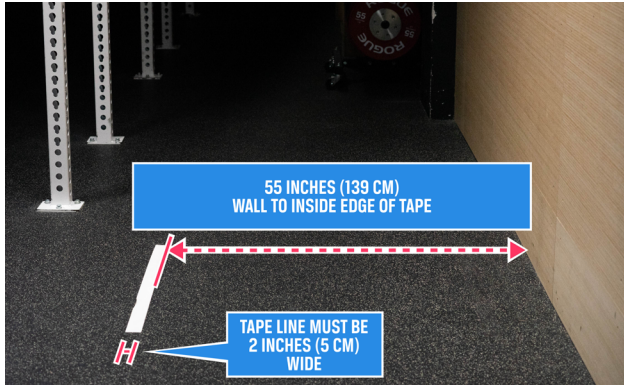
- The chest (nipple line or above) must touch the floor.
- Then, the hands must be lifted completely off the ground.



- Each rep is credited when the athlete returns to the lockout position where the elbows are locked out and the body is in a straight, plank position.

MOVEMENT STANDARDS

WALL WALKS



- Mark a tape line that measures 55 inches from the wall to the edge of the tape that is **CLOSEST** to the wall.
- The line must be 2 inches wide.



- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must be in front of the tape line.
- No part of the hand may be touching the line.



- Both hands must remain in front of the tape until both feet are on the wall.



- The athlete will walk up the wall until both hands are on the other side of the 2-inch tape line.
- The fingers may **NOT** be touching the tape line.

MOVEMENT STANDARDS

WALL WALKS (CONTINUED)



- On the descent, the feet must remain on the wall until both hands are in front of the tape line.
- No part of the hand may be touching the line.



- The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground.

SINGLE-UNDER



- The rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

MOVEMENT STANDARDS

HANG SNATCH



- The athlete and barbell must remain in front of the line.
- If the athlete's feet or the plates on the barbell touch or cross the line at any time, the rep will not count.
- The barbell starts in the hang position, above the knee. A full snatch from the ground is not permitted.
- Collars must be placed outside the plates.
- Hang power snatches, hang squat snatches, and hang split snatches are permitted.



- The rep is counted when the athlete's hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind, when viewed from profile.
- If a hang split snatch is used, the feet must return in line before the bar is lowered.
- Athletes **MAY** receive assistance loading the bar or use multiple bars set to each round's specific weight.

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20 HAND-RELEASE PUSH-UPS	20
50 SINGLE-UNDERS	70
15 HANG SNATCHES (WEIGHT 1)	85
20 HAND-RELEASE PUSH-UPS	105
50 SINGLE-UNDERS	155
12 HANG SNATCHES (WEIGHT 2)	167

TIME

IF COMPLETED BEFORE 6 MINUTES, ADD 3 MINUTES TO THE TIME CAP AND COMPLETE:

TIME

5 WALL WALKS	172
50 SINGLE-UNDERS	222
9 HANG SNATCHES (WEIGHT 3)	231

IF COMPLETED BEFORE 9 MINUTES, ADD 3 MINUTES TO THE TIME CAP AND COMPLETE:

TIME

5 WALL WALKS	236
50 SINGLE-UNDERS	286
6 HANG SNATCHES (WEIGHT 4)	292

Athlete Name _____ **Finish Time** _____ **OR Total Reps** _____

Print _____ **Tiebreak Time** _____

Test Location _____ **Judge** _____ ☐ Rx'd ☐ Scaled

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

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

Athlete Copy

TEST 23.3 - ADAPTIVE - INTELLECTUAL

Finish Time _____ **OR Total Reps** _____

Athlete Name _____

Print

Tiebreak Time _____

☐ Rx'd ☐ Scaled

Test Location _____ **Judge** _____

Judge Name

Has judge passed CrossFit's Online Judges Course?

Y / N

I confirm the information above accurately
represents the athlete's performance for this test.

_____ Judge Signature

_____ Date

SCAN TO SUBMIT SCORE

