



Guide

School sports challenges

Crossfit | Level 2

**Ce programme est rendu possible grâce au soutien financier
du Groupe Banque TD et de la Fondation Bon départ de Canadian Tire.**



RULES FOR THE CROSSFIT CHALLENGE

1 – Steps for the CrossFit challenge Level 2

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

The athlete will have to climb up and down an aerobic platform (one step) that is at least 20 cm high 5 times. The athlete's 2 feet must touch the step and then touch the ground to be counted.

Step 2 - Burpees

The athlete must perform burpees 5 times.

1. Start in a standing position, feet slightly apart
2. Lean forward by tilting the bust
3. Drop both feet backwards
4. Land on the floor on the palms of the hands and toes.
5. Bounce by first lifting off the chest and pass over the feet, pointing the buttocks upwards.
6. Recovery
7. Jumping vertically



- Physical disabilities
 1. Start in a standing position with feet slightly apart
 2. Bend forward by tilting the bust
 3. Position yourself on the floor, lying on your chest.
 4. Stand up with arms fully extended upwards.

Step 3 - The rhythm ladder

- Elementary and High school

The athlete will have to move forward by placing one after the other their 2 feet in a space on the ladder on the ground and then one after the other their 2 feet on the outside of the ladder. The athlete must repeat the exercise in each of the four (4) one square foot spaces of the ladder.

- Physical disabilities

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 three (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	Penalties
Failure to comply with the specific instructions of a step	3 seconds will be added to the total time recorded for the event (per instruction not respected)
Failure to complete a step	10 seconds will be added to the total recorded time of the event.

3 – Videos

<https://youtu.be/wHO9HOf4Atk>

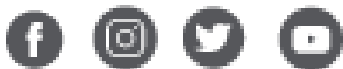
Faut que ça bouge !
Let's get moving!





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