NOBULL CrossFit GAMES 2023

SEMIFINALS - AGE GROUPS

SCORE SUBMISSION DUE 12 P.M. (NOON) PT SUNDAY, APRIL 30

Presented by NOBULL

TESTS 3A AND 3B

TEST 3A: (100 points)

5 intervals of 2 minutes of work followed by 1 minute of rest:

7 deadlifts
5 cleans
3 shoulder-to-overheads

♀ *135 lb*
♂ *185 lb*

TEST 3B: (50 points)

After the final 1-minute rest in Test 3A, athletes will have 5 minutes to establish a max freestanding handstand hold.

Time cap: 5 minutes

TEST 3A VARIATIONS

Masters 35-44
♀ 135 lb
♂ 185 lb

Teenagers 14-15
♀ 85 lb
♂ 115 lb

Teenagers 16-17, Masters 45-54
♀ 105 lb
♂ 155 lb

Masters 55+
♀ 95 lb
♂ 135 lb

NOTES

Prior to starting, set up the floor plan as shown.

Start on the far side of the designated 4-foot by 4-foot area created for the handstand that will be used for Test 3B. After the call of "3, 2, 1 … go," move to the barbell and complete 7 deadlifts *(you **MUST** reach lockout on the seventh deadlift before returning the bar to the ground to start the first clean)*, then 5 cleans, then 3 shoulder-to-overheads. Continue completing rounds of 7 deadlifts, 5 cleans, and 3 shoulder-to-overheads until time is reached on the first interval. During each rest period, move the barbell back in front of the handstand box. The athlete must start each interval on the far side of the handstand box. Athletes may receive assistance resetting the barbell during the 1-minute rest. At the end of the 1-minute rest, each interval begins at the start of the sequence (always start with 7 deadlifts). Complete 5 intervals of 2 minutes of work followed by 1 minute of rest, starting each interval with 7 deadlifts.

Your score is the total number of repetitions completed (the sum of all reps completed in each interval).

You must submit a score higher than 0 for Test 3A to be able to submit a score for Test 3B.

Test 3B *(50 points)*

After the final 2-minute interval of Test 3A, rest 1 minute, then begin Test 3B. Move the barbell out of the way during the 1-minute rest period. You will have 5 minutes to find your max freestanding handstand hold.

This test begins with the athlete standing outside of the 4-foot by 4-foot taped-off box. The judge will begin the timer when both of the athlete's hands are placed inside the designated handstand area and both feet are off the ground. Time stops when the athlete touches or reaches beyond the border of the designated box with their hand, or when any other part of the athlete's body other than the hands touches the ground.

Within the 5-minute window, athletes may make as many or as few attempts as they'd like. As long as the athlete has started their attempt (both feet off the ground) before the 5-minute time cap, any attempt in progress may continue until the athlete falls or steps out of bounds.

The athlete's score will be their longest freestanding handstand attempt.

When both tests are complete, walk to the camera and state the password.

TIEBREAK

There is no tiebreak for Test 3A.

In the event of a tie on Test 3B, the score from Test 3A will be used as a tiebreak.

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EQUIPMENT

- Tape to mark the floor.
- Barbell and collars.
- Bumper plates.

Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the barbells are 38 kg (85 lb), 47 kg (105 lb), 52 kg (115 lb), 61 kg (135 lb), 70 kg (155 lb), and 83 kg (185 lb).

VIDEO SUBMISSION STANDARDS

- **ALL** competitors must video each test at this stage of competition.
- Video must show the competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a ¾ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- After the test is complete, **STATE THE PASSWORD** before turning off or moving the camera.

VIDEO REVIEW PENALTIES

General:

- Missing or skipping any repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps will result in a 15% Major Penalty.
- Each interval of Test 3A begins with seven deadlifts. If the athlete starts an interval with any other movement, those reps will be removed from the score and the rep count will continue once the athlete begins the seven deadlifts to start the interval.
- False starts or starting in the wrong position will result in a 1-rep penalty for each occurrence.

VIDEO REVIEW ZERO-SCORE VIOLATIONS

The following may result in an immediate zero score:

- A setup that does not allow for a clear view of the movements.
- Incorrect barbell loading.
- Not visually confirming the floor measurements on camera.
- Altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Failure to use a registered judge.
- Failure to state the required password.

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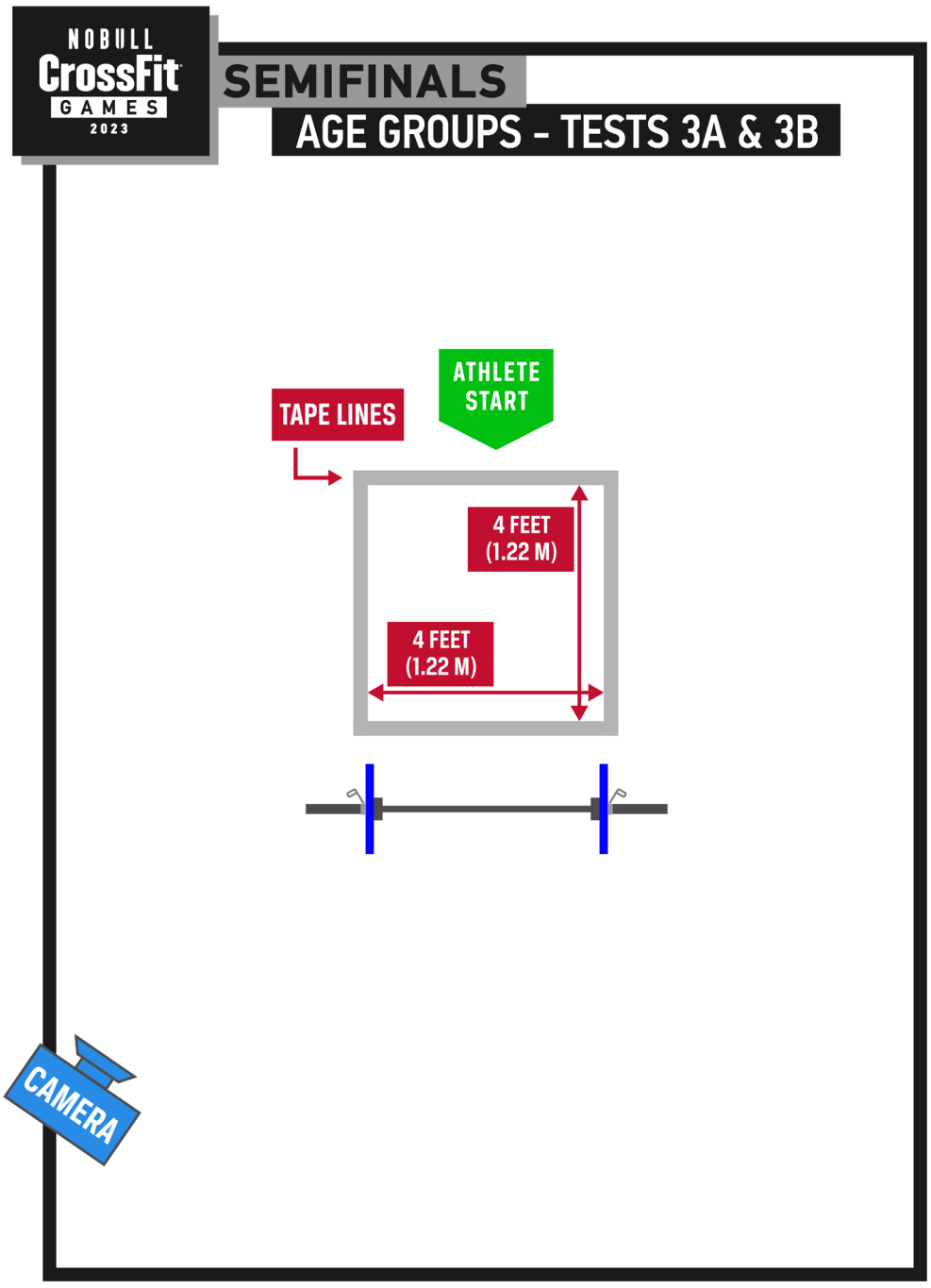

SCAN THE CODE

NOBULL

THE OFFICIAL FOOTWEAR AND APPAREL BRAND OF CROSSFIT. SHOP NOW.

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MOVEMENT STANDARDS

DEADLIFT

- Each 2-minute interval begins with deadlifts.
- At the beginning of each interval, the barbell starts on the ground in front of the handstand area.
- After the first repetition, the athlete may step on the tape or lift in the handstand box.
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.
- The rep is credited when:
  - The athlete's hips and knees reach full extension.
  - The athlete's head and shoulders are behind the bar.
- Receiving any assistance with the barbell is not permitted unless safety is an immediate concern.
- Athletes may **NOT** wear gymnastics grips during this workout.
- *Note: You **MUST** reach lockout on the seventh deadlift before returning the bar to the ground to start the first clean.*

CLEAN

- The barbell starts on the ground.
- Collars must be placed outside the plates.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are **NOT** allowed.
- The rep is credited when the athlete's hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the hands.
- If the bar is lowered from the rack position before the hips and knees reach full extension, the rep will not count.
- *Note: After the fifth clean, the athlete **MAY** immediately perform their first shoulder-to-overhead from the receiving position of the clean.*

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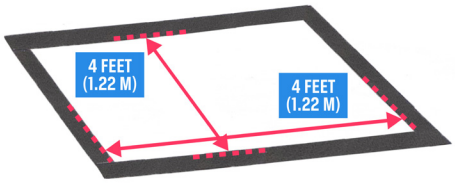
MOVEMENT STANDARDS

SHOULDER-TO-OVERHEAD

- Collars must be placed outside the plates.
- The rep starts with the bar at the shoulders on the front of the body.
- When the bar is taken from the ground, you do **NOT** need to reach full extension of the hips and legs in the receiving position of the clean before beginning the overhead lift.
- Any style of overhead lift is acceptable (press, push press, or jerk).
- The rep is credited when:
  - Hips, knees, and arms are extended.
  - The feet are in line.
  - The bar is over or slightly behind the middle of your body when viewed from profile.
- You may not lower the bar until you reach the finish position. Athletes may receive assistance resetting the barbell during the rest between intervals.

FREESTANDING HANDSTAND HOLD



- Each attempt starts with both of the athlete's hands and feet outside the box.
- Time starts when both hands touch the ground inside the box and both feet are off of the ground.
- Time stops when:
  - Any part of either hand (including fingers) touches the border of the box.
  - Any part of either hand (including fingers) touches the ground outside of the box.
  - Either foot touches the ground.
  - Any other part of the body other than the hands touches the ground.
- Athletes may not rest their legs on their arms (e.g., frog stand).
- Athletes **MAY** walk on their hands or change position within the box.

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TEST 3A

(100 points)

5 intervals of 2 minutes of work followed by 1 minute of rest:

7 deadlifts
5 cleans
3 shoulder-to-overheads

♀ *135 lb*
♂ *185 lb*

Test 3B begins immediately upon completing Test 3A.

TEST 3A VARIATIONS

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♀ 135 lb
♂ 185 lb

Teenagers 14-15
♀ 85 lb
♂ 115 lb

Teenagers 16-17, Masters 45-54
♀ 105 lb
♂ 155 lb

Masters 55+
♀ 95 lb
♂ 135 lb

THE FINAL REPS TO BE SUBMITTED IS THE TOTAL REPS EACH INTERVAL:

INTERVAL	REPS
0:00-2:00	
3:00-5:00	+
6:00-8:00	+
9:00-11:00	+
12:00-14:00	+
SCORE	=

INTERVAL	MOVEMENT	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5	ROUND 6	
0:00-2:00	7 DEADLIFTS	7	22	37	52	67	82	
	5 CLEANS	12	27	42	57	72	87	
	3 SHOULDER-TO-OVERHEADS	15	30	45	60	75	90	
REST (2:00-3:00)								INTERVAL 1 REPS
3:00-5:00	7 DEADLIFTS	7	22	37	52	67	82	
	5 CLEANS	12	27	42	57	72	87	
	3 SHOULDER-TO-OVERHEADS	15	30	45	60	75	90	
REST (5:00-6:00)								INTERVAL 2 REPS
6:00-8:00	7 DEADLIFTS	7	22	37	52	67	82	
	5 CLEANS	12	27	42	57	72	87	
	3 SHOULDER-TO-OVERHEADS	15	30	45	60	75	90	
REST (8:00-9:00)								INTERVAL 3 REPS
9:00-11:00	7 DEADLIFTS	7	22	37	52	67	82	
	5 CLEANS	12	27	42	57	72	87	
	3 SHOULDER-TO-OVERHEADS	15	30	45	60	75	90	
REST (11:00-12:00)								INTERVAL 4 REPS
12:00-14:00	7 DEADLIFTS	7	22	37	52	67	82	
	5 CLEANS	12	27	42	57	72	87	
	3 SHOULDER-TO-OVERHEADS	15	30	45	60	75	90	
REST (14:00-15:00)								INTERVAL 5 REPS
TEST 3B (15:00-20:00)								

Athlete Name _____ **Reps at 14 Min.** _____
Print

Test Location _____ **Judge** _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this test. _____
Athlete Signature Date

Athlete Copy

SEMIFINALS - AGE GROUPS - TEST 3A

Reps at 14 Min. _____

Athlete Name _____
Print

Test Location _____ **Judge** _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this test. _____
Judge Signature Date

SCAN TO SUBMIT SCORE

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TEST 3B

(50 points)

Test 3B begins immediately upon completing Test 3A.

After the final 1-minute rest in Test 3A, athletes will have 5 minutes to establish a max freestanding handstand hold.

Time cap: 5 minutes

TEST TIMELINE

0 - 15 minutes = Test 3A

15 - 20 minutes = Test 3B

	MAX FREESTANDING HANDSTAND HOLD TIME
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	

Time _____

Athlete Name _____ (Print)

Tiebreak (Score from Test 3A) _____

Test Location _____

Judge _____ (Judge Name)

I confirm the information above accurately represents the athlete's performance for this test. _____ (Athlete Signature) _____ (Date)

Athlete Copy

SEMIFINALS - AGE GROUPS - TEST 3B

Time _____

Athlete Name _____ (Print)

Tiebreak (Score from Test 3A) _____

SCAN TO SUBMIT SCORE

Test Location _____

Judge _____ (Judge Name)

I confirm the information above accurately represents the athlete's performance for this test. _____ (Judge Signature) _____ (Date)

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