

Welcome to the Placement Event of season 9!

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.

Both workouts can be done separately. When logging your scores, you can combine scores from different attempts and different days.

If you want to be eligible for the Finals, 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/Youngsters also have to perform the Placement Events. Based on their scores, they will be placed in the Teens or Youngsters division.

Masters Athletes can do the Placement Event to show us what they're capable of, but will be placed in their division based on their ticket. If the Placement result deviates from the ticket, we'll contact them to participate in another division.

If you're in the Top 100 of the CrossFit Open in your country or competed in the Diamond Division in a previous season, 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 special note to all teenagers!

For the first time, the Teens & Youngsters also have a Placement Workout! Added especially after last year's feedback.

This workout will not count towards the leaderboard, but it helps us see your level. That way, we can make sure you'll be placed in the right category – Teens or Youngsters – to shine.

Give it your all, show what you can do, and make it a great experience!

Note: parents and coaches are responsible for ensuring the workout is performed safely and responsibly. They may stop the athlete at any time if they feel it is necessary.

Voor het eerst hebben ook de Teens & Youngsters een Placement Workout! Speciaal toegevoegd na alle feedback van vorig jaar.

Deze workout telt niet mee voor het leaderboard, maar laat ons zien waar jouw niveau ligt. Zo zorgen we ervoor dat jij straks in de juiste categorie – Teens of Youngsters – kunt knallen.

Geef alles, laat zien wat je kunt en maak er een mooie ervaring van!

Let op: ouders en coaches zijn verantwoordelijk voor een verantwoorde uitvoering van de workout en mogen de atleet stoppen als zij dat nodig achten.

Event A - ALL DIVISIONS
AMRAP 12 MINUTES

	ROUND 1	ROUND 2
3 Wall Walks Light	3	453
25 Single Unders	28	478
9 Wall Walks Rx	37	487
50 Single Unders	87	537
15 Handstand Push-ups Light	102	552
75 Double Unders	177	627
21 Handstand Push-ups Rx	198	648
100 Double Unders	298	748
27 Strict Handstand Push-ups Rx	325	775
125 Double Unders	450	900
TOTAL REPS		

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

<i>Event B - ALL DIVISIONS</i> AMRAP 15 MINUTES	
REPS	
40 Deadlifts	40
40 Knee Raises	80
30 Clean & Jerks	110
30 Pull-ups	140
20 Snatches	160
20 Chest to Bar Pull-ups	180
10 Thrusters	190
10 Bar Muscle Ups	200
5 Overhead Squats	205
5 Ring Muscle Ups	210
5 Overhead Squats	215
5 Ring Muscle Ups	220
5 Overhead Squats	225
5 Ring Muscle Ups	230
TOTAL REPS	

Males	50kg
Females	35kg
Boys	35kg
Girls	25kg

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

Event A

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 measures of the tapes used (wall walk + hspu)
- Hit the clock and let's go!

The workout starts with the athlete standing tall. On the count of 3-2-1 GO the athlete may lie down on the floor and perform 3 wall walks light. After these are completed, the athlete performs 25 single unders. Then, the athlete performs 9 wall walks, followed by 50 single unders. If these are completed, the athlete performs 15 HSPU Light and 75 double unders, followed by 21 HSPU Rx, 100 double unders, 27 strict HSPU and 125 double unders. If the athlete performed all 450 reps, and still has time left, he/she starts again from the top with 3 wall walks light etc.

The workout stops when the clock hits 12:00.



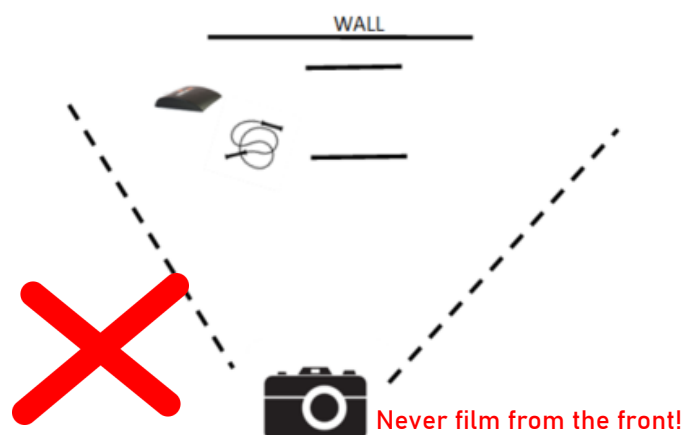
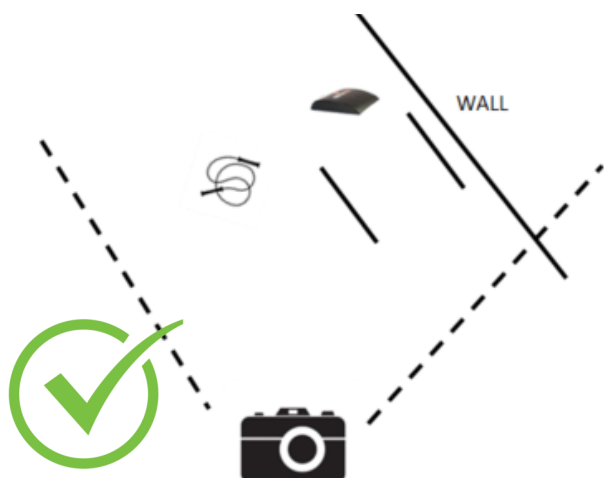
The score is the total number of reps made.

EQUIPMENT

- Jump Rope
- Wall
- Abmat
- Plates (optional)
- Tape

VIDEO STANDARDS

- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 → 12) 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



Event B

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.
- Show the weight of the bar and all plates used.
- Hit the clock and let's go!

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 bar and perform 40 deadlifts. After all reps are completed, the athlete moves to the rig and performs 40 knee raises. After all reps are completed, the athlete moves back to the barbell and performs 30 clean & jerks. The athlete continues with pull-ups, snatches, chest to bar pull-ups, thrusters and bar muscle ups. When 10 bar muscle ups are completed, and there is time left, the athlete completes as many rounds as possible in the time remaining of: 5 overhead squats and 5 ring muscle ups.

The workout stops when:

- The clock hits 15:00
- Or
- When the athlete can not perform a certain movement



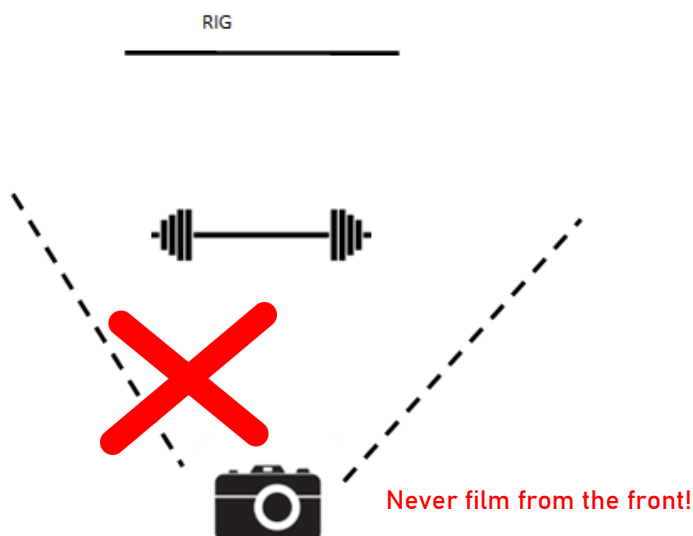
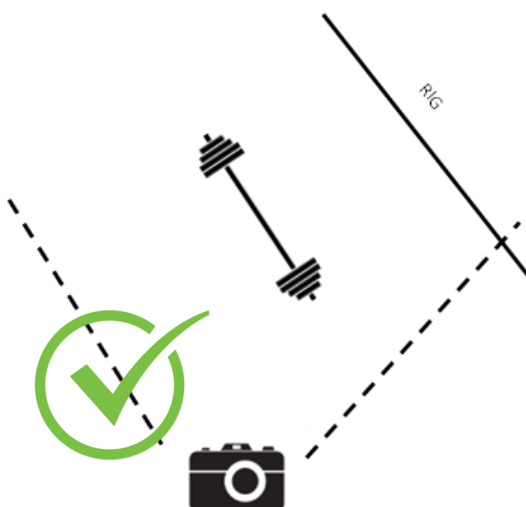
The score is the total number of reps completed within the 15 minutes.

EQUIPMENT

- Pull-up bar
- Barbell
- Plates
- Collars

VIDEO STANDARDS

- 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.
- You can find our workouts in WODProof



MOVEMENT STANDARDS**GENERAL RULES**

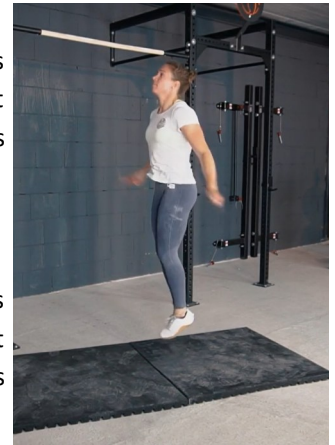
- Tape and/or grips may be used in the rig.
- Grips may not be used holding a barbell, dumbbell or kettlebell.
- Using a box to get into the rig/rings is allowed. Jumping Pull-ups/Muscle-ups are not allowed.
- Blocks or a rack is not allowed. The barbell needs to be moved from the floor for all movements.
- 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.
- 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

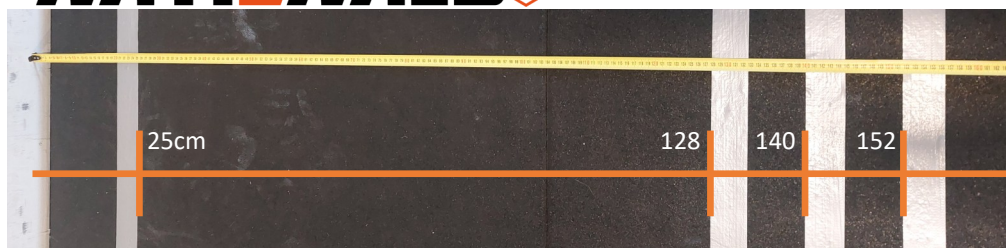
SINGLE UNDERS

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete once. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Double unders do not count as reps for single unders at all.

DOUBLE UNDERS

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete twice. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Single unders do not count as reps for double unders at all.





WALL WALK RX

Two lines need to be taped:

- From the wall to the inside of the first tape = 152cm (male) / 140cm (female and youngsters) / 128cm (teens)
- From the wall to the outside of 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 (152/140/128cm). The athlete puts both feet on the wall. Hands need to stay on the tape (152/140/128cm) until the whole body is from the floor (except for hands). Athlete walks their hands closer to the wall, until both hands touch the second tape (25cm). Then, athlete walks back to the first tape (152/140/128cm), while the rest of the body does not touch the floor. Athlete touches the first tape (152/140/128cm) with a part of the hands, then lies down with chest, feet and thighs touching the floor. This is one repetition.

WALL WALK LIGHT

One line needs to be taped:



- From the wall to the inside of the first tape = 152cm (male) / 140cm (female and youngsters) / 128cm (teens)

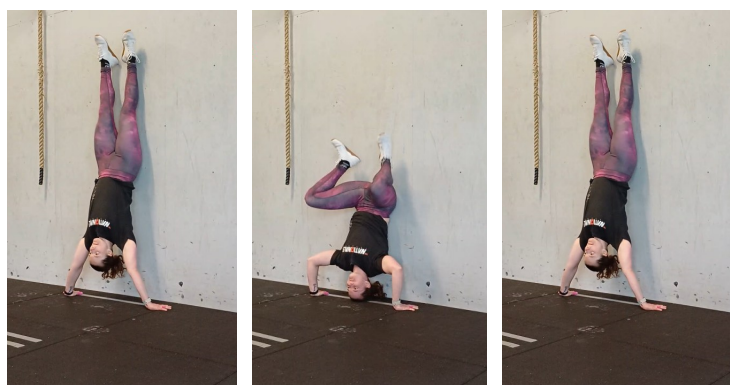
Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must be in front of the taped line. No part of the hand may be touching the line. Both hands must remain in front of the tape until both feet are on the wall. The athlete will walk up the wall until both hands are on the other side of the taped line. The fingers may NOT be touching the tape line. On the descent, the feet must remain on the wall until both hands are in front of the taped line. No part of the hand may be touching the line. The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground.



HANDSTAND PUSH-UPS RX

Before starting, tape a line that is 76cm in length, max 5cm wide on the floor, at 25cm distance from the floor. If the athlete wants to use an abmat and plates, the top of the abmat must be levelled with the plates, and tape must be on the plates/ abmat.

During the movement, both hands must be in touch with the taped line. If one or both hands is not touching the taped line at any time, the repetition will not count. Each rep begins and ends with the athlete in the lockout handstand position, heels against the wall, arms and hips fully extended, shoulders in line with the body. At the bottom, the head must make contact with the ground. The feet do not need to remain in contact with the wall for the duration of the movement (kipping is allowed), but the feet must return to the wall at the beginning and end of each rep. Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

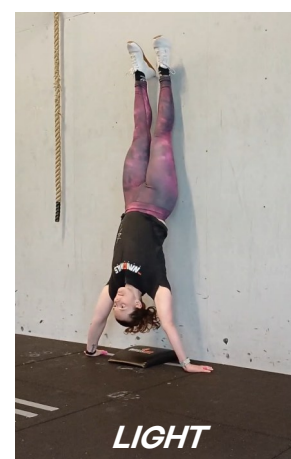
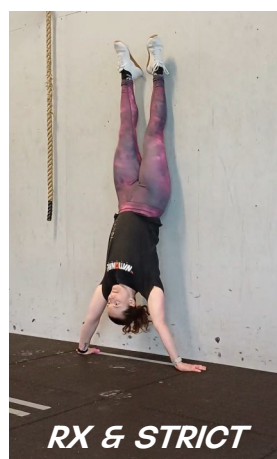


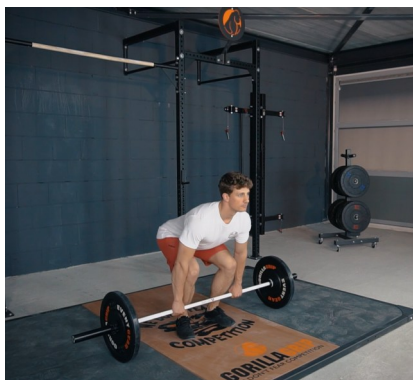
HANDSTAND PUSH-UPS LIGHT

Same standard as Rx, but an abmat may be used without plates next to it.

HANDSTAND PUSH-UPS STRICT

Same standard as Rx, but during the movement, the hips must stay open, and the feet may not be wider than the hands at any point. Kipping is not allowed.





BARBELL DEADLIFT

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts). The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition.

Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed.



BARBELL CLEAN & JERK

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and lifts the bar to the front rack in one fluent motion. Hips and knees are extended and elbows are in front of the bar. This can be a power or squat clean. The athlete moves the barbell up until it is straight above the centre of the body.

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 SNATCH

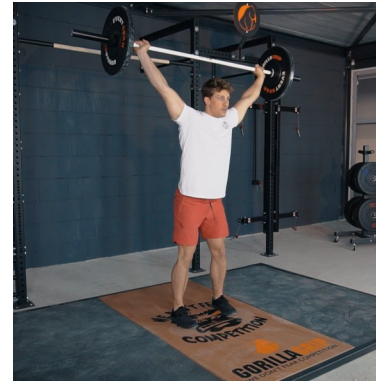
The movement starts with both bumper plates in contact with the floor. The athlete moves the bar to overhead position in one fluent motion (clean and presses are not allowed). In the end position, the barbell must come to full lockout overhead, with hips, knees and arms fully extended, and the barbell directly over or slightly behind the middle of the body. Feet are underneath the body at hip width stance. The athlete has full control over the bar.

This may be a muscle snatch, power snatch, squat snatch or split snatch as long as all standards are met. Hang snatches are not allowed.



BARBELL THRUSTER

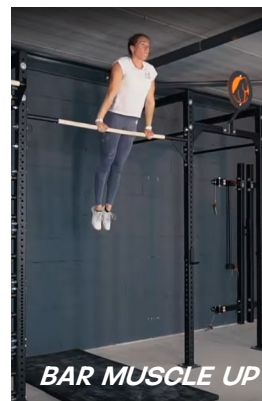
The movement starts with the barbell in front rack position. The athlete lowers down until the hip crease is clearly below the knee. From the bottom of the squat, the athlete extends all the way up and presses the weight overhead in one fluent motion. A jerk is not allowed. In the end position, the hips, knees and elbows are fully locked and the barbell is straight above the athlete's body. A squat clean thruster as first rep is allowed.

***BARBELL OVERHEAD SQUAT***

The movement starts with the barbell in overhead position with elbows extended. The athlete squats down until the hip crease is below the top of the knee. Then the athlete comes to full stand with hips, knees and arms fully extended and the bar directly over the middle of a body. A squat snatch as first rep is allowed but not required.



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 RAISE

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.

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.

RING MUSCLE UP

The movement starts with the athlete hanging from the rings, with elbows fully extended and both feet behind the vertical plane of the rings.

The athlete kips up until the athlete is in support on top of the rings, with shoulders straight above the rings, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the rings. Kipping the muscle-up is allowed, but swings or rolls to support are not allowed. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

