



Online Qualifier

25.2A & 25.2B

CrossFit
LICENSED | 20
EVENT | 25

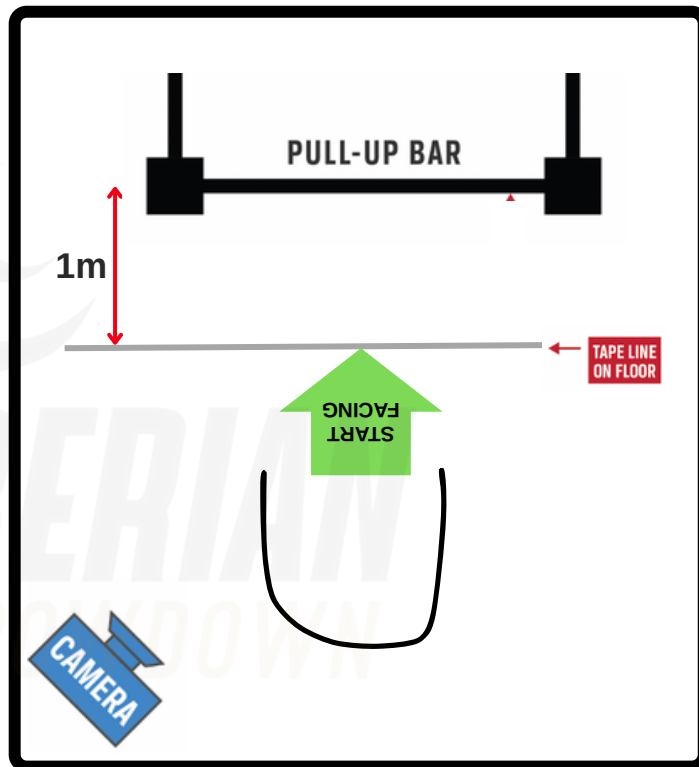
TEST 2A

DIVISION	INDIVIDUAL
EVENT NAME	25.2A
TIME CAP	10

R1	100 DOUBLE UNDERS	100
	15 TOES TO BAR	115
	15 STRICT HSPU	130
R2	100 DOUBLE UNDERS	230
	15 TOES TO BAR	245
	15 STRICT HSPU	260
R3	100 DOUBLE UNDERS	360
	15 TOES TO BAR	375
	15 STRICT HSPU	390

FINISH TIME	<input type="text" value="MM:SS"/>
CAP? <input type="checkbox"/>	COMPLETED REPS <input type="text"/>

Tests 2A and 2B must be performed consecutively using the same timer.

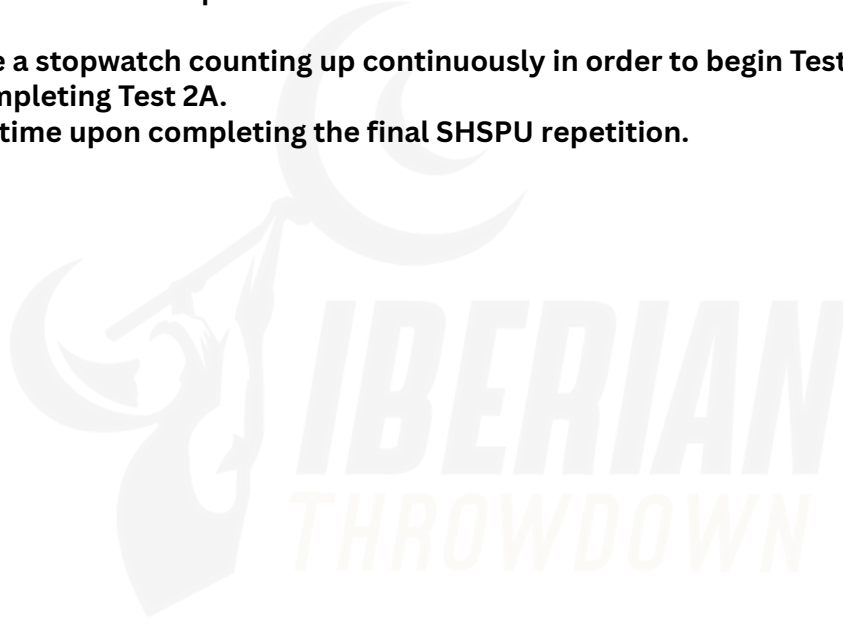


FLOW:

The test begins with the athletes behind the line. At the sound of the beep, the athlete goes to the jump rope and completes the first round of 100 Double Unders, 15 Toes-to-Bar, and 15 Strict Handstand Push-Ups. This flow continues for all 3 rounds. The time cap is 10 minutes.

The athlete must have a stopwatch counting up continuously in order to begin Test 2B immediately after completing Test 2A.

The result is the total time upon completing the final SHSPU repetition.



REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✘ Crediting attempts instead of successful reps.
- ✘ Spinning the rope backward.

MOVEMENT STANDARDS – DOUBLE-UNDER

- REQUIREMENTS:

- The rope must pass under the feet twice during a single jump.
- The rope must rotate forward

- COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

- X Counting attempts instead of valid repetitions
- X Spinning the rope backward

REQUIREMENTS



1. Athletes begin by hanging from the pull-up bar with arms extended.

- The heels must be brought back behind the vertical plane of the bar.
- Overhand, underhand, or mixed grips are all permitted.

2. 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.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✘ Only one foot contacting the pull-up bar or both feet not contacting at the same time.



- ✘ Not contacting the pull-up bar with the feet.



- ✘ Heels remaining in front of the vertical plane of the pull-up bar at the start of the rep.

ADDITIONAL:

- ✘ Contacting the pull-up bar outside the hands.

MOVEMENT STANDARDS – TOES-TO-BAR

- REQUIREMENTS:

- Athletes begin hanging from the pull-up bar with arms fully extended.
- Heels must pass behind the vertical plane of the bar.
- Overhand (pronated), underhand (supinated), or mixed grips are allowed.
- A repetition is valid when both feet touch the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.

- COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

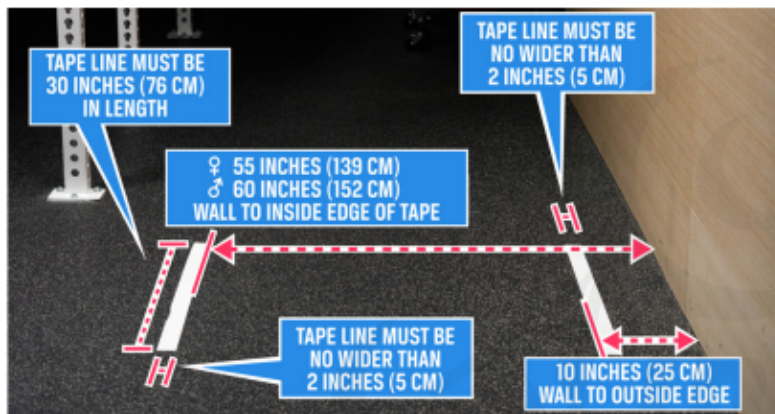
✘ Only one foot touches the pull-up bar or both feet do not touch at the same time.

✘ No contact is made with the bar using the feet.

✘ Heels remain in front of the vertical plane of the bar at the start of the rep.

- ADDITIONAL:

✘ Contacting the pull-up bar outside the width of the hands.



WALL WALK SETUP

- Mark a tape line to indicate the start/finish line.
- Measure from the wall to the edge of the tape closest to the wall.
 - For women, the distance from the wall to the tape is 55 inches (139 cm).
 - For men, the distance is 60 inches (152 cm).
- This first line will serve as the start and finish point for each repetition.
- Place a second tape line, ensuring there is exactly 10 inches (25 cm) of space between the far edge of this tape and the wall.
 - The tape line placed 10 inches from the wall must be no more than:
 - 30 inches (76 cm) long
 - 2 inches (5 cm) wide

MOVEMENT STANDARDS

STRICT HANDSTAND PUSH-UP/HANDSTAND PUSH-UP

REQUIREMENTS



1. Each rep begins and ends in the lockout position with:

- Both hands touching the tape line. Any portion of the hands may be touching the line (fingers OK).
- Heels against the wall.
- Both arms fully extended and shoulders in line with the body. The arms must be fully extended and in line with the body before descending.

2. At the bottom, the head must make contact with the ground.

- The head does **NOT** need to touch the tape line.

3. Each rep is credited when the athlete returns to the lockout position with:

- Heels on the wall.
- Arms, hips, and legs fully extended.
- Shoulders in line with the body.

Kipping handstand push-ups are only allowed during the first 3 rounds for the 14-54 divisions and the first 5 rounds for the 55+ divisions.

During any round designated as strict, kipping is **NOT** allowed. Any repetition that is assisted by the hips or legs will not count.

NOTE: 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.

MOVEMENT STANDARDS – STRICT HANDSTAND PUSH-UP - REQUIREMENTS:

- Each rep begins and ends in the lockout position, with:
 - Both hands touching the tape line.
 - Any part of the hands may touch the line (fingers allowed).
 - Heels supported against the wall.
 - Both arms fully extended and shoulders aligned with the body.
- Arms must be fully extended and aligned with the body before lowering.
- At the bottom, the head must make contact with the floor.
- The head does not need to touch the tape line.
- The rep is valid when the athlete returns to the lockout position with:
 - Heels on the wall,
 - Arms, hips, and legs fully extended,
 - Shoulders aligned with the body.

- ADDITIONAL NOTES:

- During any round designated as strict, kipping is **NOT** allowed.
- Any repetition assisted by the hips or legs will not count.

- NOTE:

- Feet do not need to remain in contact with the wall during the entire rep, but must return to the wall at the start and end of each repetition.

MOVEMENT STANDARDS

STRICT HANDSTAND PUSH-UP/HANDSTAND PUSH-UP

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ One or both hands coming off the designated tape line at **ANY TIME**.



- ✗ Not reaching the correct finishing position:
 - Arms not extended.
 - Hips not extended.
 - Shoulders not in line with the body.



- ✗ Feet wider than the width of the hands at lockout.

ADDITIONAL:

- ✗ Kipping or any assistance with the hips/legs during rounds 4, 5, and 6 (14-54 divisions), and round 6 (55+ divisions).

COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

- ✗ One or both hands leave the designated tape line at any time.
- ✗ Failing to reach the correct lockout position at the end of the rep, including:
 - Arms not fully extended.
 - Hips not fully extended.
 - Shoulders not aligned with the body.
- ✗ Feet wider apart than the width of the hands in the lockout position.

TEST 2B

DIVISION	INDIVIDUAL
EVENT NAME	25.2B
TIME CAP	10

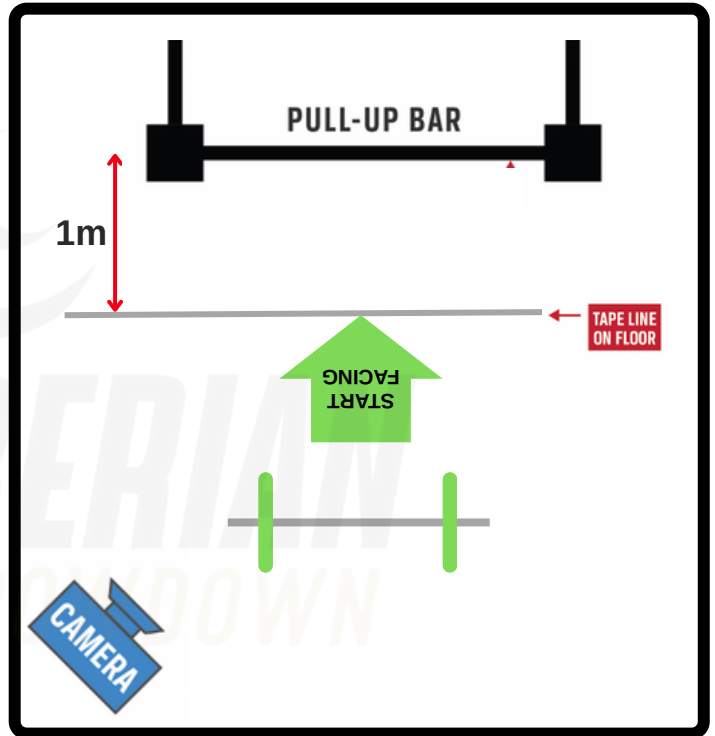
R1	20 THRUSTERS	20
	10 BAR MUSCLE UPS	30
R2	15 THRUSTERS	45
	10 BAR MUSCLE UPS	55
R3	10 THRUSTERS	65
	10 BAR MUSCLE UPS	75

This test starts at the 10min mark after Test 2A

Male: 50-60-70KG

Female: 40-45-50KG

FINISH TIME	<input type="text"/>	MM:SS	
CAP?	<input type="checkbox"/>	COMPLETED REPS	<input type="text"/>



FLOW:

The test begins with the athletes behind the line. At the sound of the beep, the athlete goes to the thruster bar to do their 20 repetitions, then goes to the BMU bar to perform 10 repetitions.

They continue this flow with rounds of 15 and 10, each time increasing the load.

Athletes can receive help by having external people change the weight on the bars.

Athletes can have more than one bar prepared if they wish.

The athlete must have a stopwatch counting continuously upward to start test 2B immediately after 2A.

The result is the total time upon completing the last repetition of the Bar Muscle-up.



MOVEMENT STANDARDS

THRUSTER

REQUIREMENTS



1. The crease of the hips must clearly pass below the top of the knees in the bottom position (below parallel).
2. The rep is credited when:
 - Hips, knees, and arms are fully extended.
 - The bar is directly over, or behind, the middle of the body when viewed from the side.

NOTE: Each round of thrusters begins with the barbell on the ground. A squat clean is allowed, but not required, to start a set.

Any time you return to the pull-up bar, the barbell must remain at least 5 feet from the pull-up bar.

MOVEMENT STANDARDS – THRUSTER - REQUIREMENTS:

The hip crease must clearly pass below the top of the knees at the bottom position (below parallel).

A repetition is valid when:

Hips, knees, and arms are fully extended

The bar is directly over or slightly behind the center of the body (when viewed from the side)

- NOTE:

Each round of thrusters starts with the bar on the ground. A squat clean into a thruster is allowed but not required.

- COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

X Performing a squat that is parallel or above parallel (hip crease at or above knee level)

X Lowering the bar before fully extending the knees, hips, or arms

X Finishing with the bar in front of the body (incorrect vertical alignment) - NOTE:

Performing a front squat followed by any type of jerk (rebending the hips and/or legs) is not allowed.

COMMON NO-REPS

NOTE: This list is not exhaustive.



X Squatting to parallel or above parallel (the hip crease is at or above the knee).



X Lowering the barbell before reaching full extension of the knees, hips, or arms.



X Finishing with the barbell in front of the body.

NOTE: Performing a front squat followed by any style of jerk (rebending the hips and/or legs) is **NOT** allowed.

MOVEMENT STANDARDS

BAR MUSCLE-UP

REQUIREMENTS



1. Start each rep with arms fully extended and feet off the ground.
2. Pass through some portion of a dip before locking out over the bar.
3. The rep is credited when:
 - Arms are fully extended in the support position.
 - Shoulders are directly over, or slightly in front of, the bar when viewed from the side.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.
- ✗ Any portion of the foot rising above the pull-up bar during the kip.
- ✗ Any part of the arm (besides the hands) touching the bar during the rep.
- ✗ Lowering before reaching full extension of the arms at lockout (top of each rep).
- ✗ Removing the hands and resting on the torso while above the bar.

NOTE: Any other gymnastics movements are **NOT** allowed (e.g., uprisers or rolls to support).

MOVEMENT STANDARDS – BAR MUSCLE-UP - REQUIREMENTS:

Each rep starts with arms fully extended and feet off the ground.

The athlete must pass through some part of the bottom dip before fully locking the elbows above the bar.

A rep is valid when:

Arms are fully extended in the support position

Shoulders are directly over or slightly in front of the bar (side view)

- COMMON MISTAKES (NO-REPS) Note: This list is not exhaustive.

✗ Starting a rep without full arm extension

✗ Any part of the foot rising above the bar during the kip

✗ Any part of the arm (except hands) touching the bar during the rep

✗ Descending before fully extending the arms at the top of the rep

✗ Letting go of the hands and resting the torso on the bar while at the top

- NOTE:

Other gymnastic movements such as uprisers or rolls to support are not allowed.