

# 2022 SPORT GUIDE

## COMMUNITY CUP



# EVENT INFORMATION

CrossFit® Strength in Depth is an Individual and Team competition, which will be held in London over the 10 – 12 June 2022.

The top five winning Elite Males, Elite Females and Elite Teams will advance to the NOBULL CrossFit® Games 2022.

## Travel

**ExCeL London, Royal Victoria Dock, 1 Western Gateway, Royal Docks, London, E16 1XL.**

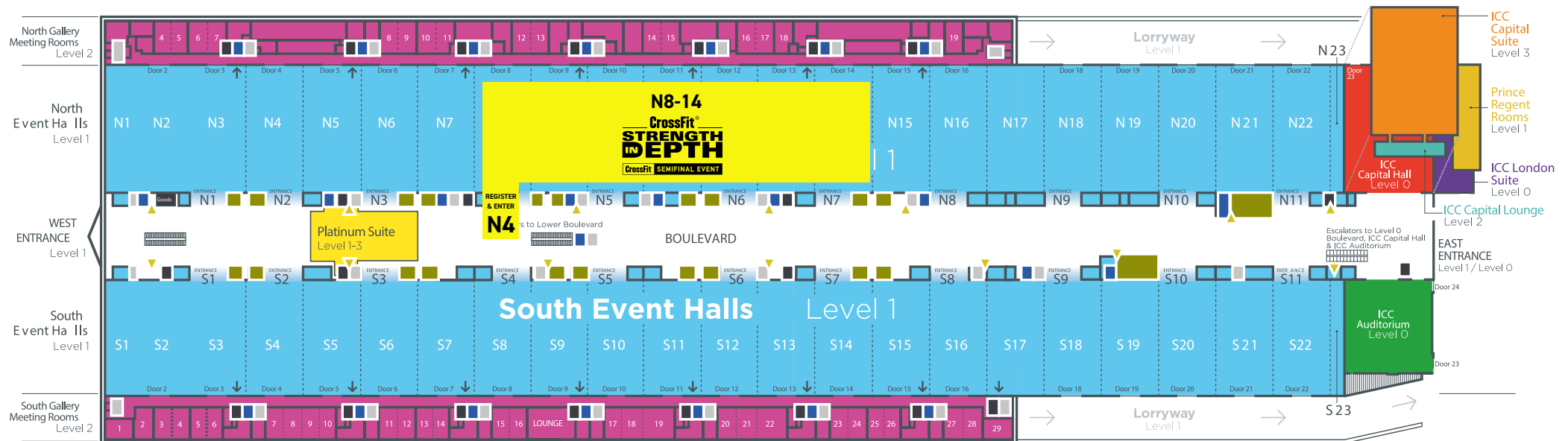
London is one of the world's busiest international hubs, and can be reached by more people, from more destinations, in less time than any other city in the world. Find out how to travel by car, train, tube, taxi or plane by hitting this link: <https://www.excel.london/visitor/getting-here>

## Getting to ExCeL London couldn't be easier!

Use Custom House DLR station for the closest exit for CrossFit® SiD 2022. The ExCeL London should be accessed via the West entrance.

## The Venue

Onsite, there will be two competition arenas: Arena 1 and Arena 2. Arena 2 will be standing viewing only. Arena 1 will be a mixture of seating and standing viewing, seats are not allocated and will work on a first come first served basis. There will also be a vast Vendor Village, Athlete Area, Warm Up Area and dedicated Athlete Support



# CROSSFIT SiD ATHLETE INFORMATION

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50 teams will compete within the CFSiD Community Cup

**Athlete & Coach Registration:** Friday 10 June 1300hrs – 1700hrs

\*Athlete passes will give access to all Community Cup competitors on Friday 10 June to spectate the Elite and Masters divisions.

**Competition Days:** Saturday 11 – Sunday 12 June 2022

There will be no cuts across the weekend.

**Event Schedule:** The full event breakdown of timings will be released on competition corner.

## Saturday 11 June

Briefing 0730hrs

Event live from 0900hrs

Event finish 1830hrs

## Sunday 12 June

Briefing 0730hrs

Event live from 0900hrs

Event finish 1700hrs

**Athlete attire:** There are no restrictions in terms of athlete attire across the weekend, all brands and sponsor apparel welcome.

## UP AND COMING DEADLINES:

**Coach passes:** included within your Team Registration is 1 Coach Access Pass to the warm up area. This pass will not provide access to the athlete area or the competition floor.

**Please note:** All Coaches must purchase a Spectator Pass to gain access to the venue. Coach Access Passes will not be allocated without presentation of a Spectator Pass.

Team captains please complete this short form confirming your Coach details by Friday 3rd June.

Form link: <https://forms.gle/TgPaKq6XK82Qi43J8>

Any changes following this date, must be emailed to [hello@strengthindepth.com](mailto:hello@strengthindepth.com)

**Athlete details:** We are busy preparing all of the printed assets for the event. Please can you therefore ensure that your team name is presented on Competition Corner exactly as you would like it printed on your Teamboard by Friday 3rd June 2022.

**Athlete Waiver:** It is mandatory for all competing athletes to complete the athlete waiver and medical questionnaire. Please ensure you have completed this by Friday 3rd June 2022.

Link: <https://www.surveymonkey.co.uk/r/CFSiD22>

## COMMUNITY CUP EVENT 1

12 minutes to establish a 1 Rep Max Snatch

Females 6 minutes

Males 6 minutes

Cap: 12 minutes

## NOTES

This workout begins with the team standing off the platform. After the call of "3, 2, 1... go," the female athletes will step onto the platform and load their bar for their first attempts. The male athletes will remain off the platform behind an allocated line and will not contribute to loading or unloading the bar.

The female athletes will have 6 minutes to complete as many attempts as necessary in order to establish two successful lifts.

After 6 minutes the female athletes will leave their bar on the platform and the males will advance onto the platform to begin their own 6 minute interval. The males must strip the female bar and roll it off the platform in order to begin their attempts. At the end of the 12 minute timer, the event is concluded and the successful lifts will be recorded for scoring.

### Scoring

The combined total of the team's successful lifts will produce a score for the team

## MOVEMENT STANDARDS

Note: if an athlete steps off of the platform at any time during the attempt it is an immediate no rep.

### Snatch

Starting position:

- The barbell begins on the ground and must be lifted overhead in one motion.
- Power, squat, and split snatches are all permitted, but in each instance, the athlete's feet must be brought back in line before the bar is lowered.
- Hang snatches and any variation of clean and jerk are not permitted.

The repetition is credited when:

- The barbell is at full lockout overhead with the hips, knees, and arms fully extended.
- The bar is directly over or slightly behind the middle of the body with the feet in line.

Other notes:

- The bar must leave the ground before the time limit expires (25 seconds per lifter on platforms 1-10 or 50 seconds on the 11th platform).
- As long as the bar has left the ground before the time limit, if the lift is completed, it will count.
- Athletes may increase or decrease the load on the bar between attempts

## COMMUNITY CUP EVENT 2

4 Rounds For Time (2 Rounds per pair):

30kcal Echo Bike MF1

30 Dumbbell Synchro Power Clean 2x

22.5/15kg MF2

20' Worm Lunge

30kcal Echo Bike MF2

30 Dumbbell Synchro Power Clean 2x

22.5/15kg MF1

20' Worm Lunge

Cap: 11 minutes

## NOTES

This workout begins with the athletes standing on the start mat at the end of the lane. After the call of "3, 2, 1... go," both athlete pairs enter the field of play. Pair 1 moves to the Echo bike to complete 30kcal while Pair 2 moves to the dumbbells to perform 30 synchro power cleans.

When both pairs have completed their prescribed work, the pairs come together and run to the end of the lane in order to lunge the worm 20 feet down the field of play toward the bike. Once the worm lunge is complete, the pairs move to the opposite stations from those occupied in round 1 (MF2 on the bike, MF1 at the dumbbells) and complete their prescribed work.

Once again the team will lunge the worm 20 feet to the end of the lane and leave it there prior to beginning the next round with pairs returning to their original stations.

A further two rounds are completed with the team lunging the worm BACK up the lane toward the rig.

When all of the prescribed work has been completed, the worm is left at the end of the lane and athletes run through the rig to the finish mats.

### Scoring

The team's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the time cap. There is no tiebreak for this workout.

## MOVEMENT STANDARDS

### Echo Bike

- The athlete must not adjust the monitor
- The athlete must remain on the bike until the required number of calories has registered on screen

### Dumbbell Synchro Power Cleans

- Each rep begins with both athletes facing one another with one head of each dumbbell touching the floor, the movement ends with both athletes in the lockout position, knees and hips at extension with dumbbells supported on the top of their shoulders in the front rack position with elbows pointed forwards.
- Repetitions where the dumbbell head touches the front of the shoulder and not the top of the shoulder will constitute a no-rep.
- An athlete may wait at lockout for their partner

### Worm Lunge

- Each lunge starts with the athletes on the same side as the worm with the load supported on the shoulders
- All athletes' knees must touch the floor at the same time
- As the athletes stand up they must all demonstrate full extension of the hips and knees before beginning the next repetition

## COMMUNITY CUP EVENT 3

For time:

MF Pair 1

2000m Run\*

1200m Row

300 Double Unders

MF Pair 2

2000m Run

1200m Row

300 Double Unders

\*Advance to Row Triggers MF2

Cap: 25 minutes

## NOTES

This workout begins with the team standing on the start mat at the assault runner. After the call of "3, 2, 1... go," MF Pair 1 will step off the mat and, sharing the distance as required, will complete a 2000m run. As MF Pair 1 clears the run, MF Pair 2 is cleared to begin the workout.

MF Pair 1 advances to the Concept 2 Rower to perform a 1200m row, sharing the distance as required. Upon completion of the row, the athletes will advance to perform 300 double unders. Upon completion of the 300 double unders, the athletes will advance to the finish mat and release MF Pair 2 to enter the rowing section of the event. MF Pair 2 may not begin the row until after MF Pair 1 has reached the finish mat.

MF Pair 2 will complete the row and double unders as MF Pair 1 before them. Once the double unders have been completed by MF Pair 2 they will join MF Pair 1 on the finish mat and time will be called.

### Scoring

The team's score will be the total time it takes to complete the entire workout or the total number of repetitions/distance completed before the time cap. There is no tiebreak for this workout.

## MOVEMENT STANDARDS

### Run

- The athletes must not adjust the monitor
- The athletes must remain on the runner until the required distance has been registered on screen
- The athletes may not hold the bars during the run but may use them for balance on mounting/dismounting the runner

### Row

- The athletes must not adjust the monitor. The damper will be set to 5 prior to the event but may be adjusted by the athletes once the event has begun.
- The athletes must remain on the rowing machine until the required distance has been registered on screen

### Double Unders

- The athletes must provide their own ropes. CrossFit Strength in Depth will not provide ropes for the event. Ropes will be laid out at the first increment assigned to double unders in the lane prior to the event.

## COMMUNITY CUP EVENT 4

For time, starting with the female pair:

30 Thrusters 43kg

6 Rope Climbs

20 Thrusters 43kg

4 Rope Climbs

10 Thrusters 43kg

2 Rope climbs

Immediately followed by the male pair  
(thrusters at 61kg)

Cap: 12 minutes

## NOTES

This event begins with the team on the start mat (behind the rig). After the call of “3, 2, 1... go,” the women will run to the first barbell and complete 30 thrusters, sharing the work as they see fit. The non-working athlete waiting behind the designated line. After the thrusters are completed, they will run to the rope. When both teammates have reached the pull-up bar at the front of the rig, one athlete may enter and begin climbing. The pair may switch at any time; however, the non-climbing teammate must wait at the pull-up bar. After the pair completes six rope climbs, they will move back to the barbell and advance it to the next lane increment before beginning their next set of thrusters. The pair will continue in this pattern until they have completed the final rope climb. After the final rope climb, the pair will run over the bars to the finish.

When both women are on the finish mat, the men may enter the field of play and run to the second bar to begin their thrusters. Working in the same fashion as the women, after the last rope climb, the men will run over both bars and to the finish. When the team is on the finish mat together, time stops.

### Scoring

The team's score will be the total time it takes to complete the entire workout or the total number of repetitions/distance completed before the time cap. There is no tiebreak for this workout.

## MOVEMENT STANDARDS

### Thruster

- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.

The rep is credited when:

- The barbell is at full lockout overhead with the hips, knees, and arms fully extended.
- The bar must be directly over or slightly behind the middle of the body with the feet in line.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may NOT receive assistance moving or resetting their barbell.
- The resting athlete must remain behind the designated line.
- To switch, the working athlete must return behind the designated line.

### Rope Climbs

- Rope climbs may not begin until both athletes have reached the pull-up bar.
- The resting athlete must wait under the pull-up bar.
- The athlete must climb the rope and touch the crossbeam for the rep to count
- Jumping up to begin each ascent is permitted.
- The athlete may use their legs to climb the rope.
- When the pair wishes to switch, the working athlete must run back and tag their resting teammate under the pull-up bar.

## COMMUNITY CUP EVENT 5

For Time:

10 Worm Ground to Overhead

20 Synchro Burpees

30 Synchro Toes to Bar MF1

10 Worm Ground to Overhead

30 Synchro Toes to Bar MF2

20 Synchro Burpees

10 Worm Ground to Overhead

Cap: 14 minutes

## NOTES

This event begins with the team on the start mat (behind the rig). After the call of “3, 2, 1... go,” the whole team moves to the worm to complete 10 worm ground to overheads (GTOH). Upon completion of the worm GTOH, the athletes carry the worm 20' along the lane in marked increments of 5 feet. Following the worm carry, the athletes advance forward to the next 20' space in the lane and facing each other in pairs, complete 20 synchro burpees. Immediately after the burpees, the first MF Pair break off and run to the rig to perform 30 synchro toes to bar before returning to the worm and their team.

The team performs another 10 worm GTOH and moves the worm a further 20 feet down the lane before the second group breaks off and runs to the rig to perform 30 synchro toes to bar before returning to the worm and their team. At this point the team performs a further synchro burpees arranged as before. Finally, the team performs 10 worm GTOH, progresses the worm the final 20 feet down the lane, before dropping the worm and running as a team to the finish mat. When the team is on the finish mat together, time stops.

Following the event, athletes are required to carry the worms back to the start of the lane. Your assistance is much appreciated.

### Scoring

The team's score will be the total time it takes to complete the entire workout or the total number of repetitions/distance completed before the time cap. There is no tiebreak for this workout.

## MOVEMENT STANDARDS

### Worm GTOH

- The rep begins with all athletes stood to the same side of the worm
- The worm is lifted by all athletes simultaneously
- The worm must stop at the shoulder before being driven overhead
- The athletes are not required to lock their elbows as the worm is passed overhead
- The worm is passed to the shoulder on the opposite side of the starting position before returning to the floor

### Synchro Burpees

- The repetition begins with athletes in pairs, side by side facing the other pair, in front of the worm with chest and thighs on the floor
- The rep is credited when all athletes have climbed off the floor and jumped to full extension with knees and hips locked out and a clap overhead.

### Synchro Toes to Bar

- Athletes begin by both hanging from the pull-up bar with arms extended
- The heels must be brought back behind the bar
- Overhand, underhand, or mixed grips are all permitted
- The rep is credited when both feet of both athletes contact the bar between their hands at the same time
- Any part of the feet may make contact with the bar



## MASTERS EVENT 6

For Time:

Pair 1

40ft Handstand Walk\*

3 Rounds:

21 Chest-to-bar Pull Ups\*

160ft Husafell Carry 75/50kg (80ft each)

40ft Handstand Walk\*

Pair 2

40ft Handstand Walk\*

3 Rounds:

15 Bar Muscle Ups\*

160ft Husafell Carry 75/50kg (80ft each)

40ft Handstand Walk\*

\*Shared Work (no minimum work requirement)

Cap: 15 minutes

### NOTES

Athlete pairs may be selected at the team's discretion, utilising males and females as they see fit. This workout begins with the athletes standing on the finish mat at the end of the lane. After the call of "3, 2, 1... go," the first athlete Pair will step off the mat and advance toward the rig by handstand walking, sharing the distance as required. There is no minimum work requirement for an individual athlete in the pair but the minimum scored increment will be 5'.

When both athletes have reached the rig, one athlete will commence the first round by beginning the 21 chest to bar

pull ups while the other remains out of play; ready to switch in as required. Upon completing the 21 chest to bar pull ups, the first athlete will advance to the Husafell carry, selecting the appropriate weight (75kgM/50kgF). The Husafell carry is executed by carrying the load to the end of the lane and back, being sure to clear the final lines of the marked lane, before dropping the load and tagging their partner to release them to their first carry.

Both athletes carry the Husafell bag at the end of each round but the rest of the work may be shared.

When the first pair has completed three rounds, they will handstand walk to the end of the lane to release the second athlete pair. Pair 1 then run to the start mat and remain out of play until the end of the event.

The second pair enter the field of play, handstand walk to the rig and begin alternating rounds as the first pair before them; only this time with 15 bar muscle ups per round rather than chest to bar. When this second athlete pair has completed their 3 rounds each, they will join Pair 1 on the finish mat and time will be called.

### Scoring

The team's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 15-minute time cap. There is no tiebreak for this workout.

### MOVEMENT STANDARDS

#### Chest-to-Bar Pull Up

- At the start of each rep, arms must be fully extended, with feet off the ground
- Any style of pull-up or grip is permitted as long as the requirements are met
- The rep is credited when the chest makes physical contact with the bar
- A 6" riser will be provided for the athletes that require it

### Bar Muscle Up

- The athlete must pass through some portion of a dip - an uprise or similar is not permitted
- The athlete must demonstrate support over the bar with elbows locked out prior to descending for the next repetition
- At no point during execution of this movement may any portion of the foot rise above the level of the bar
- A 6" riser will be provided for the athletes that require it

### Handstand walk

- When kicking up, the hands (including the fingers) must be placed on the ground BEHIND the GREEN line
- Placing the hands or fingers on or over the GREEN line when kicking up constitutes a no rep
- Each 5ft increment of the 40ft measured distance will count as 1 rep
- Both hands, including palms and fingers, must touch the ground completely clear of the GREEN line marking the end of the increment before the feet touch the ground
- If at any time the athlete comes down from their hands before finishing the increment, they must repeat the entire increment
- Athletes are not required to kick down after completing an increment
- There is no minimum work standard, both athletes may work together to complete the 40ft distance.

### Husafell Carry

- Rep starts with the athlete's feet clearly behind the line, bag off the floor, held in both arms to either chest or stomach below the height of the chin
- The athlete travels 40ft, crossing the line with both feet before returning to where they started and placing the bag on the ground beyond the start line
- If the bag is dropped it may be picked up from where it lands
- No throwing or shouldering of the bag is permitted

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