



Semi Finals - Workout 21.4 Masters & Teens Throwdown 2021

Friday 2 April 07:00hrs till
Sunday 11 April 23:59hrs (CET)

CROSSmaxx®



21.4 – “Noodles”

AMRAP

5 rounds of 90 seconds on a running clock

21 – 18 – 15 – 12 – 9

Wall Balls

Remaining time max reps:

Box Jump Air Squats

1 rep Box Jump Air Squat =

Jump/step onto the box

Do 2 regular air squats on top of the box

Jump/step of the box

Variations

All age groups, Rx'd and/or Scaled divisions perform the exact same workout.

Weight of wall ball & height of WB target and box vary. [Check the prescribed weight/height](#) on the Movement Standards page below.

Equipment preparation

- Medicine ball of appropriate weight for your age group / division
- Measured WB target height
- 1 Box, **or** any other object meeting the prescribed target height
- Check the [floor plan](#)

Video submissions

- Use WODProof app
- Start your video by clearly showing that equipment standards are met. Find & **carefully read all [video requirements](#)** on the last page

Workout notes*

Set a clock at an **interval modus**:
5 rounds of 90 seconds, counting up.

The workout starts with the wall ball on the floor & athlete standing tall. On the count of 3, 2, 1, GO...the athlete can pick up the ball from the floor & starts with the set of 21 wall balls.

After having completed the 21 wall balls, the athlete moves to the box and performs as many box jump squats as possible in the remaining time of the 90 sec interval.

When the clock reaches 1:30 minutes, the athlete starts the next 90 sec interval performing 18 WB's and amrap box jump air squats in the remaining time.

Repeat this, from:

Min 3:00 – 15 WB's & box jump air squats

Min 4:30 – 12 WB's & box jump air squats

Min 6:00 – 9 WB's & box jump air squats

The workout stops when the clock reaches 7:30 minutes

* read [movement standards](#) carefully

Scoring

Reps : number of box jump air squats
The athlete's score will be the total number of repetitions of box jump air squats gathered throughout the entire workout

1 rep Box Jump Air Squat

Jump/step onto the box

2 regular air squats on top of the box

Jump/step of the box



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| | Wall Balls | Box Jump Air Squats |
|---|------------|------------------------|
| Round 1 clock 0:00 – 1:29 | 21 | |
| Round 2 clock 1:30 – 2:59 | 18 | |
| Round 3 clock 3:00 – 4:29 | 15 | |
| Round 4 clock 4:30 – 5:59 | 12 | |
| Round 5 clock 6:00 – 7:30 | 9 | |
| Total number of reps Box Jump Air Squats | | Reps: |

Athlete name _____

Judge name _____

I confirm the scores accurately represent
the athlete’s performance for this workout.

Athlete’s signature

Date

Movement Standards

| Wall Balls | RX'd | | | Scaled | | |
|-----------------------|--------------|---------------|---------------|--------------|---------------|---------------|
| | Weight in kg | Weight in Lbs | Target height | Weight in kg | Weight in Lbs | Target height |
| G12 | 4 | 10 | 2.40m / 8ft | 4 | 10 | 2.10m / 7ft |
| G14 | 4 | 10 | 2.70m / 9ft | 4 | 10 | 2.40m / 8ft |
| G16 / G18 / G20 | 6 | 14 | 2.70m / 9ft | 4 | 10 | 2.70m / 9ft |
| B12 | 4 | 10 | 2.70m / 9ft | 4 | 10 | 2.40m / 8ft |
| B14 | 6 | 14 | 2.70m / 9ft | 6 | 14 | 2.40m / 8ft |
| B16 / B18 / B20 | 9 | 20 | 3.00m / 10ft | 6 | 14 | 3.00m / 10ft |
| F35 / F40 / F45 / F50 | 6 | 14 | 2.70m / 9ft | 4 | 10 | 2.70m / 9ft |
| F55 / F60 / F65+ | 4 | 10 | 2.70m / 9ft | 4 | 10 | 2.40m / 8ft |
| M35 / M40 / M45 / M50 | 9 | 20 | 3.00m / 10ft | 6 | 14 | 3.00m / 10ft |
| M55 / M60 / M65+ | 9 | 20 | 2.70m / 9ft | 6 | 14 | 2.40m / 8ft |

| Box heights | Rx'd | | Scaled | |
|-----------------------|------|----|--------|----|
| | Inch | cm | Inch | cm |
| G12 | 20" | 50 | 16" | 40 |
| G14 / G16 / G18 / G20 | 20" | 50 | 20" | 50 |
| B12 | 24" | 60 | 20" | 50 |
| B14 / B16 / B18 / B20 | 24" | 60 | 24" | 60 |
| F35 / F40 / F45 / F50 | 20" | 50 | 20" | 50 |
| F55 / F60 / F65+ | 20" | 50 | 16" | 40 |
| M35 / M40 / M45 / M50 | 24" | 60 | 24" | 60 |
| M55 / M60 / M65+ | 24" | 60 | 20" | 50 |

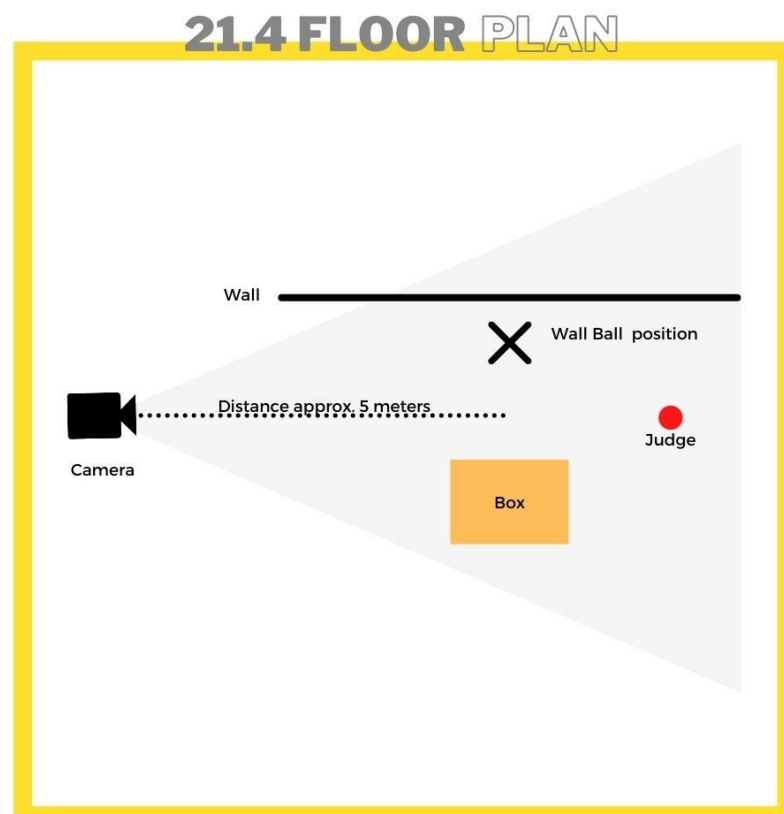
| Movement | |
|------------|--|
| Wall Balls | <p>Watch the YouTube video here: https://www.youtube.com/watch?v=EqjGKsilMCE</p> <ul style="list-style-type: none"> • Before starting the workout clearly show the target height on your video, see video requirements. • The medicine ball must be taken from the ground, start at the bottom of a squat, hip crease below knee, and thrown up to hit the specified target. • The rep is counted when the ball hits the target at or above the specified target height. • Not hitting the target is a no rep • If the ball hits below or does not hit the wall, it is a no rep. • If the ball is not caught between reps, it must come to a full stop on the ground before picking up for the next rep. • Catching the ball bouncing of the floor is not permitted. |

Box Jump Air Squats

For an impression of the **full movement** see Youtube video:
https://www.youtube.com/watch?v=TH5R_bMbZZg

- The box jump air squat starts with the athlete facing the box, both feet on the ground, facing the side of the box.
 - **Jumping or stepping** onto & off the box **is permitted**
 - **Only the feet** may make contact with the box
 - Using hands to push into the legs during the step-up is **not allowed**
 - Stand tall with both feet on top of the box: first come to **full extension in the hips and knees**, with head and shoulders over the hips.
 - Directly followed by **two** regular air squats:
 - At the bottom, the crease of the **hips** must pass below the height of the kneecap (**below parallel**).
 - At the top, the **knees and hips** must be **fully open/extended**.
 - The athlete can jump or step off
 - **The rep is credited** after the athlete jump/steps of the box, stands tall with both feet on the ground facing the box, **back to starting position**.
-
- For the **box jump part** of this movement, watch the YouTube video here:
<https://www.youtube.com/watch?v=NBY9-kTuHEk>
 - For the **air squat part** of this movement, watch the YouTube video here:
<https://www.youtube.com/watch?v=rMvwVtlqjTE>

Floor plan




Video submissions, for all athletes

All video submissions should be sharp, uncut, unedited and only showing 1 athlete at the time in order to accurately display the performance. Scores and videos not meeting the following requirements will not be approved and can lead to an invalid score.*

Use the WODProof app

- Download the app on [iOS](#) or [Google Playstore](#)
- Open the app & create an account
- Click on the round, blue button at the bottom of the page
- Click on the arrow next to "Qualifiers"
- Scroll down or use the search bar to find the M&TTD Online Qualifiers 2021 & click on it
- New to the app? Use prefilled Prep workout 1 as your test
- Choose the workout you want to start
- Enter your full name at the top of the page
- The rest is already prefilled for you! Easy peasy :-)
- Start workout
- Depending on the set-up of your workout area & the angle of your camera, choose the corner the timer is shown. Please make sure the timer does not block the view of your movements.
- Finish your workout & click to upload your video to Youtube

Prior to the workout, start your video by

- Stating your name & age division
- Clearly show that equipment standards are being met:
 - **WB weight:** show the weight of your wall ball
 - **WB target height:** measure the target height on video, **also** if you use a standard WB target on the wall or rig. Tip: tape the measured height
 - **Box height:** show the box height **OR** show & measure on video the height of the alternative object used
- **When you fail to show equipment standards, we cannot judge your performance correctly & your score will be invalidated** 

Placing of your camera

- You (& your judge) should be clearly visible throughout the entire workout.
- The timer with the running workout time will be shown on the WODproof app. If you do not use the WODProof app, an alternative clock should be clearly visible
- Make sure you shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Place your camera in an upright/vertical position **Check floorplan!**
- Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Music and recording

- For your info: YouTube might block the sound of a video if songs are recognized. This will not affect your score and/or acceptance of video submission

Public or Private?

- Make sure you put your video on public so that we can watch your video.
- As soon as your score is validated we allow you to change the video back to private.

Judges

- If possible ask a (certified) judge to judge you accurately. He/she can help you to count the reps & meet the movement standards correctly. This avoids getting a penalty or being disqualified. You don't want someone to just count (bro) reps.
- Follow the official, online Crossfit [judges course](#) to better understand the position of your judge and/or be a judge for your fellow competitors.

* see rules & requirements