

# Crucible Event and Filming Standards

**Supertotal: SQUAT, BENCH, DEADLIFT, CLEAN & JERK, SNATCH**

Performed and filmed together or separately  
No weight classes

**WINNER: HIGHEST TOTAL KG LIFTED**

USPA RULEBOOK:

[https://uspa.net/resources/USPA\\_Rulebook.pdf](https://uspa.net/resources/USPA_Rulebook.pdf)

## Video submission guidelines:

Upload videos to YouTube or Vimeo, Instagram videos will not be accepted  
Place video link (Unlisted or Public) into RunSignUp submission form

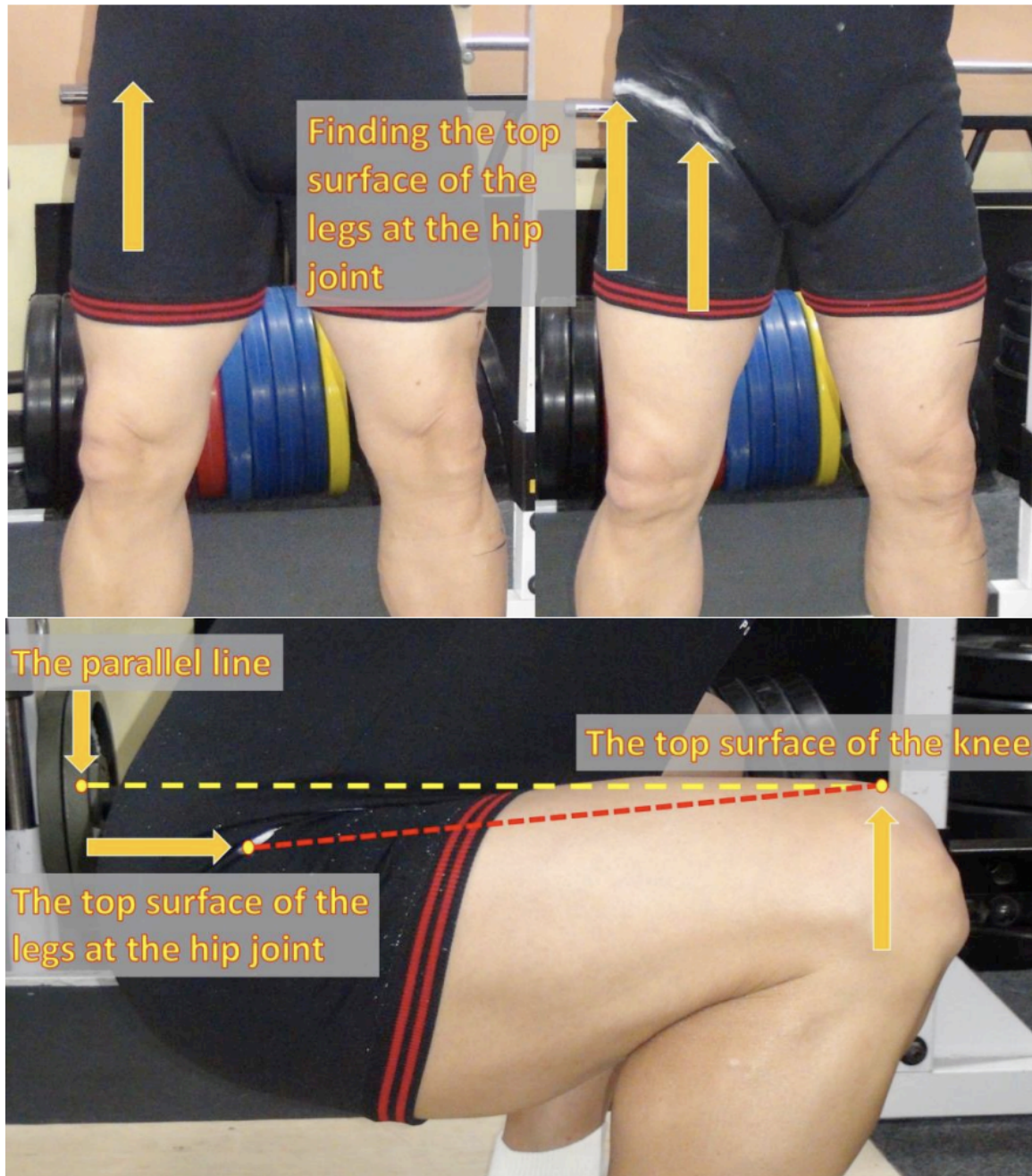
**TO SUBMIT SCORE:** Enter **SUPERTOTAL KG** (all lifts added together) as final score submission in RunSignUp submission form

## **Squat:**

Equipment permitted: Belt, knee sleeves, wrist wraps, lifting shoes (any variety)  
Equipment prohibited: Squat suit, knee wraps

## **Movement Standards:**

Lowbar or highbar permitted. The lifter must bend the knees and lower the body until the top surface of the legs at the hip joint (crease) is lower than the top of the knees. The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the squat is complete and the lifter may rack the bar.



#### INCLUDE IN VIDEO:

- Weights (barbell clearly visible, weight notation (kg or lb) clearly visible during bar-loading)
- Full-body shot of lifter to prevent hidden gear (squat suits, single or multi-ply gear, and knee wraps not permitted)
- Film Squat from the side/clearly visible angle, depending on squat rack construction.

## **Deadlift:**

Equipment permitted: Belt, knee sleeves, wrist wraps, lifting shoes (any variety), deadlift bar

Equipment prohibited: Deadlift briefs/suit, knee wraps, trap bar/hex bar, straps

### **Movement Standards:**

Sumo or conventional permitted. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands. The lifter can start the lift at any time before the one-minute clock expires. Once started, it must be lifted without any downward movement until the lifter is standing erect. The bar may come to a stop, but no portion may reverse direction at any time. On completion of the lift, the knees, hips, and shoulders shall be locked in a straight position and the lifter is standing erect. The lifter will return the bar to the platform with both hands and under control. Upward and downward "jerking" of the bar commonly known as "hitching" is prohibited.

### **INCLUDE IN VIDEO:**

- Weights (barbell clearly visible, weight notation (kg or lb) clearly visible during bar-loading)
- Full-body shot of lifter to prevent hidden gear (single or multi-ply gear and knee wraps not permitted)
- Film Deadlift from a clearly visible  $\frac{3}{4}$  angle so that lockout is easily distinguished.

## **Bench**

Equipment permitted: Belt, wrist wraps, lifting shoes (any variety)

Equipment prohibited: Bench shirt, slingshot

### **Movement standards:**

The lifter must lie on his back with shoulders and buttocks in contact with the flat bench surface. This position must be maintained throughout the lift. The head may remain flat or rise during the lift. The lifter has the option of benching while either flat footed, or on the toes, as long as the foot remains in contact with the lifting platform. The feet may move up and down during the lift and come in contact with each other as long as they do not come in contact with the equipment. (If a center spotter is used, they must move

off the platform and to one side after the handoff prior to the commencement of the lift. For safety reasons they will be allowed to stay in close proximity (but not blocking the referees view) for any emergencies.)

Once the lift has begun, the lifter must lower the bar and make contact on the chest or abdominal area with a definite and visible pause. At no time may the bar come in contact with the lifters belt. The bar must be pressed upwards with elbows fully locked. Any pronounced or exaggerated uneven lockout of the bar is not allowed. Note: If a lifter has any physical abnormality, handicap or incapacity of extending their arm or arms to arm's length with elbows fully locked, they must inform and show physical, visual proof in video submission prior to the start of their lift. The spotters / loaders may assist the lifter in returning the bar to the rack.

### **INCLUDE IN VIDEO:**

- Weights (barbell clearly visible, weight notation (kg or lb) clearly visible during bar-loading)
- Full-body shot of lifter to prevent hidden gear (single or multi-ply gear and bench shirts not permitted)
- Film Bench from a clearly visible side or ¾ angle so that contact and lockout is easily visible.

### **Clean and Jerk**

[http://media.crossfit.com/cf-video/Games2010\\_USAW\\_Rules\\_Nov\\_2008.pdf](http://media.crossfit.com/cf-video/Games2010_USAW_Rules_Nov_2008.pdf)

Equipment permitted: Belt, wrist wraps, lifting shoes (any variety)

Equipment prohibited: single or multi-ply gear, knee wraps

### **Movement Standards**

**Clean must be performed from the floor - muscle and power cleans are permitted. Push Jerks and Split Jerks are permitted, no pressing (push press, press out) permitted.**

The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap. The barbell must not touch the chest before the final position. It then rests on the clavicles or on the chest above the nipples or on the arms fully bent. The feet return to the same line, legs straight before performing the Jerk. The lifter may make this recovery in his or her own time and finish.

The athlete bends the legs and extends them as well as the arms to bring the barbell to the full stretch of the arms vertically extended. He or she returns the feet to the same line; arms and legs fully extended, and waits for the referees' signal to replace the barbell on the platform. The referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

After the Clean and before the Jerk, the lifter may adjust the position of the barbell. This must not lead to confusion. It does not mean the granting of an additional jerk attempt but allowing the lifter to: 2 a) withdraw the thumbs or "unhook" if this method is used, b) lower the barbell in order to let it rest on the shoulders if the barbell is placed too high and impedes the breathing or causes pain, c) change the width of the grip.

A competitor, who cannot fully extend the elbow due to an anatomical deformation, must report this fact on video BEFORE the lift attempt.

### **INCLUDE IN VIDEO:**

- Weights (barbell clearly visible, weight notation (kg or lb) clearly visible during bar-loading)
- Full-body shot of lifter to prevent hidden gear (single or multi-ply gear and knee wraps not permitted)
- Film Clean & Jerk from a clearly visible side or  $\frac{3}{4}$  angle so that barbell control and lockout is easily visible.

## **Snatch**

Equipment permitted: Belt, wrist wraps, lifting shoes (any variety)

Equipment prohibited: single or multi-ply gear, knee wraps

### **Movement Standards**

Snatch must start from the floor, can be muscle or power snatch. The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap. No part of the body other than the feet may touch the platform during the execution of the lift. The weight, which has been lifted, must be maintained in the final motionless position, arms and legs extended, the feet on the same line, showing control at the top of the movement. The lifter may recover in his or her own time, either from a split or a squat position, and finish with the feet on the same line, parallel to the plane of the trunk and the barbell. The barbell may be lowered as soon as the lifter becomes motionless in all parts of the body.

## INCLUDE IN VIDEO:

- Weights (barbell clearly visible, weight notation (kg or lb) clearly visible during bar-loading)
- Full-body shot of lifter to prevent hidden gear (single or multi-ply gear and knee wraps not permitted)
- Film Snatch from a clearly visible side or  $\frac{3}{4}$  angle so that barbell control and lockout is easily visible.

## WINGATE TEST

Performed and filmed in as many attempts as athlete requires

## WINNER: HIGHEST MEAN OUTPUT OVER 30 SECONDS

### EQUIPMENT NEEDED:

Stationary bike with power meter  
Road bike with power meter  
Airdyne/Airbike with power meter (wattage/calorie readout)  
Rower with power meter (wattage/calorie readout)

### Video submission guidelines:

Film bike used, power meter used (if power meter is separate from bike), and if elite, **film all 30 working seconds.**

Upload videos to YouTube or Vimeo, Instagram videos will not be accepted  
Place video link (Unlisted or Public) into RunSignUp submission form  
You may also attach a photograph of your bike screen or link to Zwift/trainer data uploaded to Strava.

**TO SUBMIT SCORE:** Enter **MEAN WATTAGE** (from the 30 second effort) as the final score in RunSignUp submission form.

## TEST PROTOCOL

**OPTIONAL- Warm up -**

Start cycling. The participant should cycle at 60rpm for 3-4 minutes at 60W (females) or 90W (males).

### **OPTIONAL- Warm up Sprint -**

After 2-3 minutes of easy cycling at low watts, sprint all-out for ~30 seconds. Stop immediately after 30 seconds, and return to the easy spin for another 1-2 minutes.

### **30 SECOND TEST -**

On "GO," athlete will either a) reset the airdyne screen to start each value from 0  
b) begin cycling on their stationary with a power meter

Athlete will cycle at an all-out sprint for 30 seconds.

Easy spin cooldown 1-2 minutes.

### **GATHERING TEST DATA/SCORE:**

For a bike with power meters, NOTE: the wattage/output will likely be lower than what could be accomplished on an airbike *unless the individual is an experienced cyclist with ideal bike fit*. In which case, the stationary bike would be the best option. If you have a Strava Subscription, you can use their Best Effort Power Curve Calculator:

<https://support.strava.com/hc/en-us/articles/216918507-Using-your-Best-Efforts-Power-Curve-Premium->

Otherwise, film your bike screen/have someone film your bike screen for the duration of your ride and submit your 30 seconds of data via .gpx, Strava, or Zwift file.

For an airbike, reset the screen before beginning the 30 second test. Photograph final screen displaying average wattage over the 30 seconds, OR, if bike does not display watts, photograph and submit \*total calories\*. NOTE: We will calculate your wattage for you using calories, but we will have to round down in the absence of other data. If you are aiming to be competitive, please find the best piece of equipment possible for this test.

For a rower, note that score will likely be lower than it would be on a bike unless you are an extremely proficient rower. Follow airbike directions and submission instructions.



## **KETTLEBELL HALF MARATHON LONG-CYCLE**

The Kettlebell Long Cycle for the purposes of The Crucible is defined as lifting a Kettlebell in two different phases, the “Clean”, followed by a “Jerk”, or “Press” to comprise one exercise cycle. Using alternating hands, the athlete will Clean and Jerk/Press their kettlebell for as many reps as possible with a time-cap of 30 minutes.

Scaled weight: 24kg men/12kg women. Pro weight: 32kg men/24kg women

Performed and filmed in one attempt (multiple attempts can be filmed, only 1 can be submitted)

## **WINNER: HIGHEST REPETITIONS IN 30 MINUTES**

### **Video submission guidelines:**

Film all 30 minutes (or from start to end of attempt, if under 30 minutes)  
Upload videos to YouTube or Vimeo, Instagram videos will not be accepted  
Place video link (Unlisted or Public) into RunSignUp submission form

**TO SUBMIT SCORE:** Enter **TOTAL REPS** (in the 30 minute time cap) as the final score in RunSignUp submission form.

NOTE: Fixation means:

- Arm(s), legs and hips are fully extended
- The body is aligned
- The body is motionless\*
- The kettlebell is motionless

## **MOVEMENT STANDARDS**

Using alternating arms (athlete’s choice of alternation pattern), the kettlebell must stop in rack position and the legs must be straightened/knees locked out before commencing the Jerk/Press (no bouncing). The competitor then performs a Jerk, Press or Push Press.

After fixation (see above), the kettlebell must be dropped briefly back into the rack position before the back swing for the next rep to exhibit control and prevent injury.



In case of a failed lockout attempt on the Jerk/Press, the whole repetition must be redone from the back swing.

### **A REP WILL NOT COUNT WHEN:**

- Not separating and completing the Clean during Long Cycle (rebounding out of the rack position)
- There is no alignment in the overhead position (excessive twist or side bend, arm at 10 o'clock)
- Legs and arm are not straight/ locked in fixation
- Not returning to the rack after the fixation
- Not performing a clean after a jerk/press attempt (example: 1 clean + 2 jerks/presses)
- Switching without a hand to hand swing
- Any swing between reps (-1 per swing)
- Touching/ supporting the kettlebell, platform OR body with the free hand
- Resting in a prohibited position ONCE
- There is no fixation in the overhead position

### **An attempt will end when one of the following happens:**

- Resting in a prohibited position for the 2nd time
- The kettlebell is put down on the platform
- The kettlebell touches the platform with a visible full loss of motion

### **Resting positions PERMITTED:**

- To rest in the rack position
- To rest in the overhead position
- To rest hanging between the legs

### **Resting positions PROHIBITED:**

- To rest with the kettlebell on top of the shoulder (skeleton bearing the weight)
- To rest against the legs

### **INCLUDE IN VIDEO:**

Weight of kettlebell (clearly visible or weighed on a scale), and entire attempt from start (KB leaving floor) to finish (2 prohibited resting positions accumulated, the kettlebell touches the platform, or the kettlebell is set down).

## ENDURANCE CHALLENGE

The Endurance challenge is a footrace/bike race.

Scaled time: 2 hours

Pro time: 6 hours

Performed over the course of 2 or 6 hours, movement does not have to be continuous, but the clock is continuous. For example, in 6 hours, an athlete may run multiple 2 mile loops with rests between. Running is not required. Hikes or walks count as well.

## WINNER: HIGHEST MILEAGE ACCRUED IN TIME CAP, IN RUN MILES

**TO SUBMIT SCORE:** Enter **TOTAL MILES** (within the time cap) as the final score in RunSignUp submission form. NOT KILOMETERS. We let you get kg in the Supertotal, we use miles. **ATTACH LINK TO STRAVA DATA.** Submissions, especially in the Pro category, cannot be accepted without data uploaded to Strava and the accompanying link.

<https://www.strava.com/> is a free app for your phone that can sync with most smart devices. To upload your data to Strava, you may manually upload your attempt, or you may simply let your watch sync with Strava on its own.

Join our Strava group so you can see everyone else's submissions!

<https://www.strava.com/clubs/CompleteHumanPerformance>

## PLEASE TITLE YOUR RUN OR RIDE "CRUCIBLE ENDURANCE CHALLENGE 2021" AND MAKE SURE IT IS PUBLIC

[If you include pictures I'll love you forever]

## SCORING METRIC:

**BIKE MILES : RUN MILES**

**3.5 : 1**

We will be changing BIKE MILES to RUN MILES, and using **RUN MILES** as the total score. For example, if you bike 350 miles (good lord) you would submit 100 miles as

your **TOTAL SCORE**. If you bike 100 miles in 6 hours, your TOTAL SCORE would be 28.57 RUN MILES.

**Grade Adjusted Pace (GAP):**

<https://support.strava.com/hc/en-us/articles/216917067-Grade-Adjusted-Pace-GAP->

Grade Adjusted Pace takes into account the steepness of terrain during your runs and estimates an equivalent pace on flat land. Because running uphill requires extra work, your Grade Adjusted Pace on ascents will be faster than your actual pace. This is a Strava Exclusive feature, and is available with the free membership.

In the spirit of CHP, and to encourage gnarlier bikes and runs, we will be using GAP to level the playing field for standout runs. If you'd like to submit a run where you know GAP will be extremely relevant, email [ariana@hybrid-academy.com](mailto:ariana@hybrid-academy.com) and I'll help you find your **FINAL SCORE**.

**We will not be allowing bike/run/bikes or bricks. Single modality, single effort, within set time cap.**

**OVERALL SCORING:**

Each event will be scored from highest to lowest score, using a point system.

1 point to 1st place  
2 points to 2nd place  
3 points to 3rd place

So on and so forth.

Total points from all 4 events (+ tiebreaker) will be added up, and the athlete with the lowest total points (highest scores across all events) will win. Next lowest score is second place, third lowest is third, etc.

If the total is kilograms lifted in the Supertotal, then the highest total will receive first place and 1 point. The second highest total will receive second place, and 2 points.