

Welcome to the Placement Event of season 7!

For some of you these workouts will be a challenge. Remember that scaling is not an option. Stick to the movements that are assigned and give it all you've got. These events are the test to put you into the right division, and show us what you can and cannot do.

You'll get points for each part. Points for A, points for B. These combined points will determine in which division you're going to be this season.



Besides your scores, you can enter which division you think you should be placed in. If your placement scores are on the edge of two divisions, your preference can factor in.

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.

If you want to be eligible for the Summergames, you'll have to film all your events, including the placement. 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.



The Placement scores will not be ranked on the leaderboard. It's just to place you into the right division. If we suspect that an athlete entered an incorrect score to move into a lower division, we may exclude the athlete from participating.



Teens and Youngsters do not have to do the Placement events. They can choose which division they want to compete in. Adaptive athletes have to do the Placement Event to show what they're capable of, but will be placed in their division based on their impairment.



If you're in the Top 100 of the CrossFit Open in your country, you can apply to participate in the Diamond Division by email. You do not have to do the Placement Event.

If you have a physical restriction that impedes the movement standards, make sure to notify us before the deadline of the placement by email.

If you have any questions, or problems with logging, contact us at info@thenationals.nl

Good luck!

Team The Nationals



A	FROM 0:00-5:00 FOR LOAD	1 RM CLEAN & JERK	KG
	1 MINUTE BREAK		
B	FROM 6:00-14:00 FOR REPS	AMRAP 8 MINUTES but every minute, including at 6:00, perform 10 Medball Box Step Overs (these do not count towards the total score)	
		20 Knee Raises	20
		20 Single Leg Toes to Bar	40
		20 Pull-ups	60
		20 Chest to Bar Pull-ups	80
		Max reps Bar Muscle Ups	
		TOTAL REPS	

C My preferred division:
 Teens Youngsters Iron Bronze Silver Gold Platinum Diamond

	Medball Weight	Box Height
Adults	9kg or 20lbs (male) 6kg or 14lbs (female)	60 cm / 24 inch (male) 50 cm / 20 inch (female)
Teens & Youngsters	6kg or 14 lbs (boys) 4kg or 10 lbs (girls)	50 cm / 20 inch (both genders)

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



ADAPTIVE STANDING

A	FROM 0:00-5:00 FOR LOAD	1 RM BARBELL GROUND TO OVERHEAD	KG
	1 MINUTE BREAK		
B	FROM 6:00-14:00 FOR REPS	AMRAP 8 MINUTES but every minute, including at 6:00, perform 10 Medball Box Step Overs (these do not count towards the total score)	
		20 Knee Raises	20
		20 Single Leg Toes to Bar	40
		20 Pull-ups	60
		20 Chest to Bar Pull-ups	80
		Max reps Bar Muscle Ups	
		TOTAL REPS	

	Medball Weight	Box Height	Step
Intellectual	No medball	38cm / 15 inch (both genders)*	Over
Short Stature	10kg / 25lbs DB (male), 5kg / 10lbs DB (female)	38cm / 15 inch (both genders)*	Over
Lower 1	9kg / 20lbs (male), 6kg / 14lbs (female)	38cm / 15 inch (both genders)*	Over
Lower 2	9kg / 20lbs (male), 6kg / 14lbs (female)	50cm / 20inch (male), 38cm / 15inch (female)	Over
Neuro Major	No medball	50cm / 20inch (male), 38cm / 15inch (female)	Up
Neuro Mod. + Minor	9kg / 20lbs (male), 6kg / 14lbs (female)	50cm / 20inch (male), 38cm / 15inch (female)	Up
Sensory	No medball	60cm / 24inch (male), 50cm / 20inch (female)	Up
Upper 1 + 2	10kg / 25lbs DB (male), 5kg / 10lbs DB (female)	60cm / 24inch (male), 50cm / 20inch (female)	Over

*This may be a small box or stack of plates

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



ADAPTIVE SEATED

A	FROM 0:00-5:00 FOR LOAD	1 RM BARBELL LAP TO OVERHEAD	KG
	1 MINUTE BREAK		
B	FROM 6:00-14:00 FOR REPS	AMRAP 8 MINUTES but every minute, including at 6:00, perform 10 Medball Shoulder to Shoulder (these do not count towards the total score)	
		10 Cal Ski Erg	10
		20 Wheelchair Ring Rows	30
		20 Wheelchair Ring Pull-ups	50
		Max reps Chest to Ring Pull-ups	
		TOTAL REPS	

Medball Weight	
With Abs	9kg / 20lbs (male), 6kg / 14lbs (female)
Without Abs	9kg / 20lbs (male), 6kg / 14lbs (female)
Tetraplegic with triceps	4kg / 10lbs (both genders)
Tetraplegic without triceps	3kg / 6lbs (both genders)

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



WORKOUT FLOW



Set up your equipment in a way that allows us to see the movement standards clearly.
 Show an ascending timer in frame, for example by using WODProof
 Start your video with stating your full name and box.
 Then show the weight of the barbell used and every plate on the bar. Say out loud what your starting weight will be. Also show the weight of the medball and height of the box if the box is not regular.
 Hit the clock and let's go!

PART A - 0:00-5:00

The workout starts with the athlete standing tall behind the loaded barbell. On the count of 3-2-1 GO the athlete may touch the barbell and perform the clean and jerk. The athlete may do as many attempts within the 5 minutes as they like. The weight can go up and down. Others can assist in loading but only 1 barbell may be used. Collars need to be on the outside of all plates for the weight to count. The lift must be started before the 5:00 mark to count. If an athlete lifts the bar off the floor at 4:58, and makes the lift, the lift will count.



The score is the total weight on the bar in KG, rounded to 0 decimals. 62,5 will be 62kg.

- - - 5:00-6:00 BREAK - - -

The athlete may move to the rig/box/medball, but cannot touch the medball yet.

PART B - 6:00-14:00

When the clock hits 6:00, the athlete may touch the medball and start with 10 medball box step overs. After these are completed, the athlete starts with the 20 knee raises, followed by 20 single leg toes to bars, 20 pull-ups, 20 chest to bars and max reps bar muscle ups.

Every minute (at 6:00, 7:00, 8:00, 9:00, 10:00, 11:00, 12:00 and 13:00) the athlete must perform 10 medball box step overs. In the remaining time, the athlete completes the gymnastics movements. If an athlete cannot perform a certain movement, the workout stops. For example, the athlete did 20 knee raises and 20 single leg toes to bars, but cannot perform 1 pull-up, the score is 40 reps.



The score is the total number of gymnastics reps made. The medball box step overs do not count for your score.



Make sure to show the end weight of your clean and jerk before stopping the video!

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

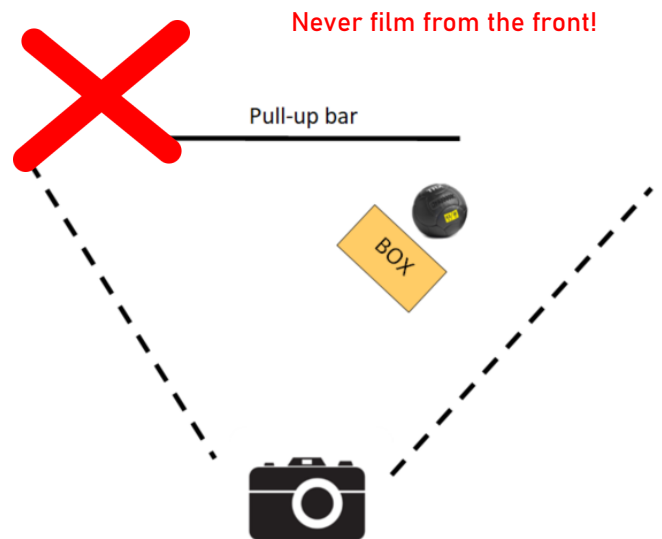
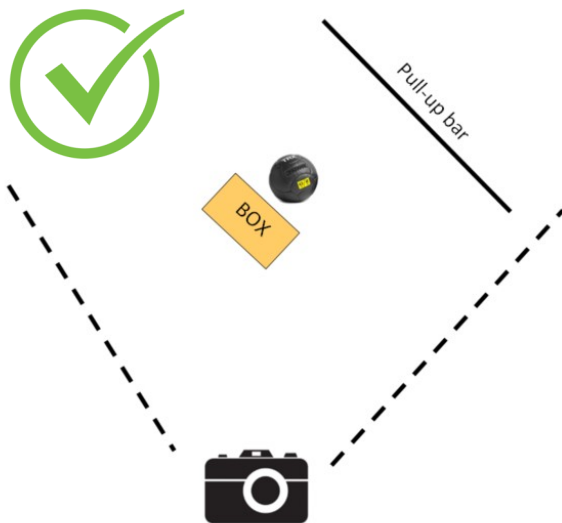
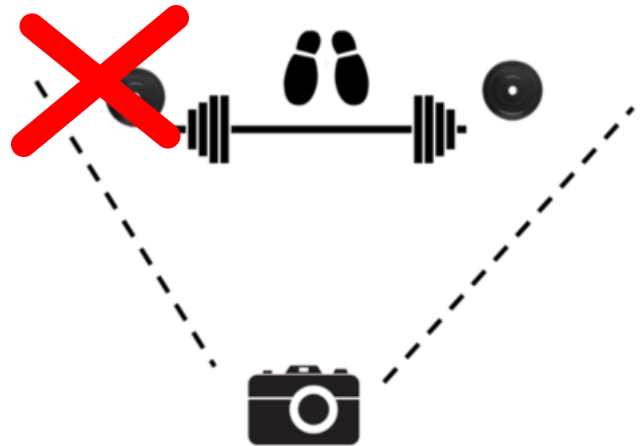
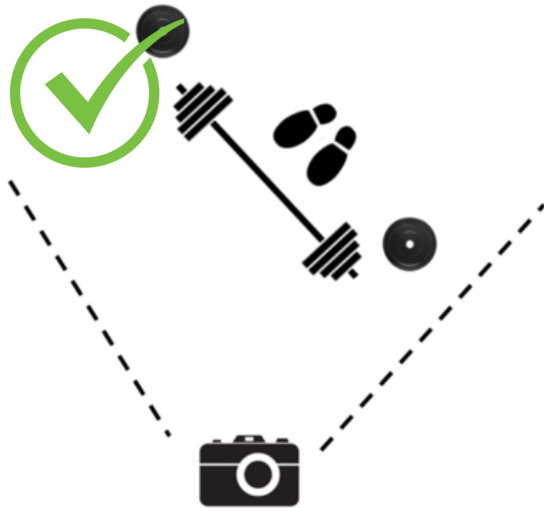


EQUIPMENT

- Barbell + collars
- Bumperplates
- Plyobox 60/50cm
- Rig
- Medball

VIDEO STANDARDS

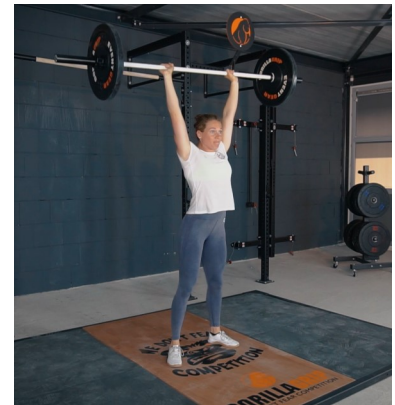
- Start the video with stating your full name and box. Then show the weight of the barbell and all plates used. Also show the height of the box if its not regular. Don't forget to film your medball weight.
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 14) 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.
- You can find our workouts in WODProof



MOVEMENT STANDARDS

GENERAL RULES

- Tape and/or grips may be used in the rig.
- Grips may not be used holding a barbell, dumbbell or kettlebell.
- Using a box to get into the rig/rings is allowed. Jumping Pull-ups/Muscle-ups are not allowed.
- Blocks or a rack is not allowed. The barbell needs to be moved from the floor for all movements.
- Clips must always be on the outside of all plates. Clips do not count for weight on the barbell.
- The barbell may never be dropped behind. If this happens, it is a no rep.
- During a barbell movement, touching the floor with your knees is not allowed, unless for lunge steps.
- Dumbbells and Kettlebells may never be dropped from above the knees. If this happens, it is a no rep.
- 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 info@thenationals.nl



BARBELL CLEAN

The movement starts with the athlete standing tall with the barbell with both plates in contact with the floor. The barbell moves from the floor to the front rack position in one fluent motion. In the end position, the barbell touches the top/front of the shoulders, fingers are around the barbell and the elbows are in front of the bar. The hips and knees are fully extended and both feet are straight under the hips. The athlete has control over the barbell.

A muscle clean, power clean and split clean are allowed, even as power or squat variations, as long as all standards are met. If the bar is caught in a split or 'starfish' position, both feet need to move back under the hips before the bar leaves the shoulders to count as a rep. Note that HANG cleans are not allowed.

BARBELL SHOULDER TO OVERHEAD

The athlete gets the bar overhead, where the bar is straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the bar. This may be a strict press, push press, push jerk or split jerk as long as the standards are met. In the split jerk, both feet need to move back under the hips before the bar is lowered.

BARBELL GROUND TO OVERHEAD (ADAPTIVE STANDING)

The movement starts with the barbell with both bumper plates on the floor. The athlete moves the barbell to an overhead position in which the barbell is straight above the head of the athlete with hips, knees and elbows fully locked out. The athlete has control over the barbell. This can be a snatch or clean and jerk movement. A hang clean/snatch is also allowed as long as the rep starts from the floor.





All hanging gymnastic movements below start each repetition with the athlete hanging from the rig, with elbows fully extended, and both feet behind the vertical plane of the pull-up rig.



KNEE RAISES

The athlete swings his knees up in front of the body, until the top of the knees are clearly above the hips. This may be done strict or kipping as long as all standards are met and no other parts of the body than the hands touch the rig.

SINGLE LEG TOES TO BAR

The athlete swings up until one foot clearly touches the rig between the hands. This can be strict or with a kip, as long as no other parts of the body than the hands touch the rig. This is one repetition. Reps do not need to be alternating.

PULL-UP

The athlete moves their body up until the chin is clearly above the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

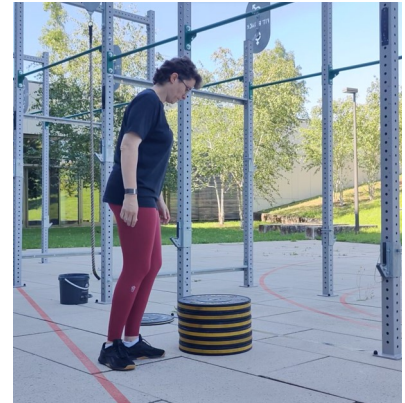
CHEST TO BAR PULL-UP

The athlete moves their body up until the chest below the collarbone is clearly touching the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

BAR MUSCLE UP

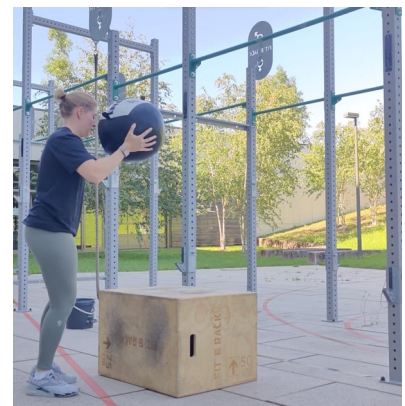
The athlete kips up until the athlete is in support on top of the pull-up rig, with shoulders in front of the vertical plane of the pull-up rig, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the pull-up rig. No other body part than the hands may be on the rig (no climbing in the rig). Once on top, the hands must stay in contact with the bar, and athlete must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.





BOX/PLATE STEP OVER (INTELLECTUAL)

The movement starts with the athlete standing tall behind the box. The athlete steps on the box with both feet. Both feet need to be on top of the box at the same time. The athlete steps or jumps off the box on the other side. Hands may not touch the box. There is no need for extension at top.



MEDBALL BOX STEP OVER (REGULAR ATHLETES + LOWER)

Same standard as the regular Box Step Over, but the athlete needs to hold a medball. They may hold it at the shoulder, chest or underneath armpit as long as the medball is held with at least one hand. During the step over, the medball may not touch the box.



DUMBBELL BOX STEP OVER (SHORT STATURE + UPPER)

Same standard as the regular Box Step Over, but the athlete needs to hold a dumbbell. They may hold it at the shoulder, chest or as suitcase as long as the dumbbell is held with at least one hand. During the step over, the dumbbell may not touch the box.





BOX STEP UP (NEURO MAJ + SENSORY)

The movement starts with the athlete standing at one side of the box. The athlete steps onto the box until both feet touch the top of the box at the same time. Hips and knees need to be fully extended and the shoulders are in line with the hips. Then the athlete steps or jumps off at the same side of the box. The hands may not touch the box.



MEDBALL BOX STEP UP (NEURO MOD + MIN)

Same standard as the regular Box Step Up, but the athlete needs to hold a medball. They may hold it at the shoulder, chest or underneath armpit as long as the medball is held with at least one hand. During the step up, the medball may not touch the box.



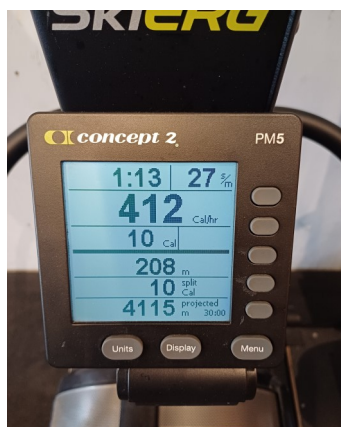
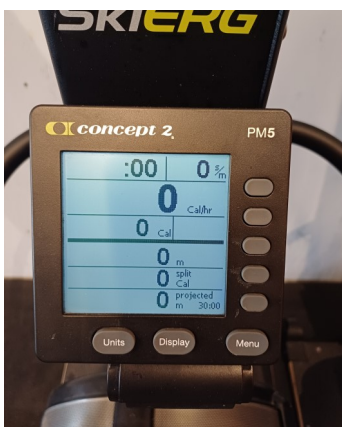
BARBELL LAP TO OVERHEAD (SEATED)

The movement starts with the barbell on the lap of the athlete. The barbell moves the bar from the lap to the overhead position. In the end position, the barbell is straight above the head of the athlete, with elbows fully extended. The athlete has control over the barbell. This may be a Snatch or Clean and Press.



MEDBALL SHOULDER TO SHOULDER (SEATED)

The movement starts with the medball touching the top of 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 off the floor.



SKI ERG (SEATED)

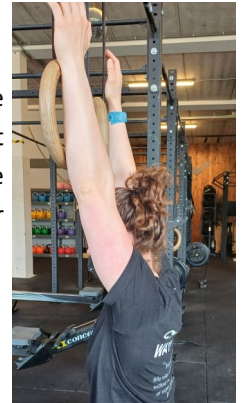
The movement starts with the monitor put to 0 calories. The athlete ski's until the assigned number of calories is shown on the screen.





WHEELCHAIR RING MOVEMENTS

For all ring movements: the height of the rings needs to be: top of the rings at wrist height when the arms are extended overhead. Show this in your video!



WHEELCHAIR RING ROW (SEATED)

The movement starts with the athlete seated in the fixed wheelchair where the shoulders are underneath the rings. The athlete grabs the rings and pulls themselves out of the chair, then sits back in the chair again.

WHEELCHAIR RING PULL UP (SEATED)

The movement starts with the athlete seated in the fixed wheelchair where the shoulders are underneath the rings. The athlete grabs the rings and pulls themselves up until the chin is clearly above the hands, then sits back in the chair again.

WHEELCHAIR CHEST TO RING PULL UP (SEATED)

The movement starts with the athlete seated in the fixed wheelchair where the shoulders are underneath the rings. The athlete grabs the rings and pulls themselves up until the chest is clearly touching the rings/hands, then sits back in the chair again.