



WORKOUT 21.3

For total time:

15 front squats

30 toes-to-bars

15 thrusters

Rest 1 min.

15 front squats

30 chest-to-bar pull-ups

15 thrusters

Rest 1 min.

15 front squats

30 bar muscle-ups

15 thrusters

21.4 begins immediately upon completing or reaching the time cap for 21.3.

♀ 65 lb.

♂ 95 lb.

Time cap: 15 min.

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 65 lb.

♂ 95 lb.

Scaled (Ages 16-54)

♀ 45 lb., perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 65 lb., perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

Teenagers 14-15

♀ 45 lb.

♂ 65 lb.

Scaled Teenagers 14-15

♀ 35 lb., perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 45 lb., perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

Masters 55+

♀ 45 lb., perform toes-to-bars, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 65 lb., perform toes-to-bars, then chin-over-bar pull-ups, then chest-to-bar pull-ups

Scaled Masters 55+

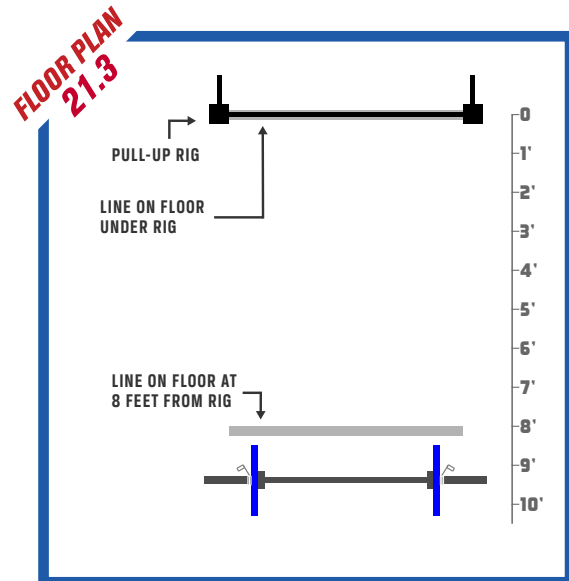
♀ 35 lb., perform sit-ups, then jumping pull-ups, then chin-over-bar pull-ups

♂ 45 lb., perform sit-ups, then jumping pull-ups, then chin-over-bar pull-ups

NOTES

Prior to starting the workout, athletes must set up a competition area as follows:

- Mark a line directly under the pull-up bar.
- Mark a second line 8 feet away from the line under the pull-up bar.





This workout begins with the athlete facing their barbell and standing behind the line directly below the pull-up bar. After the call of "3, 2, 1 ... go," the athlete may move to their barbell and perform 15 front squats, then to the pull-up bar for 30 toes-to-bars, then back to the barbell for 15 thrusters before resting for 1 minute.

During the 1 minute of rest, the athlete must return to their starting point behind the line under the pull-up bar. The athlete may not advance past this line for their second round of front squats until exactly 1 minute has passed.

After 1 minute of rest, the athlete will move to the barbell to complete 15 front squats, to the pull-up bar to complete 30 chest-to-bar pull-ups, and back to the barbell to complete 15 thrusters before resting for 1 minute. Again, the athlete must return to the line under the pull-up bar during their rest period and may not move past this line until exactly 1 minute has passed.

After 1 minute of rest, the athlete may then move forward to the final round of 15 front squats, 30 bar muscle-ups, and 15 thrusters.

Only one barbell may be used, and the athlete may **NOT** receive assistance moving or resetting their barbell.

The athlete's score will be the total time it takes to complete the workout, including the two rest periods, or the total number of repetitions completed before the 15-minute time cap.

Note: The 7-minute time frame for Open Workout 21.4 begins immediately after the athlete completes or reaches the time cap for 21.3.

The same barbell used for 21.3 **MUST** be used for 21.4. Athletes may **NOT** receive assistance changing the load on the bar.

TIEBREAK

Record the time at the end of each set of thrusters.

If the athlete completes the workout prior to the 15-minute time cap, their score will be their total time, and there will be no tiebreaker.

If the athlete is not able to complete the workout, they will submit their final rep count as well as the elapsed time at which they completed their last full set of thrusters.

In the case where two athletes have the same score (total number of reps), the athlete with the faster tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.

EQUIPMENT

- Barbell
- Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weights for the athlete's division*
- Collars to secure the plates on the barbell
- Pull-up bar

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the front squats and thrusters are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.), and 15 kg (35 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film the pull-up bar, plates, and barbell so the loads can be seen clearly.
- Film the measurement of the 8-foot tape line so the distance can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- **21.3 and 21.4 must be recorded as a single, unedited video.**

MOVEMENT STANDARDS

FRONT SQUAT



- The athlete and the barbell must remain in front of the 8-foot tape line.
- Each set of front squats must begin with the barbell on the ground.
- The crease of the athlete's hip must be clearly below the top of the knees at the bottom.
- The bar must remain in the front-rack position. The hands do **NOT** need to remain on the bar.
- A full squat clean is permitted but not required to start the movement.



- The rep is credited when the athlete's hips and knees reach full extension while the bar is supported in the front-rack position.
- Athletes may **NOT** receive assistance moving or resetting their barbell.

TOES-TO-BAR



- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.



- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.



MOVEMENT STANDARDS

THRUSTER



- The athlete and the barbell must remain in front of the 8-foot tape line.
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.



- The rep is credited when the athlete reaches full lockout with the barbell overhead. The athlete's hips, knees, and arms must be fully extended, and the bar must be directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting their barbell.

CHEST-TO-BAR PULL-UP



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.



- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.



MOVEMENT STANDARDS

BAR MUSCLE-UP



- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.

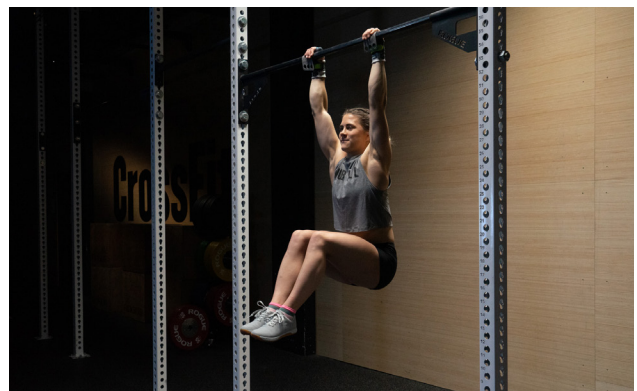


- The rep is credited when the athlete's arms are fully locked out in the support position above the bar, with shoulders over or slightly in front of the bar.
- The athlete must pass through some portion of a dip before locking out over the bar.
- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands and resting in the support position is not allowed.

HANGING KNEE-RAISE (SCALED ONLY)



- Scaled athletes and scaled teens may perform hanging knee-raises.
- The athlete must begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.



- The rep is credited when the athlete's knees rise above the hips.



MOVEMENT STANDARDS

SIT-UP (SCALED MASTERS ONLY)



- Scaled masters may perform sit-ups.
- The athlete must begin with the back in contact with the floor, feet anchored, and hands touching the floor above the head.
- The rep is credited when the hands touch the feet.
- AbMats are permitted but not required.

CHIN-OVER-BAR PULL-UP (SCALED, SCALED TEENAGERS 14-15, AND MASTERS 55+)



- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.



MOVEMENT STANDARDS

JUMPING CHIN-OVER-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



- The pull-up bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall.



- At the start of each rep, the athlete's arms must be fully extended.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.



WORKOUT 21.4

Complete the following complex for max load:

- 1 deadlift
- 1 clean
- 1 hang clean
- 1 jerk

Time begins immediately following the completion of 21.3.

Time cap: 7 min.

WORKOUT VARIATIONS

None.

NOTES

The athlete may not begin Open Workout 21.4 until they have completed or reached the time cap for 21.3.

Immediately after 21.3, the athlete may begin their lifting attempts, completing one deadlift, then one clean, then one hang clean, and finally one jerk. The movements must be completed in one continuous sequence without rest or interruption.

There is no limit to the number of attempts an athlete can make within the 7-minute time period. Any successful attempt where the bar leaves the ground before the 7-minute time cap will count.

Only one barbell may be used for both 21.3 and 21.4. The athlete **MUST** change the load on their own bar. They are not permitted to receive any assistance.

The athlete's score **MUST** be recorded in pounds. The minimum weight increment allowed is 1 pound. If lifting in kilos, the athlete's score must be converted to pounds prior to score submission. Round up to the nearest pound when recording scores. Men are required to use a 45-lb. (20-kg) bar. Women are required to use a 35-lb. (15-kg) bar.

Collars must be placed on the outside of the plates for each attempt. Collars cannot be included in the total weight.

The athlete's score will be the heaviest weight successfully lifted, in pounds.

Scores from 21.3 and 21.4 **MUST** come from the same attempt at the pair of workouts. Scores posted independently will be rejected.

21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	add 7 minutes	21.4 ends
10:00	7:00	17:00
11:25	7:00	18:25
12:15	7:00	19:15

TIEBREAK

In the event of a tie (i.e., athletes lift the same weight), the athletes' 21.3 results will be used to break the tie.

EQUIPMENT

- Barbell (Men must use a 45-lb./20-kg bar. Women must use a 35-lb./15-kg bar.)
- Standard bumper plates (18-inch diameter) and change plates (no less than 0.5 lb.)
- Collars to secure the plates on the barbell

* The official weight must be recorded in pounds. Note: If converting kilograms to pounds, round up to the nearest pound. Collars cannot be included in the weight.

Be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly.
- Prior to each lift, the athlete must clearly state the weight being attempted.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so the exercise can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- **21.3 and 21.4 must be recorded as a single, unedited video.**



MOVEMENT STANDARDS

DEADLIFT



- The barbell starts on the ground. Collars must be placed outside the plates.
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.



- The rep is credited when the athlete's hips and knees reach full extension and the athlete's head and shoulders are behind the bar.

CLEAN



- The barbell must touch the ground briefly after the athlete completes the deadlift. No bouncing.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- If the athlete's knee touches the floor during the attempt, the rep will not count.



- The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position.



MOVEMENT STANDARDS

HANG CLEAN



- The hang clean begins when the bar is lowered from the rack position.
- The bar may not pass below the knee.
- Hang power cleans, hang squat cleans, and hang split cleans are permitted.
- If the knee touches the floor during the attempt, the rep will not count.



- The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position.

JERK



- Following the hang clean, the barbell must be in contact with the shoulders to begin the jerk.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.



- The rep is credited when:
 - The barbell is locked out overhead, and arms, hips, and legs are extended.
 - The bar is over or slightly behind the center of the athlete's body, with feet in line.
- If the athlete fails the jerk and brings the barbell back to the front rack, the athlete may **NOT** reattempt the jerk.



WORKOUT 21.3

For total time:

15 front squats
30 toes-to-bars
15 thrusters

Rest 1 min.

15 front squats
30 chest-to-bar pull-ups
15 thrusters

Rest 1 min.

15 front squats
30 bar muscle-ups
15 thrusters

Workout 21.4 begins immediately upon completing or reaching the time cap for 21.3.

♀ 65 lb.

♂ 95 lb.

Time cap: 15 min.

15 FRONT SQUATS	15	
30 TOES-TO-BARS	45	
15 THRUSTERS	60	
REST 1 MINUTE		TIME
15 FRONT SQUATS	75	
30 CHEST-TO-BAR PULL-UPS	105	
15 THRUSTERS	120	
REST 1 MINUTE		TIME
15 FRONT SQUATS	135	
30 BAR MUSCLE-UPS	165	
15 THRUSTERS	180	

IMMEDIATELY START 21.4

TIME

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 65 lb.

♂ 95 lb.

Scaled (Ages 16-54)

♀ 45 lb., *perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 65 lb., *perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

Teenagers 14-15

♀ 45 lb.

♂ 65 lb.

Scaled Teenagers 14-15

♀ 35 lb., *perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 45 lb., *perform hanging knee-raises, then chin-over-bar pull-ups, then chest-to-bar pull-ups

Masters 55+

♀ 45 lb., *perform toes-to-bars, then chin-over-bar pull-ups, then chest-to-bar pull-ups

♂ 65 lb., *perform toes-to-bars, then chin-over-bar pull-ups, then chest-to-bar pull-ups

Scaled Masters 55+

♀ 35 lb., *perform sit-ups, then jumping pull-ups, then chin-over-bar pull-ups

♂ 45 lb., *perform sit-ups, then jumping pull-ups, then chin-over-bar pull-ups

Time OR Reps at 15 Minutes _____

Athlete Name _____

Print

Tiebreak Time _____

☐ Rx'd

☐ Scaled

Workout Location _____ Judge _____

Judge Name

Has judge passed CrossFit's Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____

Affiliate Copy

Athlete Signature

Date

Athlete Copy

WORKOUT 21.3

Time OR Reps at 15 Minutes _____

Athlete Name _____

Print

Tiebreak Time _____

☐ Rx'd

☐ Scaled

Workout Location _____ Judge _____

Judge Name

Has judge passed CrossFit's Online Judges Course?

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____

Judge Signature

Date



WORKOUT 21.4

Complete the following complex for max load:

- 1 deadlift
- 1 clean
- 1 hang clean
- 1 jerk

Time begins immediately following the completion of 21.3.

Time cap: 7 min.

21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	add 7 minutes	21.4 ends
10:00	7:00	17:00
11:25	7:00	18:25
12:15	7:00	19:15

	LOAD (WEIGHT IN LB.)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	
ATTEMPT 9	
ATTEMPT 10	

Athlete Name _____
Print

Heaviest Load (in Pounds) _____

Workout Location _____ **Judge** _____
Judge Name

21.3 Time or Reps (for Tiebreak) _____
Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Affiliate Copy Athlete Signature Date

Affiliate Copy

Athlete Copy

WORKOUT 21.4

Athlete Name _____
Print

Heaviest Load (in Pounds) _____

Workout Location _____ **Judge** _____
Judge Name

21.3 Time or Reps (for Tiebreak) _____
Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date



21.3 TO 21.4 TIMING EXAMPLES

21.3 ends	add 7 minutes	21.4 ends
9:00	7:00	16:00
9:15	7:00	16:15
9:30	7:00	16:30
9:45	7:00	16:45
10:00	7:00	17:00
10:15	7:00	17:15
10:30	7:00	17:30
10:45	7:00	17:45
11:00	7:00	18:00
11:15	7:00	18:15
11:30	7:00	18:30
11:45	7:00	18:45
12:00	7:00	19:00
12:15	7:00	19:15
12:30	7:00	19:30
12:45	7:00	19:45
13:00	7:00	20:00
13:15	7:00	20:15
13:30	7:00	20:30
13:45	7:00	20:45
14:00	7:00	21:00
14:15	7:00	21:15
14:30	7:00	21:30
14:45	7:00	21:45
15:00	7:00	22:00

15-second intervals are used as a guide in the examples. Use the exact time at which the athlete completes 21.3 and add 7 minutes to determine when 21.4 ends.