



## OPEN WEEK 3

17:00 PT, THURSDAY, OCTOBER 24, THROUGH 17:00 PT, MONDAY, OCTOBER 28

Presented by



### WORKOUT 20.3

For time:

- 21 deadlifts (weight 1)
- 21 handstand push-ups
- 15 deadlifts (weight 1)
- 15 handstand push-ups
- 9 deadlifts (weight 1)
- 9 handstand push-ups
- 21 deadlifts (weight 2)
- 50-ft. handstand walk
- 15 deadlifts (weight 2)
- 50-ft. handstand walk
- 9 deadlifts (weight 2)
- 50-ft. handstand walk

♀ *deadlift 155 lb. then 205 lb.*  
♂ *deadlift 225 lb. then 315 lb.*

**Time cap: 9 minutes**

### WORKOUT VARIATIONS

**Rx'd** (Ages 16-54)

♀ deadlift 155 lb. then 205 lb.  
♂ deadlift 225 lb. then 315 lb.

**Scaled** (Ages 16-54)

♀ deadlift 95 lb., perform hand-release push-ups, then deadlift 135 lb. and bear crawl  
♂ deadlift 135 lb., perform hand-release push-ups, then deadlift 185 lb. and bear crawl

**Teenagers 14-15**

♀ deadlift 95 lb. then 135 lb.  
♂ deadlift 135 lb. then 185 lb.

**Scaled Teenagers 14-15**

♀ deadlift 55 lb., perform hand-release push-ups, then deadlift 75 lb. and bear crawl  
♂ deadlift 75 lb., perform hand-release push-ups, then deadlift 95 lb. and bear crawl

**Masters 55+**

♀ deadlift 125 lb., push press 65 lb., then deadlift 165 lb. and perform sets of 10 handstand push-ups  
♂ deadlift 185 lb., push press 95 lb., then deadlift 255 lb. and perform sets of 10 handstand push-ups

### Scaled Masters 55+

♀ deadlift 80 lb., perform hand-release knee push-ups, then deadlift 105 lb. and bear crawl  
♂ deadlift 115 lb., perform hand-release knee push-ups, then deadlift 155 lb. and bear crawl

### NOTES

Prior to starting the workout, the athlete will need to mark a line on the wall for the handstand push-ups (details in Movement Standards section). Lengths on the floor will also need to be measured and marked for the handstand walk.

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may perform 21 deadlifts, then move to the wall for 21 handstand push-ups, then complete 15 deadlifts and 15 handstand push-ups, then 9 deadlifts and 9 handstand push-ups.

The athlete may then move on to the heavier barbell to complete 21 deadlifts, a 50-ft. handstand walk, 15 deadlifts, another 50-ft. handstand walk, and finally, 9 deadlifts and a third 50-ft. handstand walk.

The athlete's score will be the time it takes to complete the workout or the total number of repetitions completed before the 9-minute time cap. Each completed 5-foot section of the handstand walk will count as 1 rep.

### TIEBREAK

This workout includes a tiebreak. If the athlete completes the entire workout prior to the 9-minute time cap, their score will be their total time, and there will be no tiebreaker. However, if the athlete is not able to complete the entire workout, note the time at the end of each set of deadlifts. When submitting a score, there will be a space for the final rep count and an additional field to enter the elapsed time at which the athlete completed their last full set of deadlifts. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher. Do NOT use a countdown timer.



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### EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weights for your division
- Collars to secure the plates on the barbell
- A heel mark for the handstand push-ups
- Floor marks for the handstand walk

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 143 kg (315 lb.), 115 kg (255 lb.), 102 kg (225 lb.), 93 kg (205 lb.), 83 kg (185 lb.), 75 kg (165 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 52 kg (115 lb.), 47 kg (105 lb.), 43 kg (95 lb.), 36 kg (80 lb.), 34 kg (75 lb.) 29 kg (65 lb.), and 25 kg (55 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

### MOVEMENT STANDARDS

#### DEADLIFT



- Start every rep with the barbell on the ground.
- Hands must be outside the knees. Sumo deadlifts are not allowed.
- Arms must be straight throughout. No bouncing.

### VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly
- Film the measuring process for the handstand push-up mark and the length of the floor marks for the handstand walk so all measurements can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.



- The rep is credited when the hips and knees reach full extension and the head and shoulders are behind the bar.
- Two separate barbells may be used.
- If one barbell is used, another person may assist with changing the load.
- Collars must be placed outside the plates.

## MOVEMENT STANDARDS

### HANDSTAND PUSH-UP



- Before starting, step 1:
  - stand with back to the wall, on the same surface the hands will be on during the push-up.
  - Feet must be no wider than hip width, with heels touching the wall.
  - Look straight ahead.
  - Mark a line on the wall at the height of the top of the head.

- Before starting, step 2:
  - Place elbow on the wall, keep the wrist straight, and make a fist.
  - With a straight wrist, measure the distance from the wall to the end of the knuckle furthest from the wall.
  - Divide this number in half (to be used in step 3).



- Before starting, step 3:
  - From the mark at the top of the head (step 1), add the number established in step 2 (half the distance between wall and knuckle) and make a second mark.
  - This will be the height of the heel line for the handstand push-ups.
  - Once the height of the heel line is established, mark it with a marker, chalk, or tape.
  - Judges may restore the line between rounds as needed.
- Example: If an athlete is 65 inches tall and measures 14 inches from wall to knuckle, the athlete would add seven inches to the height mark for a final target line of 72 inches.

## MOVEMENT STANDARDS

### HANDSTAND PUSH-UP (CONTINUED)

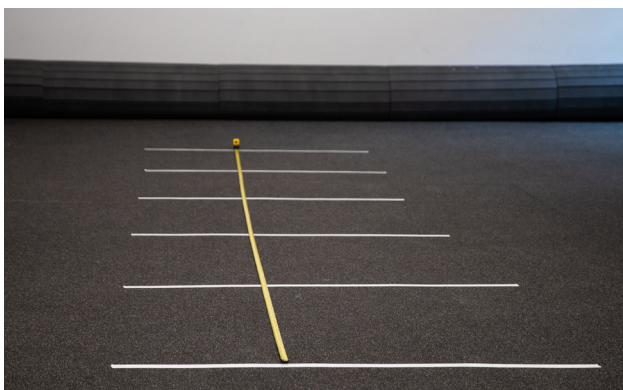


- Begin with arms locked out, heels in contact with the wall, hips open, and body in line with the arms.
- Heels must be above the pre-marked line.
- Only the heels may be touching the wall at the start and finish of each rep.
- The rep is credited upon return to the starting position.



- At the bottom, the head must make contact with the ground.
- If the head and hands are on different surfaces, the surfaces must be level (i.e., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain in contact with the wall for the duration of the movement, but heels must touch above the line at the beginning and end of each rep.
- Kipping is allowed.

### HANDSTAND WALK



- Before starting, the handstand walk area must be marked in 5-ft. segments.
- Ideally, the lane will have five consecutive segments, allowing a 25-ft. walk in one direction and a 25-ft. walk back.
- Do NOT walk more than 25 feet in one direction without turning around.

## MOVEMENT STANDARDS

### HANDSTAND WALK (CONTINUED)



- Kick up with both hands (entire hand, including palm and fingers) BEHIND the mark of the segment being attempted.
- Stepping over the line or landing with the hands on or over the line is a "no rep."
- Must walk forward.
- Coming down from the hands at any time requires a restart from behind the last line successfully crossed.



- A rep is credited when both hands, including palms and fingers, cross the line before the feet touch the ground.
- Each 5-foot section will count as 1 rep.
- Must handstand walk across the line. Jumping both hands over the line to finish a section is not allowed.

### HAND-RELEASE PUSH-UP (SCALED ONLY)



- Scaled athletes may perform hand-release push-ups instead of handstand push-ups.
- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking, sagging, or pushing up from the knees.



- The chest (nipple line or above) must touch the floor.
- Then the hands must be lifted completely off the ground.

## MOVEMENT STANDARDS

### BEAR CRAWL (SCALED ONLY)



- Scaled athletes may bear crawl instead of handstand walk.
- Use the same floor marking as the handstand walking setup (see above).
- Both hands (entire hand, including palm and fingers) must be placed on the ground **BEHIND** the mark of the segment being attempted.
- Reaching onto or over the line constitutes a “no rep.”
- Hips must remain above head height.
- Standing up, dropping to the floor, or dropping the hips below the head at any time requires a restart from behind the last line successfully crossed.



- A rep is credited when both feet and both hands cross the line.
- Each 5-foot section will count as 1 rep.

### PUSH PRESS (MASTERS 55+ ONLY)



- Masters 55+ may perform push presses instead of handstand push-ups.
- Barbell begins at the shoulders. No racks allowed.
- Dip and drive with the legs while the weight is on the shoulders.
- Once the barbell leaves the shoulders, the hips and knees must remain straight until the weight is locked out overhead.
- No re-dip of the legs allowed (i.e., a push jerk or split jerk).



- The rep is credited when arms, hips, and knees are fully extended and the bar is directly over or slightly behind the middle of the body, with feet in line.
- Two separate barbells may be used for the deadlifts, and a third barbell is permitted for the push presses.



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### MOVEMENT STANDARDS

#### HAND-RELEASE KNEE PUSH-UP (SCALED MASTERS 55+ ONLY)



- Scaled Masters 55+ may perform hand-release knee push-ups instead of handstand push-ups.
- Elbows must be locked out, with feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking or sagging.



- The chest (nipple line or above) must touch the floor.
- Then the hands must be lifted completely off the ground.



# OPEN WEEK 3 SCORECARD (ALL)

17:00 PT, THURSDAY, OCTOBER 24, THROUGH 17:00 PT, MONDAY, OCTOBER 28

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## WORKOUT 20.3

For time:

21-15-9 reps of:

Deadlifts (weight 1)

Handstand push-ups

Then,

21-15-9 deadlifts (weight 2)  
with 50-ft. handstand walk

♀ *deadlift 155 lb. then 205 lb.*  
♂ *deadlift 225 lb. then 315 lb.*

Time cap: 9 minutes

## WORKOUT VARIATIONS

### Rx'd (Rx'd Ages 16-54)

♀ 155 lb., then 205 lb.  
♂ 225 lb., then 315 lb.

### Teenagers 14-15

♀ 95 lb., then 135 lb.  
♂ 135 lb., then 185 lb.

### Masters 55+

♀ 125 lb., push press 65 lb.,  
then 165 lb., 10 HSPU  
♂ 185 lb., push press 95 lb.,  
then 255 lb., 10 HSPU

### Scaled (Scaled Ages 16-54)

♀ 95 lb., HR push-ups, then 135 lb., bear crawl  
♂ 135 lb., HR push-ups, then 185 lb., bear crawl

### Scaled Teenagers 14-15

♀ 55 lb., HR push-ups, then 75 lb., bear crawl  
♂ 75 lb., HR push-ups, then 95 lb., bear crawl

### Scaled Masters 55+

♀ 80 lb., HR knee push-ups, then 105 lb., bear crawl  
♂ 115 lb., HR knee push-ups, then 155 lb., bear crawl

WEIGHT 1	21 DEADLIFTS	21	TIME	21 HSPU*	42
	15 DEADLIFTS	57	TIME	15 HSPU*	72
	9 DEADLIFTS	81	TIME	9 HSPU*	90

WEIGHT 2	21 DEADLIFTS	111	TIME	50-ft. HS WALK*	5'___ 10'___ 15'___ 20'___ 25'___ 30'___ 35'___ 40'___ 45'___ 50'___ 121
	15 DEADLIFTS	136	TIME	50-ft. HS WALK*	5'___ 10'___ 15'___ 20'___ 25'___ 30'___ 35'___ 40'___ 45'___ 50'___ 146
	9 DEADLIFTS	155	TIME	50-ft. HS WALK*	5'___ 10'___ 15'___ 20'___ 25'___ 30'___ 35'___ 40'___ 45'___ 50'___ 165

Time OR Reps at 9 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_  
Print

Tiebreak Time \_\_\_\_\_

Rx'd  Scaled

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_  
Name of Affiliate Judge Name

Has judge passed CrossFit's  
Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Athlete Signature Date

Affiliate Copy

Athlete Copy

## WORKOUT 20.3

Time OR Reps at 9 Minutes \_\_\_\_\_

Athlete Name \_\_\_\_\_  
Print

Tiebreak Time \_\_\_\_\_

Rx'd  Scaled

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_  
Name of Affiliate Judge Name

Has judge passed CrossFit's  
Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Judge Signature Date