



# CrossFit® SiD Pairs Cardiff 2021 Sport Guide

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**TWO ONE DAY COMPETITIONS**  
**SAT 25 SEPTEMBER & SUN 26 SEPTEMBER 2021**

## 1. Introduction

Thank you for participating in the CrossFit® SiD Pairs Cardiff 2021. It has been a challenging 18 months for all of us and we are excited to be delivering events again. We have worked hard to develop a high quality athlete-centred, sports-focused competition to test your fitness and provide you with an enjoyable experience. As in previous years, we have used thematic programming so people can prepare in advance and know what to expect.

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

## 2. Athlete Waiver

Athletes are required to read and sign to say they accept the terms and conditions of the *Athlete Waiver* and *Athlete Medical Questionnaire* before they will be permitted to fully register onsite at the event and awarded their teamboard. The *Athlete Waiver* and *Athlete Medical Questionnaire* takes a maximum of 5 minutes to complete and needs to be completed online using Survey Monkey.

**SATURDAY 25 SEPTEMBER-** The athlete waiver can be found at this link: <https://www.surveymonkey.co.uk/r/SID25>

**SUNDAY 26 SEPTEMBER-** The athlete waiver can be found at this link: <https://www.surveymonkey.co.uk/r/SID26>

### 3. Programme and Workouts

Please see here for the CrossFit® SiD Pairs Cardiff Event Timings: <https://strengthindepth.com/sid-pairs-cardiff/information/>

The below 4 events are applicable to both competition days on Saturday 25 September and Sunday 26 September 2021.

#### Saturday Categories:

Male  
Female

#### Sunday Categories:

Mixed  
Male 100+\*  
Male 90 – 99  
Male 80 – 89  
Male 70 – 79  
Female 100+\*  
Female 90 – 99  
Female 80 – 89  
Female 70 – 79  
Adaptive\*  
Teens\*

\*Male 100+, Female 100+, Adaptive and Teens will complete the scaled workout options as standard. However, the scaled workout is an option to all competing categories. See below for further information on the scaled options and scoring implications for the not \* categories.

#### 3.1 Event 1

**Exercise.** In 4 minutes establish a 1 rep max clean

**Time Cap.** 4 minutes

**Execution Regulations.** It is the responsibility of the team to load their own bar. The smallest weight increment increase is 2.5kg. Athletes must confirm the weight on the bar with the judge before each lift. Athletes can make as many attempts as they want to set a 1RM during the 4 minutes allocated. The weight on the bar can be increased or decreased as the athlete sees fit. Male pairs will use a 20kg barbell. Female and mixed pairs will use a 15kg bar for their attempts.

**Post-Workout Action.** Load barbell to prescribed weight ready to start workout 2.

**Scoring.** The combined 1RM of both athletes, measured in kilograms. Tie breaker time will be Event 2 s time score.

#### 1 min transition into...

## 3.2 Event 2

**Exercise.** For time:

42-30-18-12

box jump overs 24"/20"

shoulder to overhead 52.5/35

*(one working athlete at a time)*

Male: RX. 24"\* 52.5kg / Scaled. 24" step-up 40kg barbell.

Female: RX. 20" 35kg / Scaled. 20" step-up 30kg barbell.

**Time Cap.** 6 minutes

### **Execution Regulations.**

At the of "3-2-1...go" the athletes will run to the box and the first athlete will begin completing box jump overs. Once the first working athlete has completed a set, they must tag the second athlete before they can begin completing box jump overs. Once all 42 box jump overs have been completed, the athletes will advance to the barbell where they will complete 42 shoulder to overhead. The working athlete must place the barbell on the ground before the next athlete can begin their shoulder to overhead. For clarity, athletes cannot pass the barbell to one another off the ground. Once the 42 shoulder to overhead have been completed, the athletes will advance back to the box to complete 30 box jump overs. The pair will continue to complete the workout in this order. Time will stop when the last shoulder to overhead is completed and both athletes run over the finish line.

**Post-Workout Action.** Strip the barbell(s)

**Scoring.** Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 1 second for every repetition not completed (6:00 plus 00:01, 00:02, etc). For ranking purposes. If a team opts to use the scaled weight, 40kg (male) or 30kg (female) and step ups, they will automatically have 10 minutes added to their total time. This does not apply to the Master 100+, Teens or Adaptive categories.

## 3.3 Event 3

**Exercise.** 2km Row

**Time Cap.** 10 minutes

**Execution Regulations.** The workout begins with one athlete sitting on the rower but not touching the handle. Athletes can share the workload as they deem fit.

### **Scoring.**

Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 1 second for every repetition not completed (10:00 plus 00:01, 00:02, etc). Every 10 metres not completed on the row will be equal to 1 repetition.

### 3.4 Event 4

**Exercise.** For time:

10m synchro single-arm dumbbell lunge 22.5/15kg  
Run 200m  
15 synchro down-ups  
20 synchro single-arm dumbbell thruster 22.5/15kg  
Run 200m  
20 synchro single-arm dumbbell thruster 22.5/15kg  
15 synchro down-ups  
Run 200m  
10m synchro single-arm overhead dumbbell lunge 22.5/15kg

Male: RX. 22.5kg / Scaled, single-arm dumbbell lunge (not overhead) and thruster dumbbell two handed (not single arm).

Female: RX. 15kg / Scaled, single-arm dumbbell (not overhead) and thruster dumbbell two handed (not single arm).

**Time Cap.** 10 minutes

#### **Execution Regulations.**

At the of "3-2-1...go" both athletes will lunge 10m synchronised at the top of every lunge. Once the 10m lunge is complete, the athletes will complete a 200m run. When the athletes return from the 200m run, they will complete 15 synchro down-ups and 20 synchro single-arm thrusters before completing a second 200m run. On returning from the second 200m run the athletes will complete 20 synchro single-arm thrusters and 15 synchro down-ups before heading out on the final 200m run. Once the third and final 200m run is complete, the athletes will overhead lunge 10m synchronised, and once completed, time will stop.

#### **Scoring.**

Time taken to complete the workout measured in minutes and seconds. If teams do not complete the workout within the time cap they will be penalised 1 second for every repetition not completed (10:00 plus 00:01, 00:02, etc). For ranking purposes, if a team opts to use the scaled option they will automatically have 10 minutes added to their total time. This does not apply to the Master 100+, Teens or Adaptive categories.

## **4. Movement Standards**

Athlete performance will be judged against the following movement standards.

### **4.1 Clean**

The clean can be a muscle clean, a power clean, a squat clean, or a split clean. Each clean begins with the bar on the floor and finishes with the bar on the shoulders in the front rack position (elbows in front of the bar with hips and knees fully extended).

### **4.2 Box jump over**

Each rep begins with a two-footed jump. One-footed jumps and step-ups are not permitted. The athlete may jump over the box without touching it, or may land on top before jumping off to the other side. The athlete may not use their hands, and the feet must go over the box, not around it. Each rep ends on the opposite side of the box from where it began. The next rep will begin from there and return to the original side. Stepping down from the box and single-foot landings are permitted. Athletes must tag one another between transitions.

### **4.2 Shoulder to overhead**

A shoulder press, push press, push jerk, or split jerk may be used, 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. The barbell must make contact with the shoulders at the bottom of the movement. The barbell must be placed on the ground between transitions.

### **4.3 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.

### **4.4 Single-arm dumbbell lunge**

The movement begins with both athletes stood at extension, feet together, with the dumbbell supported off the ground, wherever they choose. The dumbbell can be held hanging by the athletes side, supported on the shoulder, in a goblet position or anywhere else the athletes decide. The lunge route is completed by passing through 3.5 metre increments marked on the Field of Play.

The trailing knee must make contact with the ground at the bottom of each lunge. The rep ends with the dumbbells still supported off the ground and both athletes 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 athletes chooses to step through at the top. The athletes must alternate which foot leads for each rep. Shuffle steps between reps are not permitted. The non-supporting arm may not contact the body.

If either of the athletes fail to meet any standard during a lunge, including not touching the trailing knee to the ground or not reaching full extension at the top of the rep, the athletes must restart from behind the last 3.5 metre increment that they successfully crossed. A lunge rep will count when both heels are past the line, the athletes are standing tall with the dumbbell off the ground and all standards for the repetition have been met.

#### **4.5 Run**

Athletes must exit/enter the running route from the end of their allocated lane. Athletes must not cut corners on the running route.

#### **4.6 Synchro down ups**

The starting position is the upright position with the hips and knees fully extended (locked-out). At the bottom position the athlete must have their chest and hips in contact with the ground. Synchronisation is achieved when athletes start and finish the up and down movements at the same time.

#### **4.7 Single-arm dumbbell thruster**

The dumbbell 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 both athletes have the dumbbell in the overhead position with the hips, knees, and elbows locked out and under control. Athletes may use the non-working arm to support the dumbbell in the front squat portion of the movement, but must use one arm only when driving overhead. The dumbbell must not stop at the shoulder before being driven overhead – the first rep may be completed as a cluster .

#### **4.8 Single-arm overhead dumbbell lunge**

The movement begins with both athletes 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 3.5 metre increments marked on the Field of Play.

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 athletes may not support the rubber head of the dumbbell with an open palm.

The rep ends with the dumbbells still supported overhead and both athletes 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 athletes chooses to step through at the top. The athletes must alternate which foot leads for each rep. Shuffle steps between reps are not permitted. The non-supporting arm may not contact the body.

If either of the athletes fail 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 athletes must restart from behind the last 3.5 metre increment that they

successfully crossed. Similarly, if at any time during the lunge the dumbbell is lowered from overhead, the athletes must restart from behind the last 3.5m metre increment that they successfully crossed.

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

## 5. Prizes

All prizes are awarded at the discretion of Strength in Depth.

### **SATURDAY 25 SEPTEMBER 2021**

Male First Place £300 cash prize

Male Second Place £150 cash prize

Male Third Place £100 cash prize

Female First Place £300 cash prize

Female Second Place £150 cash prize

Female Third Place £100 cash prize

### **SUNDAY 26 SEPTEMBER 2021**

Mixed sex First Place £300 cash prize

Mixed sex Second Place £150 cash prize

Mixed sex Third Place £100 cash prize

Male 100+ First Place £125 cash prize

Male 90 – 99 First Place £125 cash prize

Male 80 – 89 First Place £125 cash prize

Male 70 – 79 First Place £125 cash prize

Female 100+ First Place £125 cash prize

Female 90 – 99 First Place £125 cash prize

Female 80 – 89 First Place £125 cash prize

Female 70 – 79 First Place £125 cash prize

Adaptive First Place £125 cash prize

Teens £125 cash prize to be split amongst the 5 competing teams

## 6. Heats

### **SATURDAY 25 SEPTEMBER**

There are 201 teams competing at the event (MM - 107, FF – 94).

Workouts 1,2,3 and 4 will be in heats of 16 (max)

### **SUNDAY 26 SEPTEMBER**

There are 140 teams competing at the event (MIXED – 50, MM – 43, FF- 34, Adaptive- 6, Teens- 5).

Workouts 1,2 and 4 will be in heats of 16 (max)

Workout 3 will be in heats of 20 (max)

As a result of the different heat breakdown for event 3, please note that you WILL NOT remain in the same heat number throughout the competition. Please reference section below for your heat information for day 1.

#### **6.1 Heat Composition – Saturday 25 September**

Please see here for the CrossFit® SiD Pairs heat allocations for competitions on Saturday 25:  
<https://strengthindepth.com/sid-inferno-pairs-cardiff/information/>

Please note heat allocations are subject to change.

#### **6.2 Heat Composition – Sunday 26 September**

Please see here for the CrossFit® SiD Pairs heat allocations for competitions on Saturday 26:  
<https://strengthindepth.com/sid-inferno-pairs-cardiff/information/>

Please note heat allocations are subject to change.