

# DFX CrossFit Throw Down III 2024

## Division Standards

Updated: 12/6/23

### 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 **or** your teammate are 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 Intermediate or Scaled Division.

### RX Competitors should be able to:

- Snatch 135/95+
- Clean 185/125+
- Deadlift 255/185+
- Thruster 135/95+
- Back Squat 225/155+
- Overhead Squat 135/95+
- Strict and 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
- Run 1 mile
- **For Finals - Ring or Bar Muscle Ups and/or Handstand walking may be expected.**

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.

### Intermediate:

You perform 70%+ benchmark workouts with Rx weights and movements but modify some classic WODs due to gymnastic necessity. For example, you may be able to perform the RX Cleans for Nasty Girls but not the Ring Muscle Ups. People in this division can generally do a kipping CHEST to Bar pull up and kipping handstand push ups (but maybe not strict ones yet).

Pull ups, handstand push ups, rope climbs, wall walks **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 **might** be able to do RX are Fran, Elizabeth, Diane, Grace, Cindy.

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.

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### Int Competitors should be able to:

- Snatch 105/75+
- Clean 155/105+
- Deadlift 185/125+
- Thruster 125/85+
- Back Squat 185/125+
- Kipping Handstand Push Ups
- Chin over Bar Pull Ups
- Chest to Bar Pull Ups (for final)
- GHD Sit ups to riser
- Lunges to CrossFit Open Standards
- Wall walks to CrossFit Open Standards
- Toes to Bar
- Double Unders
- Rope Climbs
- Run 800m
- **For Finals - Bar Muscle Ups and/or Handstand walking may be expected.**

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### **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 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 85/55+
- Clean 125/85+
- Deadlift 155/105+
- Thruster 95/65+
- Back Squat 155/105+
- Standard Push Ups
- Jumping chin over bar pull ups
- Chin over bar Pull Ups w/o assist for final
- Lunges per CrossFit Open Standards
- RX Wall Walks per CrossFit Open Standards
- Knees above 90
- Double Unders/Single Undersx2
- Run 600m
- **For Finals - Rope Climbs /Toes to Rings may be expected.**

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### **Masters:**

You are old, not broken! You perform 70%+ benchmark workouts with RX weights and movements but modify some classic WODs due to gymnastic necessity. For example, you may be able to perform the RX Cleans for Nasty Girls but not the Ring Muscle Ups. People in this division can generally do a kipping CHEST to Bar pull up and kipping handstand push ups (but maybe not strict ones yet).

Pull ups, handstand push ups, rope climbs, wall walks **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 **might** be able to do RX are Fran, Elizabeth, Diane, Grace, Cindy.

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.

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

- Snatch 105/75+
- Clean 155/105+
- Deadlift 185/125+
- Thruster 125/85+
- Back Squat 185/125+
- Kipping Handstand Push Ups
- Chin over Bar Pull Ups
- Chest to Bar Pull Ups (for final)
- GHD Sit ups to riser
- Lunges to CrossFit Open Standards
- Wall walks to CrossFit Open Standards
- Toes to Bar
- Double Unders
- Rope Climbs
- Run 800m
- **For Finals - Mar Muscle Ups and/or Handstand walking may be expected.**

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.

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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.