NOBULL CrossFit GAMES 2023

SEMIFINALS - AGE GROUPS

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

Presented by NOBULL

TEST 4

(100 points)

For time:

20 burpee box jump-overs
2 rounds of:
  20 kettlebell box step-ups
  2 rope climbs
2 rounds of:
  20 kettlebell goblet squats
  2 legless rope climbs
20 burpee box jump-overs

♀ *20-inch box, 53-lb kettlebell, 15-foot rope climb*
♂ *20-inch box, 70-lb kettlebell, 15-foot rope climb*

Time cap: 15 minutes

TEST 4 VARIATIONS

Teenagers 16-17, Masters 35-54

♀ 20-inch box, 53-lb kettlebell, 15-foot rope climb
♂ 20-inch box, 70-lb kettlebell, 15-foot rope climb

Teenagers 14-15, Masters 55+

♀ 20-inch box, 35-lb kettlebell, 12-foot rope climb
♂ 20-inch box, 53-lb kettlebell, 12-foot rope climb

NOTES

Set up the floor plan as shown. As long as the line intersecting the box is placed at least 8 feet from the rope, any setup may be used. The kettlebell must remain on the far side of the line, away from the rope.

Start behind the line closest to the rope. After the call of "3, 2, 1 … go," move across the line and complete 20 burpee box jump-overs. Then, pick up the kettlebell, hold it in the front-rack position, and complete 20 kettlebell step-ups followed by 2 rope climbs. Repeat the 20 step-ups and 2 rope climbs. Then, move back to the kettlebell and complete 20 goblet squats and 2 legless rope climbs. Repeat the 20 goblet squats and 2 legless rope climbs. Then, move immediately to the box and complete 20 burpee box jump-overs. Time stops when both of the athlete's feet are on the opposite side of the box after the final burpee box jump-over.

When the test is complete, walk to the camera and state the password.

TIEBREAK

Record the time at the end of the first set of goblet squats. In the event of a tie, the athlete with the faster tiebreak time wins.

EQUIPMENT

- Tape to mark the floor and the height of the rope climb.
- Kettlebell of appropriate weight.*
- Box of appropriate height. The top of the box must be at least 15-by-15 inches.
- Climbing rope.

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 kilos for the kettlebells are 16 kg (35 lb), 24 kg (53 lb), and 32 kg (70 lb).

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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.
- If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled, then added as penalty time.
- If a penalty results in a time greater than the time cap, the athlete's score will be adjusted to less than the total number of possible reps at a rate of -1 rep for every 5 seconds over the cap.
- A significant number of no reps will result in a 15% Major Penalty.
- False starts or starting in the wrong position will result in a 5-second penalty.

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 kettlebell load or box height.
- 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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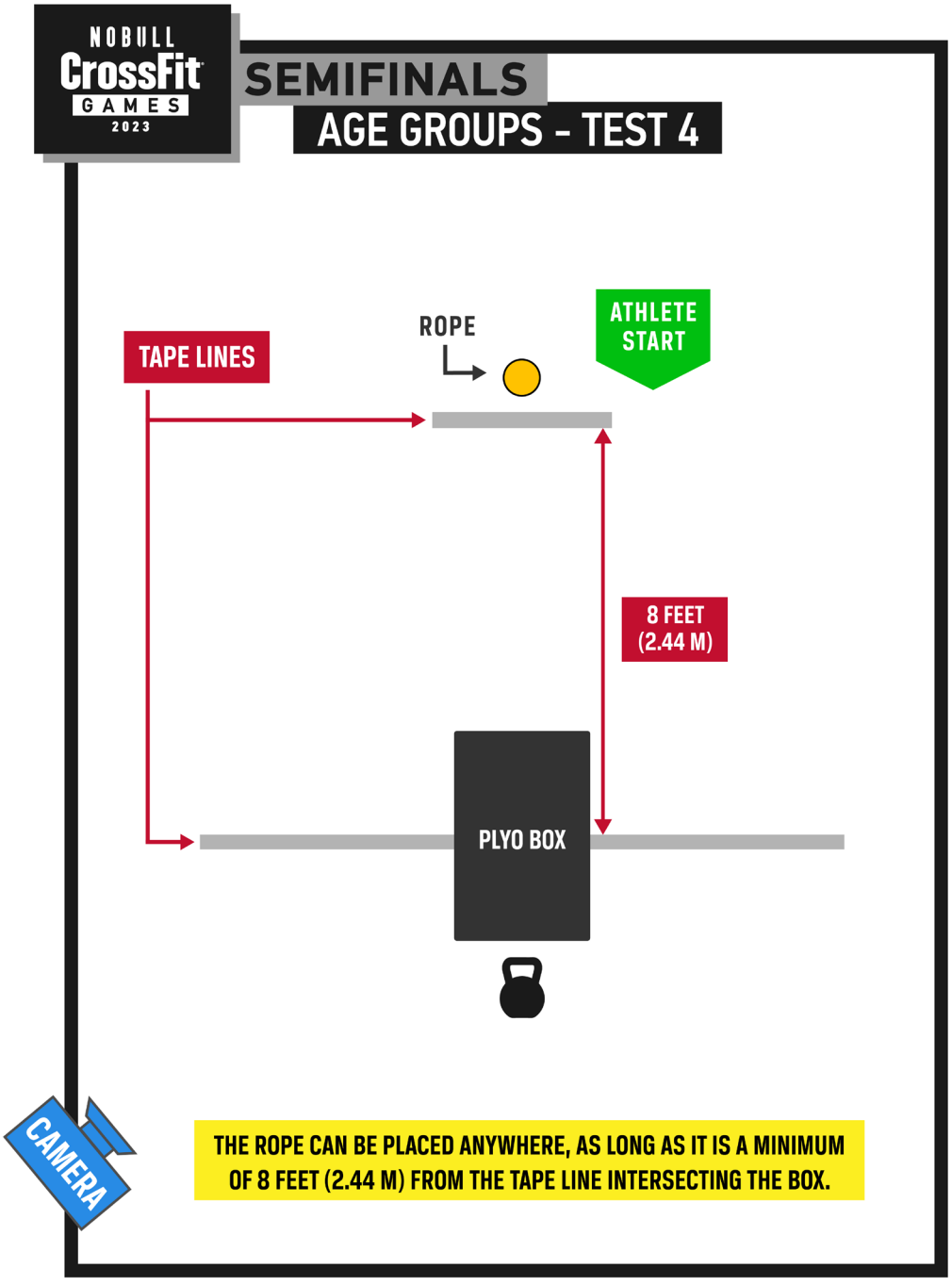

SCAN THE CODE

NOBULL

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

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MOVEMENT STANDARDS

BURPEE BOX JUMP-OVER

- The burpee box jump-over starts facing the box while touching the chest and thighs to the ground.
- The rep is credited when the athlete reaches the other side of the box.
- In the bottom position, the chest must be on the line, with the hands and feet straddling the line.
- You may step or jump in and out of the push-up position.
- A two-foot takeoff is always required, and only your feet may touch the box.

- After landing on the box, you may jump or step off to the other side.
- There is no requirement to stand tall while on top of the box.
- Alternatively, you may jump completely over the box.
- If jumping over the box, the feet must pass over the box, not around it, and you must use a two-foot landing.

- Each rep is counted when you land on the ground on the opposite side of the box. From there, you may begin your next rep.

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MOVEMENT STANDARDS

KETTLEBELL BOX STEP-UP AND GOBLET-SQUAT POSITION

- During the step-ups and goblet squats, the kettlebell must be held at the chest with both hands supporting.
- The kettlebell may **NOT** rest on one shoulder or be held in the hang position.
- Any grip is permitted.

KETTLEBELL BOX STEP-UP

- Each rep begins with **BOTH** feet touching the ground.

- Only the feet may make contact with the box.
- Both hands **MUST** support the kettlebell. Using the hands to push into the legs during the step-up is not allowed.
- Athletes do **NOT** need to alternate their lead leg after every rep.

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MOVEMENT STANDARDS

KETTLEBELL BOX STEP-UP (CONTINUED)

- The rep is credited when:
  - Both feet are on top of the box.
  - The hips and knees are fully extended, with head and shoulders over the hips.

ROPE CLIMB

- Each rep starts with both feet on the ground.
- The athlete may jump into the rope climb.
- Any style of climbing is permitted.

- The rep is credited when one hand clearly touches above the designated mark.
- Athletes may choose to touch a fixed object, such as a beam or the ceiling, so long as the object is at least the designated height (16-54 = 15 ft; 14-15, 55+ = 12 ft).
- There is no requirement during the descent of the climb.

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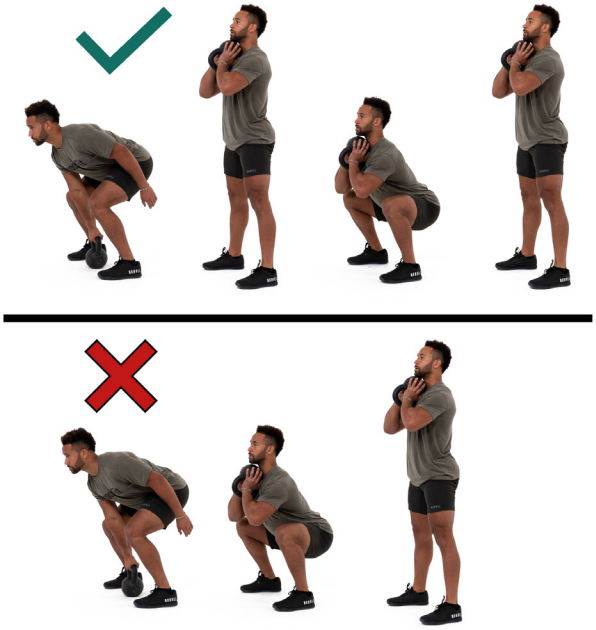
MOVEMENT STANDARDS

LEGLESS ROPE CLIMB

- Start each rep with both feet on the ground.
- You may jump into the rope climb.
- You may **NOT** use your legs during the ascent.
- Pinching or clamping the rope with your legs is not permitted during the ascent.

- The rep is credited when one hand clearly touches above the designated mark.
- You may choose to touch a fixed object, such as a beam or the ceiling, so long as the object is at least as high as the designated height.
- There is no requirement during the descent of the climb. You may use your legs **ONLY AFTER** you have completed the touch above the designated height.

GOBLET SQUAT



- Every rep, **including the first rep**, must begin with the hips and knees fully extended with the kettlebell in position.

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MOVEMENT STANDARDS

GOBLET SQUAT (CONTINUED)

- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.

- The rep is credited when:
  - The athlete's hips and knees are fully extended.
  - The kettlebell is supported in front of the body with both hands.
  - The athlete's feet are in line with one another when the athlete is viewed from profile.

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♂ *20-inch box, 70-lb kettlebell, 15-foot rope climb*

Time cap: 15 minutes

20 BURPEE BOX JUMP-OVERS	20	
20 KETTLEBELL BOX STEP-UPS	40	
2 ROPE CLIMBS	42	
20 KETTLEBELL BOX STEP-UPS	62	
2 ROPE CLIMBS	64	
20 KETTLEBELL GOBLET SQUATS	84	
2 LEGLESS ROPE CLIMBS	86	TIME
20 KETTLEBELL GOBLET SQUATS	106	
2 LEGLESS ROPE CLIMBS	108	
20 BURPEE BOX JUMP-OVERS	128	

TEST 4 VARIATIONS

Teenagers 16-17, Masters 35-54

♀ 20-inch box, 53-lb kettlebell, 15-foot rope climb
♂ 20-inch box, 70-lb kettlebell, 15-foot rope climb

Teenagers 14-15, Masters 55+

♀ 20-inch box, 35-lb kettlebell, 12-foot rope climb
♂ 20-inch box, 53-lb kettlebell, 12-foot rope climb

Time or Reps at 15 Min. _____

Athlete Name _____ (Print)

Tiebreak Time _____

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 4

Time or Reps at 15 Min. _____

Athlete Name _____ (Print)

Tiebreak Time _____

Test Location _____ **Judge** _____ (Judge Name)

SCAN TO SUBMIT SCORE

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

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