

23.3:

Starting with a 6-minute time cap, complete as many reps as possible of:

5 wall walks
 50 double-unders
 15 snatches (weight 1)
 5 wall walks
 50 double-unders
 12 snatches (weight 2)

*If completed before the 6-minute time cap, add 3 minutes to the time cap and complete:

20 strict handstand push-ups
 50 double-unders
 9 snatches (weight 3)

*If completed before the 9-minute time cap, add 3 minutes to the time cap and complete:

20 strict handstand push-ups
 50 double-unders
 6 snatches (weight 4)

♀ 65 lb, 95 lb, 125 lb, 155 lb
 ♂ 95 lb, 135 lb, 185 lb, 225 lb

TEST VARIATIONS

Rx'd (16-54)

♀ Snatch- 65, 95, 125, 155 lb
 ♂ Snatch- 95, 135, 185, 225 lb

Scaled (16-54)

♀ Scaled wall walks, single-unders, hand-release push-ups, snatch- 45, 65, 75, 85 lb
 ♂ Scaled wall walks, single-unders, hand-release push-ups, snatch- 65, 95, 115, 135 lb

Teenagers 14-15

♀ Snatch- 45, 65, 75, 85 lb
 ♂ Snatch- 65, 95, 115, 135 lb

Scaled Teenagers 14-15, Scaled Masters 55+

♀ Scaled wall walks, single-unders, hand-release push-ups, snatch- 35, 55, 65, 75 lb
 ♂ Scaled wall walks, single-unders, hand-release push-ups, snatch- 45, 65, 85, 95 lb

Masters 55+

♀ Wall walks, double-unders, kipping handstand push-ups, snatch- 45, 65, 75, 85 lb
 ♂ Wall walks, double-unders, kipping handstand push-ups, snatch- 65, 95, 115, 135 lb

NOTES

Prior to starting the test, set up the floor plan as shown. As long as the barbell and jump rope are 8 feet away from the wall, they may be placed in any configuration.

This test begins on the far side of the 8-foot line facing the wall. After "3, 2, 1, ... go," move to the wall and complete 5 wall walks. Then, cross over the 8-foot line and complete 50 double-unders. Next, move to the barbell and complete 15 snatches at the first weight. Then, repeat the sequence of 5 wall walks and 50 double-unders, then 12 snatches at the second weight. If you complete the 12 snatches at the second weight under the 6-minute time cap, add 3 minutes to the time cap and immediately continue with 20 strict handstand push-ups, 50 double-unders, and 9 snatches at the third weight. You do not need to wait until the 6-minute mark to begin the strict handstand push-ups. If you complete the 9 snatches under the 9-minute time cap, add 3 minutes to the time cap and immediately continue with 20 strict handstand push-ups, 50 double-unders, and 6 snatches at the final weight. You do not need to wait until the 9-minute mark to begin the strict handstand push-ups.

If the athlete completes all of the reps under the time cap, their score will be the total time taken to complete the test. If the athlete reaches the time cap before completing all of the reps, their score will be the total number of reps completed.

TIEBREAK

The time should be recorded after the completion of each set of snatches.

If the athlete completes the test before the time cap, there will be no tiebreaker.

If the athlete does not complete the test before the time cap, when they log their score they will enter the total number of reps they completed as well as the time at which they completed their last full set of snatches.

In the case of a tie (i.e., athletes complete the same number of reps), the athlete with the lower tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.



OPEN WEEK 3

12 P.M. (NOON) PT THURSDAY, MARCH 2, THROUGH 5 P.M. PT MONDAY, MARCH 6

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EQUIPMENT

- Tape to mark the floor.
- Jump rope.
- Barbell, plates, and collars.*

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the snatches are 15 kg (35 lb), 20 kg (45 lb), 25 kg (55 lb), 29 kg (65 lb), 34 kg (75 lb), 38 kg (85 lb), 43 kg (95 lb), 52 kg (115 lb), 56 kg (125 lb), 61 kg (135 lb), 70 kg (155 lb), 83 kg (185 lb), and 102 kg (225 lb).

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.

VIDEO SUBMISSION STANDARDS

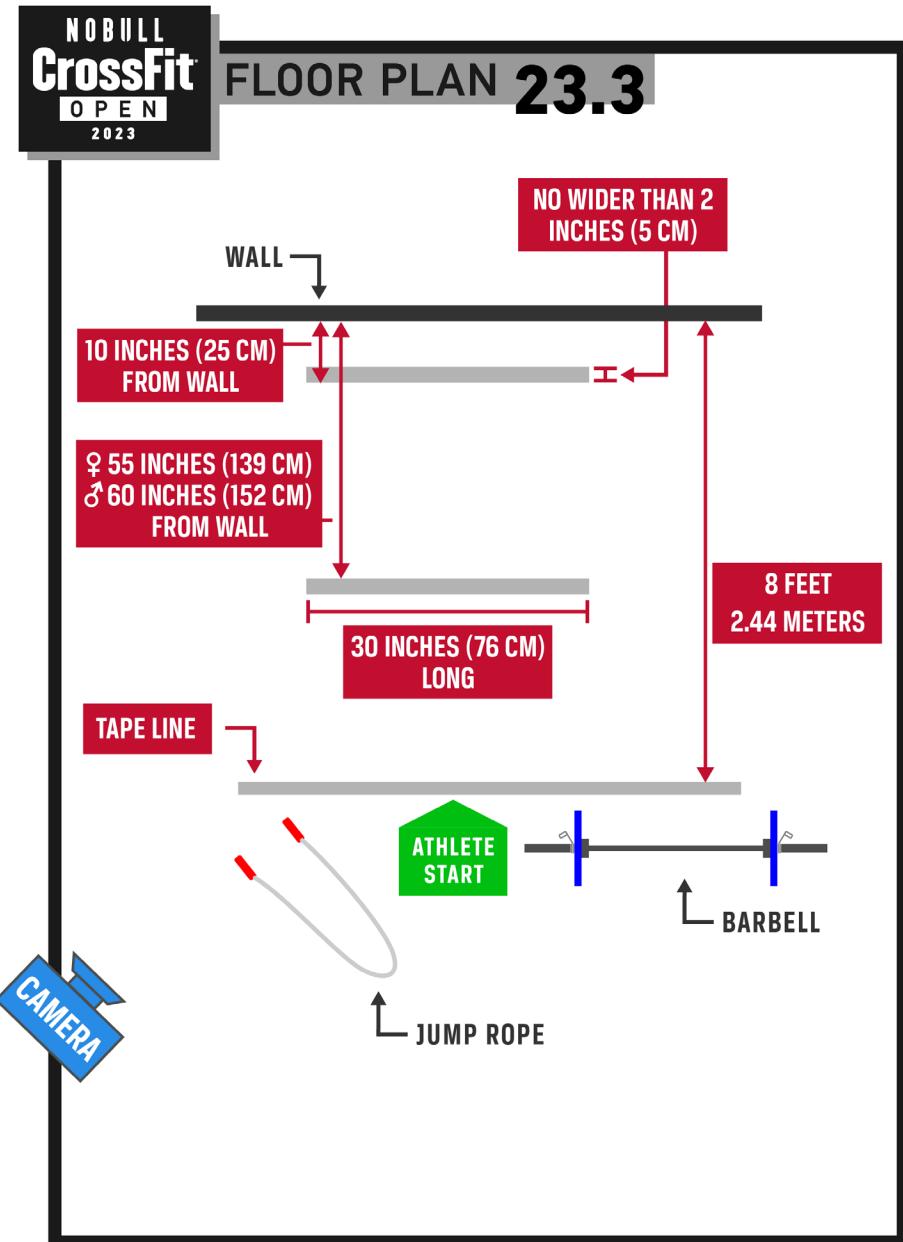
- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing 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.

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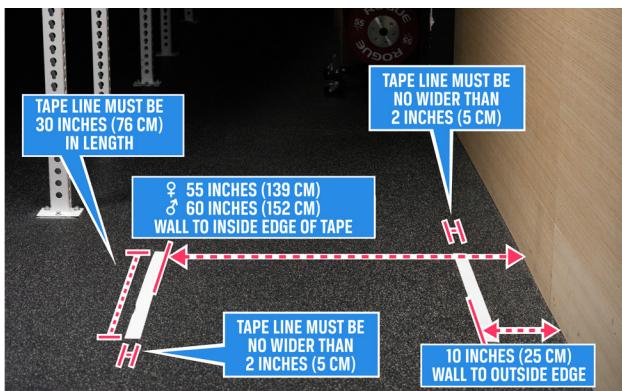
12 P.M. (NOON) PT THURSDAY, MARCH 2, THROUGH 5 P.M. PT MONDAY, MARCH 6

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MOVEMENT STANDARDS

WALL WALK



- Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is **CLOSEST** to the wall. For women, the distance from the wall to the tape is 55 inches. For men, the distance is 60 inches. This first line will be the start and finish line for each repetition.
- Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.
 - The tape line placed 10 inches from the wall must be 30 inches in length and **NO WIDER** than 2 inches.



- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK).



- Both hands must remain on the tape until both feet are on the wall.



- At the top of the movement, both hands must touch the tape line at the 10-inch mark before the athlete may descend.
- Any part of the hand may touch the tape line.

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12 P.M. (NOON) PT THURSDAY, MARCH 2, THROUGH 5 P.M. PT MONDAY, MARCH 6

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MOVEMENT STANDARDS

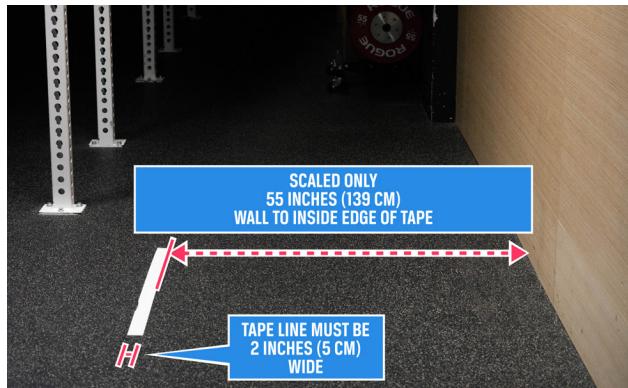
WALL WALK (CONTINUED)



- On the descent, the feet must remain on the wall until both hands are touching the first line.

- The rep is credited when the athlete returns to the starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground.
- Any part of the hand may make contact with the tape line.

WALL WALK (SCALDED ONLY)



- Mark a tape line that measures 55 inches from the wall to the edge of the tape that is **CLOSEST** to the wall.
- The line must be 2 inches wide.



- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must be in front of the tape line.
- No part of the hand may be touching the line.

MOVEMENT STANDARDS

WALL WALK (SCALED ONLY) (CONTINUED)



- Both hands must remain in front of the tape until both feet are on the wall.

- The athlete will walk up the wall until both hands are on the other side of the 2-inch tape line.
- The fingers may **NOT** be touching the tape line.



- On the descent, the feet must remain on the wall until both hands are in front of the tape line.
- No part of the hand may be touching the line.

- The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground.

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OPEN WEEK 3

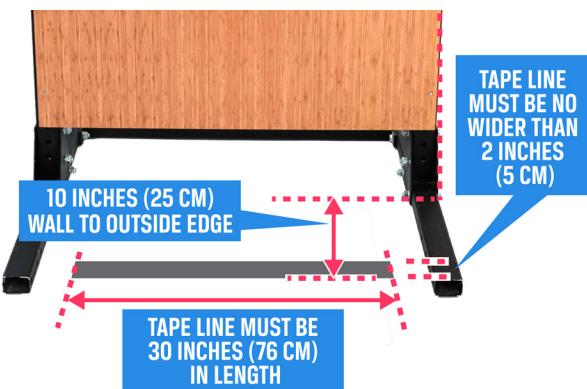
12 P.M. (NOON) PT THURSDAY, MARCH 2, THROUGH 5 P.M. PT MONDAY, MARCH 6

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MOVEMENT STANDARDS

STRICT HANDSTAND PUSH-UP / HANDSTAND PUSH-UP (MASTERS 55+)



- The athlete must perform the handstand push-ups with both hands touching the tape line 10 inches from the wall.
 - This tape line must be 30 inches long and no wider than 2 inches.
- Any portion of the athlete's hands may be touching the line (fingers OK).

- The arms must be fully extended and in line with the body before the athlete may descend.
- Each rep begins and ends with the athlete in the lockout position with the heels against the wall, arms fully extended, and shoulders in line with the body.



- Both hands must remain on the designated tape line.
- If one or both hands is not touching the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position.

MOVEMENT STANDARDS

STRICT HANDSTAND PUSH-UP (CONTINUED)



- At the bottom, the head must make contact with the ground.
- If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- For Rx'd athletes ages 14-54, the handstand push-up must be strict. Kipping **is NOT** allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition. The feet may be no wider than the width of the hands at any point.
- For Rx'd Masters 55+, kipping **IS** allowed. The feet may be no wider than the width of the hands at any point.

- Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

MOVEMENT STANDARDS

HAND-RELEASE PUSH-UP (ALL SCALED ONLY)



- Scaled athletes will perform hand-release push-ups instead of strict handstand push-ups (or handstand push-ups for Masters 55+).
- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking, sagging, or pushing up from the knees.

- The chest (nipple line or above) must touch the floor.
- Then, the hands must be lifted completely off the ground.



- Each rep is credited when the athlete returns to the lockout position where the elbows are locked out and the body is in a straight, plank position.

MOVEMENT STANDARDS

DOUBLE-UNDER/SINGLE-UNDER (SCALED ONLY)



- The rope passes under the feet twice for each jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

SNATCH



- The athlete and barbell must remain in front of the line.
- If the athlete's feet or the plates on the barbell touch or cross the line at any time, the rep will not count.
- Each rep starts with the bar on the ground.
- If using an empty barbell or a barbell with bumper plates that are smaller than the standard size, each rep must begin with the barbell clearly below the knees.
- Power, squat, and split snatches are permitted.
- Hang snatches are **NOT** permitted.
- Bouncing the bar is **NOT** permitted.

- The rep is counted when the athlete's hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind, when viewed from profile.
- If a split snatch is used, the feet must return in line before the bar is lowered.
- Athletes **MAY** receive assistance loading the bar or use multiple bars set to each round's specific weight.

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*If completed before the 9-minute time cap, add 3 minutes to the time cap and complete:
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Rx'd (16-54)

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Teenagers 14-15

♀ Snatch- 45, 65, 75, 85 lb
 ♂ Snatch- 65, 95, 115, 135 lb

Scaled Teenagers 14-15, Scaled Masters 55+

♀ Scaled wall walks, single-unders, hand-release push-ups, snatch- 35, 55, 65, 75 lb
 ♂ Scaled wall walks, single-unders, hand-release push-ups, snatch- 45, 65, 85, 95 lb

Masters 55+

♀ Wall walks, double-unders, kipping handstand push-ups, snatch- 45, 65, 75, 85 lb
 ♂ Wall walks, double-unders, kipping handstand push-ups, snatch- 65, 95, 115, 135 lb

Athlete Name _____

Print

Test Location _____

5 WALL WALKS	5
50 DOUBLE-UNDERS	55
15 SNATCHES (WEIGHT 1)	70
5 WALL WALKS	75
50 DOUBLE-UNDERS	125
12 SNATCHES (WEIGHT 2)	137

IF COMPLETED BEFORE 6 MINUTES, ADD 3 MINUTES TO THE TIME CAP AND COMPLETE: TIME

20 STRICT HANDSTAND PUSH-UPS	157
50 DOUBLE-UNDERS	207
9 SNATCHES (WEIGHT 3)	216

IF COMPLETED BEFORE 9 MINUTES, ADD 3 MINUTES TO THE TIME CAP AND COMPLETE: TIME

20 STRICT HANDSTAND PUSH-UPS	236
50 DOUBLE-UNDERS	286
6 SNATCHES (WEIGHT 4)	292

Finish Time _____ **OR Total Reps** _____

Tiebreak Time _____

Rx'd Scaled

Judge _____

Judge Name _____

Has judge passed CrossFit's Online Judges Course? Y / N

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

Athlete Copy

TEST 23.3

Athlete Name _____

Print

Test Location _____

Finish Time _____ **OR Total Reps** _____

Tiebreak Time _____

Rx'd Scaled

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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