

# Sport Guide: CrossFit® Strength in Depth 2019: RXD 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. Rxd Individual 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. The Rxd Team competition will host events 1, 2 and 3 on day 1. With workouts 4, 5, 6 and 7 taking place on Day 2 of 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 RXD INDIVIDUAL

<b>Workout:</b>	1
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>10 Rounds for time:            2 bar muscle ups            4 metre handstand walk            8 alternating pistols squats</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 2 bar muscle ups. Once the bar muscle ups have been completed, athletes will advance to the handstand walk lane where they will complete a 4 metre handstand walk . Once the athlete has completed the handstand walk, they will advance to the pistol station where they will complete 8 pistol squats. Once all 8 pistols have been 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 pistol squats has been completed, athletes will advance to the finish mat, at which point, time will be called and recorded.</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 pistol squats without completing the handstand walk.</p>
<b>Number of Heats:</b>	6
<b>Time Cap:</b>	10 mins
<b>Scoring:</b>	<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>
<b>Penalties:</b>	If athletes do not complete the workout within the 10 minute time cap they will be penalised 1 second for every rep not completed.

<b>Workout:</b>	2
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>4 minutes to establish a 1RM snatch</p> <p>At the call of 'Go!' the athlete will have 4 minutes to establish a one rep max snatch.</p> <p>The athlete may make multiple attempts within their allocated 4 minutes and the athlete may increase or decrease the weight as desired during this time.</p> <p>Once the clock reaches 4 minutes, there will be a 60 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 3.</p>
<b>Number of Heats:</b>	6
<b>Time Cap:</b>	4 minutes
<b>Scoring:</b>	The score will be the highest weight successfully lifted. This gives a load score (weight) - leading to a position score i.e. first for the heaviest total weight.

<b>Workout:</b>	3
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>DT</p> <p>5 rounds for time:</p> <p>12 deadlifts (70kg/45kg)</p> <p>9 hang power cleans</p> <p>6 shoulder to overhead</p> <p>All athletes will begin on the start mat. The athlete will begin in the standing position. On the call of 'Go!' , the athlete will begin completing 12 deadlifts, 9 hang power cleans and then 6 shoulder to overhead. The athlete will complete this sequence for 5 complete rounds, at which point, time will be called and recorded.</p>
<b>Number of Heats:</b>	6
<b>Time Cap:</b>	8 minutes
<b>Scoring:</b>	<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>
<b>Penalties:</b>	If athletes do not complete the workout within the 8 minute time cap they will be penalised 1 second for every rep not completed.

<b>Workout:</b>	4
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>For time:  100 double Unders  20 burpees over the rower  Row 750m  25m dumbbell, single arm, overhead, walking lunge 30kg/22.5kg  Row 750m  20 burpees over the rower  100 double unders</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 100 double unders. Once the double unders have been completed, athletes will advance to the rower and complete 20 burpees over the rower. Once the 20 burpees have been completed, athletes will mount the rower and complete a 750m row. Once athletes have completed the row, they will advance to the dumbbell and complete a 25 metre single arm, overhead walking lunge. The lunge will be completed in five lengths of a 5 metre turnaround. Once the twenty five metre lunge has been completed, athletes will head back to the rower to complete a further 750m row, followed by 20 burpees over the rower and finally, 100 double unders. Once the final double under is complete, the athlete must return to the start mat, at which point, time will be called and recorded.</p>
<b>Number of Heats:</b>	3
<b>Time Cap:</b>	20 mins
<b>Scoring:</b>	<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>
<b>Penalties:</b>	If athletes do not complete the workout within the 20 minute time cap they will be penalised 1 second for every rep not completed.

<b>Workout:</b>	5
<b>Location:</b>	Docklands
<b>Scheme of Work:</b>	3 mile Run
<b>Number of Heats:</b>	4
<b>Time Cap:</b>	25 mins
<b>Scoring:</b>	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).
<b>Penalties:</b>	If the team do not complete the workout within the 25 minute time cap they will be penalised 1 second for every 800m not completed. There will be a tie-break time after each 800m run completed.

<b>Workout:</b>	6
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>5 rounds for time:  12/9 Assault Bike Cals  12 Toes to bars  12 Dumbbell snatches 30kg/22.5kg</p> <p>All athletes will begin on the start mat. On the call of 'Go!', athletes will advance to the Assault Bike to complete their prescribed calories. Upon completion of the calories the athlete returns to the rig to execute twelve toes to bars. Once the toes to bars are complete the athlete advances to the dumbbell to complete twelve dumbbell snatches.</p> <p>This pattern is maintained for 5 total rounds and upon completion of the final set of twelve dumbbell snatches the athlete advances to the finish mat, at which point, time will be called and recorded.</p>
<b>Number of Heats:</b>	6
<b>Time Cap:</b>	15 mins
<b>Scoring:</b>	<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>
<b>Penalties:</b>	If athletes do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

<b>Workout:</b>	7
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>For time: 21-15-9 Dumbbells thrusters 22.5kg(x2), 15kg(x2) Chest to bar pull ups</p> <p>All athletes will begin on the start mat. On the call of 'Go!', athletes will advance to the dumbbell to complete twenty one dumbbell thrusters. Upon completion of the thrusters the athlete returns to the rig to execute twenty one chest to bar pull ups. Once the pull ups are complete, the athlete returns to the dumbbell to commence the next round of fifteen thrusters and fifteen chest to bar pull ups before a final round of nine thrusters and nine chest to bar pull ups.</p> <p>Upon completion of the final set of nine chest to bar pull ups, the athlete advances to the finish mat, at which point, time will be called and recorded.</p>
<b>Number of Heats:</b>	6
<b>Time Cap:</b>	10 mins
<b>Scoring:</b>	<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>
<b>Penalties:</b>	If athletes do not complete the workout within the 15 minute time cap they will be penalised 1 second for every rep not completed.

## 8 Workouts RXD TEAM

<b>Workout:</b>	1
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>10 rounds for time:              8 synchro chest-to-bar pull-ups              4m unbroken handstand walk (one athlete)              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 eight synchro chest to bar pull ups. Once the first athlete pair have completed the pull ups they will then advance to the handstand walk station to complete a 4 metre unbroken handstand walk. The handstand walk may be completed by one athlete or another, there is no minimum work requirement. Once the handstand walk is complete, 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 on each round of the workout. This will result in each pairing completing a total of five rounds each. Once all ten rounds have been completed by the team and the final working pair have returned to the start mat, time will be called and recorded.</p>
<b>Number of Heats:</b>	3
<b>Time Cap:</b>	15 minutes
<b>Scoring:</b>	<p>The team'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>
<b>Penalties:</b>	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.

<b>Workout:</b>	2
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>For time:  30 Worm thrusters  30 Worm burpees  20 Worm thrusters  20 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 30 thrusters. They will then perform 30 burpees, jumping over the worm. The team must then advance the worm down their lane before performing a further 20 thrusters and 20 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>
<b>Number of Heats:</b>	3
<b>Time Cap:</b>	15 minutes
<b>Scoring:</b>	<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>
<b>Penalties:</b>	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.

<b>Workout:</b>	3
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>2x 5 min AMRAP:  21 row and assault bike calories  150 double unders (shared)  AMRAP synchro dumbbell snatch 30kg/22.5kg</p> <p>All athletes will begin on the start mat. On the call of 'Go!', sub team 1 will begin the first round 1 of the workout: one athlete completing 21 calories on the bike while the other completes 21 calories on the rower. Once the row and bike have been completed, the sub team advances to complete 150 double unders between them. There is no minimum work requirement. Following successful completion of the 150 double unders the sub team begins to accumulate as many synchro dumbbell snatches as they can in the remaining time of the allocated 5 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 five minutes of work - aiming to add as many reps as possible to the synchro dumbbell snatches that sub team 1 initially accumulated.</p> <p>Both sub teams will complete a round each continuing until a total of 100 dumbbell snatch repetitions have been completed. Upon completion of 100 snatches, 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 dumbbell after every 25 reps of the snatch.</p>
<b>Number of Heats:</b>	3
<b>Time Cap:</b>	10 minutes
<b>Scoring:</b>	<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>
<b>Penalties:</b>	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.

<b>Workout:</b>	4
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>6 mins (3 minutes males, 3 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 three minutes to establish a one rep max snatch. Once the males' allocated time has elapsed, the females will immediately begin a further three 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 three minutes and the athletes may increase or decrease the weight 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 six minutes there will be a one minute transition. During this transition, athletes are responsible for adjusting the bars to the prescribed loadings and then move their bars into position ready to commence workout five.</p>
<b>Number of Heats/Races:</b>	3
<b>Time Cap:</b>	6 (3) mins
<b>Scoring:</b>	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.

<b>Workout:</b>	5
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>For time:  30 clean and jerks (85kg)  30 clean and jerks (55kg)</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 the same way when lifting and may divide the workload however they choose. There is no minimum work requirement. The male athletes will advance the bar along their lane after 10reps 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 and 20 reps. Once the final 10 clean and jerks have been completed, the female pair will run to the finish mat, at which point, time will be called and recorded.</p>
<b>Number of Heats/Races:</b>	3
<b>Time Cap:</b>	8 mins
<b>Scoring:</b>	<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>
<b>Penalties:</b>	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.

<b>Workout:</b>	6
<b>Team Size/Composition :</b>	Full Team
<b>Location:</b>	RXBAR Arena
<b>Scheme of Work:</b>	<p>For time:  6 rounds for time:  15 Worm shoulder to overhead  12 Synchro toes-to-bar  8m 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 15 worm shoulder to overheads. Once the shoulder to overheads have been completed, the two female athletes will run to the rig to complete 12 synchro toes-to-bar (TTB) while the two male athletes hold the worm off the ground.</p> <p>Once the female athletes have completed the TTB, the two female athletes re-join the male athletes holding the worm.</p> <p>As a team, all four athletes will then complete an 8m worm lunge. Once the worm lunge has been completed, the whole team will then complete 15 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 12 synchro TTB, while the two female athletes hold the worm off the ground</p> <p>Once the males have completed the TTB, they will then re-join the females holding the worm, turn 180 degrees to face the direction from which they came. They will then complete a 8m worm lunge.</p> <p>The team will complete this sequence two more times.</p> <p>Once the final 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> <p>If at any point the worm comes into contact with the ground, the team must return to the shoulder to overheads of the round in progress.</p>
<b>Number of Heats/Races:</b>	3
<b>Time Cap:</b>	15 minutes
<b>Scoring:</b>	<p>The teams 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>
<b>Penalties:</b>	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.

<b>Workout:</b>	7
<b>Team Size/Composition :</b>	Full Team
<b>Location:</b>	Docklands
<b>Scheme of Work:</b>	<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 fourth and final 1600m, time will be called and recorded.</p>
<b>Number of Heats/Races:</b>	2
<b>Time Cap:</b>	35 minutes
<b>Scoring:</b>	<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>
<b>Penalties:</b>	<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>

## 9 Movement Standards RXD INDIVIDUAL

Event	Movement	Movement Standards
1	<b>Bar Muscle Up</b>	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.
1	<b>Handstand Walk</b>	<p>The handstand walk must be completed as a 4 metre route. The athlete must start with their feet BEHIND the mark denoting the start of the 4 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 they must restart from where the hands we're last placed. Both hands, including palms and fingers, must fully cross the line marking the 4 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>
1	<b>Pistol Squat</b>	<p>Each rep of the pistol squat begins with the hips and knee fully extended on the weight-bearing leg. The other leg must remain in front of the athlete's body. The hip crease of the 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.</p> <p>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.</p>
2	<b>Snatch</b>	<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>
3	<b>Deadlift</b>	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.
3	<b>Hang Power Clean</b>	The hang power clean may be executed as a hang muscle clean, a hang power clean, a hang squat clean, or a hang split clean, provided that the standards are all met. Each repetition begins with the bar above the knees in the hang position

and finishes with the bar on the shoulders in the front rack position with the elbows in front of the bar and hips and knees fully extended.

At the beginning of every transition, the athlete must deadlift the barbell to extension before completing the first hang power clean (to eliminate attempts at a standard power clean). The barbell must be placed on the ground and rolled when it is transitioned forward.

3	<b>Shoulder to Overhead</b>	The shoulder to overhead may be executed as a shoulder press, push press, push jerk, or split jerk, as long as the elbow, shoulder, hips, and knees are fully extended, and the barbell finishes directly over the body with the feet in line.
4	<b>Double Under</b>	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.
4	<b>Burpee Over the Rower</b>	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.
4	<b>Row</b>	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.
4	<b>Single Arm Dumbbell Overhead Lunge</b>	<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>
5	<b>Run</b>	
6	<b>Assault Bike</b>	The monitor on the bike will be set to zero, and the athlete must reach 12/9 calories before moving off the equipment. Athletes can adjust the seat at any time but cannot and must not touch the monitor.
6	<b>Toes-to-bar</b>	In the toes-to-bar, the athlete must go from a full hang to having their toes touch the pull-up 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.
6	<b>Single Arm Dumbbell Snatch</b>	The dumbbell begins at the floor. 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 floor 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. 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

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.

---

**7 Dumbbell Thruster**

These are standard dumbbell thrusters in which the dumbbells are moved 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 dumbbells are driven from the shoulder to the overhead position with the hips, knees, and elbows locked out and under control. The dumbbells must not stop at the shoulder before being driven overhead – the first rep may be completed as a 'cluster'.

---

**7 Chest-to-bar pull-up**

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted provided that all of the requirements are met. The athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Overhand, underhand or mixed grip are all permitted. At the top, the chest must clearly come into contact with the bar below the collarbone.

---

## 10 Movement Standards RXD TEAM

Event	Movement	Movement Standards
1	<b>Synchro Chest-to-bar pull-ups</b>	This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted provided that all of the requirements are met. The athletes must begin with, or pass through, a hang below the bar with arms fully extended and their feet off the ground. Overhand, underhand or mixed grip are all permitted. At the top, their chests must clearly come into contact with the bar simultaneously, below the clavicle.
1	<b>Handstand Walk</b>	<p>The handstand walk must be completed as a four metre unbroken effort by ONE of the athletes in the pair. The athletes must start with their feet BEHIND the mark denoting the start of the four 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, they must restart from the start of the lane. Both hands, including palms and fingers, must fully cross the line marking the four metre lane for the rep to count. If an athlete's 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>
1	<b>Synchro Pistol Squat</b>	<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 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.</p> <p>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.</p>
2	<b>Worm Thrusters</b>	<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>
2	<b>Worm Burpees</b>	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.
3	<b>Row</b>	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.
3	<b>Assault Bike</b>	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.

3	<b>Double Under</b>	<p>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.</p>
3	<b>Synchro Dumbbell Snatch</b>	<p>The dumbbells begin at the floor and the synchronisation of the dumbbell snatch will be at the top of the movement. 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 floor 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. 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>Athletes must alternate arms after each repetition. If at any point they cannot complete a repetition with one arm, they cannot proceed to the next repetition until they have completed a repetition with that arm. Once the top position is successfully established, the dumbbell must be brought back to the ground under control while maintaining a full grip with at least one hand. One head of the dumbbell must touch the ground at the beginning and end of each repetition.</p> <p>The athlete may use either or both hands to lower the weight under control. The dumbbell may not be dropped from any height. 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>
4	<b>Snatch</b>	<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>
5	<b>Clean and Jerk</b>	<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>
6	<b>Worm shoulder to overhead</b>	<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</p>

themselves as they like under the worm but the section loads of the worm are random.

---

6	<b>Synchro Toes-to-bar</b>	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.
6	<b>Worm Lunge</b>	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 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/>