



Online Qualifier

25.1

CrossFit
LICENSED | 20
EVENT | 25

TEST 1

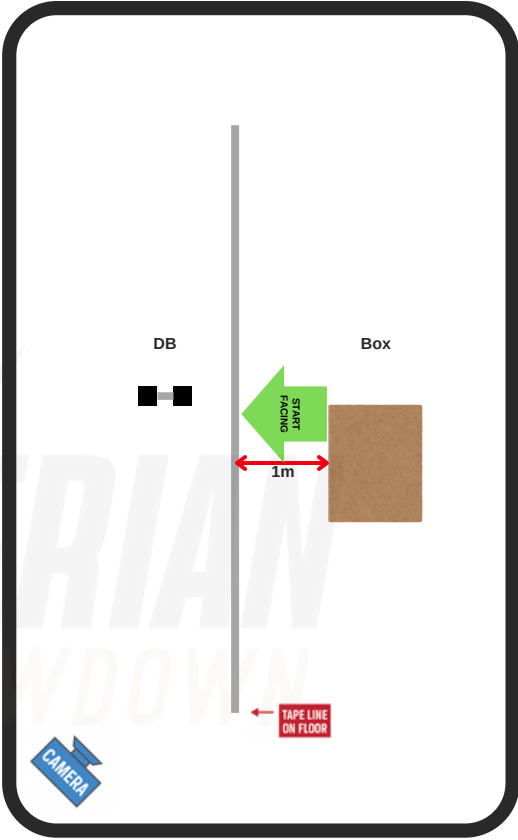
DIVISION	INDIVIDUAL
EVENT NAME	25.1
TIME CAP	10

60 DB SNATCH	60
30 BOX JUMP OVER	90
40 DB SNATCH	130
20 BOX JUMP OVER	150
20 DB SNATCH	170
10 BOX JUMP OVER	180

Male: 25kg
 Female: 17.5kg
 Box Height:
 R1@20'
 R2@24'
 R3@30'

FINISH TIME	MM:SS
--------------------	-------

CAP?	<input type="checkbox"/>	COMPLETED REPS	<input type="text"/>
------	--------------------------	----------------	----------------------



FLOW:

The test begins with the athlete behind the line facing the dumbbell. At the sound of the beep, the athlete goes to the dumbbell and performs 60 Dumbbell Snatches. Once completed, they go to the boxes and perform 30 box jump overs. They then return to the dumbbell and repeat the same flow until finishing the final round of 10 jumps.

In the first round, the box height is 20 inches, in the second round 24 inches, and in the third round 30 inches for all athletes.

The result is the total time.



MOVEMENT STANDARDS
DUMBBELL SNATCH

REQUIREMENTS



1. Each rep starts with both heads of the dumbbell on the ground.
2. Lift the dumbbell overhead in one motion.
 - A partial squat in the receiving position is allowed but **NOT** required.
3. The rep is credited when:
 - Knees, hips, and elbow of the working arm are fully extended.
 - The middle of the dumbbell is in line with or behind the body when viewed from the side.

NOTE:

- Athletes must face the camera.
- The dumbbell must remain at least 5 feet away from the box.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Placing the non-working hand/arm on the thigh or anywhere on the body.
- ✘ Touching only one head of the dumbbell to the ground or not touching the ground at all.
- ✘ Lowering the dumbbell before reaching full extension of the elbow, knees, or hips.
- ✘ Finishing with the dumbbell in front of the body.

ADDITIONAL:

- ✘ Stepping on or over the line 5 feet from the box.
- ✘ Facing away from the camera.

MOVEMENT STANDARDS – DUMBBELL SNATCH

- REQUIREMENTS:

- Each rep starts with both dumbbell heads on the floor.
- Lift the dumbbell overhead in one continuous movement.
- A partial squat is allowed when receiving the dumbbell, but it is **NOT** mandatory.
- The repetition is valid when:
 - The knees, hips, and elbow of the working arm are fully extended.
 - The center of the dumbbell is aligned with or behind the body when viewed from the side.

- NOTE:

- The athlete must face the camera.
- The dumbbell must be kept at least 1 meter away from the box.

- COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

- X Supporting the non-working hand/arm on the thigh or any part of the body
- X Touching only one dumbbell head to the floor or not touching the floor at all
- X Lowering the dumbbell without completing full extension of the elbow, knees, or hips
- X Lowering the dumbbell before fully extending the body
- X Finishing with the dumbbell in front of the body

▲ ADDITIONALLY:

- Stepping on or crossing the line located 1 meter from the box
- Having the back turned to the camera

BOX JUMP-OVER

REQUIREMENTS



1. Each rep starts with both feet on the ground on the side of the box.
2. For 14-17, 35-54 divisions only: a two-foot takeoff is required.
For 55+ divisions: athletes may step **OR** jump up to the box. A two-foot takeoff is **NOT** required.
For all:
 - A two-foot landing is **NOT** required.
 - The athlete may face any direction during the box jump-over.
 - The athlete may jump over the box entirely. If so, they must pass over the box and not around it.
 - Athletes **MUST** step down from the box.
3. The rep is credited when both feet touch the ground on the opposite side.

NOTES:

- The dimensions of the top of the box must be at least 15 inches x 15 inches (38 centimeters x 38 centimeters).
- The take-off and landing positions must be at least partially viewable on camera.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ (14-17, 35-54 divisions only) A step-up or single leg take-off.



- ✘ Touching the box with the hands or knees.

ADDITIONAL:

- ✘ Jumping down from the top of the box.
- ✘ Any reps completed with the dumbbell closer than 5 feet from the box.

MOVEMENT STANDARDS – BOX JUMP-OVER

- REQUIREMENTS:

- Each rep starts with both feet on the floor beside the box.
- Landing with both feet is **NOT** required.
- The athlete may look in any direction while jumping over the box.
- The athlete may jump completely over the box. If so, they must pass over it, not around it.
- The athlete **MUST** step down by walking off the box.
- The rep is valid when both feet touch the floor on the opposite side of the box.

- NOTE:

- The takeoff and landing must be partially visible on camera.

- COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

- ✘ Touching the box with hands or knees
- ✘ Jumping from the top of the box (instead of walking down)
- ✘ Jumping into the next rep without waiting to be fully on the opposite side