



**Guide**

School sports challenges

**Crossfit | Level 1**

# RULES FOR THE CROSSFIT CHALLENGE

## 1 – Steps for the CrossFit challenge Level 1

Step 1 -

- **Elementary and High school**

Enter the abdominal board position, forearms on the floor, elbows positioned under the shoulders, legs extended behind you. The athlete must perform the following movements 5 times in the manner of a push-up: place your right hand flat on the floor, and then place your left hand flat on the floor, straightening your arms in the push-up position. Return to the starting position by placing your right elbow back on the floor, and then the left.

- **Physical disabilities and severe/deep intellectual disability**

The athlete will have to climb up and down an aerobic platform (one step) or step 10 times. The athlete's 2 feet must touch the step and then touch the ground to be counted.

Step 2 - Frog jumps

- **Elementary and High school**

The athlete must touch the ground 10 times with both hands and then jump with the arms fully extended upwards.

- **Physical disabilities and severe/deep intellectual disability**

The athlete must touch the ground with one or both hands and then extend them upwards (it is possible to add a step to touch if necessary if the athlete cannot reach the ground).



## Step 3 - The rhythm ladder

- **Elementary and High school**

The athlete will have to move sideways by placing one foot after the other in each of the spaces of the ladder on the ground. The floor ladder has 4 spaces of 1 square foot.

- **Physical disabilities and severe/deep intellectual disability**

The athlete will have to move sideways by placing one foot after the other in each of the spaces of the ladder on the ground. The floor ladder has 4 spaces of 1 square foot.

**In high school, students must repeat each step 3 times.**

**Elementary and the physical disability category must repeat each step twice.**

The stopwatch will be stopped when the athlete has placed their 2 feet on the ground outside the last square following the last time of the rhythm ladder event.

## 2 – Penalties

Action	Pénalité
<b>Failure to comply with the specific instructions of a step</b>	3 seconds will be added to the total time recorded for the event (per instruction not respected)
<b>Failure to complete a step</b>	10 seconds will be added to the total recorded time of the event.



### 3 – Videos

<https://www.youtube.com/watch?v=dQRkXHp4-nY&feature=youtu.be>

**Faut que ça bouge !**

**Let's get moving!**





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