

CFC 1 Movement Standards

WOD 1- “FRACE”

Pick-it-up-and-put-it-overhead-

- Athletes may choose any method they like to get the bar overhead (snatch, power clean and jerk, squat clean thruster, etc) and can change methods throughout the WOD .
- All reps must start from the ground and finish at the ground with the athlete in control of the barbell. Touch and go is allowed but is not required. **Dropping the barbell from overhead or during the lower is allowed however it MUST be controlled on the first bounce and then lowered to the ground. This includes the last rep of a set- athletes will have to redo the rep if this is not followed- no warnings.** Since reps must start from the ground athletes cannot “catch” the bar off the bounce and then continue moving the bar upwards- the bar must be lowered to the ground first as that is the proper start of a rep.
- Regardless of method chosen the athlete must be in control of the barbell overhead with elbows locked, legs and hips to full extension with feet directly below the hips.

Jumping Pull ups-

- Each athlete’s forearms will be marked 3 inches from their wrist to determine proper box height. The mark will be in line with the pull-up bar when standing on the box and arms are extended directly overhead.
- Athlete must come to full arm extension at the bottom with both feet on the box and chin over horizontal plane of the bar at top. Head must remain neutral, no chin reaching.

WOD 2 –“QUICK AND DIRTY”

Row-

- Athlete can choose any damper they wish.
- Athlete cannot leave the rower until the 750m has been completed.

Burpees-

- Chest to deck and clap overhead with arms and hips extended; feet off ground and hips open.
- Body must be vertical at top of rep.
- Athlete does not need to clap overhead to start the first rep.

Scorers will provide a “warning” of an incorrect or incomplete movement before disallowing incorrect or incomplete reps. For example if an athlete finishing a burpee does not open their hips completely the scorer will verbalize this to the athlete and count that rep. Further reps that do not meet movement standards will not be counted. The scorer will verbalize missed reps.