

\*Please note that the description below is not a comprehensive list of what movements to expect but a general guide to help athletes know what to reasonably expect.



\*There may be movements tested that have never been practiced or attempted before. We will keep it safe! There is no cash prize for the Scaled Division.

## DIVISION REQUIREMENTS

### **“SCALED”**

#### The Basics

- Beginner to Experienced Competitor
- Does some Open workouts Scaled and some Rx
- Can perform all basic CrossFit movements
- Able to complete 3-4 workouts in 1 day
- Zero to minimum ROM limitations
- Able to run, row, jump, bike without injury

#### Gymnastics/Skill/Bodyweight Movements

- Pull-ups (LIMITED AMOUNT)
- Toes to Bar (LIMITED AMOUNT)
- Rope Climb to 15' (LIMITED AMOUNT)
- Box Jumps/Step Ups (24/20)
- Wall Balls (20/14) to a 10 foot target
- Double Unders (LIMITED AMOUNT)
- Walking Lunges (weighted)
- Picking up/Carrying objects
- KB Swings (53/44)

#### Barbell Movements

#### MINIMUM WEIGHT FOR MULTIPLE REPS IN A WORKOUT

- Power Snatch/Snatch 95/65
- Power Clean/Clean to OH 115/85
- Deadlift 155/105
- Thruster/Shoulder to OH 85/55
- OH Squat 95/65
- Athletes may be asked to find a max lift