



2010 CROSSFIT GAMES

AFRICAN REGIONAL QUALIFIER EVENT AND MOVEMENT STANDARDS

GENERAL RULES:

1. The movement standards are typical CrossFit HQ unless otherwise stated.
2. Each athlete will be ranked according to their time or score relative to the other athletes for that workout. Their final score for the workout will be equal to their rank.
3. The overall ranking going into each event will determine the reverse starting order for that event. For example, the athletes that win the first event will get to go last in the second event, while the athletes that come in last in the first event must go first in the second. The athletes in the lead (those with the lowest running total) after two events get to go last in the third event. And so forth.

SCORING:

- The scoring for this year's event will be one point for each place at each event. For example, first place gets 1 point, second 2 points, third 3 points, fourth 4 points, 20th 20 points, and so on.
- Ties get the same number and the next competitor gets his or her actual place. For example, Bob and John tie for thirteenth and Dan comes in right behind them in fifteenth. Bob and John each get 13 points, while Dan gets 15 points.
- If an athlete does not complete an event within the time cap they will be given maximum points for that event. For example, if there are 20 competitors and Bob does not complete WoD 1 within the time cap he gets 20 points for that event.
- The man and woman with the lowest total points after all the events are Champions, and the team with the lowest total points after all events are the Affiliate Champions.

EVENT ORDER:

SATURDAY

1. Individual Event 1
2. Affiliate Event 1
3. Individual Event 2
4. Affiliate Event 2
5. Individual Event 3
6. Affiliate Event 3
7. Individual Event 4

INDIVIDUAL COMPETITION



EVENT 1:

INOV-8 DASH

STANDARDS:

- Athletes are required to stay within the designated track area at all times
- The tyre can be moved around the course in any manner but must always be in the control of the athlete
- Athletes must place tyres in the designated area upon completion of the tyre lap before commencing the 400m sprint
- There is a 25 minute time cap on this event



EVENT 2:

REBEL OHS STRENGTH

STANDARDS:

- A 5 minute warm-up period will be allocated immediately prior to the clock starting
- The athletes are to determine the load for their first and subsequent attempts
- The athletes are permitted to perform as many attempts within 7 minutes to determine their 1RM
- All attempts are to begin with the bar placed on the squat rack
- The athletes are required to press the bar anyhow from the rack position (behind the neck) to overhead before performing the squat movement
- The top position is defined as follows:
 - Bar directly overhead in the frontal plane (slightly behind the ears)
 - Elbows, hips and knees locked out
- The bottom position is defined as follows:
 - Bar maintained overhead in the frontal plane (further behind the ears is permitted)
 - Thighs below horizontal i.e. hip crease are to be below the knees
 - The lumbar curve is to be maintained
 - Elbows are to remain locked out
- A successful lift is completed when the athlete moves from top – bottom – top, acquiring the abovementioned positions and without dropping the weight
 - Athletes are permitted to drop the weight from the top position after full lockout
- A lift will be deemed unsuccessful if:
 - The athlete begins squatting before attaining the required top lockout position
 - The elbows bend
 - The hips do not break parallel at the bottom of the movement
 - The bar is dropped before returning to the top lockout position
- The heaviest successful attempt achieved within the 7 minutes will be recorded as the athlete's score
- If the final attempt is not completed when the clock stops the previous successful load will be recorded as the athlete's score
- The judge and a helper will be available to return the bar to the squat rack and to load plates on to the bar



EVENT 3:

CONCEPT2 ROW / SQUAT CLEAN / HSPU TRIPLET

STANDARDS:

- Row
 - Athletes may begin the workout seated on the rower with feet strapped in and hands on the bar in the rest position
 - The default ergometer setting is 5.5. Athletes will be permitted to select an alternate setting, however they will not be allowed to change the setting once the race has begun.
 - The rower will be set to countdown 250m

- Squat Clean (male = 75 kg, female = 45 kg)
 - The bar must start on the ground
 - The must be cleaned off the ground and athletes must pass through a full front squat
 - The knees and hips must reach full extension at the end of the movement
 - Athletes are not permitted to 'dump' the bar, it must be lowered to the ground in a controlled manner
 - A repetition will be deemed unsuccessful if:
 - The weights do not touch the ground before beginning the lift
 - The hips do not break parallel at the bottom of the front squat
 - Full hip and knee extension is not attained at the end of the movement
 - The bar is dumped to the ground

- Handstand Push-up
 - Athletes must performed a handstand push-up by moving *anyhow* from the top of the head on the ground to lockout at the top
 - Kipping is allowed
 - Hands must be placed no wider than a fist outside of the shoulders. This will be monitored my marking the correct width for each athlete prior to commencing the workout.
 - A repetition will be deemed unsuccessful if:
 - The top of the head does not touch the ground
 - The elbows, shoulders and hips do not reach full extension at the top of the movement
 - The hands are placed wider than a fist outside of the shoulders

- There is a 20 minute time cap on this event

EVENT 4:



THE CHIPPER

STANDARDS:

- Pull ups
 - Butterfly and kipping allowed
 - Elbows and shoulders must reach full extension at the bottom of the movement
 - The jaw bone must clear the bar

- Wall balls (20 lbs/15 lbs, 10 ft / 8 ft target)
 - Athletes must pass through a full squat before passing the ball overhead
 - The hips must break parallel at the bottom of the squat
 - The ball must touch the mark set at the required height
 - The ball can be dropped after hitting the target

- Kettlebell swings (24 kg / 16 kg)
 - The kettlebell must be directly overhead in the frontal plane (slightly behind the ears) at the top of the movement
 - The hips and knees must be fully extended at the top of the movement
 - Excessive flexion of the lumbar spine causing a loss of the lumbar curve will constitute an unsuccessful repetition

- Shoulder to overhead anyhow (40 kg / 30 kg)
 - The bar must be moved from the shoulder rack position to overhead in any manner you choose i.e. strict press, push press, push jerk or split jerk
 - The lift must begin with the bar in the shoulder rack position
 - The lift is only complete when the knees, hips, shoulders and elbows are fully extended and the bar is directly overhead in the frontal plane (slightly behind the ears)
 - The bar must be held in the lockout position for a 1-count to ensure that the repetition has been successfully attained

- Double-unders
 - Athletes are permitted to use their own jump ropes
 - One double under is counted for every time the rope passes twice under the feet on a jump
 - Athletes are permitted to alternate between single skips and double unders but the single skips will not be counted
 - A failed rep does not count

- 100m tyre flip
 - The tyre must be moved 100m by flipping it successively
 - The tyre begins behind the start line and must cross the 100m line before moving on to the next task
 - The tyre cannot be rolled at any stage

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- 50 tyre jumps in and out
 - One repetition is complete after two forward jumps are performed; from outside into the middle of the tyre, and from the middle of the tyre to outside
 - Athletes must then turn around and repeat
 - Both feet must leave and land on the ground at the same time
 - A repetition will not be complete if both feet do not touch the ground together for one of the forward jumps

- 100m overhead walking lunge (20 kg / 15 kg)
 - The plate must be picked up from behind the start line
 - The plate must be held overhead before the athlete is allowed to lunge
 - The plate must remain over the head for the full movement for it to count
 - Athletes must move forward by lunging, with the back knee touching the ground at the bottom of the movement and the hips open at the top of the movement for each lunge
 - Athletes are not permitted to rest the plate on the head while lunging
 - If the plate is lowered from the overhead position during a lunge the athlete will be required to take a step back to complete the repetition in the prescribed manner
 - The athlete must cross the finish line with the plate in the overhead position for the clock to be stopped

- There is a 30 minute time cap for this event

BRING YOUR OWN JUMP ROPE!!!

AFFILIATE COMPETITION

EVENT 1:

MEDICINE BALL RELAY

STANDARDS:

- The ball must be carried at all times
- If the ball is dropped or rested on the ground the athlete must complete 10 squats with the ball before proceeding
- If the ball is dropped or rested during the team lap each team member must complete 15 squats with the ball before the team can proceed
- There is a 30 minute time cap on this even

EVENT 2:

PULL-UP / WALL BALL COUPLET

STANDARDS:

- Pull ups
 - Butterfly and kipping allowed
 - Elbows and shoulders must reach full extension at the bottom of the movement
 - The jaw bone must clear the bar
- Wall balls (20 lbs / 15 lbs, 10 ft / 8 ft target)
 - Athletes must pass through a full squat before passing the ball overhead
 - The hips must break parallel at the bottom of the squat
 - The ball must touch the mark set at the required height
 - The ball can be dropped after hitting the target
- There is a 25 minute time cap on this event



EVENT 3:

TEAM CHIPPER

STRUCTURE:

- All team members are to begin with burpees at the same time, but each member must have completed 50 burpees before the team can move on
- The middle four drills (2 to 5) are then performed with each team member at a different station. They rotate in the order listed and only move on once all four athletes have completed each of the drills.
- Each team member then bear crawls 100m
- The clock stops when the last athlete crosses the finish line
- There is a 20 minute time cap on this workout.

STANDARDS:

- Burpees
 - Athletes are permitted to either walk or kick feet out into the bottom (push-up) position
 - The chest must touch the ground at the bottom of the movement
 - Knees touching the ground during the push-up part of the movement is permitted
 - During the jumping part of the movement the feet must leave the ground
 - The knees and hips must be fully extended at the top of the jump
- Kettlebell swings (24 kg / 16 kg)
 - The kettlebell must be directly overhead in the frontal plane (slightly behind the ears) at the top of the movement
 - The hips and knees must be fully extended at the top of the movement
 - Excessive flexion of the lumbar spine causing a loss of the lumbar curve will constitute an unsuccessful repetition
- Kettlebell SDHP (32 kg / 24 kg)
 - The kettlebell must start on the ground
 - The knees and hips must be fully extended and the hands must be directly beneath the chin for the movement to be complete
 - The kettlebell cannot be dumped but must touch the ground before beginning the next repetition. A 'touch-and-go' is permitted.
 - Excessive flexion of the lumbar spine causing a loss of the lumbar curve while lowering the kettlebell will constitute an unsuccessful repetition

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- Slam balls (20 lbs / 15 lbs medicine ball)
 - The ball must start on the ground
 - Squat down to pick the ball up and raise it to the overhead position. The knees, hips and shoulders must be fully extended at this point.
 - 'Slam' the ball to the ground as hard as possible and repeat

- Deadlift (125 kg / 85 kg)
 - The bar must start on the ground
 - Lift the bar up to standing/lockout without allowing the spine to flex
 - The knees and hips must be fully extended at this top position
 - The bar must be lowered in a controlled manner
 - Dumping the bar is not permitted, but athletes are allowed to 'touch-and-go'
 - Flexion of the spine causing a loss of the lumbar curve while lifting or lowering the bar will constitute an unsuccessful repetition

- Bear crawl
 - Start with both hands and feet on the ground and knees off the ground
 - Crawl the required distance on all fours
 - Athletes are not permitted to crawl whilst the knees are touching the ground. This is considered a rest position.