

# DFX CrossFit Throw Down // Division Standards

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## **COVID19 Policy:**

1. Athletes, staff, spectators, may wear a mask should they wish to do so, however masks are not required.
2. All equipment will be cleaned by **athletes** between use with CDC approved disinfectant
3. Please allow for extra time between heats for disinfecting.
4. Social distancing between people will be followed as much as possible given the nature of exercise and capacity limits of the building.

## **RX:**

You perform 90%+ benchmark workouts with Rx weights and movements. Muscle ups, handstand push ups, and all advanced movements may be programmed in this division, someone on your team will need to be able to do them (not all team members will have to). Common WODs you should be able to do Rx are Fran, Elizabeth, Amanda, Diane, Grace, Isabel, and Mary.

If an athlete is unable to meet the specific range of motion required for an Rx'd movement, they are not permitted to substitute another movement or utilize outside tools/assistance to reach the Rx'd range of motion. In this instance, an athlete should consider registering for the Scaled Division.

## **RX Competitors should be able to:**

- Snatch 135/95+
- Clean 185/125+
- Deadlift 255/185+
- Thruster 135/95+
- Back Squat 225/155+
- Kipping Handstand Push Ups
- Chest to bar Pull Ups
- Muscle Ups, Bar and Ring
- GHD Sit ups
- Pistols
- Handstand Walk
- Toes to Bar
- Double Unders
- Rope Climbs

Any athlete who has questions about range of motion due to a physical limitation should contact [dfx@diamondfitperformance.com](mailto:dfx@diamondfitperformance.com) for additional assistance and clarification before registering.

## **SCALED:**

You perform roughly 50% of the movements Rx but modify many classic WODs due to strength or gymnastic necessity. People in this division can generally do a kipping pull up (but maybe not a strict one yet). Traditionally scaling involves a reduction in the weight from Rx by approximately 25%. Double unders are optional and are interchangeable with twice the number of singles.

If an athlete is unable to meet the specific range of motion required for a movement, they are not permitted to substitute another movement or utilize outside tools/assistance to reach the

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prescribed range of motion. In this instance, an athlete should demonstrate the full expected range of motion to the Head Judge and event judge PRIOR to starting the event.

### **Scaled Competitors should be able to:**

- Snatch 95/65+
- Clean 135/95+
- Deadlift 185/135+
- Thruster 95/65+
- Back Squat 155/105+
- Standard Push Ups
- Chin over bar Pull Ups without assist
- Lunges per CrossFit Open Standards
- RX Wall Walks per CrossFit Open Standards
- Knees above 90
- Double Unders/Single Undersx2

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### **MASTERS:**

Must be 35+ by the day of the event. Standards are a hybrid between the Advanced and Scaled divisions. Weights will start with the Scaled division standard but may increase beyond. . Body weight and gymnastics skills are similar to Rx with generally less advanced versions and number of reps expected.

If an athlete is unable to meet the specific range of motion required for a movement, they are not permitted to substitute another movement or utilize outside tools/assistance to reach the prescribed range of motion. In this instance, an athlete should demonstrate the full expected range of motion to the Head Judge and event judge PRIOR to starting the event.

### **Masters Competitors should be able to:**

- Snatch 95/65+
- Clean 135/95+
- Deadlift 185/135+
- Thruster 95/65+
- Back Squat 155/105+
- Standard Push Ups
- Chest to Bar Pull Ups without assist
- Bar Muscle ups for Final Event..maybe
- Lunges per CrossFit Open Standards
- RX Wall Walks per CrossFit Open Standards
- GHD Sit ups
- Rope Climbs
- Toes to Bar
- Double Unders

Any Masters athlete who has questions about range of motion due to a physical limitation should contact [dfx@diamondfitperformance.com](mailto:dfx@diamondfitperformance.com) for additional assistance and clarification before registering.

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## **Movement Standards:**

1. Movement standards will function similar to the CrossFit Open.
2. Full ROM on all movements. This means full extension of knees, hips, elbows, etc. (any pivot point)
3. Squats at hips below knees (aka below parallel for the tops of quads).
4. Weights over center of mass for overhead movements.
5. Kipping is generally allowed unless specifically prohibited.
6. Lifters, knee sleeves, weight belts, wrist wraps, hand grips (no dowels), chalk, tape, compression shorts and pants are all acceptable. Wod wax and lifting straps are prohibited.
7. Athletes should be familiar with the Uncommon Movement clause: Any movement deemed uncommon or out of the ordinary, or used to amend, shorten, or change the accepted movement standard or range of motion, including line of action, of any event movement can and will be disallowed.

## **Athlete Expectations:**

1. Be on time for the registration, athlete briefing and heat times
2. Be respectful. If there is a dispute contact the head judge for an immediate resolution. Disrespect of volunteers and staff will not be tolerated and grounds for an immediate disqualification with no refund.
3. Rep your box (if you attend one). This is part of the community and we love to see local boxes represented on your shirt!
4. Be smart. If you are injured, remove yourself from the competition.
5. Be clean, throw your trash in the trash cans, be kind to our plumbing
6. Don't drop unloaded bars, or ones with only 10's or 15's on them (they break). Don't drop kettlebells or dumbbells.
7. Clean and disinfect all equipment used during the event or warm up.