

Sport Guide: CrossFit® Strength in Depth 2019: ELITE COMPETITION

1 Introduction

Thank you for participating in CrossFit® Strength in Depth 2019. We have worked hard to develop a high quality competition to test your fitness and provide you with an enjoyable experience.

Please read this document carefully. It contains valuable information regarding the workouts, movement standards, prizes, and heats.

2 Athlete Facilities

There will be a dedicated athletes' area at the CFSiD19 Final located in the South Gallery rooms of the ExCeL. Access into this facility is through Halls S11- S15 (where the event is taking place).

The athlete area will provide a space for all athletes to keep their belongings, the area will always be manned by a member of the CFSiD19 volunteer team as well as contracted security staff. The area is purposefully located away from the competition with the hope that it will provide a calm environment for athletes to prepare for their next event.

Please note that coaches and spectators DO NOT have access to the athlete area.

3 Athlete Waiver

Athletes are required to read and sign to say they accept the terms and conditions of the *Athlete Waiver* as well as the *Athlete Questionnaire* before they will be permitted to compete. The Waiver and Questionnaire should have now been completed by all athletes. Access to the waiver can be done so through the following link: <https://www.surveymonkey.co.uk/r/CFSiD19ATHLETEWAIVER>

4 Programme

For the latest copy of the event schedule please visit the Strength in Depth website, here: <https://strengthindepth.com/crossfit-strength-in-depth/the-final/event-schedule/>

Two event schedules, one for the Elite competition and one of the Rxd competition, are readily available to download at the above link. The Elite and Rxd competitions will host events 1, 2, 3, and 4 on day 1. With workouts 5, 6 and 7 taking place on Day 2 of the competition.

5 Athlete Briefing

Friday 22 February

1730 - 1830hrs Elite and Rxd individual athlete briefing

Saturday 23 February

0730 - 0815hrs Elite and Rxd team athlete briefing

1845 - 1930hrs Elite and Rxd individual athlete briefing

Sunday 24 February

0730 - 0815hrs Elite and Rxd team athlete briefing

Athletes are required to attend the briefings applicable to them, i.e individual or team. The briefings will cover workout execution and the required movement standards for the workouts. These briefings are compulsory for all competing athletes to attend due to the logistics of the workouts.

6 Pre - Workout Process

It is the athlete's responsibility to report to Athlete Control fifteen minutes before the start of their heat. Athlete control will be located adjacent to the warm up area. At athlete control the athlete support team will log you onto that heat and escort you to the FoP.

Please note, athletes late arriving at Athlete Control will not be permitted to compete in that heat resulting in a nil score for that workout.

7 Workouts ELITE INDIVIDUAL

Workout:	1
Sponsor:	Reebok
Location:	NOCCO Arena
Scheme of Work:	19.1
Number of Heats:	8

Workout:	2
Sponsor:	RXBAR
Location:	NOCCO Arena
Scheme of Work:	<p>10 Rounds for time: 4 bar muscle ups 8 metre unbroken handstand walk 12 hang dumbbell snatch 30kg/22.5kg</p> <p>All athletes will begin on the start mat. On the call of 'Go!', the athlete will advance to the pull up rig to complete four bar muscle ups. Once the bar muscle ups have been completed, athletes will advance to the handstand walk lane where they will complete an unbroken eight metre handstand walk. Once the athlete has completed the handstand walk, they will advance to the hang dumbbell (DB) snatch station where they will complete twelve single arm hang DB snatches. Once the DB snatches have been completed, the athlete will return to the pull up bar to begin the next round of the workout. After the final set of DB snatches has been completed, athletes will advance to the finish mat, at which point, time will be called and recorded.</p> <p>Following every two complete rounds, the athletes will advance the position that they execute the DB snatches by moving themselves and the DB forward to the next position indicated on the floor of their lane. This will be marked out on the field of play.</p> <p>Athletes must complete the handstand walk within their own lane. If an athlete falls out of their lane causing obstruction to another athlete, or causing the other athlete to fall, the obstructed athlete may immediately advance to the DB snatches without completing the handstand walk.</p>
Number of Heats:	4
Time Cap:	17 mins
Scoring:	<p>The individual's score is the total time taken to complete the workout.</p> <p>This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	If athletes do not complete the workout within the 17 minute time cap they will be penalised 1 second for every rep not completed.

Workout:	3
Sponsor:	ELEIKO
Location:	NOCCO Arena
Scheme of Work:	<p>3 attempts at a max snatch.</p> <p>Athletes may attempt a lift every ninety seconds.</p> <p>Athletes ranked 10th-7th will lift on minute 0:00, 1:30 and 3:00</p> <p>Athletes ranked 3rd-1st will lift on 0:30, 2:00, 3:30</p> <p>Athletes ranked 6th-4th will lift on 1:00, 2:30, 4:00</p> <p>Athletes will have twenty seconds to execute a successful lift. Athletes may make multiple attempts within their allocated twenty second window and athletes may increase or decrease the weight <i>between</i> these three attempts. Athletes may not change the load during their twenty second allocated window.</p> <p>Prior to the start of the event, athletes may load their barbell to the increment that they wish to attempt as their first lift.</p> <p>When the timer reaches 4:20, there will a one minute transition during which the athletes will make their way to the start mat for workout 4.</p>
Number of Heats:	8
Time Cap:	N/A
Scoring:	The score will be based on an highest weight successfully lifted . This gives a single score (weight) - leading to a position score i.e. first for the heaviest total weight.

Workout:	4
Sponsor:	Assault Fitness
Location:	NOCCO Arena
Scheme of Work:	<p>For time: 30/20 assault bike calories 30 clean and jerks @65kg/45kg</p> <p>All athletes will begin on the start mat. At the call of 'Go!', athletes will advance to their designated Assault bike and complete the prescribed calories for their respective division. Males will complete 30 calories, females will complete 20 calories.</p> <p>Once the calories have been completed, athletes will advance to their barbell to complete 30 clean and jerks. Athletes will advance their bar after completing 10, 20 and 25 reps. Once all 30 reps have been completed, athletes will advance to the finish mat, at which point, time will be called and recorded.</p>
Number of Heats:	8
Time Cap:	5 minutes
Scoring:	<p>The individual's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	If athletes do not complete the workout within the 5 minute time cap they will be penalised 1 second for every rep not completed.

Workout:	5
Sponsor:	RPM
Location:	NOCCO Arena
Scheme of Work:	<p>For time: 200 double unders - RPM 'Scout' rope 25 burpees over the rower 1000m Row 50m Single arm dumbbell overhead walking lunge 30kg/22.5kg 1000m Row 25 burpees over the rower 200 double unders - RPM 'Scout' rope</p> <p>All athletes will begin on the start mat. On the call of 'Go!', athletes will advance to the double under station to complete two hundred double unders. Once the double unders have been completed, athletes will advance to the rower and complete twenty five burpees over the rower. Once the twenty five burpees have been completed, athletes will mount the rower and complete a one thousand meter row. Once the row is complete, they will advance to the dumbbell and complete a fifty metre single arm overhead walking lunge. The lunge will be completed in five lengths of a ten metre turnaround. Once the fifty metre lunge has been completed, athletes will head back to the rower to complete a further one thousand metre row, followed by twenty five burpees over the rower and finally, two hundred double unders. Once the final double under is complete, the athlete must return to the start mat where they began the workout, at which point, time will be called and recorded.</p>
Number of Heats:	4
Time Cap:	24 minutes
Scoring:	The individual's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).
Penalties:	If athletes do not complete the workout within the 24 minute time cap they will be penalised 1 second for every rep not completed.

Workout:	6
Sponsor:	whey'd
Location:	NOCCO Arena
Scheme of Work:	<p>3 rounds for time: Run 400m - Assault Air Runner 21 toes to bars 12 deadlifts 160kg/105kg</p> <p>All athletes will begin on the start mat. At the call of 'Go!', athletes will advance to the Assault air runner to complete a 400m run. Once athletes have completed the run, they will advance to the pull up bar to complete twenty one toes to bars. Upon completing the toes to bars, athletes will advance to the barbell to complete twelve deadlifts at the prescribed loading for their division. Once the deadlifts are complete, the athlete will then advance their bar to the next section marked on the field of play, before returning to the Assault air runner to begin the next round.</p> <p>Athletes will complete this sequence until the third set of deadlifts has been completed, at which point the athletes will advance to the finish mat where time will be called and recorded.</p>
Number of Heats:	8
Time Cap:	11 mins
Scoring:	<p>The individual's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	If athletes do not complete the workout within the 11 minute time cap they will be penalised 1 second for every rep not completed.

Workout:	7
Sponsor:	NOCCO
Location:	NOCCO Arena
Scheme of Work:	<p>For time: 6-4-2 Ropes climbs Thrusters 100kg/65kg</p> <p>All athletes will begin on the start mat. At the call of 'Go!', athletes will advance to the rope to complete 6 rope climbs. Once athletes have completed 6 rope climbs, they will advance to the barbell to complete 6 thrusters at the prescribed loading for their division. Once the thrusters are complete, the athlete will then advance their bar to the next section marked on the field of play, before returning to the rope to begin the next round.</p> <p>Athletes will complete this sequence until the third set of thrusters has been completed, at which point the athletes will advance to the finish mat where time will be called and recorded.</p>
Number of Heats:	8
Time Cap:	8 mins
Scoring:	<p>The individual's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	If athletes do not complete the workout within the 8 minute time cap they will be penalised 1 second for every rep not completed.

8 Workouts ELITE TEAM

Workout:	1
Sponsor:	Eleiko
Team Composition:	MM/FF
Location:	NOCCO Arena
Scheme of Work:	<p>8 mins (4 minutes males, 4 minutes Females) to establish a team aggregate one rep max snatch</p> <p>All athletes will begin on the start mat. At the call of 'Go!' the males will have 4 minutes to establish a one rep max snatch. Once the males' allocated time has elapsed, the females will immediately begin a further 4 minute window of their own in which they also attempt to establish a one rep max snatch.</p> <p>The athletes may make multiple attempts within their allocated 4 minutes and the athletes may increase or decrease the load as desired during this time. Female athletes may not assist in changing the load during the male attempt, nor may the males assist the females during their attempt.</p> <p>Once the clock reaches 8 minutes there will be a ninety second transition. During this transition, athletes are responsible for adjusting the bars to the prescribed loadings and subsequently move their bars into position ready to commence workout two.</p>
Number of Heats:	3
Time Cap:	8 (4,4) mins
Scoring:	The score will be based on an aggregate of the male team and female team scores (The sum of all 3 male scores in kg + the sum of all 3 female scores in kg). This gives a single score (weight) - leading to a position score (i.e. first for the heaviest total weight).

Workout:	2
Sponsor:	WIT
Team Composition:	MM/FF
Location:	NOCCO Arena
Scheme of Work:	<p>For time: 30 clean and jerks 100kg 30 clean and jerks 65kg</p> <p>All athletes will begin on the start mat. On the call of 'Go!', both males will leave the mat and advance to the barbell to complete thirty clean and jerks. Athletes must face away from the rig when lifting and can divide the workload how ever they choose. There is no minimum work requirement. The male athletes will advance the bar along their lane after 10 reps and 20 reps.</p> <p>Once the males have completed thirty clean and jerks, they will advance to the finish mat thereby allowing the females to enter the field of play and commence their segment of the workout. The female athletes will advance the barbells after 10 reps and 20 reps. Once the final 10 clean and jerks have been completed, the female pair will advance to the finish mat, at which point, time will be called and recorded.</p>
Number of Heats:	3
Time Cap:	8 minutes
Scoring:	<p>The team's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	If the team do not complete the workout within the 8 minute time cap they will be penalised 1 second for every rep not completed.

Workout:	3
Sponsor:	RXBAR
Location:	RXBAR Arena
Scheme of Work:	<p>10 rounds for time: 4 synchro bar muscle ups 6m unbroken handstand walk 12 alternating synchro pistol squats</p> <p>All athletes will begin on the start mat. On the call of 'Go!', one male and one female athlete will leave the start mat and advance to the pull up rig to complete four synchro bar muscle ups. Once the first two athletes have completed the bar muscle ups they will then advance to the handstand station to complete a 6 metre unbroken handstand walk. The handstand walk may be completed by both athletes simultaneously. Once both athletes have completed the handstand walk, they will then advance to the pistol squat station to complete twelve alternating synchro pistol squats. Once the pistol squats have been completed, the athletes will run back to the start mat and tag the other male and female pair who can then begin the same sequence.</p> <p>The male and female pairs must alternate completing the workout each round. This will result in each pair completing a total of five rounds each. Once all ten rounds have been completed and the final working pair have returned to the start mat, time will be called and recorded.</p>
Number of Heats:	3
Time Cap:	15 minutes
Scoring:	<p>The team's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	If the team do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

Workout:	4
Sponsor:	tfench
Team Composition:	Full Team
Location:	NOCCO Arena
Scheme of Work:	<p>For time: 40 Worm thrusters 40 Worm burpees 30 Worm thrusters 30 Worm burpees</p> <p>All athletes will begin on the start mat. On the call of 'Go!', all four athletes will enter the field of play, advance to the worm and perform 40 thrusters. The Team will advance the worm after 20 thrusters. They will then perform 40 burpees, jumping over the worm. The team must then advance the worm down their lane before performing a further 30 thrusters and advancing the worm after 15 reps. The team will then complete 30 more burpees over the worm. The team will then advance to the finish mat and when all athletes have crossed the mat, time will be called and recorded.</p>
Number of Heats:	3
Time Cap:	15 minutes
Scoring:	<p>The team's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	If the team do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

Workout:	5
Sponsor:	Wreck Bag
Team Composition:	Full Team
Location:	Docklands
Scheme of Work:	<p>Run 1600m as a four Run 1600m in a three Run 1600m in a pair Run 1600m one individual</p> <p>All athletes will begin in the start pen. On the call of 'Go!', all four athletes will run 1600m carrying a 50lb Wreck bag between them anyhow. Once all four athletes have completed the first 1600m, one athlete will be dropped, leaving the three remaining athletes to complete another 1600m run with the Wreck bag. After all three remaining athletes have completed the second 1600m, the team will drop another athlete, leaving two athletes to complete a third 1600m run. Finally, once the remaining two athletes have completed the third 1600m run, one athlete will complete a final 1600m run, carrying the Wreck bag. When the one remaining athlete has completed the forth and final 1600m, time will be called and recorded.</p>
Number of Heats:	2
Time Cap:	35 minutes
Scoring:	<p>The teams score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	<p>If the team do not complete the workout within the 35 minute time cap they will be penalised 1 second for every 800m not completed. There will be a tie-break time after each 1600m run completed.</p>

Workout:	6
Sponsor:	whey'd
Team Composition:	MF/MF
Location:	NOCCO Arena
Scheme of Work:	<p>6 x 3 minute AMRAP: 15 synchro toes to bars 21 cal assault bike and row In the remaining time complete as many 200kg partner deadlifts as possible (20kg bar, 4x20kg plates female side, 4x25kg plates male side) OR complete 150 total repetitions as quickly as possible.</p> <p>All athletes will begin on the start mat. On the call of 'Go!', sub team 1 will begin the first round of the workout; completing 15 synchro toes to bars. Then, while one athlete completes 21 calories on the bike the other completes 21 calories on the rower. Once the row and bike have been completed, this first sub team begins to accumulate as many partner deadlifts as they can in the remaining time of the allocated three minutes.</p> <p>Once time is called, sub team 1 returns to the start mat to tag sub team 2. Sub team 2 may then begin their own three minutes of work - aiming to add as many reps as possible to the partner deadlifts that sub team 1 initially accumulated.</p> <p>Once the three minutes allocated to sub team 2 has elapsed, they will return to the start mat to tag sub team 1 again to continue the workout. Both sub teams will complete three rounds each, alternating for a total of eighteen minutes or until a total of 150 deadlift repetitions have been completed. Upon completion of 150 deadlifts the whole team should advance to the finish mat to obtain a split time for the workout.</p> <p>Athletes will be required to advance their barbell after every 25 reps of the deadlift.</p>
Number of Heats:	3
Time Cap:	18 mins
Scoring:	<p>The team's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).</p>
Penalties:	If the team do not complete the workout within the 18 minute time cap they will be penalised 1 second for every rep not completed.

Workout:	7
Sponsor:	NOCCO
Team Composition:	Full Team - MM, FF
Location:	NOCCO Arena
Scheme of Work:	<p>For time:</p> <p>27 Worm shoulder to overhead</p> <p>4 Alternating Rope Climbs</p> <p>10m Worm Lunge</p> <p>21 Worm shoulder to overhead</p> <p>4 Alternating Rope Climbs</p> <p>10m Worm Lunge</p> <p>15 Worm shoulder to overhead</p> <p>4 Alternating Rope Climbs</p> <p>10m Worm Lunge</p> <p>9 Worm shoulder to overhead</p> <p>4 Alternating Rope Climbs</p> <p>10m Worm Lunge</p>
	<p>All athletes will begin on the start mat. On the call of 'Go!', all four athletes will enter the field of play, advance to the worm and perform 27 worm shoulder to overheads. Once the shoulder to overheads have been completed, the two female athletes will run to the rig to complete 4 rope climbs while the two male athletes hold the worm off the ground.</p> <p>The females will complete 2 rope ascents each, alternating. Once the rope climbs have been completed, the two female athletes rejoin the male athletes holding the worm. As a team, all four athletes will then complete a 10m worm lunge. Once the worm lunge has been completed, the whole team will then complete 21 worm shoulder to overheads. Once this set of worm shoulder to overheads has been completed, the two male athletes will advance to the rig to complete 4 rope climbs, while the two female athletes hold the worm off the ground.</p> <p>The males will complete rope 2 ascents each, alternating. Once the males have completed the rope climbs they will then rejoin the female athletes to complete another 10m worm lunge. At this point the team must turn, holding the worm, 180 degrees to face the direction from which they came. They will then complete 15 worm shoulder to overheads. The 2 females will then complete another 2 rope climbs each with the males supporting the worm as before and upon the return of the females the team will complete another 10m lunge.</p> <p>Finally, the team will complete 9 worm shoulder to overheads, the males will complete 2 rope climbs each with the females supporting the worm, before the team is reunited to complete one final 10m lunge. Once the lunge is complete, the team will drop the worm and advance to the finish mat, at which point, time will be called and recorded.</p>

	If at any point the worm comes into contact with the ground, the team must return to the start of the shoulder to overheads of the round in progress.
Number of Heats:	3
Time Cap:	10 mins
Scoring:	The team's score is the total time taken to complete the workout. This will result in an overall score (time) - leading to a position score (i.e. first for the quickest time).
Penalties:	If the team do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

9 Movement Standards ELITE INDIVIDUAL

Event	Movement	Movement Standards
2	Bar Muscle Up	<p>The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition is complete when the elbows are fully locked out while the athlete supports themselves above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout. No part of the foot may rise above the horizontal plane of the bar at any point. Roll to support or use of an uprise is not permitted. Only hands and no other part of the arm, may touch the pull-up bar to assist the athlete completing the rep. Athletes hands must stay in contact with the pull-up bar at all times during the completing of the rep. Athletes may not rest after the completion of the rep by using their body to hang from the bar.</p>
2	Handstand Walk	<p>The handstand walk must be completed as an eight metre unbroken effort. The athlete must start with their feet BEHIND the mark denoting the start of the 8 metre lane, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If any part of the hand makes contact with the marked line when kicking up into the handstand, this will also constitute a no rep.</p> <p>If at any time the athlete comes down from the hands or faults on the walk, he or she must restart from the start of the lane. Both hands, including palms and fingers, must fully cross the line marking the 8 metre lane for the rep to count.</p> <p>If an athletes palm comes in contact with the white tape marking the athlete's lane, he or she must restart from the start of the lane.</p>
2	Single Arm Hang Dumbbell Snatch	<p>The dumbbell begins at the floor. Once lifted, the dumbbell must be seen to pause at the hang position: either at the athlete's side or between the legs. From there, the athlete may perform a muscle snatch, power snatch, squat snatch or split snatch, so long as the dumbbell does NOT make contact with the shoulder before progressing overhead. The dumbbell must be moved from the hang to lockout overhead in one motion. The non-working hand may not come into contact with the body or the dumbbell during the lift. Athletes may use two hands when lowering the dumbbell between reps.</p> <p>The dumbbell must come to a full lockout overhead, with the hips, knees and elbows fully extended, the feet aligned under the hips, and the dumbbell directly over the middle of the athlete's body when viewed in profile. The dumbbell should be locked out over the body: dumbbells locked out at an angle to the side of the body away from the vertical plane will not be permitted. Once the athlete has achieved lockout, the repetition will be counted.</p> <p>Each round, athletes must perform consecutive repetitions on each arm: 6 reps on one before switching to perform the next 6 with the other arm. If the athlete breaks before 6 repetitions have been completed on a given arm, they must take care to continue repetitions on the same arm upon picking it back up; and swap only once the 6 repetitions have been completed for that arm. Athletes may only switch hands once dumbbell is at eye level or below, the switch cannot happen overhead as that would constitute a no rep</p>
3	Snatch	<p>The movement begins with the barbell on the ground and must be lifted overhead in one continuous motion. No part of the body other than the feet may touch the ground during the repetition. A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.</p> <p>In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension. The athlete and barbell must stay on the platform for the rep to count. If the athlete steps off the platform with the bar or the barbell lands off the platform the rep will not count.</p>

4	Assault Bike	The monitor on the bike will be set to zero, and the athlete must reach 30/20 calories before moving off the equipment. Athletes can adjust the seat at any time but cannot and must not touch the monitor.
4	Clean and Jerk	<p>The movement begins with the barbell on the ground and must be completed in two distinct movements. No part of the body other than the feet may touch the ground during the repetition.</p> <p>The clean may be executed as a muscle clean, a power clean, a squat clean, or a split clean, so long as all requirements are met.</p> <p>The overhead portion of the movement (jerk) can be executed as a shoulder press, push press, push jerk, or split jerk so long as all requirements are met.</p> <p>Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position: elbows do not need to be in front of the bar, and the hips and knees do not need to be fully extended.</p> <p>In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension. The athlete and barbell must stay on the platform for the rep to count. If the athlete steps off the platform with the bar or the barbell lands off the platform the rep will not count.</p>
5	Double Under	The double unders will be completed using a 'Scout Rope' provided by RPM. This is a standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.
5	Burpee Over The Rower	The starting position for the first burpee over the rower in each sequence is an upright posture with the hips and knees fully extended. This extended position is not required on subsequent reps; only the first repetition of the burpees in each segment. In the bottom position the athlete must lie parallel to the rower with their chest and hips in contact with the ground. The athlete must then jump over the rowing erg with a two-footed take-off and landing. Stepping over or a one footed take off is not permitted. Athletes may step down into the bottom position of the rep.
5	Row	The athlete may not touch the monitor and may only adjust the damper setting and foot straps (no software changes are permitted). Athletes are not required to strap in to the foot stretchers on the rower but may find it useful.
5	Single Arm Dumbbell Overhead Lunge	<p>The movement begins with athlete stood at extension, feet together, with the dumbbell supported overhead and the elbow, hip and knees fully extended and under control. The lunge route is completed by passing through 2 metre increments marked on the Field of Play.</p> <p>Throughout the lunge, the dumbbell must remain over the athlete's body on a locked elbow. The trailing knee must make contact with the ground at the bottom of each lunge and dumbbell must be held by enclosing the handle with the palm and fingers – the athlete may not support the rubber head of the dumbbell with an open palm.</p> <p>The rep ends with the dumbbells still supported overhead and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not permitted. The non-supporting arm may not contact the body.</p> <p>If the athlete fails to meet any standard during a lunge, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the dumbbell overhead for the entire rep, the athlete must restart from behind the last 2 metre increment that they successfully crossed. Similarly, if at any time during the lunge the dumbbell is lowered from overhead, the athlete must restart from behind the last 2 metre increment that they successfully crossed.</p>

A lunge rep will count when both heels are past the line, the athlete is standing tall with the dumbbell overhead and all standards for the repetition have been met.

6 Toes-to-bar

The athlete begins below the bar with arms fully extended and the feet off the ground. The repetition begins in this position and ends with both feet touching the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. 'Hooking' the feet is not permitted. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before the next rep.

6 Deadlift

This is a standard deadlift with the hands outside the knees (sumo deadlifts are not permitted). The athlete may employ any grip. Starting at the floor the bar is lifted until the hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout the movement. Dropping the bar after completion of the repetition is permitted. Hitching is permitted provided that full extension of the hips and knees is eventually achieved. The barbell must be placed on the ground and rolled when it is transitioned forward.

7 Rope Climb

In the rope climb, the athlete ascends the rope to touch the cross beam at the top, and must bring both hands below the taped marker on the descent for the rep to count. Jumping up to begin each ascent is permitted.

7 Thruster

These are standard barbell thrusters in which the barbell moves from the bottom of a front squat to full lockout overhead. The hip crease must clearly pass below the top of the knees in the squat portion of the movement. The repetition is complete when the barbell is driven from the shoulder to the overhead position with the hips, knees, and elbows locked out and under control. The barbell must not stop at the shoulder before being driven overhead – the first rep may be completed as a 'cluster'.

10 Movement Standards ELITE TEAM

Event	Movement	Movement Standards
1	Snatch	<p>The movement begins with the barbell on the ground and must be lifted overhead in one continuous motion. No part of the body other than the feet may touch the ground during the repetition. A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.</p> <p>In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension. The athlete and barbell must stay on the platform for the rep to count. If the athlete steps off the platform with the bar or the barbell lands off the platform the rep will not count.</p>
2	Clean and Jerk	<p>The movement begins with the barbell on the ground and must be completed in two distinct movements. No part of the body other than the feet may touch the ground during the repetition.</p> <p>The clean may be executed as a muscle clean, a power clean, a squat clean, or a split clean, so long as all requirements are met.</p> <p>The overhead portion of the movement (jerk) can be executed as a shoulder press, push press, push jerk, or split jerk, provided that all requirements are met.</p> <p>Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position: elbows do not need to be in front of the bar, and the hips and knees do not need to be fully extended.</p> <p>In the overhead position the hips, knees, and elbows must be clearly locked out. It is common for even experienced athletes to neglect the hip extension. The athlete and barbell must stay on the platform for the rep to count. If the athlete steps off the platform with the bar or the barbell lands off the platform the rep will not count.</p>
3	Synchro Bar Muscle Up	<p>The athletes begin below the bar with arms fully extended and the feet off the ground. The repetition is complete when the elbows are fully locked out while the both athletes support themselves above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout. No part of the foot may rise above the horizontal plane of the bar at any point. Roll to support or use of an uprise is not permitted. Only hands and no other part of the arm, may touch the pull-up bar to assist the athlete completing the rep. Athletes hands must stay in contact with the pull-up bar at all times during the completing of the rep. Athletes may not rest after the completion of the rep by using their body to hang from the bar.</p>
3	Handstand Walk	<p>The handstand walk must be completed as a six metre unbroken effort by both athletes. The athletes must start with their feet BEHIND the mark denoting the start of the six metre lane, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If any part of the hand makes contact with the marked line when kicking up into the handstand, this will also constitute a no rep.</p> <p>Athletes can complete the handstand walk simultaneously but do not have to stay in line.</p> <p>If at any time the athlete comes down from the hands or faults on the walk, he or she must restart from the start of the lane. Both hands, including palms and fingers, must fully cross the line marking the six metre lane for the rep to count. If an athletes palm comes in contact with the white tape marking the athlete's lane, he or she must restart from the start of the lane.</p>
3	Synchro Pistol Squat	<p>Each rep of the pistol squat begins with the hips and knee fully extended on the weight-bearing leg. It is at this point where the synchronicity must occur and the beginning and end of each successful rep – with both athletes at full extension. The other leg must remain in front of the athlete's body. The hip crease of the</p>

load bearing leg must pass below the level of the knee, and the athlete must return to full hip and knee extension on the load bearing leg to complete the rep. If any part of the athlete's body other than the foot on the load bearing leg touches the floor during the repetition, the rep will not be counted. Athletes must alternate legs after every successful rep and must complete a successful rep before attempting a rep on the opposite leg. If any part of the load bearing leg moves out of the athlete's lane, the rep will not count. Athletes may not rest the non-working leg on the load bearing leg or use their hands/arms to push into that leg. Athletes may hold the foot of the non-working leg.

4	Worm Thruster	<p>Each rep begins with the athletes on the same side of the worm, with the worm resting on their shoulders. In the squat portion, each athlete's hip crease must clearly and simultaneously pass below the tops of their knees. In the overhead portion, each athlete's hips and knees must be fully extended as the worm is driven over the athletes' heads and before being dropped to the opposite shoulders.</p> <p>The arms do not require to reach full extension as the worm is moved overhead. Athletes may arrange themselves as they like under the worm but the section loads of the worm are random.</p>
4	Worm Burpees	<p>The worm burpees begin with two athletes on each side of the worm facing the finish line. The chest and thighs of all the whole team must be in contact with the ground simultaneously. When jumping over the worm, a two-foot take off is required. The rep is counted when all four athletes land on the opposite side of the worm.</p>
6	Synchro Toes-to-bar	<p>In the toes-to-bar, the athletes must go from a full hang to having their toes touch the pull-up bar together. Both athletes must have both of their feet in contact with the bar at the same time, inside the hands. Hooking is not permitted. The arms and hips must be fully extended at the bottom, and the feet must be brought back behind the vertical line of the bar for linked repetitions to count.</p>
6	Row	<p>The athletes may not touch the monitor and may only adjust the damper setting and foot straps (no software changes are permitted). Athletes are not required to strap in to the foot stretchers on the rower but may find it useful.</p>
6	Assault Bike	<p>The monitor on the bike will be set to zero, and the athlete must reach 21 calories before moving off the equipment. Athletes can adjust the seat at any time but cannot and must not touch the monitor.</p>
6	Partner Deadlift	<p>This is a standard deadlift with the hands outside the knees (sumo deadlifts are not permitted). The athletes may employ any grip but athletes may not cross arms. Starting at the floor the bar is lifted until the hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout the movement. Dropping the bar after completion of the repetition is permitted. Hitching is permitted provided that full extension of the hips and knees is eventually achieved. The barbell must be placed on the ground and rolled when it is transitioned forward.</p>
7	Worm shoulder to overhead	<p>Each worm shoulder to overhead starts with the athletes on the same side of the worm, with the worm resting on the shoulders. In the overhead portion, each athlete's hips and knees must be fully extended as the worm is lifted over the athletes' head and moved to their opposite shoulders. The arms do not require to reach full extension as the worm is moved overhead. Athletes may arrange themselves as they like under the worm but the section loads of the worm are random.</p>
7	Rope Climb	<p>In the rope climb, the athlete ascends the rope to touch the cross beam at the top, and must bring both hands below the taped marker on the descent for the rep to count. Jumping up to begin each ascent is permitted.</p>
7	Worm Lunge	<p>Each step starts with the athletes on the same side of the worm, with the worm resting on the shoulders. In the lunge, every athlete's knee must make contact with the floor at the same time. As they all rise to standing, the athletes must all</p>

have their hips and knees fully extended at the same time before beginning the next step. Athletes may arrange themselves as they like under the worm but the section loads of the worm are random.

11 Prizes

Alongside sponsor donated 'stash' athletes will receive the following prize pot for each division.

Elite Individual Male/ Female First place-	\$3,500
Elite Individual Male/ Female Second place-	\$2,000
Elite Individual Male/ Female Third place-	\$1,000
Rxd Individual Male/ Female First place-	\$1,000
Rxd Individual Male/ Female Second place-	\$500
Rxd Individual Male/ Female Third place-	\$300
Elite Team Male/ Female First place-	\$3,500
Elite Team Male/ Female Second place-	\$2,000
Elite Team Male/ Female Third place-	\$1,000
Rxd Team Male/ Female First place-	\$1,000
Rxd Team Male/ Female Second place-	\$500
Rxd Team Male/ Female Third place-	\$300

Total prize pot \$24,900

12 Heats

The heat breakdown for each event may vary so please note: **YOU WILL NOT REMAIN IN THE SAME HEAT THROUGHOUT THE COMPETITION.** Athlete Control are on hand throughout the weekend to ensure individuals/teams are on time at the correct field of play. Any questions regarding your heats times throughout the weekend please direct to the Athlete Control team who will be located next to the CFSiD warm up area.

Heat allocations will be live by Wednesday 13 February at 1900hrs. You can view your heat allocation within your competition corner account or by selecting your name/team name on the final leaderboard here: <https://strengthindepth.com/crossfit-strength-in-depth/final-leaderboard/>