



OPEN WEEK 5

17:00 PT, THURSDAY, NOVEMBER 7, THROUGH 17:00 PT, MONDAY, NOVEMBER 11

Presented by



WORKOUT 20.5

For time, partitioned any way:

40 muscle-ups

80-cal. row

120 wall-ball shots

♀ 14-lb. ball to 9 ft.

♂ 20-lb. ball to 10 ft.

Time cap: 20 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 14-lb. ball to 9 ft.

♂ 20-lb. ball to 10 ft.

Scaled (Ages 16-54)

♀ chin-over-bar pull-ups, 10-lb. ball to 9 ft.

♂ chin-over-bar pull-ups, 14-lb. ball to 10 ft.

Teenagers 14-15

♀ 10-lb. ball to 9 ft.

♂ 14-lb. ball to 9 ft.

Scaled Teenagers 14-15

♀ chin-over-bar pull-ups, 10-lb. ball to 9 ft.

♂ chin-over-bar pull-ups, 14-lb. ball to 9 ft.

Masters 55+

♀ chest-to-bar pull-ups, 10-lb. ball to 9 ft.

♂ chest-to-bar pull-ups, 20-lb. ball to 9 ft.

Scaled Masters 55+

♀ jumping chest-to-bar pull-ups, 10-lb. ball to 8 ft.

♂ jumping chest-to-bar pull-ups, 14-lb. ball to 8 ft.

NOTES

After the call of "3, 2, 1 ... go," the athlete may perform 40 muscle-ups, 80 calories on the rower, and 120 wall-ball shots. Athletes may perform the movements in any order, and the reps can be divided up in any manner. There are no restrictions on the sequence or combinations of movements, or their corresponding repetitions. The repetitions of one movement do not have to be completed before the athlete can accumulate reps of another movement.

Regardless of where athletes choose to begin the workout, they must start fully standing, not touching any equipment. Only after the call of "3, 2, 1 ... go" may the athlete touch the medicine ball, rower, or rings and begin the workout.

TIEBREAK

This workout includes a tiebreak. If the athlete completes all 240 reps prior to the 20-minute time cap, their score will be their total time, and there will be no tiebreaker.

If the athlete is not able to complete the entire workout in the allotted time, a tiebreaker will be factored into their final score. Note the time when the athlete completes 80 calories on the rower and 120 wall-ball shots, regardless of how they choose to break up the work. When the athlete submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed the rowing and wall balls. 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.

EQUIPMENT

- Rings
- Pull-up bar* (Masters 55+ and scaled divisions only)
- Concept2 rower
- Medicine ball of appropriate weight for your division*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 9 kg (20 lb.), 6 kg (14 lb.), and 4 kg (10 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.



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VIDEO SUBMISSION STANDARDS

- Film the rings (or pull-up bar), clearly show the weight of the medicine ball, and measure the height of the target.
- 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.

NOTE: Athletes submitting video submissions for review must be prepared to submit two separate videos: one of the workout following the typical video submission standards and a separate video specifically showing the calories on the Concept2 rower monitor. The display of calories on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower. When submitting videos, send only the first video (full workout) in accordance with normal video submission standards. CrossFit may require the second video (rower calories) and will provide further details at that time. Athletes who are unable to produce the second video upon request may be determined to have an invalid score.

MOVEMENT STANDARDS

MUSCLE-UP



- Begin hanging from the rings, with arms fully extended and feet off the ground.
- If performing consecutive kipping muscle-ups, a change of direction below the rings is required.



- The rep is credited when the elbows are fully locked out in the support position.
- Must pass through some portion of a dip before reaching lockout.
- Kipping is allowed, but swings or rolls to support are not permitted.
- No part of the foot may rise above the rings during the kip.

MOVEMENT STANDARDS

ROW



- The monitor on the rower must be set to zero calories at the beginning of each row. Athletes may receive assistance in resetting the monitor to zero if they split the row into multiple sets.
- When exiting the rower, credit will be earned for the calories displayed at the time the handle is released.
- If working up to the 20-minute mark, credit will be earned for the calories displayed when the clock reaches 20 minutes (There will be no credit for rollover calories after the time cap).

NOTE: Athletes submitting video submissions for review must be prepared to submit **two separate videos**: one of the workout following the typical video submission standards and a separate video specifically showing the calories on the Concept2 rower monitor. The display of calories on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower. When submitting videos, send only the first video (full workout) in accordance with normal video submission standards. CrossFit may require the second video (rower calories) and will provide further details at that time. Athletes who are unable to produce the second video upon request may be determined to have an invalid score.

WALL-BALL SHOT



- The medicine ball must be in the support position in front of the body at the start of each rep.
- Squat until the hip crease is below the knee.
- Squat cleaning is allowed as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits low or does not hit the wall, it is a “no rep.”
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

MOVEMENT STANDARDS

CHIN-OVER-BAR PULL-UP (SCALED ONLY)



- Scaled athletes perform chin-over-bar pull-ups instead of muscle-ups.
- At the start of each rep, arms must be fully extended, with feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



- Masters 55+ perform chest-to-bar pull-ups instead of muscle-ups.
- At the start of each rep, arms must be fully extended, with feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

MOVEMENT STANDARDS

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



- Scaled Masters 55+ perform jumping chest-to-bar pull-ups instead of muscle-ups.
- The bar should be at least six inches above the top of the head when standing tall.
- Plates or other stable platforms may be required to decrease the distance between the top of the head and the bar.
- At the start of each rep, lower until the arms are fully extended.



- The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.



OPEN WEEK 5 SCORECARD (ALL)

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Time cap: 20 minutes

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- ♀ 14-lb. ball to 9 ft.
- ♂ 20-lb. ball to 10 ft.

Teenagers 14-15

- ♀ 10-lb. ball to 9 ft.
- ♂ 14-lb. ball to 9 ft.

Masters 55+

- *♀ chest-to-bar pull-ups, 10-lb. ball to 9 ft.
- *♂ chest-to-bar pull-ups, 20-lb. ball to 9 ft.

Scaled (Ages 16-54)

- *♀ chin-over-bar pull-ups, 10-lb. ball to 9 ft.
- *♂ chin-over-bar pull-ups, 14-lb. ball to 10 ft.

Scaled Teenagers 14-15

- *♀ chin-over-bar pull-ups, 10-lb. ball to 9 ft.
- *♂ chin-over-bar pull-ups, 14-lb. ball to 9 ft.

Scaled Masters 55+

- *♀ jumping chest-to-bar pull-ups, 10-lb. ball to 8 ft.
- *♂ jumping chest-to-bar pull-ups, 14-lb. ball to 8 ft.

NOTE: Record time at which all 80 calories on the rower and 120 wall-ball shots are completed.

Regardless of where athletes choose to begin the workout, they must start fully standing, not touching any equipment. Only after the call of "3, 2, 1 ... go" may the athlete touch the medicine ball, rower, or rings and begin the workout.

40 MUSCLE-UPS*	0	10	20	30	40
	0	10	20	30	40

80-CAL. ROW	0	10	20	30	40	50	60	70	80
	0	10	20	30	40	50	60	70	80

120 WALL-BALL SHOTS	0	10	20	30	40	50	60	70	80	90	100	110	120
	0	10	20	30	40	50	60	70	80	90	100	110	120

TIME

Time OR Reps at 20 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 20.5

Time OR Reps at 20 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