

NO BOYS

A L L O W E D

LEX-ARTIS.NET



March 7th, 2020 - [Plymouth CrossFit Lower Town](#) - [CrossFit Grand Rapids](#)

WORKOUT 1 - 15min on the Floor

PART 1 - Establish a 1RM Squat of your choice

Back Squat x1

Front Squat x1.25

Overhead Squat x1.7 (**taken from the floor*)

Part 2 - AMRAP of:

Part 2 can start NO EARLIER than 3min into the 15min on the floor. BUT, you can choose to spend more time on the 1RM squats if you wish.

30 Box Jumps 20"

**step ups are good - NOT considered "scaled"*

6 Rounds of:

10 Burpees to a Plate

3 Back Squats 115# **from the rack*
15's + 25's on the bar

30 Box Jumps 20"

5 Rounds of:

8 Burpees to a Plate
4 Front Squats 85# **from the rack*
15's + 10's on the bar

30 Box Jumps 20"

4 Rounds of:
6 Burpees to a Plate
5 Overhead Squats 65# **taken from the floor*
15's on the bar

This is done as an AMRAP. If you finish the last set of OHS, you start back at the top with the 30 BJ's

Score 1 - Athlete 1's Squat Score (Weight x Multiplier)

This will be the HIGHER of the two scores

Score 2 - Athlete 2's Squat Score (Weight x Multiplier)

This will be the LOWER of the two scores

Score 3 - AMRAP REPS

WHY ARE OVERHEAD SQUATS TAKEN FROM THE GROUND?!?!

- This is a safety thing. We have seen all kinds of crazy movements go down during 1RMs. Taking a bar from the back rack to overhead while someone else's bar is ~1ft away from you is NOT something we are looking to "see what happens". The Overhead Squats are going to be taken from the ground so if you do end up failing to get the bar into position or lose the lift you are not going to hit the person next to you.
- Clean the bar, jerking it over your head to the back rack, widening your grip, and then jerking it into the OHS position is perfectly acceptable. Snatching the bar overhead is also perfectly acceptable. Cleaning the bar and doing a wide grip jerk from the front rack is acceptable. You just have to take the bar from the ground.
- You CANNOT have your partner load weight onto your barbell while you are holding it off the ground at any time.

LOGISTICS:

- At the call of "GO", teams will begin working on setting a 1RM squat. This can be either a back squat, front squat, or overhead squat. Partners can do the same OR they can each pick a different form of the squat. Each squat comes with it's own multiplier. ONLY one kind of squat will count for each athlete. Each athletes MUST establish a max lift at one of the squat types.
- At the 3min mark teams are ALLOWED to start PART 2 of the workout. They don't have to start PART 2 exactly at the 3min mark, but that is the EARLIEST they are allowed to start PART 2. If you're a team that knows moving heavy weight isn't your thing, hit a lift and be ready to score as many reps as you can on part 2. If you're a team that wants to make sure you WIN the lifting, you may have to work a little deeper past the 3min mark.
- **Once you start working on PART 2 you CANNOT GO BACK to PART 1!**
- For Part 2, break the reps up however you wish. One athlete is working while the other athlete rests.

- Back squats and Front Squats are taken from the RACK! OHS will be taken from the floor and the first rep can be squat snatched if you wish.

MOVEMENT STANDARD NOTES:

- Box Jumps - **Step Ups are OK!!** Just get on the box and finish fully standing, both feet on the box with an open hip.
- Burpees will be done to a plate. The plate must be directly in front of you. These will be **PLATE FACING BURPEES**. You must grab a plate from your lane that you were using to do thrusters with for this part of the workout (either a 10 or 15). You will drop to the ground with the plate in front of you, your chest must be **OVER THE GROUND not over the plate**. You will then finish the rep with both feet on the plate and completely off the floor. We don't care if you **STEP UP** onto the plate **OR** if you **JUMP** onto the plate. The reps starts with you standing on the floor, you drop to the floor, then finish with both feet on the plate.
- Squats - Depth of parallel or lower must be reached. You must stand the reps all the way up with an open hip at the top of the rep. For OHS that are taken from the floor, a squat snatch of the first rep is acceptable.

WORKOUT 2 - 12min on the Floor

Min 0-6	Min 6-12
12 Wall Balls 40 Power Cleans 14 Wall Balls 40 Power Snatches 16 Wall Balls 40 Shoulder to Overhead AMRAP: Wall Balls <i>14# - 9ft Target</i> <i>65# on the bar</i>	8 T2B 40 Power Cleans 10 T2B 40 Power Snatches 12 T2B 40 Shoulder to Overhead AMRAP: T2B <i>14# - 9ft Target</i> <i>65# on the bar</i>

Score 1 - # of Reps from first 6min

Score 2 - # of Reps from last 6min

LOGISTICS:

- Break the reps up however you wish as a team. One athlete is working while the other rests.

MOVEMENTS STANDARDS:

- Wallballs, depth of squat must be achieved and the ball must make contact with the target or wall at the top.
- Power Clean; each rep starts with the weight touching the ground and ends with the bar in the front rack with elbows in front of the bar. If you stop at the hang and clean it from there, that is fine as long as the bar started from the floor.
- Power Snatches; each rep starts with the weight touching the ground and ends with the bar overhead. This is done in a continuous motion. If you stop at the hang and snatch it from there, that is fine as long as the bar started from the floor. If you choose to fully squat snatch the weight that is acceptable as well.
- Shoulder to Overhead; each rep starts with the bar in the front rack and ends with the bar held locked out overhead and the athlete fully standing. If you dip (“jerk”) during this movement that is fine, but the rep is not complete until you are fully standing back up.
- T2B; this movement starts with the athlete hanging from the bar and ends when both feet touch the bar between the athletes hands. We are looking for an open hip at the bottom of the rep, but no necessarily feet to be behind the bar.

WORKOUT 3 - 10min on the Floor

	Athlete 1	Athlete 2
Min 0-5	1000m Row for time	50 Empty Bar Thrusters 45# <i>*There will be a NO DROPPING RULE*</i> 30 Pull Ups
Min 5-10	50 Empty Bar Thrusters 45# <i>*There will be a NO DROPPING RULE*</i> 30 Pull Ups	1000m Row for time

NO DROPPING RULE: these are empty bar thrusters we are going to have a NO DROPPING RULE. IF you drop a barbell from a height higher than your waist your judge will STOP YOUR WORKOUT for the duration of a steady count to 10. NO WORK can be done by either partner of the team during this 10 count.

Score 1 - Combined Row Time

1sec added to the score for any meter not completed

Score 2 - Combined Time to finish the Thrusters and Pull Ups

1sec added to the score for any rep not completed

Example: Partner 1 completes the row in 4:10, partner two does NOT complete the row and has 50meters left. Their time would be 5min + 50sec = 5:50. Combined time for the score would be 4:10 + 5:50 = 10min

Example 2: Partner 1 completes the 50 and 30 in 4:00, partner two does not finish and has 10 pull ups left. Her time would be 5min + 10sec = 5:10. Combined time would be 4:00 + 5:10 = 9:10

LOGISTICS:

- This is “Jackie”. One athlete will do it in the normal order of movements, the other will do the movements “reversed”.
- At the five minute mark athletes will SWITCH. They cannot switch until the five minute mark.
- IF the rowing or the reps are not completed at the five minute mark, their time will be 5min PLUS 1 second for every rep NOT completed or Meter not rowed.
- Teams will only have one judge. That judge will be watching the thrusters and the pull ups. The rowing monitor will be the “judge” for that.
- **ROWERS MUST BE RESET TO ZERO FOR THE SECOND ATHLETE!** This is done by the athletes NOT the judge.

MOVEMENTS STANDARDS:

- If you don't know how to perform a standard thruster or pull up, ask your coach.



COMPETITION DIET PREP VIDEO From Hannah RDN

Do you know how you'll be fueling your workouts come competition day? Hannah Boyl, a registered dietitian nutritionist, has put together this video with tips for eating before and after workouts. Want more information? Go to her website at www.HannahRDN.com or send an e-mail to info@hannahrdn.com She's on social media too! IG: @hannahrdn_ FB:HannahBoylRDN

2019/20 LEX ARTIS EVENT REFUND POLICY

24 HOUR CANCELLATION RULE: Once you sign up for an event, you have 24 hour where you can withdraw for a 100% refund. Requests **MUST** be made via email to info@lex-artis.net and time stamped with 24 hours of your registration receipt. This rule supersedes both the 30 day and 21 day deadlines for refund percentages. This rule also supersedes the Event Sell Out rule.

GREATER THAN 30 DAY RULE: From 24 hours after your registration until 30 days prior to the event the **MAXIMUM REFUND GRANTED WILL BE 75% of your registration fee MINUS PROCESSING AND PLATFORM FEES.** The **EVENT SELL OUT RULE** does supersede this 30 day rule.

30 DAY RULE: At 30 Days prior to the event **THERE WILL BE NO REFUNDS GRANTED**

EVENT SELL OUT RULE: Once an event sells out, the MAXIMUM REFUND GRANTED WILL BE 60% of your registration fee MINUS PROCESSING AND PLATFORM FEES. The proximity to the event date itself DOES NOT supersede this rule.

WORKOUT RELEASE RULE: Once the first FULL workout description is released, the MAXIMUM REFUND GRANTED WILL BE 60%. The proximity to the event date itself DOES NOT supersede this rule.

ALL REFUND REQUESTS MUST BE SUBMITTED VIA EMAIL TO INFO@LEX-ARTIS.NET. NO OTHER FORM OF COMMUNICATION WILL BE HONORED FOR REFUNDS.

****ASKING FOR A CREDIT TO A FUTURE EVENT IS A REFUND! **HOW MANY TEAMS WE MAY OR MAY NOT HAVE ON A WAITING LIST DOES NOT CHANGE OUR REFUND POLICY!****

2019/20 LEX ARTIS TRANSFER POLICY

Transferring your registration to another individual or team is 100% depending on the event itself. For some events this is a very easy swap. Other events can ONLY handle transfers when you are replacing yourself or your team with someone of the same gender, division, weight needs, etc. **ALL TRANSFER REQUESTS must be emailed to INFO@LEX-ARTIS.NET. NO OTHER FORM OF COMMUNICATION WILL BE RESPONDED TO FOR TRANSFER REQUESTS.** All requests are handled on a case by case basis. If we are able to accommodate your request there is **NO FEE** involved with processing a transfer.

2019/20 LEX ARTIS WAITING LIST POLICY

Once an event sells out, the ticket option will automatically change to WAITLIST SPOT ONLY. There will be a 100% NON REFUNDABLE fee of \$5/athlete (total fee will depend on individual or team size). Waitlists will be limit to 10% of the total capacity of the event itself. If/when a spot opens up, an invoice will be generated and sent to the email address that signed up for the waitlist. That person will have 3 days to pay the invoice to secure their (or their team) spot in the event. If the invoice is NOT paid, the invoice will be cancelled and they will be dropped back down to the bottom of the waiting list.

At 30 days prior to the event, the 3 day rule on the invoice will NO LONGER BE IN EFFECT. IF a waitlist still exists at that time ALL teams on the waiting list will be emailed and the spot will be given on a first come, first serve basis.

E-mails requesting to be added to waiting lists will NOT be honored.

2019/20 LEX ARTIS WORKOUT RELEASE POLICY

Lex Artis Event Management reserves the right to release workouts for events whenever we see fit. Our general rule is 30 days prior to an event. If an event has multiple dates it will be 30 days prior to the FIRST weekend

LEX ARTIS SCALING POLICY

Lex Artis events will have ONE WRITTEN STANDARD for an event. If you perform the workout as we have it written in the full event write up, you have competed as prescribed.

Unless we state otherwise, WE ALLOW SCALING AT ANY OF OUR EVENTS! Athletes can choose to scale ANY MOVEMENT, ANY REP COUNT, ANY WEIGHT to meet their own personal abilities. Once you scale any part of the written workout your score will be entered into the leaderboard as a “scaled” score and it will fall below any team’s score that did that workout (scored part of a workout) as prescribed. We will still judge you on your new standard, we will still keep your score, and it will still show up on the leaderboard. You will not however be eligible for the podium. If you only scale one scored part of one workout, that is the ONLY score that will show up on the leaderboard as “scaled”, all others will show that you did them as prescribed.

IF you choose to scale a workout or part of a workout, YOU MUST LET YOUR JUDGE KNOW PRIOR TO STARTING THE WORKOUT. You do not need to email us days or weeks ahead of time letting us know (this can be 100% a gametime decision).

2019/20 LEX ARTIS PHOTO POLICY

By signing up for an event you are NOT guaranteed to get photos of yourself (or multiple photos of yourself). We do our best to capture the event, but there are 100-200 of you and only one photographer. If guaranteed photos of yourself are a priority you must bring your own photographer to shoot only you from behind the caution tape. This doesn’t change the fact that we do TRY OUR BEST to get photos of everyone competing.

Photos will ALWAYS be posted within one week (7 days) of the event taking place. Photos will be placed into an online album and shared via social media. The link will also be posted to our website. Photos can be downloaded from this link. You are welcome to download and use these photos however you wish.