



## OPEN WEEK 3

17:00 PT THUR, MAR 10 THROUGH 17:00 PT MON, MAR 14

Presented by



### WORKOUT 16.3 Rx'd

(Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54, **Teen Boys 16-17, Teen Girls 16-17**)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

3 bar muscle-ups

Men use 75 lb.

Women use 55 lb.

### WORKOUT 16.3 Masters

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 chest-to-bar pull-ups

Men use 65 lb.

Women use 45 lb.

### WORKOUT 16.3 Teens 14-15

(Teen Boys 14-15, Teen Girls 14-15)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

3 bar muscle-ups

Boys use 65 lb.

Girls use 45 lb.

### WORKOUT 16.3 Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 jumping chest-to-bar pull-ups

Men use 45 lb.

Women use 35 lb.

### WORKOUT 16.3 Masters Scaled

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 jumping chest-to-bar pull-ups

Men use 45 lb.

Women use 35 lb.

### WORKOUT 16.3 Teens Scaled

(Scaled Teen Boys 14-15, Scaled Teen Girls 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 16-17)

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 jumping chest-to-bar pull-ups

Boys use 45 lb.

Girls use 35 lb.



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### NOTES

This workout begins with the barbell on the floor and the athlete standing tall. At the call of “3, 2, 1 ... go,” the athlete will perform 10 power snatches, then move to the pull-up bar to perform muscle-ups. After 3 reps, the athlete will move back to the barbell and begin their next round.

Your score will be the total number of repetitions completed within the 7-minute time cap.

### TIEBREAK

The scoring for this workout includes a tiebreak. At the end of each round, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last full round. In the case where 2 athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

### VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

### EQUIPMENT

- Barbell
- Plates to load to the appropriate weight for your division
- Collars
- Pull-up bar

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 34 kg (75 lb.), 29 kg (65 lb.), 25 kg (55 lb.), 20 kg (45 lb.), and 15 kg (35 lb.).

### MOVEMENT STANDARDS

#### POWER SNATCH



The barbell begins on the ground and must be lifted overhead in one smooth motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. No part of the body other than the feet may touch the ground during the repetition.



For divisions that use an empty barbell, or if plates smaller in diameter than standard bumper plates are used, each repetition must begin with the barbell clearly below the knees.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. This is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a “no rep.” A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.



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### BAR MUSCLE-UP



In the bar muscle-up, you must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support or glide kips are not permitted. The heels may not rise above the height of the bar during the kip.



At the top, the elbows must be fully locked out while the athlete supports himself or herself above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar.

### CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.



At the top, the chest must clearly come into contact with the bar below the collarbone.

### JUMPING CHEST-TO-BAR PULL-UP (SCALED ONLY)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar.



At the bottom, the athlete must lower himself or herself so the arms are fully extended.



At the top, the chest must clearly come into contact with the bar below the collarbone.



# OPEN WEEK 3 SCORECARDS RX'D, TEENS

17:00 PT THUR, MAR 10 THROUGH 17:00 PT MON, MAR 14

Presented by



## WORKOUT 16.3

Complete as many rounds and reps as possible in 7 minutes of:

- 10 power snatches
- 3 bar muscle-ups

## VARIATIONS

**Rx'd and Teens 16-17 :** Power snatches 75 / 55 lb., bar muscle-ups

**Teens 14-15:** Power snatches 65 / 45 lb., bar muscle-ups

ROUND	POWER SNATCH (10)	BAR MUSCLE-UP (3)	TIEBREAK TIME
1			13
2			26
3			39
4			52
5			65
6			78
7			91
8			104
9			117
10			130
11			143
12			156
13			169
14			182
15			195

ATHLETE NAME \_\_\_\_\_ **16.3 TOTAL REPS** \_\_\_\_\_  Rx'd  
 Print  
 Scaled  
**TIEBREAK TIME** \_\_\_\_\_

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ Has Judge passed Y / N  
 Name of Affiliate Print Initial CrossFit's Online Judges Course?

I confirm the information above accurately represents my performance for the workout \_\_\_\_\_  
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME \_\_\_\_\_ **16.3 TOTAL REPS** \_\_\_\_\_  Rx'd  
 Print  
 Scaled  
**TIEBREAK TIME** \_\_\_\_\_

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ Has Judge passed Y / N  
 Name of Affiliate Print Initial CrossFit's Online Judges Course?



# OPEN WEEK 3 SCORECARDS MASTERS, ALL SCALED DIVISIONS

17:00 PT THUR, MAR 10 THROUGH 17:00 PT MON, MAR 14

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## WORKOUT 16.3

Complete as many rounds and reps as possible in 7 minutes of:

10 power snatches

5 pull-ups

## VARIATIONS

**Masters 55+:** Power snatches 65 / 45 lb., chest-to-bar pull-ups

**Scaled:** Power snatches 45 / 35 lb., jumping chest-to-bar pull-ups

**Scaled Masters 55+:** Power snatches 45 / 35 lb., jumping chest-to-bar pull-ups

**Scaled Teens 14-17:** Power snatches 45 / 35 lb., jumping chest-to-bar pull-ups

ROUND	POWER SNATCH (10)	PULL-UPS (5)	TIEBREAK TIME
1			15
2			30
3			45
4			60
5			75
6			90
7			105
8			120
9			135
10			150
11			165
12			180
13			195
14			210
15			225

ATHLETE NAME \_\_\_\_\_ **16.3 TOTAL REPS** \_\_\_\_\_  Rx'd  
 \_\_\_\_\_ Print \_\_\_\_\_  Scaled  
**TIEBREAK TIME** \_\_\_\_\_

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ Has Judge passed Y / N  
 \_\_\_\_\_ Name of Affiliate \_\_\_\_\_ Print \_\_\_\_\_ Initial \_\_\_\_\_ CrossFit's Online Judges  
 Course?

I confirm the information above accurately represents my performance for the workout \_\_\_\_\_  
 Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME \_\_\_\_\_ **16.3 TOTAL REPS** \_\_\_\_\_  Rx'd  
 \_\_\_\_\_ Print \_\_\_\_\_  Scaled  
**TIEBREAK TIME** \_\_\_\_\_

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ Has Judge passed Y / N  
 \_\_\_\_\_ Name of Affiliate \_\_\_\_\_ Print \_\_\_\_\_ Initial \_\_\_\_\_ CrossFit's Online Judges  
 Course?