



St Paul's
COLLEGIATE SCHOOL

FITTEST TEEN

WAIKATO SECONDARY SCHOOLS CROSSFIT AFFILIATED COMPETITION



HOSTED BY
CROSSFIT CHARTWELL
IN ASSOCIATION WITH
AGAIN FASTER EQUIPMENT



SANCTIONED BY
WAIKATO SECONDARY
SCHOOLS SPORTS ASSOCIATION

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INTRODUCTION

What is CrossFit?

CrossFit is a fitness programme that works on strength and conditioning training. It incorporates high intensity interval training, Olympic weight lifting, aerobic exercise, gymnastics and other exercises.

Hour-long classes at CrossFit boxes typically include a warm-up, skill development segment, high-intensity workout-of-the-day (WOD) and a period of individual or group stretching. Some gyms also have a strength-focused movement prior to the WOD. Performance on each WOD is often scored and/or ranked to encourage competition and to track individual progress.

The programme consists of constantly varied functional movements executed at high intensity with the goal of improving overall fitness. A deliberate attempt is made to optimise physical competence in 10 fitness domains: cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.

To complete CrossFit training equipment from multiple disciplines is used (such as barbells, dumbbells, gymnastics rings, pull-up bars, jump ropes, kettlebells, plyo boxes, resistance bands and rowers).

The effectiveness of CrossFit

A number of research has taken place in the United States to discover the effectiveness of CrossFit improving overall fitness levels. All studies found that participants of any age, gender and fitness level improved their overall fitness within a short space of time from performing CrossFit exercises.

- A 2010 US Army study, conducted during a six-week period, produced an average power output increase of 20 percent among participants, measured by benchmark WODs. The average one repetition maximum weight deadlift increased by 21.11 percent.
- A 2013 study by exercise scientists at Ohio State University revealed that participation in a CrossFit programme significantly improved oxygen intake and decreased body fat percentage in both males and females across all levels of fitness.
- A 2013 study by the University of Wisconsin monitored 16 healthy and fit volunteers as they completed two separate CrossFit WOD sessions. They found that the men burned nearly 21 calories per minute and women burned just over 12 calories per minute. Each routine took various times to complete, however all participants maintained an elevated heart rate and reached approximately 80 percent of their oxygen intake, satisfying fitness industry guidelines set forth by the American Council on Exercise (ACE) for improving cardiovascular endurance.

CrossFit in New Zealand

The general methodology of CrossFit is used worldwide by thousands of private affiliated gyms, fire departments, law enforcement agencies, military, secondary school physical education teachers and secondary school and college sports teams. It is one of the fastest growing sports with roughly 12,000 affiliates worldwide (2015) and a total worth of \$4 billion according to Forbes magazine.

At the moment there are 113 registered CrossFit boxes in New Zealand: 17 of these are on the South Island and 96 are on the North Island (with five in Hamilton and one box each in Cambridge and Te Awamutu).

SECONDARY SCHOOLS COMPETITION

Target area and age group

The 2015 CrossFit Chartwell Secondary Schools Competition will only target Waikato secondary schools. Depending on the success of the first competition, the target area for following years is likely to extend to the North Island and wider New Zealand. Only year 11-13 Waikato secondary school students aged between 15 and 18 will be allowed to participate.

Exercises and movement standards

Strict rules will apply to the correct execution of exercises and movements. These rules and standards will apply for both the online qualifier workout and the competition itself. Failure to adhere to the standards explained in *Appendix A* will result in either repetition penalties (which will influence an athlete's ranking directly) or disqualification. Workouts will include a variety of different movements as set out, but not limited to, the CrossFit overview.

Online qualifier

For students to register and be eligible for the competition, they have to complete an online qualifier workout. This must be done under the supervision of a physical education teacher, conditioning coach or CrossFit Level 1 trainer - this will ensure that athletes meet the basic movement standard for the competition. *Appendix A* contains a list of basic exercises and movement standards that might feature in the qualifier and competition. Depending on the amount of entries, 30-50 athletes in both the male and female categories will be invited to compete at the competition. Males and females will compete separately. The qualifier workout will be made known on the 24 September 2015 and the deadline for all entries (registrations and score submissions) will be the 12 October 2015.

Registration and fees

If an athlete meets the age and movement standard requirements, they will be eligible to register for the online qualifier workout. A fee of \$20 per athlete will be charged for the competition. No refunds will be made to athletes who miss the qualifier submission deadline or those who do not qualify for the main competition. Only results submitted through a PE teacher, conditioning coach or qualified CrossFit Level 1 trainer will be accepted.

Competition day

The competition will be held on Saturday 24 October 2015. The competition will consist of three workouts in the morning. The top athletes from the first three workouts will advance to a semi-final, after which the top 8-12 athletes will advance to the final. Winner/s will be determined by the total score of all workouts.

Venue

St Paul's Collegiate School in Hamilton will host the competition (this does not include the qualifier which will be performed at each athlete's school or CrossFit box). The facilities include a 25m swimming pool, weights room, gymnasium hall and outside training fields.

Staff and judges

PE staff of St Paul's Collegiate School and members of CrossFit Chartwell will act as staff and judges of the competition and will be trained in accordance with the official *Online CrossFit Judges Course* that is used to train the judges of all CrossFit Games worldwide.

Health and safety

All possible measures will be taken to ensure the health and safety of athletes. St Paul's Collegiate School's physical education staff are trained in first aid. There will also be qualified medical personnel and physiotherapists present on the day to help with any medical and/or injury related issues.

Prizes

A prize giving will be held after the event for the best three athletes in the male and female category. There will also be a lucky draw from all of the applicants who registered for the competition.

APPENDIX A MOVEMENT AND EXERCISE STANDARDS

Hand release push-ups



- Lower yourself under control until your chest and thighs are touching the ground
- Briefly lift your hands off the ground and place them back down
- Return to the starting position
- Keep a tight, rigid body position the entire time

Handstand push-ups



- The movement begins at the top of a handstand with the arms fully locked out, the heels on the wall, and the hands placed within the clearly marked area.
- The marked area will be 92cm wide by 60cm deep, and the palm of the hand must remain completely within the area (fingers may extend out of the box).
- At the bottom of each rep, the head touches the ground. At the top of each rep, the arms return to fully locked out with the heels on the wall and within the width of the marked area. Kipping is allowed.

Pull ups



- This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met.
- The hands must be in an overhand grip (palms facing away from the face) and arms must be fully extended at the bottom.
- At the top, the chin must break the horizontal plane of the bar.

Toes to bar (T2B)



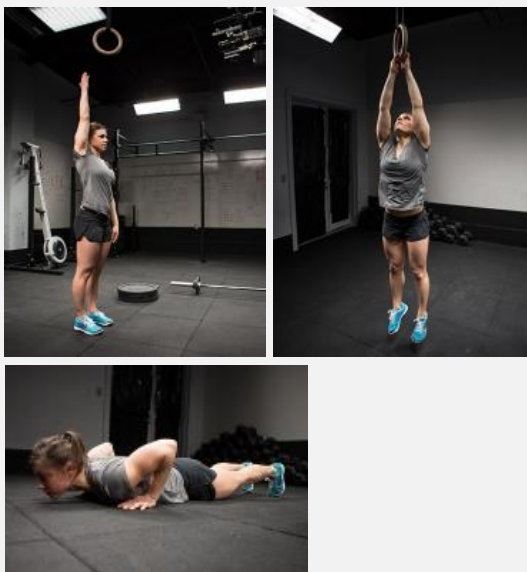
- In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar.
- Both feet must be in contact with the bar at the same time, inside the hands.
- The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

Butterfly sit ups



- Lie on your back, and open your legs into a diamond shape (aka butterfly legs) with the soles of your feet pressed together and knees out wide.
- Extend the arms overhead and touch the floor.
- Curl the torso up, and tap your toes. Lower back to the starting position. This counts as one rep.

Burpees



- Bottom of burpee: the athlete's chest and hips must touch the ground
- Touching top position: both hands must make contact with the target
- Measuring the Burpee target: Must be 15cm above Athlete's max reach.

Box jumps



- This is a two-foot jump onto the box. The hips and knees must open fully while in control on top of the box.
- You may jump down or step down, but you must jump up.
- Standard height for males: 60cm and Females: 50cm.

Kettlebell swings



- Start with the Kettlebell between the legs, hips in the deadlift position and forearms touching the inside of the thighs.
- Swing the Kettlebell upwards using a powerful hip extension / hip thrust. At the top of the movement the arms have to be straight and the Kettlebell has to be in line with the ears.
- The hips and knees must also be in full extension before returning to the start position.

Farmers walk/carry



- Stand with two heavy dumbbells on each side of the body, with palms facing the body by the hips.
- Walk to the specified turning point and return to the start, keeping the dumbbells in this position while maintaining a strong upright posture.
- Weight for Males: 30-40kg, Females: 20-25kg.

Tire flips



- With a set distance, time, or number of flips, you'll generate the power needed to get tire moving from the hips and legs. Do not use your biceps!
- As you start the motion from the ground, bring one knee up explosively to the tire to keep the momentum going.
- Get underneath the tire and push hard, almost like a standing bench press.

Deadlift



- This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.
- Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar.
- The arms must be straight throughout.

Squat



- The key points for the air squat and all the squat progressions (front, back, goblet and overhead squats) are as follows:
- Start with the feet slightly wider than hip width, initiate the movement in the hips as you squat down.
- Keep your back straight and heels firmly on the ground.
- You have to break 90 degrees at the bottom of the squat (hips lower than knees) and stand up to full knee and hip extension at the top of the movement.

Shoulder press



- Set-up: Take bar from supports or clean to racked position. The bar sits on the shoulders with the grip slightly wider than shoulder width. The elbows are below and in front of bar. Stance is approximately shoulder width. Head is tilted slightly back allowing bar to pass.
- Press: Press the bar to a position directly overhead.

Push press



- Set-up: The set-up is the same as the shoulder press.
- Dip: Initiate the dip by bending the hips and knees while keeping the torso upright. The dip will be between 1/5 and 1/4 of a squat in depth.
- Drive: With no pause at the bottom of the dip, the hips and legs are forcefully extended.
- Press: As the hips and legs complete extension the shoulders and arms forcefully press the bar overhead until the arms are fully extended.

Push jerk



- Set-up: The set-up is the same as for the shoulder press and push press.
- Dip: The dip is identical to the push press
- Drive: The drive is identical to the push press
- Press and Dip: This time instead of just pressing, you press and dip a second time simultaneously, catching the bar in a partial squat with the arms fully extended overhead. You can also do a split jerk as demonstrated in the picture.
- Finish: Stand or squat to fully erect with bar directly overhead identical to terminal position in push press and shoulder press.

Clean, clear and jerk



- For the clean, the barbell begins on the ground. Touch-and-go is permitted. No bouncing.
- A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.
- The barbell must make contact with the shoulders, such that the lift is in two distinct phases, the clean, and then the jerk. Snatching is not permitted.
- A shoulder push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.
- If the jerk is missed but brought back to the front rack, the athlete may re-attempt the jerk from there without taking the barbell back to the floor.

Snatch



- The barbell begins on the ground and must be lifted overhead in one smooth motion. The bar must be caught with arms in full lock out/ extension, no press will be allowed.
- A clean and jerk or any shoulder to overhead movement, where the bar is lifted to the shoulders and then lifted overhead is a no rep.
- Squat snatch, power snatch and muscle snatch will be allowed. Touch-and-go is permitted. No bouncing

Thruster



- This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead.
- The bar starts on the ground. No racks allowed. The hip crease must pass below the knees.
- A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

Cardio exercises

Cardiovascular activities might include running, swimming and rowing.

Important Notice

The above mentioned exercises are by no means the only exercises that will be used in the qualifier and the competition event. Different versions and variations of these exercises as well as some other conditioning methods might be used.

APPENDIX B

COMPETITION RULES

1. General rules

- To participate in the competition, every athlete must agree to any and all rules, included in this section.
- All athletes are required to complete and abide by the appropriate waivers and documentation.
- All athletes agree to compete in a sportsmanlike manner.
- Behaviour such as arguing with staff or judges, taunting, heckling, fighting or any conduct that would bring disrepute upon CrossFit Chartwell, St Paul's Collegiate School, sponsors, athletes or spectators as determined by the event staff of CrossFit Chartwell, may be grounds for disqualification or legal action.
- Any action that prevents another athlete from having a fair opportunity to compete (e.g. alteration of equipment, refusal to follow instruction) or that interferes with judge communications (e.g. external noise devices, air horns, bells and whistles) are not allowed.
- Athletes will be held accountable for the behaviour of their coaches, supporters and guests.
- CrossFit Chartwell and St Paul's Collegiate School has the absolute authority on any final ruling including disqualification of an athlete and removal of spectators.
- It is the athlete's sole responsibility to present valid identification when requested.
- All information provided, either in competition documentation and competition results, must be the complete truth. A lack of integrity, attempting to cheat, cheating and or lying will result in disqualification.

2. Participation requirements

- All athletes must compete in the qualifier event in order to advance to the competition. However, CrossFit Chartwell reserves the right to invite guest athletes to participate in the competition.
- All athletes must register validly and truthfully.
- All athletes agree to competition information and competition day footage to be used on social media.
- Athletes must be at least 15 years old and younger than 19 years on the day of competition.
- All athletes must provide parental consent with their registration (consent form will be provided).

3. Registration details

- Registration fee is \$30 per athlete.
- All payments are final. No refunds or transfers will be permitted, regardless of reason.
- Registration and participation for all athletes requires consent to Drug Free New Zealand's anti-doping rules (see *Appendix C*).

4. Competition procedures

- The qualifier event will be announced the day after registration closes. Closing date is the Monday 12 October 2015.
- Athletes will have one week to perform and submit their qualifier score. After this the top athletes (amount of athletes will be determined based on number of entries) in both the male and female categories will be invited to participate in the competition on Saturday 24 October.
- Competition day workouts and scoring format will be announced before the start of the competition.
- Failure to execute movements correctly (according to standards and full range of motion), as explained on competition day and or *Appendix A*, will result in loss of repetition(s).

APPENDIX C

DRUG FREE SPORT NEW ZEALAND

New Zealand's Sports Anti-Doping Rules reflect those of the World Anti-Doping Agency (WADA) and its World Anti-Doping Code. WADA's Code and Standards are recognised throughout the world.

There are ten key anti-doping rules. Below is a summary. You should not:

- Use or attempt to use a prohibited substance or method
- Evade testing or refuse to provide a sample for drug testing
- Fail on three occasions within twelve months to provide whereabouts information or miss a test (if you're Registered Testing Pool athlete)
- Tamper or attempt to tamper with any part of the doping control process
- Possess prohibited substances or methods
- Traffic or attempt to traffic a prohibited substance or method
- Administer a prohibited substance or method
- Cover up an anti-doping rule violation
- Associate with someone, such as a coach or medical professional, who has been found guilty of an anti-doping rule violation or equivalent.

You can read the full text of New Zealand's Sports Anti-Doping Rules at <http://drugfreesport.org.nz/for-athletes/introduction-to-anti-doping/the-anti-doping-rules/>

Remember, if you are found to have committed any of the above, you could be banned from all sport (competing, training and coaching) for a period of years. It could end your career and ruin your reputation.

REFERENCES

- The CrossFit Journal: <http://journal.crossfit.com/>
- CrossFit Games: <http://games.crossfit.com/workouts/the-open>
- The CrossFit Level 1 Training Guide
- The Wikipedia: <http://en.wikipedia.org/wiki/CrossFit>
- The CrossFit affiliate finder: <https://map.crossfit.com/>
- Drug free Sport New Zealand: <http://drugfreesport.org.nz/for-athletes/introduction-to-anti-doping/the-anti-doping-rules/>

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