

# **CrossFit Boy Girl Intense Team Challenge**

**Time to find the fittest couple in Florida! On February 12, 2012 eighty couples will come together to battle it out over the course of six hours, three workouts, and 5 optional special tests.**

**The teams will be competing for some unique medals for first-third place in all three divisions: RX, Masters, and Scaled. The top RX team will receive \$500 cash, \$500 in Reebok Gift Cards, a Reebok bag and of course bragging rights!**

**Workout #1 and #2 are posted, and the components of Workout #3 are posted (got to leave something to the unknown and unknowable). All special tests will be revealed on event day.**

# Schedule of events

- **7:15-8:15**      **Registration**
- **7:00-8:00**      **Judges Briefing**
- **8:15-8:30**      **Opening Ceremony**
- **8:30-8:55**      **Brief of WODs**
- **9:00-10:30**      **WOD #1**
- **10:30-11:05**      **Special Test Opportunity**
- **11:15-1:15**      **WOD #2**
- **1:20-1:55**      **Special Test Opportunity**
- **2:00-3:30**      **WOD #3**
- **4:00-?**      **Awards and Social**



## Workout #1

**10 min cap**

**Each team member will find their 1 rep max Squat Snatch. They will also be scored separately for total meters rowed during the same 10 minutes.**

Snatch can be full squat snatch or combination of power snatch and overhead squat. Requirements are that bar goes from ground to overhead in one continuous motion and at some point the hip crease must travel below parallel with the bar overhead.

## Workout #2

### **“Leap Frog Gone Bad”**

**3 Rounds. 1 minute per station**

**Stations are:**

- **Pullup**
- **Front Squat (girl)/Thruster (boy)**
- **Box Jump**
- **Deadlift (girl)/Power Clean (boy)**
- **Burpee**

Progresses like Fight Gone Bad but partners rotate each minute through the exercises. So one is working while the other rests for a minute. Score is total reps completed.

**RX Standards:**

**Pullup-** Girl chin clearly over the bar at top and full extension at bottom. Boys chest must contact bar below clavicle at top and full extension at bottom.

**Front Squat- 95#-** Bar must be brought from ground to front rack position without assistance. Bar must be kept in clean grip (no criss crossing arms). Hip crease must pass below parallel at bottom and hips and knees at extension at top. You may squat clean the first rep coming from ground.

**Thruster- 95#-** Bar must be brought from ground to front rack position. Hip crease must pass below parallel at bottom and hips and knees at extension at top with barbell locked out overhead. Ears must be covered by arms when viewed from side. You may squat clean the first rep coming from ground.

**Box Jump- 24”-** Both feet must leave ground at same time. Must show control and extension of knees and hips while feet in contact with top of box. Not required to have entire foot on box as long as control is displayed. May jump down or step down.

**Deadlift- 135#-** Grip outside of legs (no sumo). Arms must remain extended during movement. Plates contact ground at bottom. Hips and knees extended with shoulders behind bar at top. May drop from top.

**Power Clean- 135#-** Bar must be brought from ground to front rack position. Plates contact ground at bottom. Hips and knees extended with elbows in front of bar at top.

**Burpee-** Rep starts with athlete dropping to ground. Chest and thighs must contact ground. Rep ends with two feet jump over partner.

**Scaled/Masters Standards:**

**Pullup-** Chin clearly over the bar at top and full extension at bottom. Partners may assist the one doing pullups with use of hands only!

**Front Squat- 65#-** Bar must be brought from ground to front rack position without assistance. Bar must be kept in clean grip (no criss crossing arms). Hip crease must pass below parallel at bottom and hips and knees at extension at top. You may squat clean the first rep coming from ground.

**Thruster- 65#-** Bar must be brought from ground to front rack position. Hip crease must pass below parallel at bottom and hips and knees at extension at top with barbell locked out overhead. Ears must be covered by arms when viewed from side. You may squat clean the first rep coming from ground.

**Box Jump- 20”-** Both feet must leave ground at same time. Must show control and extension of knees and hips while feet in contact with top of box. Not required to have entire foot on box as long as control is displayed. May jump down or step down.

**Deadlift- 95#-** Grip outside of legs (no sumo). Arms must remain extended during movement. Plates contact ground at bottom. Hips and knees extended with shoulders behind bar at top. May drop from top.

**Power Clean- 95#-** Bar must be brought from ground to front rack position. Plates contact ground at bottom. Hips and knees extended with elbows in front of bar at top.

**Burpee-** Rep starts with athlete dropping to ground. Chest and thighs must contact ground. Rep ends with two feet jump over partner.

## Workout #3

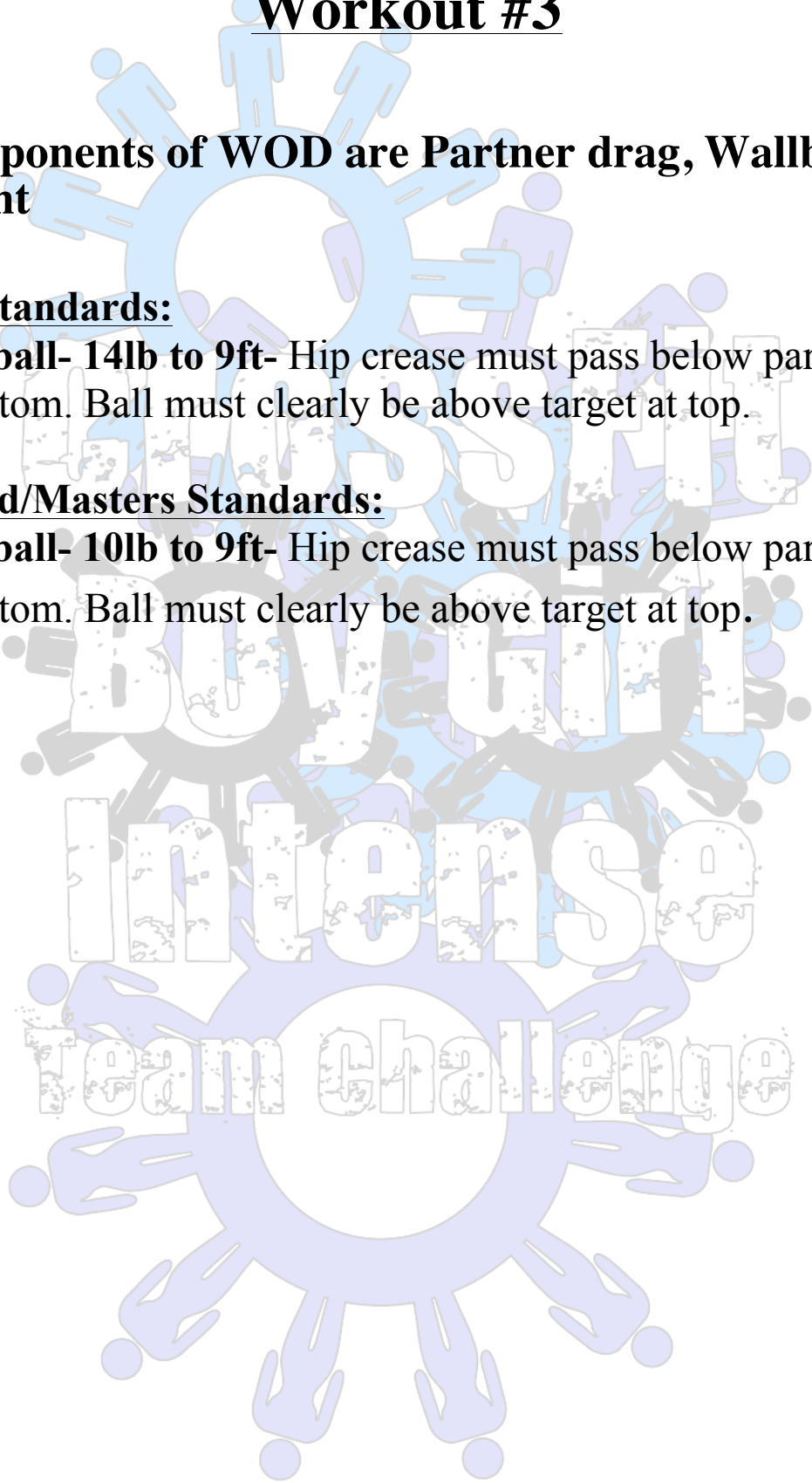
**Components of WOD are Partner drag, Wallball, Sprint**

### RX Standards:

**Wallball- 14lb to 9ft-** Hip crease must pass below parallel at bottom. Ball must clearly be above target at top.

### Scaled/Masters Standards:

**Wallball- 10lb to 9ft-** Hip crease must pass below parallel at bottom. Ball must clearly be above target at top.



## Special Tests

**Tests will be announced day of event. There will be 2 weightlifting movements, 2 gymnastic movements, and 1 monostructural movement.**

Special Tests are for RX competitors ONLY! These tests are optional and individual based. They are an opportunity to score bonus points for your team that will be added to final score.

There will be two 35minute sessions in which you will be afforded an opportunity to attempt a test. Each test may only be attempted one time per individual.



# **Scoring**

**The scoring for this event will be based on number of competitors in division and highest points are best. For example, RX division has 56 competitors first place gets 56 points, second 55 points, third 54 points, and so on.**

**Ties get the same points and the next competitor gets his or her place. For example, Team X and Team Y tie for thirteenth and Team Z comes in right behind them. Team X and Team Y each get 13 place points, while Team Z gets 15 place points.**

**Any Team competing in the RX division may elect to attempt one or more special tests. The special tests will be performed as individuals. Each individual who successfully completes special tests will be awarded 2 points for their team. There will be a total of five special tests, so the max points available for each team are 20. These points will be added to the team event points at the end of event 3.**

**The Team with the highest total points after all the events are Champions!**

**\*In the event of a tie in the final standings, the tie breakers will be as follows: Total points scored in special tests, if still tied highest single WOD placement, if still tied WOD 2 score, if still tied WOD 1 score.**

**\*\*In the event of a two-way tie for the top spot the tiebreaker will be a best of three in tug-o-war in lieu of the above method.**



## Directions

**From I95: Exit Blue Heron Blvd (Exit #76). Head West. Road will merge into the Beeline Hwy (State Rd 710). Continue on 710 to Haverhill Rd (first traffic light). Make a left onto Haverhill Rd. We are located about a quarter mile down on the left in “Haverhill Business Park” unit 205.**

**From Florida Turnpike: Exit on Beeline Hwy (Exit #107). **THIS IS A SUNPASS ONLY EXIT!** At traffic signal turn left. Continue on Beeline Hwy (State Rd 710) for approximately 1 mile to Haverhill Rd (first traffic light). Turn right onto Haverhill Rd. We are located about a quarter mile down on the left in “Haverhill Business Park” unit 205.**

**There will be limited parking in lot. Overflow parking will be in field to left as you enter the business park.**