

23.1: (14.4 REPEAT)

Complete as many reps as possible in 14 minutes of:

60-calorie row
50 toes-to-bars
40 wall-ball shots
30 cleans
20 muscle-ups

♀ 14-lb ball to 9-ft target, 95-lb cleans
♂ 20-lb ball to 10-ft target, 135-lb cleans

TEST VARIATIONS

Rx'd (16-54)

♀ 14-lb ball to 9 ft, 95-lb cleans
♂ 20-lb ball to 10 ft, 135-lb cleans

Scaled (16-54)

♀ 10-lb ball to 9 ft, hanging knee raises, 65-lb cleans, chin-over-bar pull-ups
♂ 14-lb ball to 10 ft, hanging knee raises, 95-lb cleans, chin-over-bar pull-ups

Teenagers 14-15

♀ 10-lb ball to 9 ft, 65-lb cleans
♂ 14-lb ball to 10 ft, 95-lb cleans

Scaled Teenagers 14-15

♀ 10-lb ball to 9 ft, hanging knee raises, 45-lb cleans, chin-over-bar pull-ups
♂ 14-lb ball to 10 ft, hanging knee raises, 65-lb cleans, chin-over-bar pull-ups

Masters 55+

♀ 10-lb ball to 9 ft, 65-lb cleans, muscle-ups
♂ 20-lb ball to 9 ft, 115-lb cleans, muscle-ups

Scaled Masters 55+

♀ 10-lb ball to 8 ft, sit-ups, 45-lb cleans, jumping chest-to-bar pull-ups
♂ 14-lb ball to 8 ft, sit-ups, 65-lb cleans, jumping chest-to-bar pull-ups

NOTES

Prior to starting, set up the floor plan as shown. The wall-ball target, pull-up bar, and rings may be set up in any configuration as long as they are at least 8 feet away from the C2 rower and barbell.

This test begins with the athlete seated on the rower with hands off of the handle. After "3, 2, 1 ... go," row 60 calories (counting up). When the rower reads 60 calories, move to the pull-up bar and complete 50 toes-to-bars. Once the toes-to-bars are complete, move to the wall-ball station for 40 wall-ball shots, then to the barbell for 30 cleans. Finally, move to the rings for 20 muscle-ups. If the athlete completes the round with time remaining, start a new round on the rower, and continue in the same fashion until 14 minutes have elapsed.

The athlete's score will be the total number of repetitions completed at the time cap.

TIEBREAK

Time should be recorded after the completion of each set of cleans. When submitting a score, athletes will enter their total number of reps completed as well as the time at which they completed their last full set of cleans.

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

Do **NOT** use a countdown timer.

EQUIPMENT

- Tape to mark the floor.
- C2 rower.
- Pull-up bar.
- Medicine ball* and target.
- Barbell, plates, and collars.*
- Rings.

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the medicine balls are 4 kg (10 lb), 6 kg (14 lb) and 9 kg (20 lb). The minimum acceptable weights in kilograms for the cleans are 20 kg (45 lb), 29 kg (65 lb), 43 kg (95 lb), 52 kg (115 lb), and 61 kg (135 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.



OPEN WEEK 1

12 P.M. (NOON) PT THURSDAY, FEB. 16, THROUGH 5 P.M. PT MONDAY, FEB. 20

Presented by



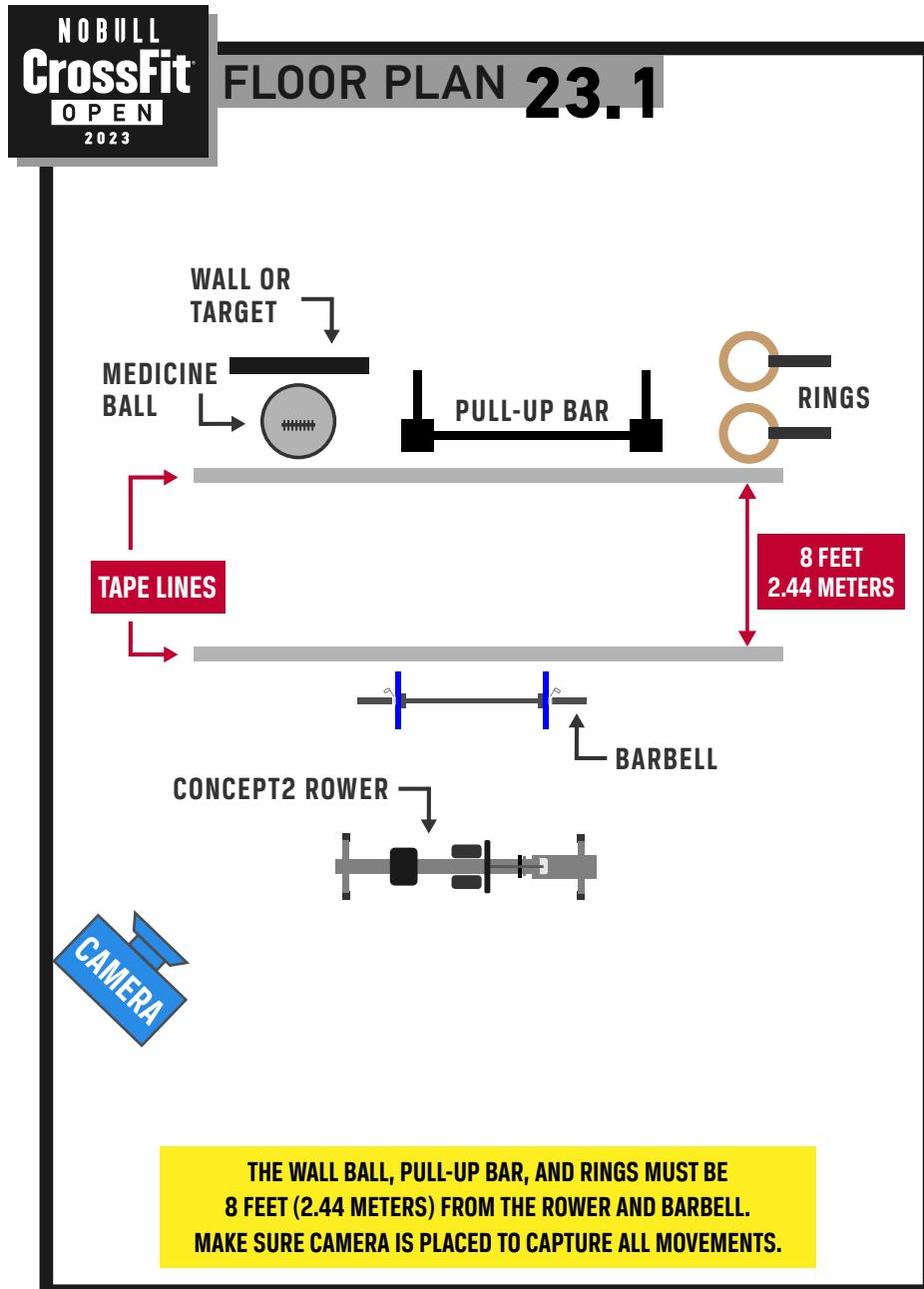
VIDEO SUBMISSION STANDARDS

- 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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SCAN THE CODE

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MOBILITY FIRST

Free mobility protocols throughout the Open with GOWOD!

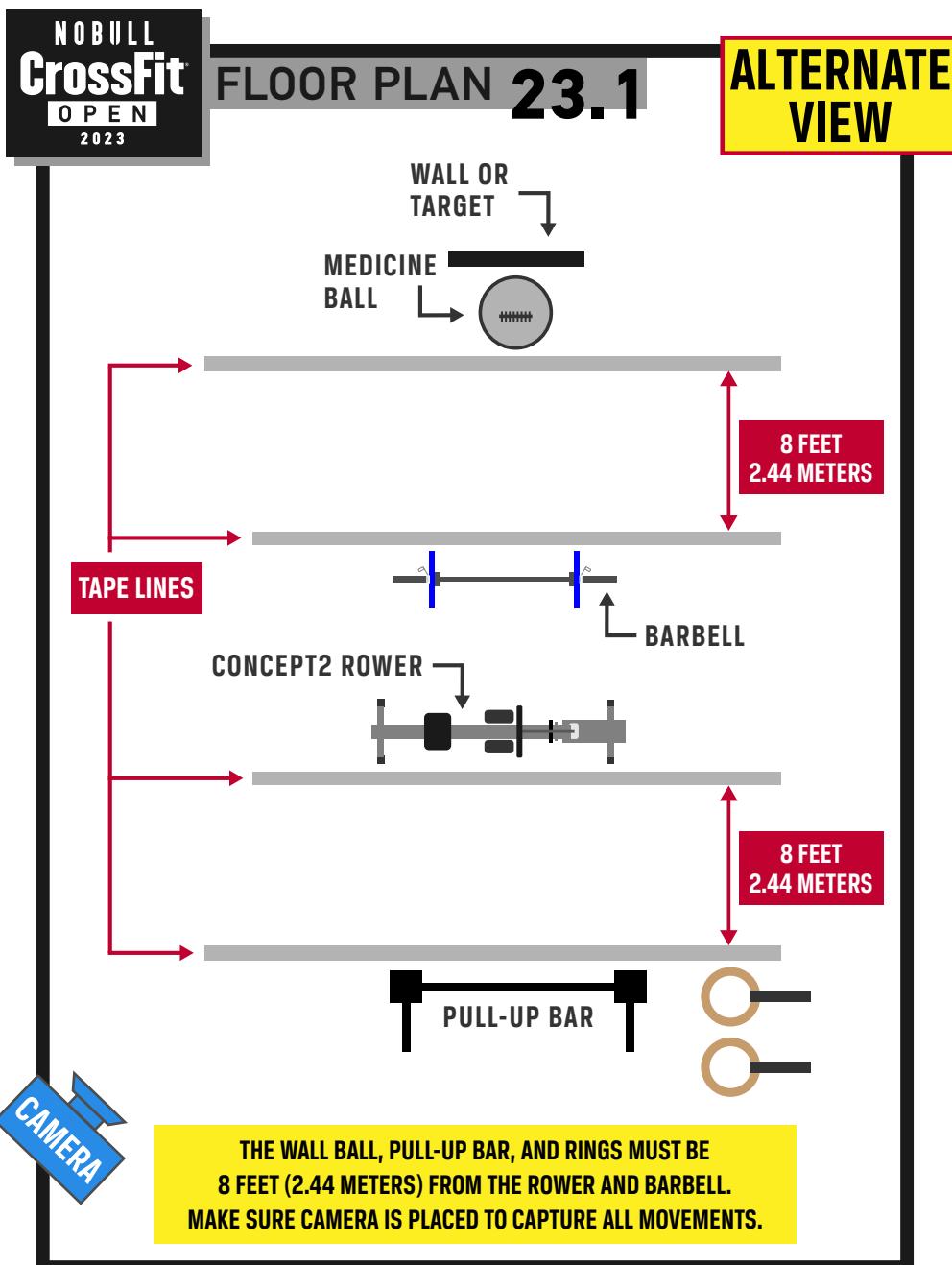
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MOVEMENT STANDARDS

ROW



- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete will start seated on the rower with hands off the handle until after the call of "3, 2, 1 ... go."

- The athlete must stay seated on the rower with hands on the handle until the monitor reads 60 calories.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

TOES-TO-BAR



- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.

- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

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OPEN WEEK 1

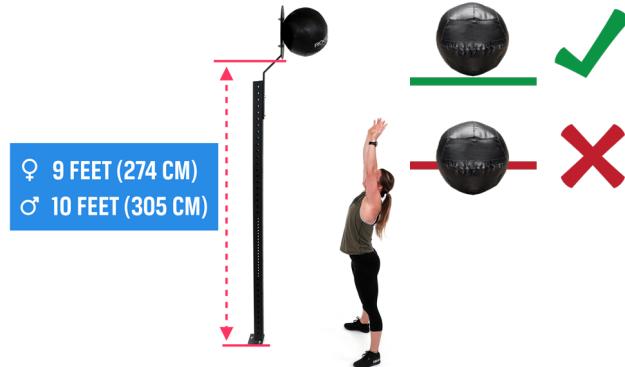
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MOVEMENT STANDARDS

WALL-BALL SHOT



- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.

- The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.
- NOTE:** If using a mounted wall-ball target, it is **HIGHLY** recommended that the **BOTTOM** of the target be mounted to the appropriate height.

CLEAN



- The barbell starts on the ground.
- Collars must be placed outside the plates.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.



- The rep is credited when the athlete's hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the hands.
- If the bar is lowered from the rack position before the hips and knees reach full extension, the rep will not count.

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MOVEMENT STANDARDS

MUSCLE-UP



- Athletes must begin each rep hanging from the rings with arms fully extended and feet off the ground.
- Kipping is allowed, but uprises and swings/rolls to support are not permitted.
- During consecutive kipping muscle-ups, a change of direction below the rings is required.
- No part of the foot may rise above the bottom of the rings during the kip.

- The athlete must pass through some portion of a dip before reaching lockout.
- The rep is credited when the elbows are fully locked out in the support position.
- Reaching lockout while pushing or falling away from the rings will not count.

HANGING KNEE RAISES (SCALED 16-54, SCALED TEENAGERS 14-15)



- Scaled athletes 16-54 and scaled teenagers will perform hanging knee raises instead of toes-to-bars.
- The athlete must begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.

- The rep is credited when the athlete's knees rise above the hips.

MOVEMENT STANDARDS

SIT-UP (SCALED MASTERS 55+ ONLY)



- Scaled masters 55+ will perform sit-ups instead of toes-to-bars.
- The athlete must begin with the back in contact with the floor, feet anchored, and hands touching the floor above the head.



- The rep is credited when the hands touch the feet.
- AbMats are permitted.

CHIN-OVER-BAR PULL-UP (SCALED, SCALED TEENAGERS 14-15)



- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

MOVEMENT STANDARDS

JUMPING CHEST-TO-BAR PULL-UPS (SCALED MASTERS 55+ ONLY)



- Scaled masters 55+ perform jumping chest-to-bar pull-ups instead of muscle-ups.
- The bar should be at least 6 inches (15 cm) above the top of the head when the athlete is standing tall.
- Plates or other stable platforms may be required to decrease the distance between the top of the head and the bar.



- At the start of each rep, the athlete must lower themselves until the arms are fully extended.



- The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

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60-CALORIE ROW	60	TIME
50 TOES-TO-BARS	110	
40 WALL-BALL SHOTS	150	
30 CLEANS	180	
20 MUSCLE-UPS	200	
60-CALORIE ROW	260	
50 TOES-TO-BARS	310	
40 WALL-BALL SHOTS	350	
30 CLEANS	380	TIME
20 MUSCLE-UPS	400	

Athlete Name _____

Print

Test Location _____

Judge _____

Judge Name _____

Tiebreak Time _____

Reps at 14 Min. _____

Rx'd Scaled

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 23.1

Athlete Name _____

Print

Test Location _____

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.

Judge Signature _____ Date _____

