



Presented by CrossFit SBC

· Saturday & Sunday, AUG 26th & 27th 2023

· Shreveport Convention Center

· Shreveport, LA

Back to the Basics

AMRAP in 10 min

- Kipping Pull Ups
- Ski Erg Cals
- Ring Muscle Ups
- Unbroken Single-Unders

DIVISION VARIATIONS

- **Elite:** (10, 18M/14F cals, 8M/6F, 50)
- **RX/Open Team:** (10, 16M/13F cals, 6M/4F, 50)
- **INT/INT Team/Masters:** (10, 14M/11F cals, 6M/4F Bar MU, 50)
- **Scaled:** (10 Ring Rows, 12M/10F cals, 6 Burpee-2-knee ups, 50)

DESCRIPTION: Each athlete will begin behind the start/finish line. At the call of “3,2,1, go!” the athlete will move down their assigned lane to the rig where they will perform the prescribed number of kipping pull ups. The athlete will then proceed to the Ski Erg and complete the prescribed number of calories, return to the rig to complete the prescribed number of muscle ups, and then to their rope to finish the first round with 50 UNBROKEN single-unders. If the single-unders are not completed unbroken, the athlete will have to restart at 1 as many times as it takes to complete all 50 unbroken. After each set of single unders, the athlete must advance their respective lane marker to the next position on the floor to mark progress. The AMRAP will then continue in this fashion until the 10-minute time cap.

DAY: Sunday

LOCATION: Shreveport Convention Center, Main floor

TIMECAP: 10 minutes (individuals and teams)

SCORING: Total reps in 10 minutes

TIEBREAK: Time to complete Ski Erg cals in round 1

EQUIPMENT

- RIG, Rings, 6 in crash pads, Chalk buckets, Ski Ergs, Rubber Mats

TEAMS

- Teams break however, provided single unders are unbroken by a single team member.
- The non-working partner will accumulate calories on the Echo Bike to be added to score as reps.

MOVEMENT STANDARDS

- **Kipping Chin over Bar Pull ups:**
 - Each kipping pullup must be performed individually only. NO BUTTERFLY PULL UPS ALLOWED. Strict pull-ups are permitted if the movement standard is met. The arms must be fully locked out at the bottom of the rep before the feet can pass behind the vertical plane of the bar. At the top, the chin must clearly break the horizontal plane of the bar.
- **Single unders:**
 - The rope passes under the feet once for each jump and must spin forward for the rep to count. Only successful jumps are counted, not attempts. All reps must be completed unbroken.
- **Ski Erg:**
 - Ski Erg display will be reset by Judge before each round. Athletes may not touch the display at any time.
 - The athlete may not leave the platform until the prescribed number of calories registers on the monitor.
- **Ring Muscle Ups:**
 - The athlete must begin with, or pass through, a hang below the rings with arms fully extended and the feet off the ground. The heels may not rise above the height of the rings during the kip. The elbows must be fully locked out while in the support position above the rings and athlete must pass through some portion of a dip before lockout. Kipping the muscle up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.
- **Bar Muscle ups:**
 - The athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. The heels may not rise above the height of the bar during the kip. Roll/Glide kips are not permitted. Elbows must be fully locked out at top, and shoulders over or in front of the bar. Only the hands, and no other part of the arm (i.e., forearm or armpit), may touch the pull-up bar to complete the rep.
- **Ring Rows:**
 - The athlete must begin with, or pass through, a hang below the rings, with the arms fully extended and the feet in front of and not touching the taped boundary line on the floor. The knees must remain in full extension throughout the movement. The elbows must be fully locked out while in the down position, and the rings must contact some portion of the torso in the top position.
- **Burpee-2-Knee up:**
 - The athlete must start from a standing position at the beginning of each rep, with full extension of hips and knees before dropping to the floor in the prone position, such that the chest and thighs are in full contact with the floor at the bottom. The athlete will then return to standing and jump to the bar to perform the knee raise. Single leg step-backs and step-ups are allowed in the burpee, and the knees may touch the floor during transition.
 - The athlete must go from a full hang to having the knees rise above the hip crease. At the start of each rep, the arms must be fully extended with the feet off the ground and the feet must be brought back behind the vertical plane of the bar. An overhand, underhand, or split grip is permitted. Both knees must rise together by flexing hips until they are above the hip crease.