



Online Qualifier

25.2A & 25.2B

CrossFit
LICENSED | 20
EVENT | 25

TEST 2A

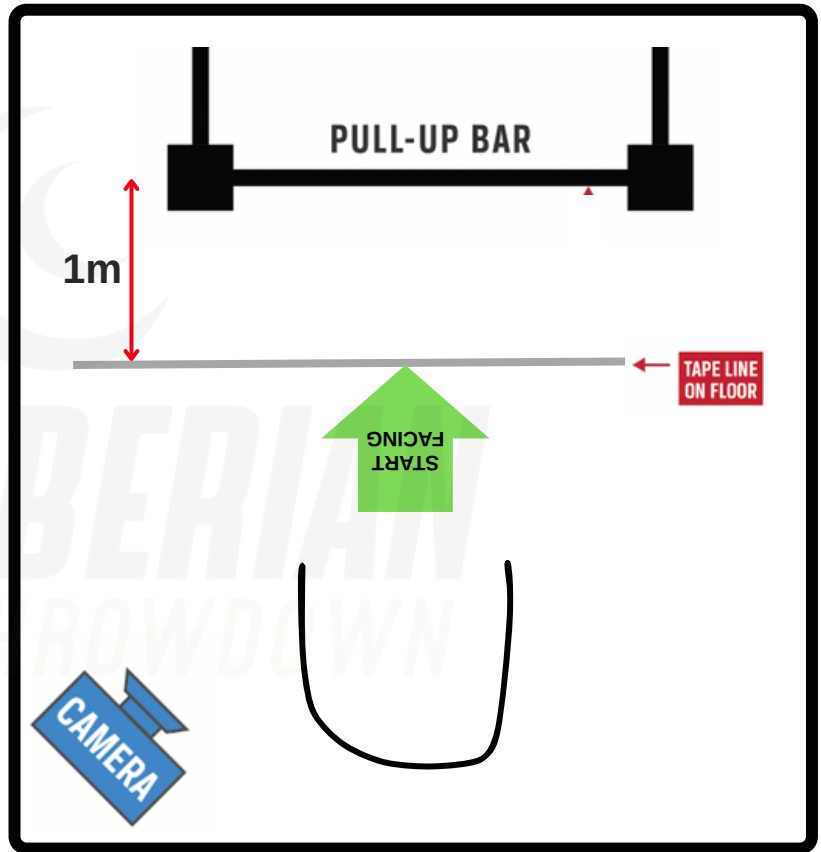
DIVISION	TEAMS
EVENT NAME	25.2A
TIME CAP	15

		R1	R2	R3
A1	50 DOUBLE UNDERS	50	260	470
	15 TOES TO BAR	65	275	485
	5 WALL WALKS	70	280	490
A2	50 DOUBLE UNDERS	120	330	540
	15 TOES TO BAR	135	345	555
	5 WALL WALKS	140	350	560
A3	50 DOUBLE UNDERS	190	400	610
	15 TOES TO BAR	205	415	625
	5 WALL WALKS	210	420	630

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

Tests 2A and 2B must be performed consecutively using the same timer. Athletes must switch behind the marked line each round.

Failure to do so will result in a penalty.



FLOW:

The test begins with the 3 athletes behind the line. At the sound of the beep, Athlete 1 goes to the jump rope and completes the first round of 50 Double Unders, 15 Toes-to-Bar, and 5 Wall Walks. Once finished, Athlete 2 begins, followed by Athlete 3. This flow continues until completing a total of 9 rounds, 3 per athlete.

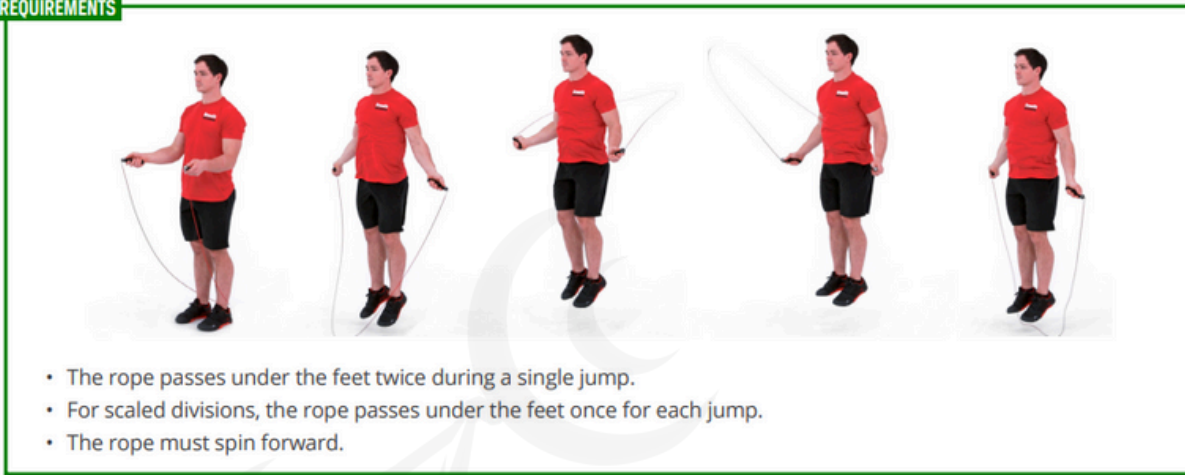
Athlete transitions must occur behind the line— the incoming athlete must wait until the outgoing athlete has walked back across the line.

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 Wall Walk 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.

REQUIREMENTS



1. 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 60/55-inch tape line (fingers touching is OK).
2. Both hands must remain on the tape until both feet are on the wall.
3. At the top of the movement, both hands must be on the 10-inch line before the athlete may descend.
 - Any part of the hand may touch the tape line.
4. On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch line.
5. The rep is credited when the athlete returns to the starting position, with both hands touching the 60/55-inch line and the chest, thighs, and feet touching the ground.
 - Any part of the hand may make contact with the tape line.

MOVEMENT STANDARDS – WALL WALK

- REQUIREMENTS:

- Each rep begins and ends with the athlete lying flat on the ground, with chest, feet, and thighs touching the floor.
- At the start and end of each rep, both hands must touch the 60/55-inch (152/139 cm) tape line.
- (Touching with just the fingers is allowed.)
- 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 10-inch (25 cm) line before starting the descent.
- (Any part of the hand may touch the tape.)
- During the descent, the feet must stay on the wall until both hands return to the 60/55-inch (152/139 cm) line.
- The rep is valid when the athlete returns to the starting position with:
 - Both hands touching the 60/55-inch (152/139 cm) line
 - Chest, thighs, and feet touching the floor
 - (Any part of the hand may make contact with the tape.)

WALL WALK (CONTINUED)

COMMON NO-REPS



✗ Hands leaving the 60/55-inch line before both feet are on the wall.



✗ Not reaching the 10-inch tape line before descent.



✗ Feet touching the ground before both hands have touched the 60/55-inch line.

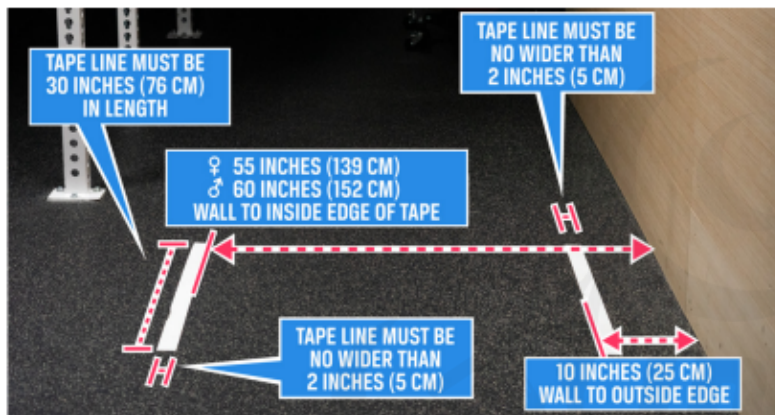


✗ Measuring the tape lines incorrectly.

- COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

- X Hands leave the 60/55-inch line before both feet are on the wall
- X Failing to touch the 10-inch (25 cm) line before starting the descent
- X Feet touch the floor before both hands have returned to the 60/55-inch line
- X Incorrectly measured tape lines



WALL WALK SETUP

- 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 (139 cm).
- For men, the distance is 60 inches (152 cm).
- This first line will serve as the starting and finishing point for each repetition.
- Place a second tape line by leaving 10 inches (25 cm) of space between the far edge of the tape and the wall.
- The tape line placed 10 inches (25 cm) from the wall m

TEST 2B

DIVISION	TEAMS
EVENT NAME	25.2B
TIME CAP	10

R1	20 SYNCHRO THRUSTERS	20
	20 SYNCHRO PULL UPS	40
R2	15 SYNCHRO THRUSTERS	55
	15 SYNCHRO CHEST TO BAR PULL UPS	70
R3	10 SYNCHRO THRUSTERS	80
	10 SYNCHRO BAR MUSCLE UPS	90

This test begins at the 15-minute mark, immediately after Test 2A.

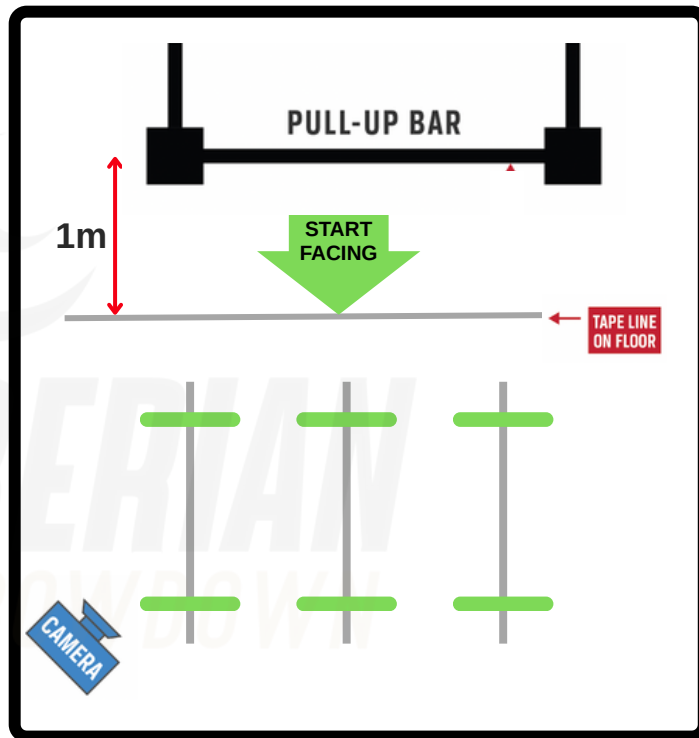
Synchro means that 2 athletes work in synchronization throughout the entire test.

1 athlete rests while the other 2 are working. They may divide the work as they choose.

Male: 40-50-60KG

Female: 30-35-40KG

FINISH TIME	MM:SS
CAP?	COMPLETED REPS



FLOW:

The test starts with the 3 athletes behind the line. At the sound of the beep, 2 athletes go to the Thruster bars to begin their round of 20. Upon finishing, they move to the gymnastics bar to do pull-ups.

They continue this flow with rounds of 15 and 10, each time increasing the weight and making the gymnastics more difficult.

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

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

In this test, there are always 2 athletes working in sync; they can switch as they want. The athlete must have a stopwatch counting continuously upwards 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.

COMMON NO-REPS

NOTE: This list is not exhaustive.



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



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



- ✗ Finishing with the barbell in front of the body.

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

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.

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

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

✗ Finishing with the bar in front of the body (incorrect vertical alignment)

- NOTE:

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

MOVEMENT STANDARDS

PULL-UP

REQUIREMENTS

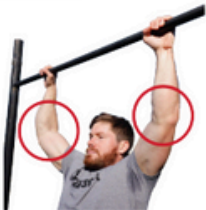


1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chin clearly breaks the horizontal plane of the bar.

NOTE: Any style of pull-up is permitted as long as the criteria above are met.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Starting a rep without full extension of the arms.



✗ Not breaking the horizontal plane of the pull-up bar with the chin.

MOVEMENT STANDARDS – PULL-UP

- REQUIREMENTS:

- Each rep starts with arms fully extended and feet off the ground.
- Any grip style is allowed.
- A rep is valid when the chin clearly breaks the horizontal plane of the bar.

- NOTE:

- Any style of pull-up is permitted as long as the above criteria are met.

- COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

✗ Starting a rep without fully extending the arms

✗ Failing to get the chin over the horizontal plane of the bar

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP

REQUIREMENTS



1. Start each rep with arms fully extended and feet off the ground.

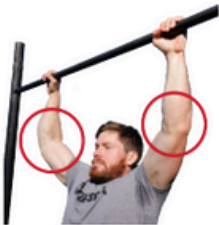
- Any style of grip is permitted.

2. The rep is credited when the chest clearly contacts the bar at or below the collarbone.

NOTE: Any style of pull-up is permitted as long as the criteria above are met.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✘ Starting a rep without full extension of the arms.



✘ Making contact with the bar above the collarbone (neck or throat).



✘ Missing contact with the pull-up bar.

MOVEMENT STANDARDS – CHEST-TO-BAR PULL-UP

- REQUIREMENTS:

- Each rep begins with arms fully extended and feet off the ground.
- Any grip style is allowed.
- A rep is valid when the chest clearly makes contact with the bar at or below the collarbone.

- NOTE:

- Any style of pull-up is allowed, as long as the above standards are met.

- COMMON MISTAKES (NO-REPS)

Note: This list is not exhaustive.

✘ Starting a rep without full arm extension

✘ Making contact with the bar above the collarbone (e.g., neck or throat)

✘ Failing to make contact with the bar

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.