**2019 EMERALD COAST HONOR GAMES Standards (see both pages)**

**Divisions:**

Male Rx

Male Scaled

Male Masters

Male Beginner

Female Rx

Female Scaled

Female Masters

Female Beginner

Male/Female Rx

Male/Female Scaled

Human Potential\*

**Rx Standards:**

Deadlifts 225/155

Front Squats 155/105

Back Squats 185/125

Overhead Squats 135/95
Shoulder to Overhead 155/105
Power Clean 155/105
Thrusters 135/95
Snatch 135/95

Kettle Bell Swings 70/53

Wall Balls 30/20 @ 10’/9’

Box Jumps 30/24

Muscle Ups

Toes to Bar

Hand Stand Push-Up

Rope Climbs

Double Unders

**Scaled Standards:**
Deadlifts 185/125

Front Squats 115/75

Back Squats 135/95

Overhead Squats 95/65

Shoulder to Overhead 115/75

Power Cleans 115/75

Thrusters 95/65
Snatch 95/65

Kettle Bell Swings 53/35

Wall Balls 20/14 @ 10’/9’

Box Jumps/step ups 24/20
Pullups

Hanging Knee Raises
Single Unders

**Masters Standards 35+ (a blend of Rx gymnastics and Scaled weights):**

Deadlifts 185/125

Front Squats 115/75

Back Squats 135/95

Overhead Squats 95/65

Shoulder to Overhead 115/75

Power Cleans 115/75

Thrusters 95/65
Snatch 95/65

Kettle Bell Swings 53/35

Wall Balls 20/14 @ 10’/9’

Box Jumps/step ups 24/20

Muscle Ups

Toes to Bar

Hand Stand Push-Up

Rope Climbs

Double Unders

**Beginner Standards:**

Deadlifts 135/95

Front Squats 75/55

Back Squats 95/65

Shoulder to Overhead 75/55

Power Cleans 75/55

Thrusters 75/55
Snatch 75/55

Kettle Bell Swings 35/26

Wall Balls 14/10 @ 10’/9’

Box jumps/Step ups 24/20
Jumping pullups

Sit ups
Single Unders

**Human Potential:**

This division is unique for each team. Athletes in this division are those with battle injuries, medical/physical disabilities, special needs, or otherwise limited mobility. Contact ECHG staff to determine placement, standards, and structure.

**Thoughts to help you decide which division is the best fit for your team:**

*-Beginner division should be considered based on weights, not length of time doing CrossFit.*

*-Regarding the gymnastics movements, there will be no requirement for both athletes to perform the more difficult movements. However, if both athletes are able to perform the movement, they will be allowed to split the work as desired.*

*-The standards for each movement will mirror the CrossFit Open standards.*

*-The weights listed are working weights and should not be confused with a one rep max.*

*-The weights for the lift/strength event will be determined by each athlete.*