



# Online Qualifier

## 25.1

**CrossFit**  
LICENSED | 20  
EVENT | 25

# TEST 1

<b>DIVISION</b>	TEAMS
<b>EVENT NAME</b>	25.1
<b>TIME CAP</b>	10

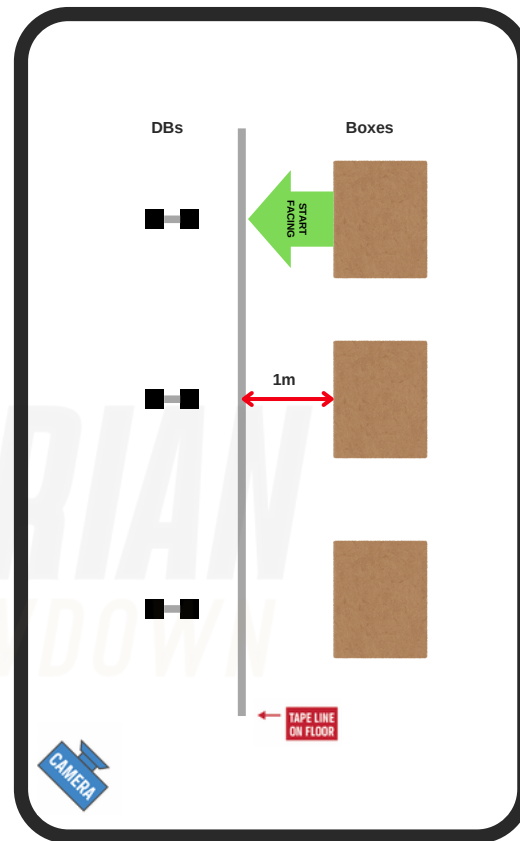
<b>60 SYNCHRO DB SNATCH</b>	<b>60</b>
<b>30 SYNCHRO BOX JUMP OVER</b>	<b>90</b>
<b>40 SYNCHRO DB SNATCH</b>	<b>130</b>
<b>20 SYNCHRO BOX JUMP OVER</b>	<b>150</b>
<b>20 SYNCHRO DB SNATCH</b>	<b>170</b>
<b>10 SYNCHRO BOX JUMP OVER</b>	<b>180</b>

Syncho is the 3 athletes during the entire test.

Male: 22.5kg  
Female: 15kg  
Box Height:  
R1@20'  
R2@24'  
R3@30'

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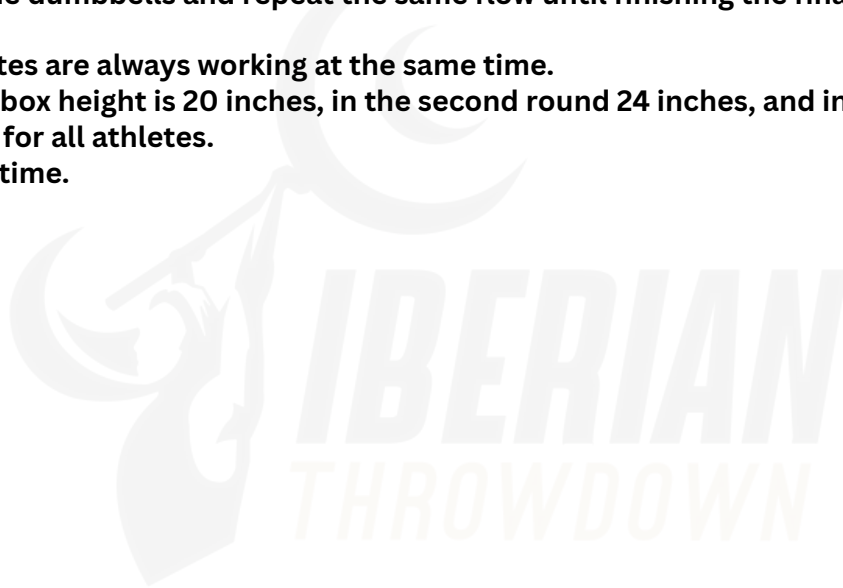
**FLOW:**

The test begins with the 3 athletes behind the line facing the dumbbells. At the sound of the beep, all 3 athletes go to the dumbbells and perform 60 Synchro Dumbbell Snatches. Once completed, they move to the boxes to perform 30 synchronized box jump overs. They then return to the dumbbells and repeat the same flow until finishing the final round of 10 jumps.

In this test, all 3 athletes are always working at the same time.

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**  
**SYNCHRO DUMBBELL SNATCH**

**- REQUIREMENTS:**

- Each repetition starts with both heads of the dumbbell touching the ground.
- Lift the dumbbell overhead in one continuous motion.
- A partial squat when receiving the dumbbell is allowed but not required.
- A rep is valid when:
  - The knees, hips, and working arm's elbow are fully extended.
  - The center of the dumbbell is aligned with or behind the body when viewed from the side.
  - All 3 athletes reach the final position together.
- Alternating hands is not required.

**- NOTE:**

- Athletes 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.**

- Resting the non-working hand/arm on the thigh or any part of the body
- Only one head of the dumbbell touches the ground, or it doesn't touch the ground at all
- Lowering the dumbbell without fully extending the elbow, knees, or hips
- Lowering the dumbbell before all 3 athletes are in the final position
- Finishing with the dumbbell in front of the body

**▲ ADDITIONALLY:**

- Stepping on or crossing the 1m line from the box
- Facing away from 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.

## BOX JUMP-OVER

### - REQUIREMENTS:

- Each rep starts with both feet on the ground next to the box.
- Landing with both feet is **not** required.
- The athlete may face any direction while jumping over the box.
- The athlete may jump completely over the box. If so, they must go over, not around.
- Athletes **MUST** step down from the box (no jumping down).
- A rep is valid when both feet touch the ground on the other side of the box.
- The synchro point is when all 3 athletes have both feet on the ground on the other side of the box.

### - NOTES:

- 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 off the top of the box (instead of stepping down)
- Starting the next rep before all 3 athletes are on the same side