**Cross Fit Games for Leopold Qualifying Round**

**Rules:**

* Each activity should be conducted for 1 minute
* Efforts should be completed as close to the demonstration as possible. Try to avoid shortcuts when the activity gets tough.
* A second person is required to count the repetitions completed
* The official score should be entered using the Google Form

|  |  |  |
| --- | --- | --- |
| Upper Body | Mid Section | Legs |
| Basketball Ball throw upsBody Crawls- Arms only | Mountain ClimbersCrunches | Drive Way SprintsStair climbsHoop JumpsWall Jump and TapMini Shuttle Runs |

|  |  |
| --- | --- |
| Activity | Guidelines |
| Basketball Ball throw ups | Set Up: Facing a wall, place a broom stick on your shoulder and mark the top of the broom stick on the wall. This is your throwing line.Rules:Using a basketball, you are to throw the ball above this line and catch it as many times as you can in the given time.Scoring:A score of 1 is given when the ball is thrown and then caught. |
| Body Crawls- Arms only | Set Up:Measure out a 5 metre space between two lines. Mark these lines so the athlete can see them.Rules:Starting in a push up position the athlete should use their ARMS only to hand walk across to the other marked line. Legs should be straight at all time and dragged behind the body. Once you have arrived at the other line, turn around and repeat this crawl pattern until the time is up.Scoring:A score of 1 is given when the athlete reaches each line. (Up is 1 and back is 2 etc) |
| Mountain Climbers | Set Up:Find a space that is clear around you.Rules:Starting in a push up position the athlete should pull the right knee to touch the right elbow then straighten back out, then pull the left leg to touch the left elbow and straighten back out.Repeat this action until the time is up.Scoring:A score of 1 is recorded when the athlete pulls up one leg touches the elbow and replaces it back in the start position. |
| Crunches | Set Up:The athlete should find a space that is clear around them and firm under their back.Rules:Starting on their backs the athlete should bend knees to 45 degree angle and place hands with fists clenched on their thighs. On go the athlete should attempt to roll up and place fists on their knees then roll back to start position.Scoring:A score of 1 is recorded when the athlete rolls up, places fists on knees then back to start position. |
| Drive Way Sprints | Set Up:Find a flat drive way and mark out two lines that are 5 metres in distance apart.Rules:On go the athlete should leave one line and sprint to the second line and touch it with their hand. Then turn and sprint back to the start line and touch it with their hand. Repeat this pattern until the time is up.Scoring:A score of 1 is recorded when the athlete completes one 5 metre sprint. Up and back is recorded as 2. |
| Stair climbs | Set Up:Find a set of steps that have 4 steps within. Rules:On go the athlete with step one step at a time up to the 4th step and then step one step at a time back to the start. No athlete is allowed to take more than one step at a time either way.Scoring:A score of 1 is recorded when the athlete steps on each step on the way up and each step on the way down. |
| Hoop Jumps | Set Up:Place a hoop on the ground and ensure the area around them is clear.Rules:The athlete should be standing next to the hoop ready to jump. Each jump should be made using a two foot take off and a two foot landing. On go the athlete will jump sideways into the hoop and sideways again to the far side, repeating this pattern back to the start. Continue this sideways pattern until the time is up.Scoring:A score of 1 is recorded when the athlete jumps into the hoop to the opposite side, back into the hoop and then back to the start position. |
| Wall Jump and Tap | Set Up:Standing side onto the wall the athlete should stretch their closest hand up the way and mark the highest point whilst on tippy toes. Rules:On go the athlete needs to jump as high as they can and touch the wall over their original mark. Once landed they need to continue to jump until the time is up.Scoring:A score of 1 is recorded for each jump touch above the marked line. |
| Mini Shuttle Runs | Set Up:Find a flat space that is 6 metres in length and mark 4 lines. * Start line
* 2 metre line
* 4 metre line
* 6 metre line

Rules:On go the athlete should sprint to the first line and touch it with their hand and return to the start line then head to the 2nd line touch it with their hand and return to start line then head to the 3rd line and touch it with their hand and return to the start line.Scoring:A score of 1 is recorded each time the athlete touches one of the shuttle lines (2m,4m or 6 m) and returns to the startline. |