

2023 Battle of the Boxes Movement Standards

MOVEMENT			
	Rx	Open	Masters
Deadlift	315/225	225/155	275/185
Clean and Jerk	225/155	185/125	185/125
Snatch	165/115	95/65	95/65
Back/Front Squat	yes	yes	yes
Overhead Squat	165/115	115/80	115/80
Bench Press	yes	yes	yes
Kettle Bell Movements	70/55	55/35	55/35
Medball Movements	Yes	Yes	Yes
Slam Balls	50/30	50/30	50/30
Box Jumps	Yes 30/24"	Yes	Yes/Step Ups optional
Dumbbell Movements	Yes	Yes	Yes
Pull-ups	C2B	Chin over	Chin Over
Toes to Bar	Yes	Yes	Yes
Muscle ups	Ring/Bar	Bar/no ring	Possibly at the end of WOD as a bonus
Handstand push-ups	Yes	Yes/kipping	Yes/kipping
Running/rowing/biking/Ski erg	Yes	Yes	Yes
Odd Objects (tires, sandbags, ect...)	Yes	Yes	Yes
Push ups	Hand Release	Yes	Yes
Dips	Ring	No	No
Sit-ups	Yes	Yes	Yes