



# DUCQ – INTERMEDIATE TEAMS

SCORE SUBMISSION DUE 8PM (AEST) FRIDAY, AUGUST 25

## WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

### WORKOUT 23.1

For total reps:

0:00 - 2:00: Max Clean & Jerks (W1)

2:00 - 3:00: Max Toes to Bar

3:00 - 5:00: Max Clean & Jerks (W2)

5:00 - 6:00: Max Regular Pull-ups (chin over the bar)

6:00 - 8:00: Max Clean & Jerks (W3)

8:00 - 9:00: Max Chest to Bar Pull-ups

♂ **W1:** 70kg/ 155lb | **W2:** 60kg/ 135lb | **W3:** 50kg/ 110lb

♀ **W1:** 50kg/ 110lb | **W2:** 42.5kg/ 95lb | **W3:** 35kg/ 77lb

#### Notes:

There is a 9-minute running clock with no rest between movements.

This workout begins with the athlete's back facing towards the barbell. After the call of go, the athlete will have 2 minutes to complete as many clean & jerks as possible at the first weight (the heaviest weight). The athlete will then have 1 minute to complete as many toes to bar as possible. The athlete will then have 2 minutes to complete as many clean & jerks as possible at the second weight. The athlete will then have 1 minute to complete as many regular pull-ups as possible. The athlete will have 2 minutes to complete as many clean & jerks as possible at the third weight (the lightest weight). The athlete will then have 1 minute to complete as many chest-to-bar pull-ups as possible.

Another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used. Collars must be placed on the outside of all the plates on any barbell used during the workout.

The athlete's score will be the total number of reps completed before the 9-minute time cap.

#### Equipment:

- Pull-up Bar
- Barbell
- Collars
- Plates to load to the appropriate weight for your division.

#### Video Submission Standards:

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting, film the pull-up bar, plates and barbell to be used so the weights can be seen clearly. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Record the video from an angle so all movements can be clearly seen meeting the movement standards.



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## MOVEMENT STANDARDS

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### Clean & Jerk

#### Beginning:

- Start each rep with the barbell on the ground.
- Power Cleans, Squat Cleans, and Split Cleans are allowed. Hang cleans are not allowed.
- If dropped, the barbell must settle on the ground before the start of the next rep.

#### Middle:

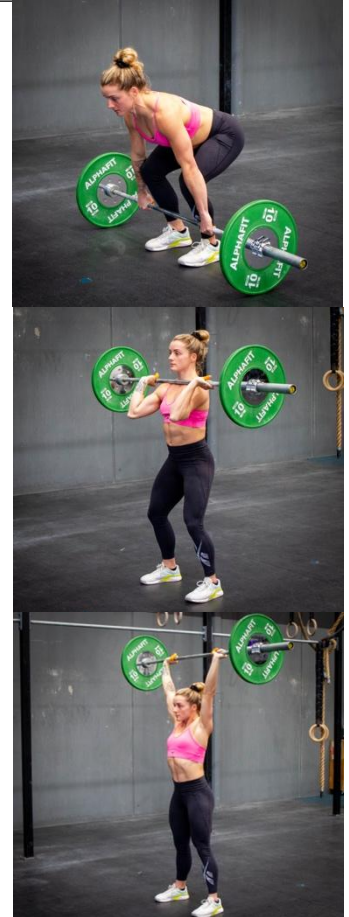
- The lift must have two distinct phases: the Clean and the Jerk. Snatching is not allowed.
- The barbell must make contact with the shoulders. It is NOT necessary to lock out the hips and legs to complete the Clean before lifting the bar overhead.

#### End:

- The rep is counted when the barbell is locked out overhead, with the arms, hips and legs extended. The bar is over or slightly behind the centre of the body, with the feet in line.
- A Press, Push Press, Push Jerk, or Split Jerk are all allowed if the required finish position is achieved.

#### Additional Standards:

- Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound.
- Receiving any assistance moving the barbell is not permitted unless it has to do with loading the barbell.



### Toes to Bar

#### Beginning:

- At the start of each rep, the arms must be extended, and the heels must be brought back behind the bar with the feet off the ground.
- Overhand, underhand, or mixed grip are all allowed.

#### Middle:

- N/A

#### End:

- The rep is completed when both feet come in contact with the bar at the same time, between the hands.
- Any part of the feet may contact the bar.





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## MOVEMENT STANDARDS

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### Regular Pull-ups

#### Beginning:

- Athletes must start each rep with their arms fully extended and feet off the ground.
- Any style of Pull-up or grip is allowed.

#### Middle:

- N/A

#### End:

- The rep is counted when the athlete's chin breaks the horizontal plane of the pull-up bar.



### Chest to Bar Pull-ups

#### Beginning:

- Athletes must start each rep with their arms fully extended and feet off the ground.
- Any style of Pull-up or grip is allowed.

#### Middle:

- N/A

#### End:

- The rep is counted when the athlete's chest clearly contacts the bar at or below the collarbone.





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## SCORECARD

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### WORKOUT 23.1

♂ **W1:** 70kg/ 155lb | **W2:** 60kg/ 135lb | **W3:** 50kg/ 110lb

♀ **W1:** 50kg/ 110lb | **W2:** 42.5kg/ 95lb | **W3:** 35kg/ 77lb

**Note:** This workout begins with the athlete's back facing towards the barbell. You will not receive credit for reps completed past each of the interval times, the entire rep must be completed before the time expires.

<b>0:00 - 2:00: Max Clean &amp; Jerks (W1)</b>	Reps
<b>2:00 - 3:00: Toes to Bar</b>	Reps
<b>3:00 - 5:00: Max Clean &amp; Jerks (W2)</b>	Reps
<b>5:00 - 6:00: Max Regular Pull-ups</b>	Reps
<b>6:00 - 8:00: Max Clean &amp; Jerks (W3)</b>	Reps
<b>8:00 - 9:00: Max Chest to Bar Pull-ups</b>	Reps

ATHLETE NAME \_\_\_\_\_

TOTAL REPS \_\_\_\_\_  
A VIDEO LINK MUST BE SUBMITTED WITH YOUR SCORE