

CROSSFIT® BRITISH TEENS & MASTERS CHAMPIONSHIPS 2021



A LICENSED CROSSFIT® EVENT

**WORKOUT DESCRIPTIONS,
FLOW AND MOVEMENT
STANDARDS**

WOD 1 – tfench Fetch & Carry

For Time: (10 min Time Cap)

Run 50m

300m Run & Carry

10 Burpees over Bag

300m Run & Carry

10 Burpees over Bag

300m Run & Carry

10 Burpees over Bag

Run 50m

Tiebreak: A tiebreak time is recorded at the end of each set of burpees over bag.

WEIGHTS & VARIATIONS

All age groups and divisions will perform the same workout numbers as detailed above, with the exceptions:

55+ Masters can step over the tactical bag.

13-15 Teens & 55+ Masters will have a shorter run loop.

The tactical bag weights are as follows:

Tactical Bag	kg
Female 13-65+	20
Male 13-65+	30

WORKOUT FLOW

This workout is for time, with a 10-minute time cap.

The athlete begins at the start line. On 'GO' the athlete will run 50m to their sandbag, pick up the sandbag and begin running the first 300m loop in an anticlockwise direction. When they get back to their lane the athlete will begin the first set of 10 burpees over the bag. The athlete will then pick up their sandbag and run the second 300m loop, followed by 10 burpees over the sandbag. The athlete will then pick up their sandbag and begin their final 300m run and carry, followed by the third set of 10 burpees over sandbag. The athlete then runs the last 50m, back to the start line to complete the workout. Time stops when the athlete crosses the finish line.

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SCORING

The athlete's score will be the total time it takes to complete the workout, or the total number of repetitions completed before the 10-minute time cap.

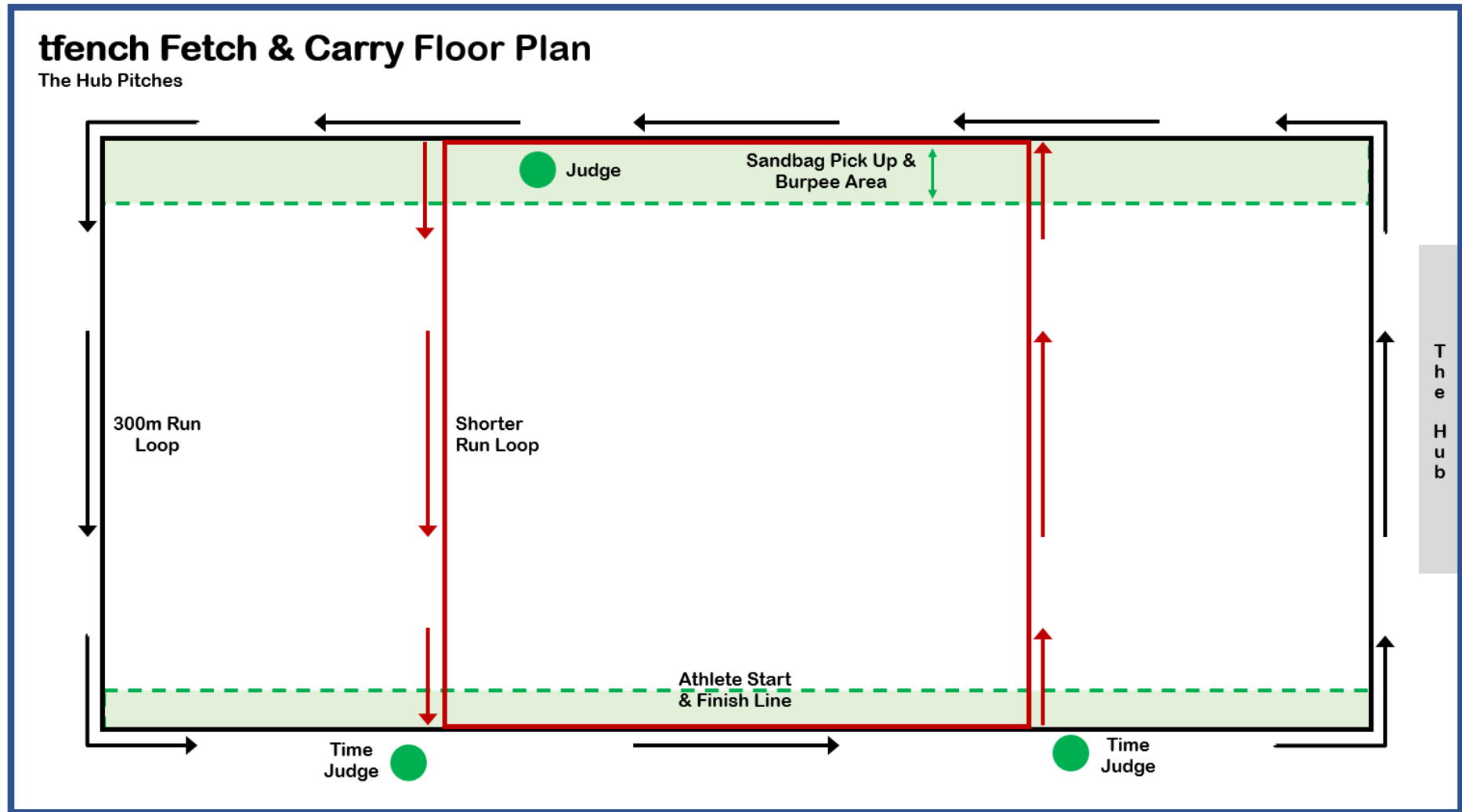
The first 50m run is scored as 1 rep. 300m runs with sandbag are scored as 5 reps if completed. One point for each corner passed and the 5th point for completing the run. A tie break time is then recorded at the end of each set of burpees.

The final run to the starting mat/finish line is scored as 1 rep.

MOVEMENT STANDARDS

Movement	
Run	<ul style="list-style-type: none">● Start with both feet behind the line, run towards the tactical bag.
Run & Carry	<ul style="list-style-type: none">● Hold the bag however you wish and run.● If at any point the bag touches the ground, stop, pick it up and continue.● You may not continue running if any part of the bag is in contact with the floor.● Athletes must stay on the outside of the white pitch line (i.e. line will always be on athletes left).
Burpee over Sandbag	<ul style="list-style-type: none">● Chest & thighs must clearly touch the floor.● A two footed take-off, both feet must clearly pass over the top of the tactical bag.● If the take off is not two-footed, if feet make contact with the bag and/or if both feet do not clearly travel over the top of the bag then the jump must be repeated from the correct side (i.e. step back over and re-jump).● Stay within your lane, do not encroach on other athletes' 2m space.● 55+ may step over the tactical bag.

FLOOR PLAN



WOD 2 – LUNG LADDER

For Time: (5 min Time Cap)

Male: 21-18-15

Female: 15-12-9

Assault Bike Calories

Box Jump Overs

Tiebreak: when each round has been completed, time will be marked at the end of each set of Box Jump Overs.

BOX HEIGHTS & AGE GROUP VARIATIONS

All age groups and divisions will perform the same workout as detailed above with the following variations.

Masters 55+ have the option to replace box jump overs with box step overs.

13-15 Teens & 55+ Masters will have the following rep scheme:

Male: 18-15-12

Female: 12-9-6

Box Heights	Inch	cm
Male 13-65+	24	60
Female 13-65+	20	50

WORKOUT FLOW

This workout is for time, with a 5-minute time cap.

The athlete starts behind their bike at the back of their lane. On “Go”... the athlete will run to their bike and begin their first round of assault bike calories. The athlete then moves to their box to complete their first round of box jump overs. The athlete then moves on to the second round beginning with the second set of assault bike calories into the second set of box jump overs. The athlete then completes their third and final set of assault bike calories and box jump overs, completing the ladder. The athlete then runs back to the starting mat to finish the workout. Time stops when the athlete has both feet back on their starting mat.

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SCORING

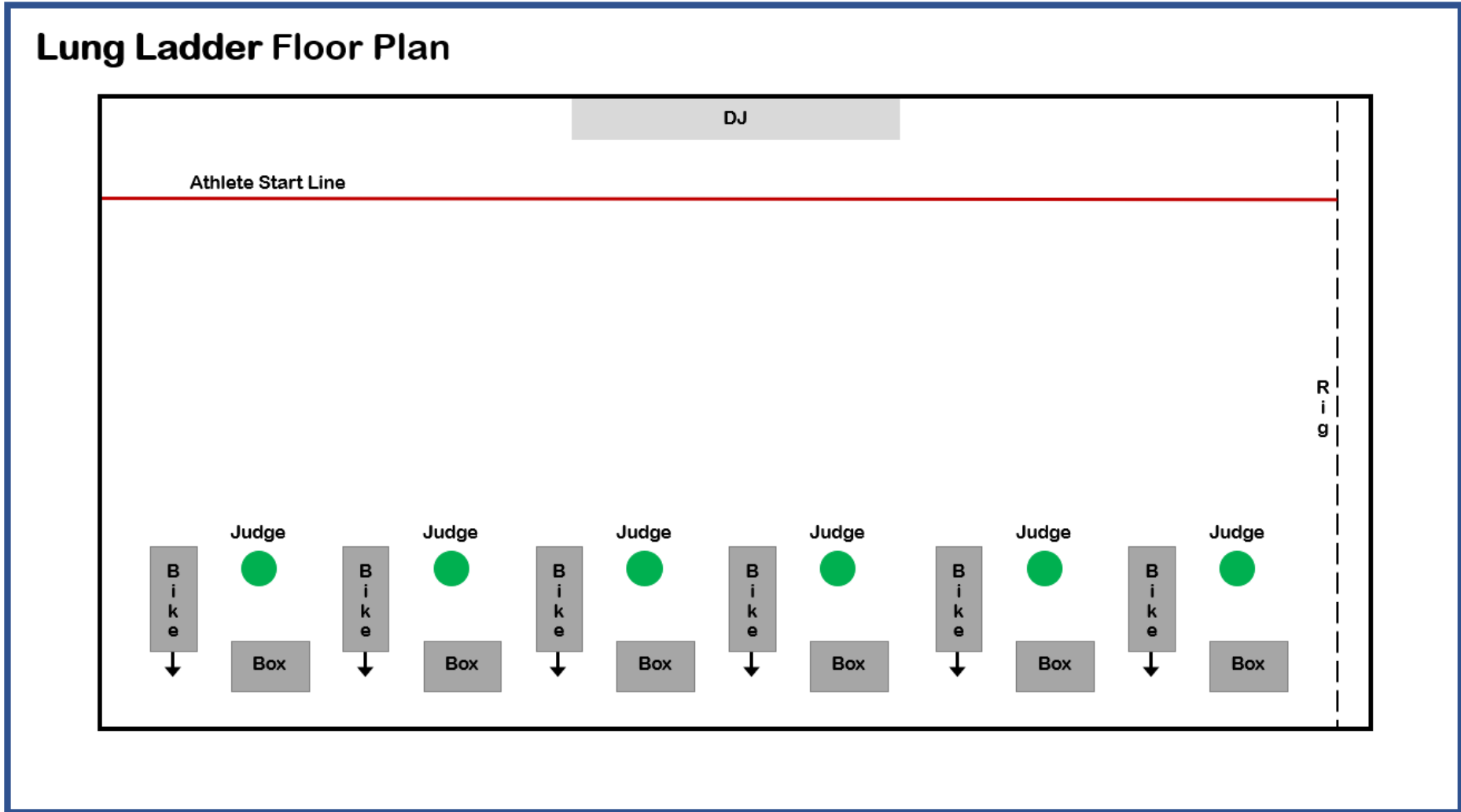
The athlete's score will be the time completed or total number of reps completed in the 5-minutes.

The final run back to the starting mat is scored as 1 rep.

MOVEMENT STANDARDS

Movement	
Assault Bike	<ul style="list-style-type: none">• The monitor on the assault bike must be set to zero calories at the beginning of each round.• Athletes must not touch the bike monitor.• The athlete must stay seated on the assault bike, with hands on the handles until the monitor reads the correct amount of calories for each round.
Box Jump Overs	<ul style="list-style-type: none">• A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete must jump on top of the box using a two-foot landing and then jump or step off to the other side.• Each rep is counted when the athlete has both feet on the ground on the opposite side of the box, where they may begin their next rep.• There is no requirement to stand tall while on top of the box.• If any other body part touches the box, the athlete must restart the rep.
Box Step Overs (55+ Masters)	<ul style="list-style-type: none">• When stepping up and over, both feet must make contact with the top of the box.• There is no requirement to stand tall while on top of the box.• The rep will be counted when both of the athlete's feet touch the ground on the other side of the box.• If any other body part touches the box, the athlete must restart

FLOOR PLAN



WOD 3 – UPPITY

For Time: (9 min Time Cap)

**1 Legless Rope Climb
7m Handstand Walk
30 Wall Balls**

**2 Legless Rope Climbs
7m Handstand Walk
40 Wall Balls**

**3 Rope Climbs
7m Handstand Walk
50 Wall Balls**

Tiebreak: at the end of each set of Wall Balls, a tiebreak time will be recorded.

WEIGHTS & VARIATIONS

The following movement variations apply to this workout.

Rope Climbs

Rx Females will replace the 2 Legless Rope Climbs in round 2 with 2 Rope Climbs.
13-15 Teens Male and Female & 55-59 Masters Male will perform 1-2-3 Rope Climbs each round.

55-59 Masters Female & 60+ Masters Male will perform 1 Rope Climb each round.
60+ Masters Female will replace all rope climbs with 5 reps of Laying Rope Pulls to standing, controlled lowering to the floor.

Handstand Walks

60+ Masters will replace Handstand Walks with Double DB OH Walk with 2x 15/10kg DBs.

Wall Balls

13-15 Teens Male will use a 6kg wall ball and have a target height of 9ft.

55+ Masters Male will have a target height of 9ft.

55+ Masters Female & 13-15 Teens Female will use a 4kg wall ball.

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Wall Ball	Kg	Target Height (ft)
Female 13-15	4	9
Male 13-15	6	9
Female 16-54	6	9
Male 16-54	9	10
Female 55+	4	9
Male 55+	9	9

WORKOUT FLOW

This workout is for time, with a 9-minute time cap.

The athlete starts standing next to the rope, facing away. On “Go”... the athlete begins with their first round of rope climb variation. The athlete then completes a 7m handstand walk. When this is complete the athlete completes 30 wall balls followed by a sprint back to their rope. Then the athlete completes 2 more legless rope climbs. The athlete then completes a 7m handstand walk and 40 wall balls with a sprint back to the rope. The athlete then completes the final round of 3 rope climbs, 7m handstand walk and 50 wall balls with a run back to their rope. Time stops when the athlete touches their rope.

SCORING

The athlete’s score will be the total time it takes to complete the workout, or the total number of repetitions completed before the 9-minute time cap.

Handstand Walks are scored via 1m intervals. Each 1 metre section must be successfully completed for the rep to count.

The final run back to the rope is scored as 1 rep.

MOVEMENT STANDARDS

Movement	
Legless Rope Climb	<ul style="list-style-type: none">● Start each rep with both feet on the ground.● You may jump onto the rope climb.● You MAY NOT use your legs to assist with the ascent.● The rep is credited when BOTH hands clearly touch above the designated tape mark.● You may use your legs to descend the rope ONLY AFTER you have clearly made the touch at the top of the climb.● You must bring both hands under the taped mark on the descent before releasing the rope.

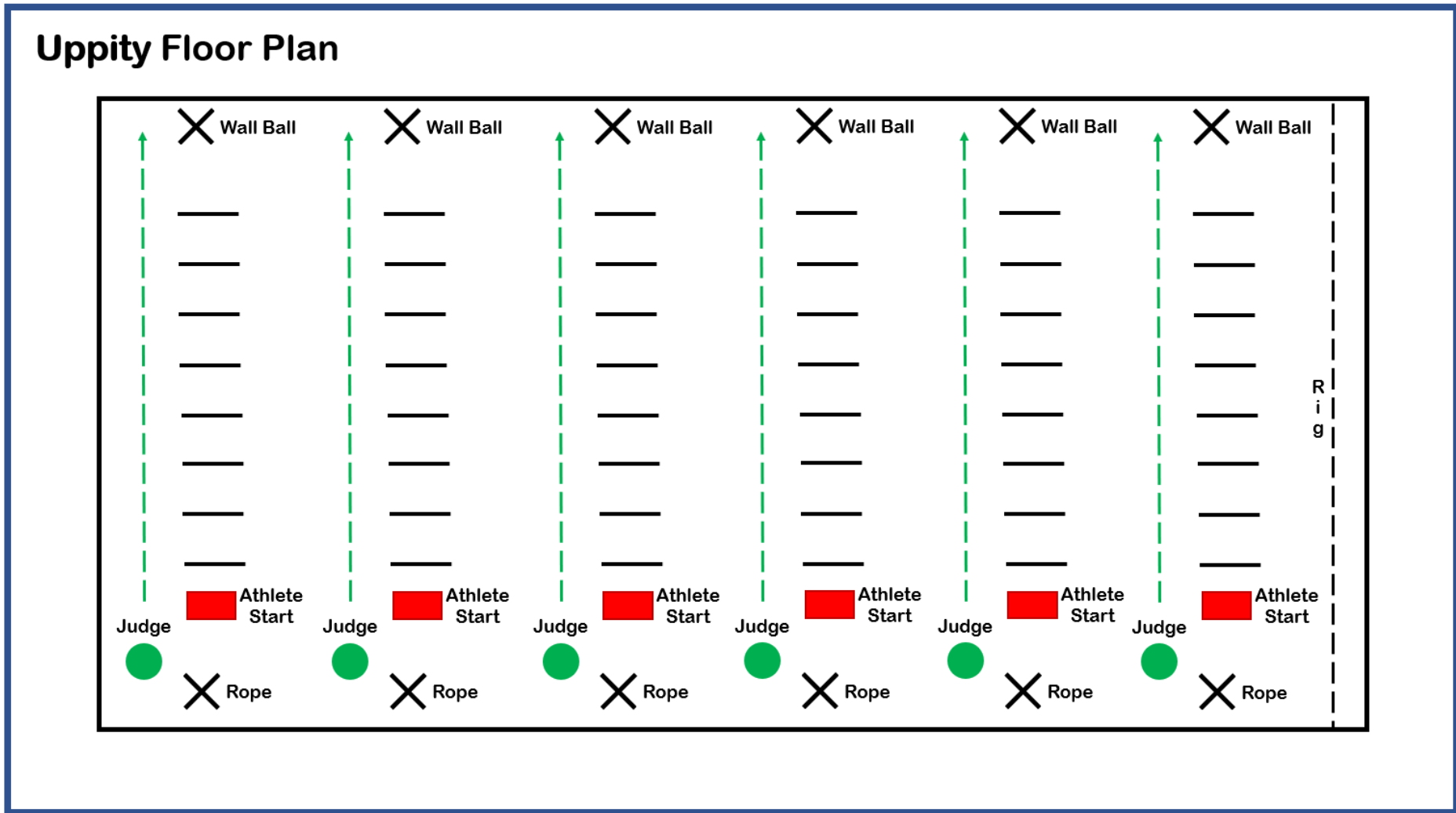
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Rope Climb	<ul style="list-style-type: none"> • Start each rep with both feet on the ground. • You may jump onto the rope climb. • The rep is credited when BOTH hands clearly touch above the designated tape mark. • You must bring both hands under the taped mark on the descent before releasing the rope.
Handstand Walk	<ul style="list-style-type: none"> • The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. • Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. • If at any time the athlete comes down from the hands, he or she must restart from the last 1 metre increment crossed. • Both hands, including palms and fingers, must cross the line marking the 1 metre increment to earn credit for that distance. • Each 1 metre section will count as 1 rep.
Wall Ball	<ul style="list-style-type: none"> • In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. • The athlete may squat clean the first rep • The rep is credited when the centre of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” • If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.
Double DB OH Walk (60+ Masters)	<ul style="list-style-type: none"> • The DB Overhead Walk begins with the dumbbells overhead, the feet together and the athlete standing tall with hips and knees extended. • The athlete must be behind the mark denoting the start of the segment being attempted. • During the overhead walk, if either head of the dumbbells comes into contact with or falls below the level of the athlete’s head, the athlete must stop walking and return to the last completed section in order to continue. • The rep is credited when the athlete gets both heels across the section line, has the dumbbells in the overhead position and is standing tall with hips and knees fully extended. • The athlete must alternate which foot leads for each step. Shuffle steps between reps are not allowed. Each 1 metre section will count as 1 rep. If the athlete fails to meet any standard during a step, the athlete must restart from behind the last 1 metre section successfully completed.
Laying Rope Pulls (60+ Masters Female)	<ul style="list-style-type: none"> • Start each rep lying on the mat, with BOTH hands, Heels and Shoulders in contact with the mat. Using both hands pull yourself to standing. • The rep is credited when the athlete's hips and knees are fully extended, standing tall and upright with shoulders inline with hips.

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	<ul style="list-style-type: none">• The descent must be hand under hand, until the Athlete is lying on the mat (not just 'dropping' to floor), with BOTH hands, Heels and Shoulders in contact with the mat.. At which point the next rep may begin.
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FLOOR PLAN



WOD 4 – TYRANNY

For Time: (8 min Time Cap)

3 Rounds:

3 Rounds Dumbbell DT

1 Length (7m) Double Dumbbell OH Lunge

1 Round of Dumbbell DT:

12 Dumbbell Deadlifts

9 Dumbbell Hang Power Cleans

6 Dumbbell Shoulder-to-Overheads

Tiebreak: There is no tiebreak.

WORKOUT MODIFICATIONS

All age groups and divisions will perform the same workout as detailed above.

Masters 60+ will perform Double Dumbbell Lunges (dumbbells held at side).

DUMBBELL WEIGHTS

Double Dumbbell	kg
Female 13-15	10
Male 13-15	15
Female 16-54	15
Male 16-54	22.5
Female 55+	10
Male 55+	15

WORKOUT FLOW

This workout is for time, with an 8-minute time cap.

The athlete starts standing tall with both dumbbells on the floor. On Go... the athlete begins the first round of dumbbell DT with 12 deadlifts into 9 dumbbell hang cleans followed by 6 dumbbell shoulder to overhead. This completes 1 round of dumbbell DT. The athlete then completes 2 more rounds of dumbbell DT. The athlete then performs 1 length of double dumbbell overhead lunges, which completes the first round of the workout. The athlete then performs 2 more rounds of the above (3 rounds of dumbbell DT, followed by 1 length of double dumbbell overhead lunges) to complete 3 total rounds of the workout. The athlete then completes the workout with a sprint back to their starting mat and time stops.

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SCORING

The athlete's score will be the total time it takes to complete the workout, or the total number of repetitions completed before the 8-minute time cap.

Each rep of dumbbell DT is scored individually. Every metre of the dumbbell lunge is 1 rep (7 total) and the final run to the starting mat is scored as 1 rep.

MOVEMENT STANDARDS

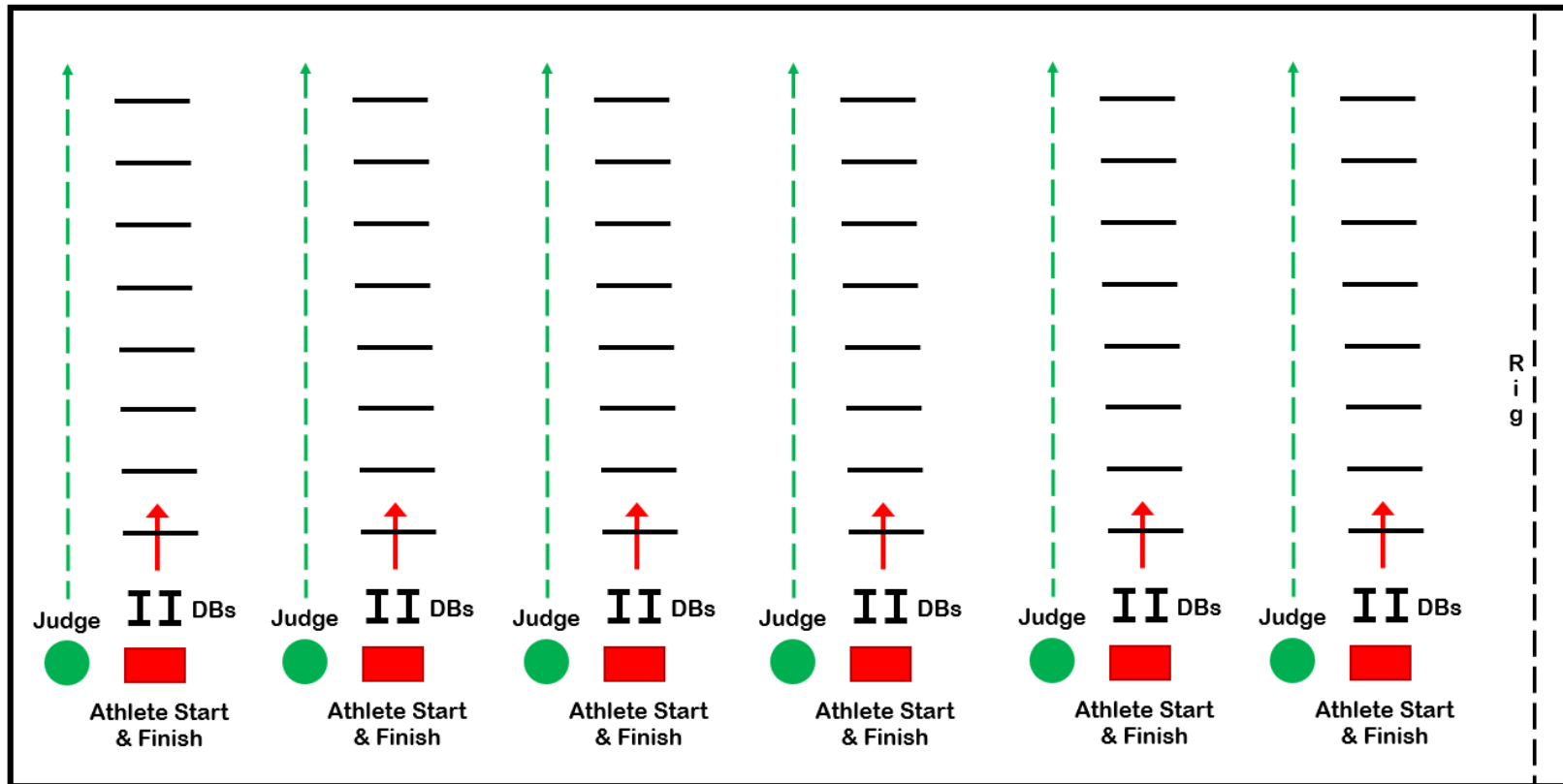
Movement	
Dumbbell Deadlift	<ul style="list-style-type: none">• The athlete must hold the dumbbells by the handles, outside the legs.• Sumo deadlifts are not allowed.• Each rep begins with at least the front head of both dumbbells touching the ground at the same time.• The rep is credited when the athlete's hips and knees are at full extension, and the athlete's head and shoulders are in line vertically over the hips.• Deliberate bouncing of the dumbbells is not allowed.
Dumbbell Hang Power Clean	<ul style="list-style-type: none">• The athlete must go through full extension of a deadlift before beginning the first hang power clean.• The athlete must pause with the dumbbell at the hang position, either at his or her side or between the legs.• From there, the athlete may perform a muscle clean, power clean or split clean, so long as the dumbbell comes up and makes contact with the top of the shoulder and elbow in front of shoulder.• The rep is complete when the athlete stands tall, hips and knees fully extended, with the dumbbell still in contact with shoulders and elbows in front of the dumbbells.
Dumbbell Shoulder-to-Overhead	<ul style="list-style-type: none">• The dumbbells must be in contact with the shoulders with the hands below the ears to begin the shoulder-to-overhead.• A press, push press, push jerk, or split jerk are all permitted as long as the finish position is achieved.• The rep is credited when the dumbbells are locked out overhead.• The athlete's arms, hips and legs must be fully extended before the dumbbells are lowered.• The centre of both dumbbells must be over or slightly behind the centre of the athlete's body, with the feet in line.
Double Dumbbell Overhead Walking Lunge	<ul style="list-style-type: none">• Each lunge begins with the dumbbells overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment being attempted.

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	<ul style="list-style-type: none">• At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the dumbbells must be above the height of the athlete's head.• If, during the lunge, either head of the dumbbells comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue.• Lunging in place is not allowed.• The rep is credited when the athlete gets both heels fully across the line, has the dumbbells in the overhead position and is standing tall with hips and knees fully extended.• Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top.• The athlete must alternate which foot leads for each step. Shuffle steps between lunges are not allowed.• Each 1 metre section will count as 1 rep.• If the athlete fails to meet any standard during a step, the athlete must restart from behind the last 1 metre section successfully completed.
Double Dumbbell Walking Lunge (60+ Masters)	<ul style="list-style-type: none">• Each lunge begins with one dumbbell held in each hand at the athlete's side.• The athlete must be behind the mark denoting the start of the segment being attempted.• At the bottom of the lunge, the trailing knee must make contact with the ground.• Lunging in place is not allowed.• The rep is credited when the athlete gets both heels fully across the line, has the dumbbells in hands and is standing tall with hips and knees fully extended.• Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top.• The athlete must alternate which foot leads for each step. Shuffle steps between lunges are not allowed.• Each 1 metre section will count as 1 rep.• If the athlete fails to meet any standard during a step, the athlete must restart from behind the last 1 metre section successfully completed.

FLOOR PLAN

Tyranny Floor Plan



WOD 5 – MF FULL CIRCLE

For Time (6 min Time Cap)

3-6-9-6-3

**Bar Muscle Ups
Clusters**

Tiebreak: when each round has been completed, the time should be marked. Tie break times will be recorded at the end of the set of 3, 6 & 9 clusters; and after the second set of 6 clusters.

WEIGHTS & VARIATIONS

All age groups and divisions will perform the same workout as detailed above with the following variations:

55-59 Masters will replace BMU with Chest-to-Bar Pull Ups.

60+ Masters will replace BMU with Pulls Ups.

Cluster	Kg
Female 13-15	30
Male 13-15	45
Female 16-17	35
Male 16-17	50
Female 18-54	42.5
Male 18-54	60
Female 55-59	35
Male 55-59	50
Female 60+	25
Male 60+	40

WORKOUT FLOW

This workout is for time, with a 6-minute time cap. The athlete starts standing just in front of their barbell facing the rig. On GO ... the athlete runs to their designated rig area and begins 3 bar muscle ups. The athlete then moves back to the barbell and performs 3 clusters facing away from the rig. The athlete then moves on to the second round beginning with the set of 6 bar muscles ups into 6 clusters. The athlete then completes 9 bar muscle ups and 9 clusters. The athlete then moves back down the ladder performing the set of 6 bar muscle ups into 6 clusters. The athlete then completes 3 bar muscle ups followed by 3 clusters. Time stops when the bar is fully locked out overhead as per movement standards on the final cluster rep.

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SCORING

The athlete's score will be the time taken to complete the workout, or the total number of reps completed before the 6-minute time cap.

MOVEMENT STANDARDS

Movement	
Bar Muscle Up	<ul style="list-style-type: none">● The athlete must begin with, or pass through, a hang below the bar, with the arms fully extended and the feet off the ground.● Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip.● The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar.● Athletes must pass through some portion of a dip-to-lockout over the bar.● Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep.● Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms.● Removing the hands and resting while on top of the bar is not allowed.● Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.
Cluster	<ul style="list-style-type: none">● Each cluster begins with the barbell on the ground.● One continuous movement consisting of one full squat clean into one thruster/press overhead is required.● For the rep to count, the crease of the athlete's hip must clearly pass below the top of the knees in the bottom position of the squat.● The rep is credited when the athlete reaches full lockout with the barbell overhead. The athlete's hips, knees and arms must be fully extended and the bar must be directly over, or slightly behind, the middle of their body.● 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.● If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.● Any barbells less than 35kg must be controlled to the ground i.e. guide the bar down to below hips, no dumping from above hip height.● Athletes may NOT receive assistance moving or resetting their barbell.

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Chest-to-Bar Pull Ups (55-59 Masters)	<ul style="list-style-type: none">• This is a standard chest-to-bar pull-up.• Dead hang, kipping or butterfly chest-to-bar pull-ups are allowed as long as all the requirements are met.• The arms must be fully extended at the bottom, with the athlete's feet off the ground.• Overhand, underhand, or mixed grip are all permitted.• The rep is credited when the chest CLEARLY comes into contact with the bar below the collarbone.• Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.
Pulls Ups (60+ Masters)	<ul style="list-style-type: none">• This is a standard chin-over-bar pull-up.• Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met.• The arms must be fully extended at the bottom with the feet off the ground.• At the top of the movement, the chin must break the horizontal plane of the bar.• Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

FLOOR PLAN

MF Full Circle Floor Plan

