



22.1 "THE MOAT"

21:00 CEST SUNDAY, MAY 1, THROUGH 21:00 CEST TUESDAY, MAY 31

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WORKOUT

In 15 minutes complete as many rounds and reps as possible of:

- 8 Burpee Box Jump Over
- 10/8 calorie Row
- 12 Wall Ball

WORKOUT VARIATIONS

Elite / Advanced / Master 35+

🏋️ 60 cm box | 9 kg medicine ball | 3.05 m

🏋️ 50 cm box | 6 kg medicine ball | 2.75 m

Scaled

🏋️ 60 cm box | 6 kg medicine ball | 3.05 m

🏋️ 50 cm box | 4 kg medicine ball | 2.75 m

Team

🏋️ 60 cm box | 9 kg medicine ball | 3.05 m

🏋️ 50 cm box | 4 kg medicine ball | 2.75 m

NOTES

Prior to starting the workout, the athlete will need to set up the competition area (see Floor Plan).

This workout begins with the athlete standing behind the line where the medicine ball is located and touching the wall with one hand. After the call of "3, 2, 1... GO", the athlete may step over the line, approach the box and begin performing burpee box jump overs. Once the burpee box jump overs are completed, the athlete will sit on the rower and begin accumulating calories. After finishing the prescribed number of calories on the

rower, the athlete will move onto the wall balls. The athlete will continue to move in this fashion until the time cap is reached.

The athlete's score will be the total number of repetitions completed in the 15-minute time cap. The team's score will be the total number of repetitions completed by each team member individually. There is no tiebreak for this workout.

EQUIPMENT

- Tape to mark the floor
- Plyo box of appropriate height for the athlete's division*
- Concept2 Rower
- Medicine ball of appropriate weight for the athlete's division**

*The official height is in centimeters. For your convenience, the minimum acceptable heights in inches are 24 inches (60 cm) and 20 inches (50cm).

**The official weight is in kilograms. For your convenience the minimum acceptable weights in pounds are 20 lb. (9 kg), 14 lb. (6 kg), and 10 lb. (4 kg).

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.



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VIDEO SUBMISSION STANDARDS

- Film the measuring process for the starting position, rower position, burpee box jump line, as well as the height for the wall ball target.
- Videos must be uncut and unedited to accurately display the performance.
- Avoid placing the camera low to the ground. It is recommended to place the camera at least 1 m from the ground.
- 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 may be rejected
- Do **NOT** use a countdown timer.



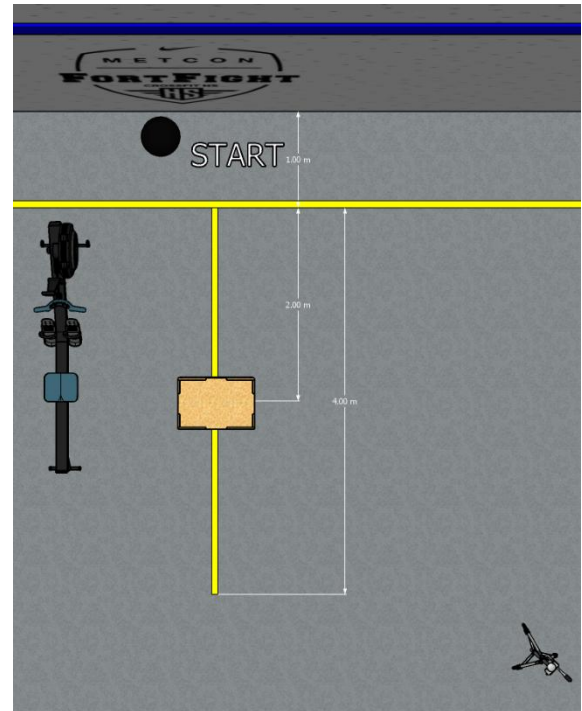
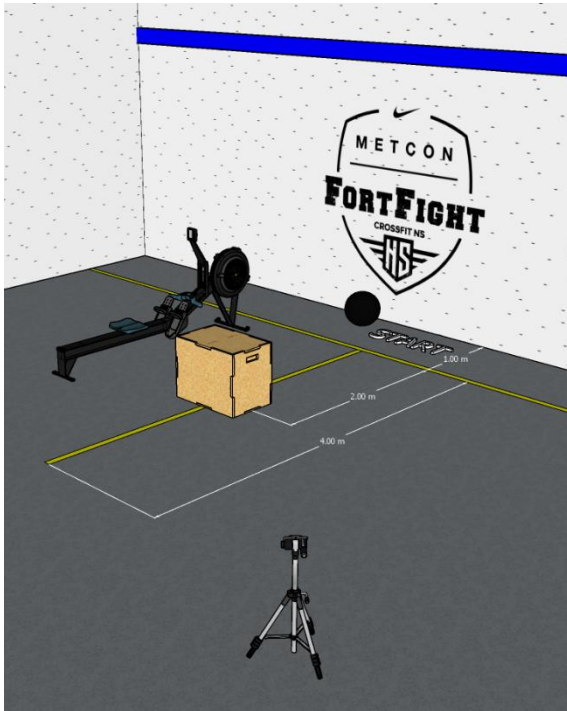
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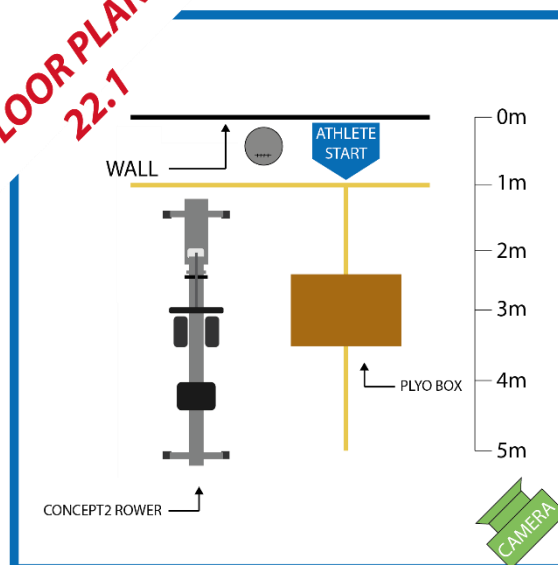
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FLOOR PLAN



FLOOR PLAN 22.1





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MOVEMENT STANDARDS

BURPEE BOX JUMP OVER



- The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground and finishes with the athlete jumping over the box.
- In the bottom position, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.

- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may jump or step off to the other side.
- Alternatively, the athlete may jump completely over the box.
- If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing.
- There is no requirement to stand tall while on top of the box.



- Each rep is counted when the athlete lands on the ground on the opposite side of the box. From there, they may begin their next rep.



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MOVEMENT STANDARDS (continued)

ROW



- The monitor on the rower must be set to zero at the beginning of each row. It can be done only by the athlete himself. Nobody else may reset the rower to zero.
- The athlete must stay seated on the rower until the monitor reads 10/8 calories.
- If the athlete reaches the time cap on the rower, the number of calories completed when the rower comes to rest will count. (i.e., the roll-over calories will count).



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MOVEMENT STANDARDS (continued)

WALL BALL



- At the start of each rep, the ball must be in the support position in front of the body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

NOTE: If using a mounted wall-ball target, it is **HIGHLY** recommended that the **BOTTOM** of the target be mounted to the appropriate height.



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SCORECARD (men)

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Scaled

- 🏋️ 60 cm box | 6 kg medicine ball | 3.05 m
- 🏋️ 50 cm box | 4 kg medicine ball | 2.75 m

Team

- 🏋️ 60 cm box | 9 kg medicine ball | 3.05 m
- 🏋️ 50 cm box | 4 kg medicine ball | 2.75 m

Round	8 BBJO	10 cal Row	12 Wall Ball
1	8	18	30
2	38	48	60
3	68	78	90
4	98	108	120
5	128	138	150
6	158	168	180
7	188	198	210
8	218	228	240
9	248	258	270
10	278	288	300
11	308	318	330
12	338	348	360

Athlete Name _____
Print

Reps _____

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.

Athlete Signature



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SCORECARD (women)

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- 12 Wall Ball

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Elite / Advanced / Master 35+

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Scaled

- 🏋️ 60 cm box | 6 kg medicine ball | 3.05 m
- 🏋️ 50 cm box | 4 kg medicine ball | 2.75 m

Team

- 🏋️ 60 cm box | 9 kg medicine ball | 3.05 m
- 🏋️ 50 cm box | 4 kg medicine ball | 2.75 m

Round	8 BBJO	8 cal Row	12 Wall Ball
1	8	16	28
2	36	44	56
3	64	72	84
4	92	100	112
5	120	128	140
6	148	156	168
7	176	184	196
8	204	212	224
9	232	240	252
10	260	268	280
11	288	296	308
12	316	324	336

Athlete Name _____
Print

Reps _____

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.

Athlete Signature