

*Welcome to the second event of season 6!*

*In this holiday month, we'll keep it short. In a fifteen minute timeframe, you'll get both scores.*

*All workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. All two scores need to be from the same attempt and the same video.*

*Never underestimate yourself, and just make that video! You'll be disappointed if you haven't filmed, and suddenly you're in a top spot in your division.*

*In case of a tie, the athlete with the highest ranking will receive the prize. If both athletes have the same ranking, the athlete with the highest rank on event 3b will receive the prize.*

*If you have any questions, or problems with logging, contact us at [contact@crossfitironsparks.com](mailto:contact@crossfitironsparks.com)*

*Good luck!*

*Team The Nationals*

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#### **Note on Rx and Scaled**

For each event, you can choose between the Rx and Scaled version. You can NOT combine, i.e. doing 3A Scaled and 3B Rx.

For 3A (reps + time)

- If you choose to do Rx, add **2000** to your reps.
- If you choose to do Scaled, add **1000** your reps.

For 3B (reps)

- If you choose to do Rx, add **2000** to your reps.
- If you choose to do Scaled, add **1000** your reps.

One rep Rx will be above all people who did the workout Scaled.

This way, it is easy to see who did Rx and Scaled and Rx athletes will always be ranked higher than Scaled. In the future, we're planning on an update in the App to be able to work with Rx and Scaled, but until then, we have to fix it this way.

**Conversions from metric to imperial for WOD 3**

Movement	Meters	Feet
Shuttle Runs/Rolls	7,5	25
Wheelchair Wall Balls	1,5	5

Movement	Centimeters	Inches
Wall Walk Rx	152	60
Wall Walk Rx	140	55
Wheelchair Dips	75	30
Wall Walk Rx	25	10

Movement	Kilograms	Lbs
Wheelchair Wall Balls	3	6 or 7
Wheelchair Wall Balls	5	12
Wheelchair Wall Balls & Wheelchair Medball Shoulder to Shoulder	6	14
Wheelchair Wall Balls	9	20
Wheelchair Medball Shoulder to Shoulder	4	10
Dumbbell Thrusters	22,5	50
Dumbbell Thrusters	15	35
Dumbbell Thrusters	10	25
Dumbbell Thrusters	7,5	15
Dumbbell Thrusters	5	10

**Rx**

	Intellectual	Short Stature	Lower 1	Lower 2	Neuro Major
FROM 0:00-3:00	10 Shuttle Runs Max reps Wall Walks Adapted	20 Shuttle Runs Max reps HSPU Rx	10 Shuttle Runs Max reps HSPU Rx	20 Shuttle Runs Max reps HSPU Rx	10 Shuttle Runs Max reps Wall Walks Adapted
1 MINUTE BREAK					
FROM 4:00-8:00	15 Shuttle Runs Max reps Wall Walks Adapted	30 Shuttle Runs Max reps HSPU Rx	20 Shuttle Runs Max reps HSPU Rx	30 Shuttle Runs Max reps HSPU Rx	20 Shuttle Runs Max reps Wall Walks Adapted
2 MINUTE BREAK					
FROM 10:00-15:00	20 Shuttle Runs Max reps Wall Walks Adapted	40 Shuttle Runs Max reps HSPU Rx	30 Shuttle Runs Max reps HSPU Rx	40 Shuttle Runs Max reps HSPU Rx	30 Shuttle Runs Max reps Wall Walks Adapted
Total Runs	45	90	60	90	60

**Scaled**

You'll do the same format, same number of shuttle runs, only change the Max Reps Movement into the one below.

	Intellectual	Short Stature	Lower 1	Lower 2	Neuro Major
	Max reps Single Arm Dumbbell Thrusters 7,5/5kg	Max reps Single Arm Dumbbell Thrusters 15/10kg	Max reps Single Arm Dumbbell Thrusters 15/10kg *to box	Max reps Single Arm Dumbbell Thrusters 15/10kg	Max reps Single Arm Dumbbell Thrusters 10/7,5kg

**Rx**

	Sensory Blind	Sensory Deaf	Upper 1	Upper 2	Neuro Minor
FROM 0:00-3:00	20 Shuttle Runs Max reps Wall Walks Rx	26 Shuttle Runs Max reps Wall Walks Rx	26 Shuttle Runs Max reps Single DB Thruster 22,5/15kg	26 Shuttle Runs Max reps HSPU Rx	20 Shuttle Runs Max reps Wall Walks Rx
1 MINUTE BREAK					
FROM 4:00-8:00	30 Shuttle Runs Max reps Wall Walks Rx	36 Shuttle Runs Max reps Wall Walks Rx	36 Shuttle Runs Max reps Single DB Thruster 22,5/15kg	36 Shuttle Runs Max reps HSPU Rx	30 Shuttle Runs Max reps Wall Walks Rx
2 MINUTE BREAK					
FROM 10:00-15:00	40 Shuttle Runs Max reps Wall Walks Rx	46 Shuttle Runs Max reps Wall Walks Rx	46 Shuttle Runs Max reps Single DB Thruster 22,5/15kg	46 Shuttle Runs Max reps HSPU Rx	40 Shuttle Runs Max reps Wall Walks Rx
Total Runs	90	108	108	108	90

**Scaled**

You'll do the same format, same number of shuttle runs, only change the Max Reps Movement into the one below.

	Sensory Blind	Sensory Deaf	Upper 1	Upper 2	Neuro Minor
	Max reps Single Arm Dumbbell Thrusters 15/10kg	Max reps Single Arm Dumbbell Thrusters 15/10kg	Max reps Single Arm Dumbbell Thrusters 15/10kg	Max reps Single Arm Dumbbell Thrusters 15/10kg	Max reps Single Arm Dumbbell Thrusters 10/7,5kg

**Rx**

	Seated w/o Abs	Seated w Abs	Seated Tetraplegic
FROM 0:00-3:00	20 Shuttle Rolls Max reps Wheelchair Dips	20 Shuttle Rolls Max reps Wheelchair Dips	10 Shuttle Rolls Max reps Wheelchair Wall Balls
1 MINUTE BREAK			
FROM 4:00-8:00	30 Shuttle Rolls Max reps Wheelchair Dips	30 Shuttle Rolls Max reps Wheelchair Dips	15 Shuttle Rolls Max reps Wheelchair Wall Balls
2 MINUTE BREAK			
FROM 10:00-15:00	40 Shuttle Rolls Max reps Wheelchair Dips	40 Shuttle Rolls Max reps Wheelchair Dips	20 Shuttle Rolls Max reps Wheelchair Wall Balls
<i>Total Rolls</i>	<i>90</i>	<i>90</i>	<i>45</i>

**Scaled**

You'll do the same format, same number of shuttle runs, only change the Max Reps Movement into the one below.

	Seated w/o Abs	Seated w Abs	Seated Tetraplegic
	Max reps Medball Shoulder to Shoulder 6/4kg	Max reps Medball Shoulder to Shoulder 6/4kg	<i>No scaled option available</i>

### SCORING

*Score 3A = total accumulated time on the shuttle runs/rolls + total reps shuttle runs/rolls.*

Sum the time of the three shuttle runs on an ascending clock. You do NOT have to subtract the rest time.

Example 1: I finished all the runs  
(10-20-30 rep example)

Finish time block 1 = 2:12

Finish time block 2 = 6:30

Finish time block 3 = 13:08

TIME: 2:12 + 6:30 + 13:08 = 21:50

REPS = 10+20+30 = 60 reps

Example 2: I did not finish all the runs  
(10-20-30 rep example)

Finish time block 1 = 2:12

Finish time block 2 = 6:30

Block 3 - did 28 out of 30 runs = 15:00

TIME: 2:12 + 6:30 + 15:00 (capped) = 23:42

REPS = 10+20+28 = 58 reps

*Score 3B = total accumulated number of max reps*

Sum the total reps on the Wall Walks / HSPU / Dips / Wall Balls

Example 1: I finished all the runs

Reps block 1 = 5

Reps block 2 = 8

Reps block 3 = 12

REPS = 5+8+12 = 25 reps

Example 2: I did not finish all the runs

Reps block 1 = 5

Reps block 2 = 8

Reps block 3 = 0

REPS = 5+8+0 = 13 reps

### VIDEO STANDARDS

- Start the video with stating your full name and box. Then show the distance 7,5mtr with a ruler.
- Show the measurement of the Wall Walk Adapted / HSPU box / Wall Balls (whichever is applicable)
- Also show the weight of the Dumbbell or Medball if you're using one.
- Say in the camera if you're going to perform the workout as Rx or Scaled.
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 15) must be visible during the whole workout.
- The athlete must be in the frame during the whole workout.
- Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count.

***WORKOUT FLOW***

The workout starts with the athlete standing/seated behind the first line. On the count of 3-2-1 GO the athlete may start running/rolling towards the 7,5m line. The athlete performs the shuttle runs/rolls as prescribed in the movement standards and continues to complete all assigned shuttle runs. When the athlete completed the last rep, the judge needs to note the time on the clock for score 3A.

In the remaining time of the 3 minutes, the athlete completes as many reps of the “max rep movement” as possible. The judge needs to note the number of reps for score 3B.

When the clock hits 3:00, the athlete must rest until the clock hits 4:00.

When the clock hits 4:00, the athlete starts again with the assigned number of shuttle runs/rolls. When completed, the judge needs to note the time on the clock for score 3A. In the remaining time of the 4 minutes, the athlete completes as many reps of the “max rep movement” as possible. The judge needs to note the number of reps for score 3B.

When the clock hits 8:00, the athlete must rest until the clock hits 10:00.

When the clock hits 10:00, the athlete starts again with the assigned number of shuttle runs/rolls. When completed, the judge needs to note the time on the clock for score 3A. In the remaining time of the 5 minutes, the athlete completes as many reps of the “max rep movement” as possible. The judge needs to note the number of reps for score 3B.

The workout stops when the clock hits 15:00.

It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

**MOVEMENT STANDARDS**

**GENERAL RULES**

- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- In doubt about a standard? Contact us at [contact@crossfitironsparks.com](mailto:contact@crossfitironsparks.com)

**SHUTTLE RUN**

Start by measuring 7,5 meters and tape 2 clear lines on each end.

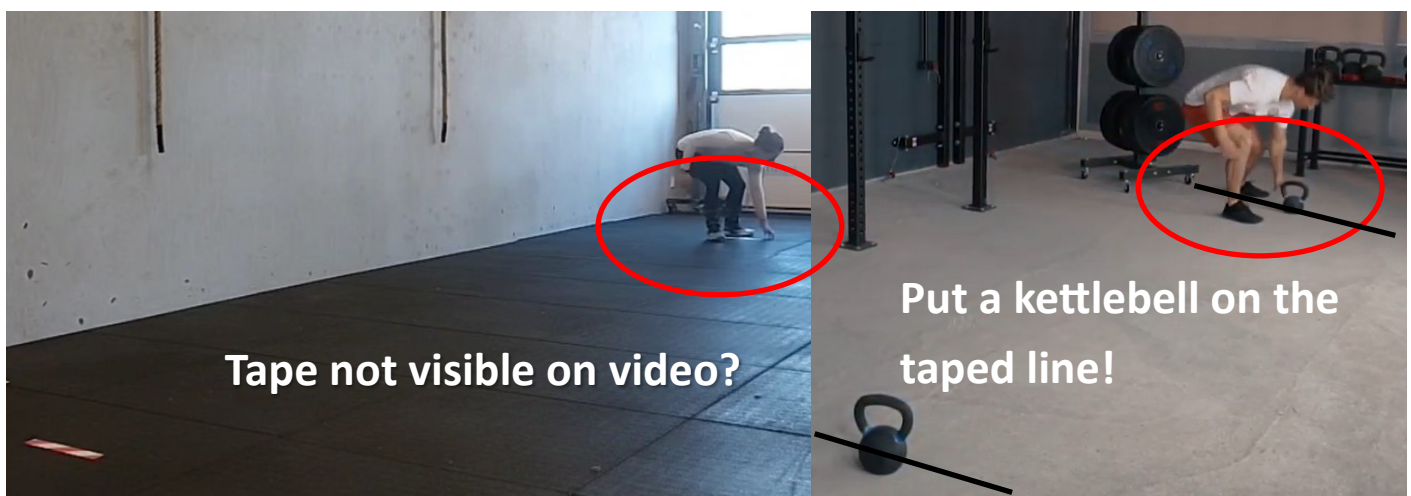
For the first rep, start with both feet behind the first tape. Run/walk towards the second tape. Touch the floor behind the tape with your hand. This is one repetition. Then run/walk back towards the first tape and touch the floor behind the tape with your hand, that is the second rep.

With every rep, you clearly need to touch the floor behind the tape with your hand. The last rep can be finished by just passing the line with both feet.

*Sensory Blind athletes do NOT need to touch the floor, but have to be over the line with both feet for the rep to count. Sensory Blind athletes may use assistance.*

**SHUTTLE ROLLS**

For the first rep, start with both wheels behind the tape. With every rep, you clearly need to go over the tape with both wheels. The last rep can be finished by just passing the line with both wheels.

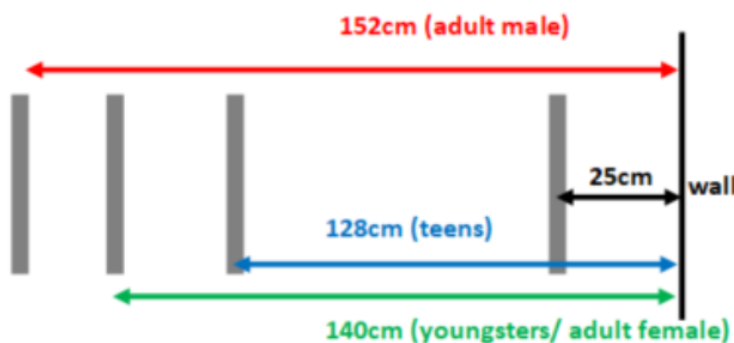




**WALL WALK RX (sensory)**

Two lines need to be taped:

- From the wall to the first tape = 152cm (male) / 140cm (female)
- From the wall to the second tape = 25cm



Every repetition starts with the athlete lying down, with chest, feet and thighs touching the floor. At start and finish of each rep, both hands/fingers need to touch the first taped line (152/140cm)

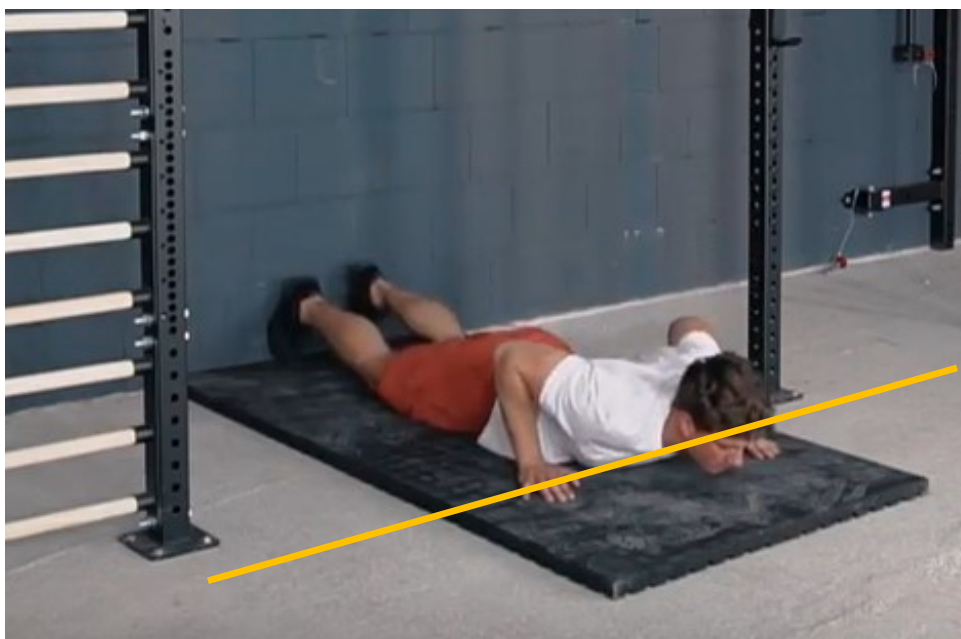
The athlete puts both feet on the wall. Hands need to stay on the tape (152/140cm) until the whole body is from the floor (except for hands). Athlete walks their hands closer to the wall, until both hands/fingers touch the second tape (25cm).

Then, athlete walks back to the first tape (152/140cm), while the rest of the body does not touch the floor. Athlete touches the first tape (152/140cm) with a part of the hands, then lies down with chest, feet and thighs touching the floor. This is one repetition.

**WALL WALK ADAPTED (intellectual & neuro major)**

Before starting, tape a line on the floor: with the athlete lying down on the floor, chest and thighs touching the ground, legs fully extended, and feet together and touching the wall, mark a single tape line at the top of the athlete's shoulder. Show the measured in your video.

Every rep begins and ends with the athlete lying down, with their chest, feet and thighs touching the ground. At the start and finish of the rep, both hands must be in front of the tape line. The wrist can touch the line. Both feet must be touching the floor at the beginning and end of each rep. The athlete will walk up the wall until both hands are on the other side of the taped line. The fingers can not touch the taped line. Then the athlete walks back until both hands are in front of the taped line. No standard for the descent.



### ***Handstand Push-ups Rx***

Before starting, tape a box of 100x60cm on the floor. Clearly show the height and width of the box in your video. During the whole movement, the hands and fingers need to stay within the box.

Hands and head should be at same height. If an abmat and plates are used, make sure the plates and abmat are at the same level.

Every repetition starts and ends with the athlete at the top of a handstand, with elbows fully locked out, heels in contact with the wall, hips open (not touching the wall) and the body in line with the arms.

At the bottom, the athlete's head makes contact with the ground/abmat. The feet do not need to remain in contact with the wall at this point. Strict and kipping are both allowed.

### ***Wheelchair Dips (Seated)***

The wheelchair athletes can use two 75cm/30inch boxes to perform the dips.

The movement starts and ends with the athlete seated. The hands are on top of the boxes. The athlete pushes himself up until elbows are fully locked out.

### ***Wheelchair Wall Balls (Tetraplegic)***

Before starting, tape a line on the wall at 1,5m. Show this in your video.

Athletes with triceps = 9/6kg medball

Athletes without triceps = 5/3kg medball

The movement starts with the athlete seated in the wheelchair, the medball in the athlete's hands. The athlete throws the medball to the wall. The medball must touch the wall above the tape to count.

The athlete may use assistance to get the ball of the floor.

### ***Single Dumbbell Thruster***

The movement starts with the athlete standing tall, feet under the hips, hips and knees fully extended. The dumbbell is held on the shoulder with at least one head of the dumbbell clearly touching the top of the shoulder. Athlete squats down with the dumbbell on the shoulder until the hip crease is clearly below the knee and the squat is below parallel.

The athlete stands back up and presses the dumbbell overhead in one fluent motion. Diving under the dumbbell (aka ThrusterJerk) or any jerking movement is not allowed. In the end position, hips and knees are fully extended. The dumbbell is held overhead straight above the body with elbow fully locked.

The non-working hand may not be in contact with the body or dumbbell during the whole movement.

*Lower 1 athletes may use a box for assistance in the squat.*

### ***Medball Shoulder to Shoulder (Seated)***

The movement starts with the medball on one shoulder of the athlete. The athlete lifts the medball straight up over their head, to the other shoulder. Then the medball touches the shoulder on the opposite side. This is one repetition.

The athlete may use assistance to get the ball of the floor.

If the athlete does not have a medball in the assigned weight, a plate may be used.

*Seated with abs division: the elbows need to be extended with the medball in overhead position.*

## Intellectual & Seated Tetraplegic

<b>A</b>	FOR TIME	At 0:00, perform 10 shuttle runs	
		At 4:00, perform 15 shuttle runs	
		At 10:00, perform 20 shuttle runs	
			TOTAL TIME

### MAX REPS IN REMAINING TIME OF:

	Rx	Scaled
<b>Intellectual</b>	Wall Walk Adapted	Single Arm Dumbbell Thrusters 7,5/5kg
<b>Seated Tetraplegic</b>	Wheelchair Wall Balls	x

<b>B</b>	FOR REPS	Until 3:00, perform max reps	
		Until 8:00, perform max reps	
		Until 15:00, perform max reps	
			TOTAL REPS

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## Lower 1 & Neuro Major

<b>A</b>	FOR TIME	At 0:00, perform 10 shuttle runs	
		At 4:00, perform 20 shuttle runs	
		At 10:00, perform 30 shuttle runs	
			TOTAL TIME

### MAX REPS IN REMAINING TIME OF:

	Rx	Scaled
<b>Lower 1</b>	HSPU Rx	Single Arm Dumbbell Thrusters 15/10kg (to box)
<b>Neuro Major</b>	Wall Walks Adapted	Single Arm Dumbbell Thrusters 10/7,5kg

<b>B</b>	FOR REPS	Until 3:00, perform max reps	
		Until 8:00, perform max reps	
		Until 15:00, perform max reps	
			TOTAL REPS

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## Upper 1/2 & Sensory Deaf

<b>A</b>	FOR TIME	At 0:00, perform 26 shuttle runs	
		At 4:00, perform 36 shuttle runs	
		At 10:00, perform 46 shuttle runs	
			TOTAL TIME

### MAX REPS IN REMAINING TIME OF:

	Rx	Scaled
<b>Upper 1</b>	Single Arm Dumbbell Thrusters 22,5/15kg	Single Arm Dumbbell Thrusters 15/10kg
<b>Upper 2</b>	HSPU Rx	Single Arm Dumbbell Thrusters 15/10kg
<b>Sensory Deaf</b>	Wall Walks Rx	Single Arm Dumbbell Thrusters 15/10kg

<b>B</b>	FOR REPS	Until 3:00, perform max reps	
		Until 8:00, perform max reps	
		Until 15:00, perform max reps	
			TOTAL REPS

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## Short Stature, Lower 2 & Sensory Blind

<b>A</b>	FOR TIME	At 0:00, perform 20 shuttle runs	
		At 4:00, perform 30 shuttle runs	
		At 10:00, perform 40 shuttle runs	
			TOTAL TIME

### MAX REPS IN REMAINING TIME OF:

	Rx	Scaled
<b>Short Stature</b>	HSPU Rx	Single Arm Dumbbell Thrusters 15/10kg
<b>Lower 2</b>	HSPU Rx	Single Arm Dumbbell Thrusters 15/10kg
<b>Sensory Blind</b>	Wall Walks Rx	Single Arm Dumbbell Thrusters 15/10kg

<b>B</b>	FOR REPS	Until 3:00, perform max reps	
		Until 8:00, perform max reps	
		Until 15:00, perform max reps	
			TOTAL REPS

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## Neuro Minor, Wheelchair with & without abs

<b>A</b>	FOR TIME	At 0:00, perform 20 shuttle runs	
		At 4:00, perform 30 shuttle runs	
		At 10:00, perform 40 shuttle runs	
			TOTAL TIME

### MAX REPS IN REMAINING TIME OF:

	Rx	Scaled
<b>Neuro Minor</b>	Wall Walk Rx	Single Arm Dumbbell Thrusters 10/7,5kg
<b>Wheelchair w Abs</b>	Wheelchair Dips	Medball Shoulder to Shoulder 6/4kg
<b>Wheelchair without Abs</b>	Wheelchair Dips	Medball Shoulder to Shoulder 6/4kg

<b>B</b>	FOR REPS	Until 3:00, perform max reps	
		Until 8:00, perform max reps	
		Until 15:00, perform max reps	
			TOTAL REPS

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_