



**Guide**

**School sports challenges**

**Crossfit | Level 3**

**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 3**

### **Step 1 – Side shifting**

Place 4 cones 2.5 meters apart in a square formation. A fifth cone must be in the center of this square. The cones must be a maximum of 12 inches high.

The athlete starts in the center. Moving sideways, they must touch each of the 4 cones at the corners and return to the center between each corner.

The athlete must repeat the exercise 4 times (2 times for athletes with a physical disability).

Athletes with a lower body disability can perform this step by moving to the front as needed.

### **Step 2 – Burpees + Push-ups**

The athlete must perform burpees 10 times.

1. Start in a standing position, feet slightly apart
2. Lean forward by tilting the bust
3. Jumping with both feet backwards
4. Land on the floor on the palms of the hands and toes.
5. Push-up
6. Bring your feet close to the ground with your hands
7. Stand-up
8. Jumping vertically



### Physical disabilities

1. Start in a standing position, feet slightly apart
2. Bend forward by tilting the bust
3. Position yourself on the floor, lying on your chest.
4. Stretch your arms out to the sides.
5. Get back up

### 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	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://youtu.be/NO\\_R\\_8Ua-G8](https://youtu.be/NO_R_8Ua-G8)

**Faut que ça bouge !**

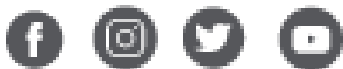
**Let's get moving!**





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