



CrossFit LICENSED EVENT | 2023

CLAN SEEDING WORKOUT

CLAN WORKOUT

Chipper For Time (time cap 25 min):

2 x Clan members - 1 male & 1 female holding 2 x 22.5/ 15kg Dumbbells.

While the other 2 clan members begin the chipper:

90 1 x Kettlebell Front Rack Lunge 16/24kg

80 Box Jump Overs 20"

70 Kettlebell swings 16/24kg

60 Wallballs 9/6kg

50 Synchro Down Ups

40 Pull Ups

30 Toes to bar

20 Handstand Push Ups

10 Bar Mu's

NOTES

Prior to starting, set up the floor plan as shown. The wall-ball target and pull-up bar may be set up in any configuration providing they are sufficiently spaced away from the kettlebells and dumbbells to prevent injury.

This test begins with 2 athletes stood with the dumbbells at their feet and 2 athletes with a kettlebell each at their feet. After "3, 2, 1 ... go," 3 athletes pick up the respective weights. 2 athletes (1M + 1F) holding 2 x dumbbells each by their side, and 1 athlete (1M or 1F) begin 90 x single Kb front rack lunges. At any time, when a working athlete chooses to stop either holding the weight or progressing the chipper, all athletes must pause until the athlete swaps out or recommences. There must always be 1 male and 1 female holding dumbbells by their side. Once the athletes are in position, movement can continue. This process of swapping in and out may continue until either the chipper is complete or until 25 minutes have elapsed.

The team's score will be the total number of repetitions completed at the time cap.

TIEBREAK

Time should be recorded after the completion of the 50 synchro down and ups, and on completion of the chipper if achieved.

When submitting a score, athletes will enter their total number of reps completed.

In the case of a tie (clans complete the same number of reps), the clan with the lower tiebreak time on completion of the synchro down ups will be ranked higher. Do **NOT** use a countdown timer.

EFFECT ON TEAM TOTAL SCORE

The Clan seeding workout will be ranked amongst all other team scores, lowest points win. E.g. rank 1st = 1 point, rank 2nd = 2 points and so on. Clan points are combined with the warrior workout rank scoring to give total clan score and ranking. The top 25% ranked team will be placed in Culloden, next 25% in Bannockburn, following 25% in Flodden and the final 25% in Roslin.

If an athlete within a team is swapped out for any reason, the swap must be approved by the Clash of the Clans competition director. The new athlete must undertake an individual seeding workout and the whole team must redo the clan seeding workout.

EQUIPMENT

- 2 x 22.5kg dumbbells. *
- 2 x 15kg dumbbells. *
- Pull-up bar.
- 2 x Medicine balls* and target.
- 1 x 16kg Kettlebell. *
- 1 x 24kg Kettlebell. *
- 20" Box.

* The official weight is in Kilograms. For your convenience, the acceptable weights in pounds for the medicine balls are 14lbs (6 kg) for females and 20 lb (9kg) for males. Wall ball heights should be 305cm for males and 274cm for females. The acceptable weights in pounds for the kettlebells are 35 lb (16kg) for females and 53 lb (24kg) for males. The acceptable weights in pounds for the dumbbells are 33 lb (15kg) for females and 50 lb (22.5kg) for males.

Be sure the athletes have adequate space to safely complete all 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 test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.



CLAN SEEDING WORKOUT

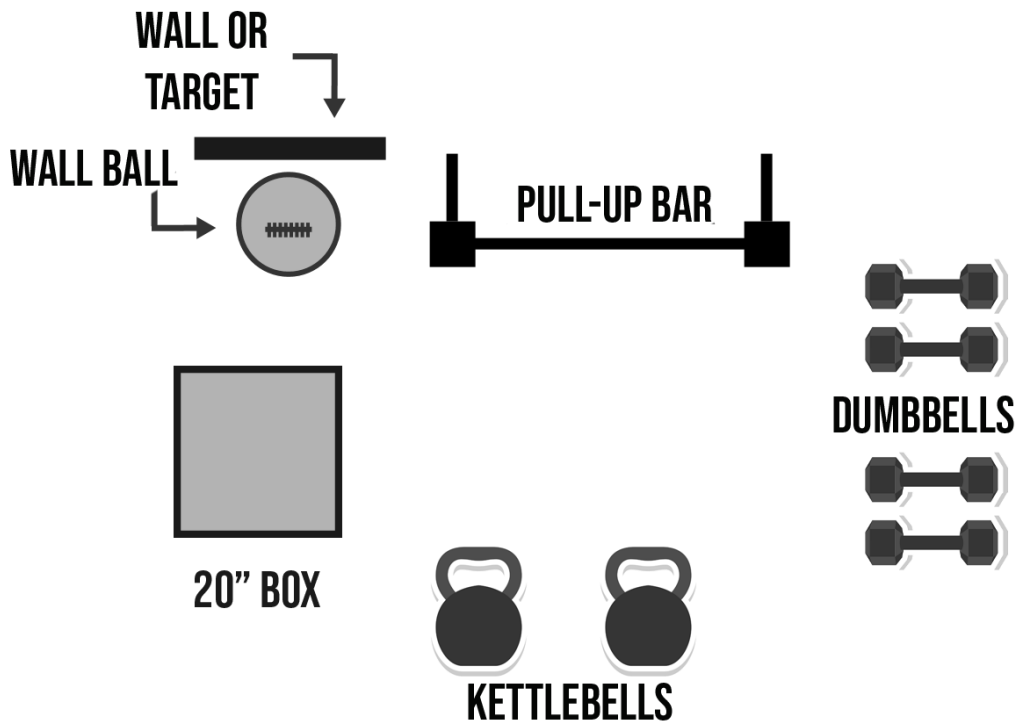
VIDEO SUBMISSION STANDARDS

- Film **ALL** of the competition area so the weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture at least a $\frac{3}{4}$ view of all the athletes during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 1m off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athletes.
- Upload videos to your chosen file storage i.e. YouTube/ Vimeo etc. Team Captains should place all 5 videos links (1 clan workout + 4 individual workouts) in the submissions area of competition corner, along with the signed and completed judges proforma for each.
- You may choose to use We Time timer app, we have set up the seeding workouts for your convenience. Just search for Clash of the Clans.



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SUGGESTED TEAM WORKOUT FLOOR PLAN



**ENSURE ADEQUATE DISTANCE BETWEEN PULL-UP BAR AND EQUIPMENT FOR SAFETY.
MAKE SURE ALL EQUIPMENT AND ATHLETES CAN BE SEEN BY THE CAMERA**



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WORKOUT STANDARDS

Dumbbell Hold

- Two athletes will start with the dumbbells at their feet standing at full extension after the call of “3, 2, 1 ... go.”
- The athletes will pick up the dumbbells at full extension with the dumbbells at their side.
- The athlete may not use wraps or wrap any grips around the dumbbells.
- If any of the athletes bend at the knees or hip, then all athletes should stop until the athletes are back to full extension or have swapped with the other athletes.



Box Jump Over



- The athlete begins by standing at one side of the box, the athlete then jumps with a 2 footed take off to land on top of the box.
- The hip and knee do not have to come to full extension.
- To finish the rep the athlete may jump down or step down to the other side of the box.

Kettlebell Front Rack Lunge



- Athlete begins with the KB on the floor, the KB is then cleaned up to the front rack position as shown in the diagram above.
- The knee must touch the floor at the bottom of the rep, the rep is complete once the athlete is at full extension with the feet in line.

Kettlebell Swing



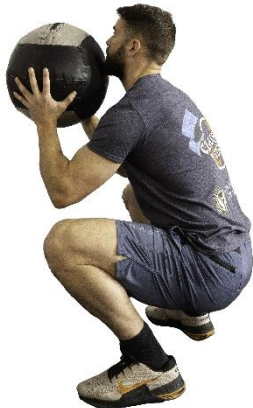
- The swing is performed by the athlete picking the kettlebell up with 2 hands and passing it through the middle of the legs, behind the heel.
- Pushing with the hips to finish the rep above the head with fully extended knees, hips, and arms to complete the rep.



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Wallball



- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed but not required if the ball starts on the ground.

♀ 9 FEET (274 CM)
♂ 10 FEET (305 CM)



- The rep is credited when the centre of the ball hits the target clearly **ABOVE** the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the athlete must stop the ball from bouncing to start the next rep.



Synchro Down Ups



- Both athletes start the rep standing at full extension
- They will drop to the floor with the chest and thighs both touching the floor.
- Then standing to full extension of the knee and hip at the same time.
- The synchronisation is at the bottom and the top of the rep.

Pull Ups

- The rep begins with the athlete hanging from the bar with the arms at full extension.



- The rep is completed once the athlete's chin is clearly over the bar.



- Any pull up variation is permitted if the above standards are met.

Toes to Bar



- Athletes begin with athlete hanging from the bar with arms at full extension.
- Heels must be brought back behind the bar.
- Overhand, underhand, or mixed grip are permitted.
- The rep is credited when both feet touch the bar at the same time.
- Any part of the feet may contact the bar for the rep to count.



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Handstand Push Ups



- Begin with the arms lock out, heels in contact with the wall, hips open and body in line with the arms.
- Only the heels may be touching the wall at the start and finish of the rep.
- The rep is counted when the athlete returns to the start position.
- If the head and hands are on different surfaces, then the surfaces must be level. i.e., weight plates and ab-mat, must be level with each other.

Bar Muscle-Ups



- The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip.



- The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar.
- Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.



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Clan Name _____

Clan Score _____

Judge's Name _____

Judge completed
CrossFit Online judge's course? Yes/ No

I confirm the information above accurately represents the Clan's performance for this test.

Judge Signature _____

SINGLE KETTLEBELL FRONT RACK LUNGES	90	
BOX JUMP OVERS	80	
KETTLEBELL SWINGS	70	
WALL-BALL SHOTS	60	
SYCHRO DOWN-UPS	50	
PULL UPS	40	TIME
TOES-TO-BAR	30	
HANDSTAND PUSH-UPS	20	
BAR MUSCLE-UPS	10	
TOTAL REPS		TIME