

SOUTHERN
WARRIORS

EVENT 3

4TH SEPTEMBER

THE
RING

acp
ENVIRONMENT

SOLID STATE TECHNOLOGY

ELITE

EVENT 3

15 RING MUSCLE UP

THEN

5 ROUND OF

5 HANDSTAND PUSH UP STRICT

10 AMERICAN SWING

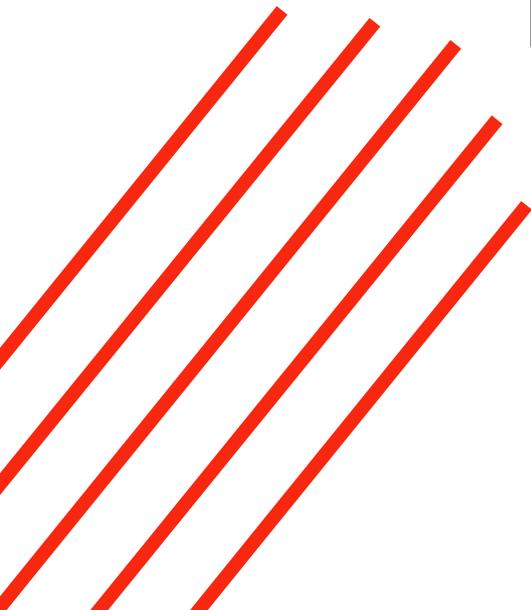
15 TOES TO BAR

THEN

15 RING MUSCLE UP

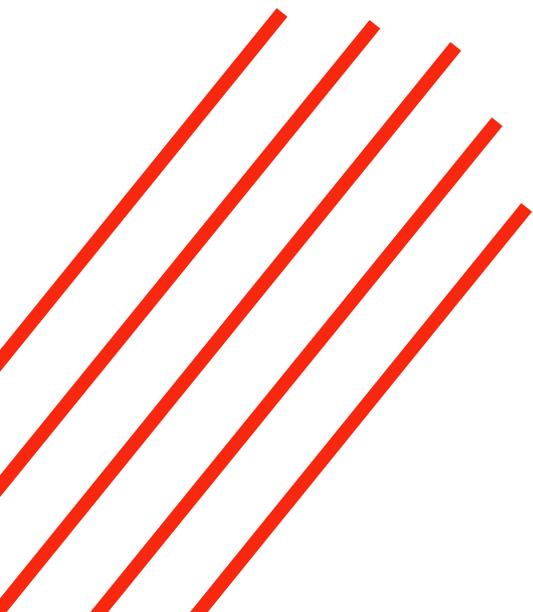
TIME CAP: 14 MIN

SCORE IS TIME



LOCATION

FIELD A

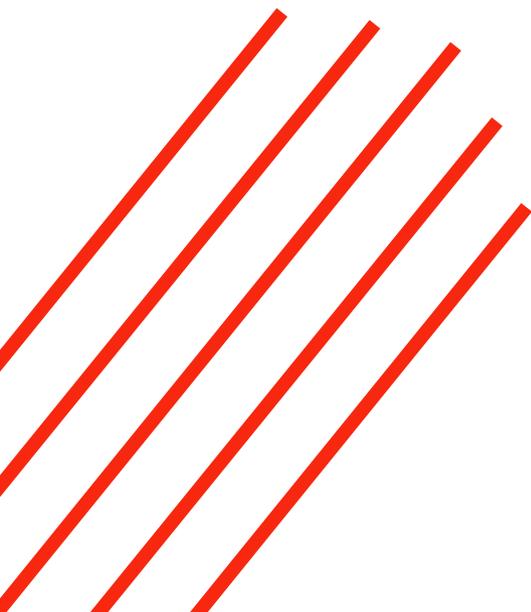


WEIGHT & VARIATIONS

MALE	ROUNDS	RING MUSCLE UP	HANDSTAND PUSH UP	AMERICAN SWING	TOES TO BAR
SENIOR	5	√	STRICT	32 KG	√
MASTER 35	5	√	STRICT	32 KG	√
MASTER 40	4	√	STRICT	32 KG	√
MASTER 45	4	10	STRICT	24 KG	√
MASTER 50	4	10	STRICT	24 KG	√

FEMALE	ROUNDS	RING MUSCLE UP	HANDSTAND PUSH UP	AMERICAN SWING	TOES TO BAR
SENIOR	5	10	STRICT	24 KG	√
MASTER 35/40	4	10 BAR MUSCLE UP	KIPPING	16 KG	√
MASTER 45/50	3	10 BAR MUSCLE UP	KIPPING	16 KG	√

BAR MUSCLE UP MAY BE SCALED IN TO CHEST TO BAR



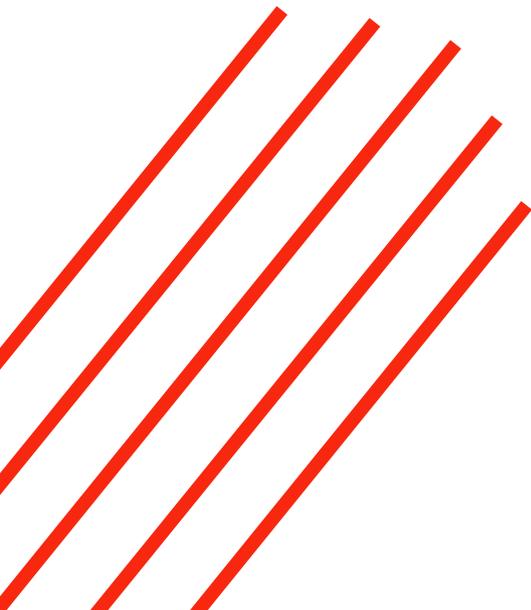
FLOW

ATHLETES WILL AT THE STARTING LINE.

AT THE CALL OF “3,2,1 ... GO” THEY WILL MOVE TO THE RING AND COMPLETE THE 15 REPS. THEN THEY WILL MOVE TO THE WALL AND COMPLETE 5 REPS OF HANDSTAND PUSH UP FOLLOWED BY 10 AMERICAN SWING AND THEN 15 TOES TO BAR. THEY THEN WILL RETURN TO THE WALL AND COMPLETE ANOTHER SET OF 5 HANDSTAND PUSH UP; THEY WILL THEN MOVE THE KETTLEBELL TO THE NEXT MARKER AND THERE COMPLETE 10 AMERICAN SWING FOLLOWED BY 15 TOES TO BAR.

ATHLETE WILL CONTINUE IN THIS FASHION 3 MORE ROUNDS; THE KETTLEBELL ADVANCES ONE POSITION EACH ROUND.

ONCE THE 5TH ROUND IS COMPLETED, THE ATHLETES WILL RETURN TO THE RINGS TO PERFORM THE LAST 15 MUSCLE UP. THEY WILL THEN SPRINT ACROSS THE FIELD TO THE FINISH LINE WHERE THE TIME WILL BE TAKEN.



STANDARD

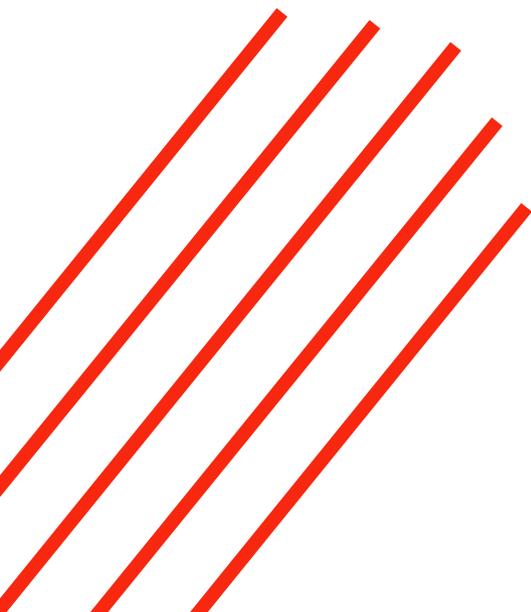
RING MUSCLE UP

ATHLETES MUST BEGIN EACH REP HANGING FROM THE RINGS, WITH ARM FULLY EXTENDED AND FEET OFF THE GROUND. NO PART OF THE FEET MAY RISE ABOVE THE BOTTOM PART OF THE RING DURING THE KIP.

THE ATHLETES MUST PASS THROUGH A PORTION OF A DIP BEFORE REACHING LOCKOUT.

THE REP IS CREDITED WHEN THE ELBOWS ARE FULLY LOCKED OUT IN THE SUPPORT POSITION WITH THE ATHLETE'S SHOULDER OVER OR SLIGHTLY BEYOND THE RINGS.

REACHING LOCKOUT WHILE FALLING AWAY FROM THE RINGS WILL BE CONSIDERED A NO REP.



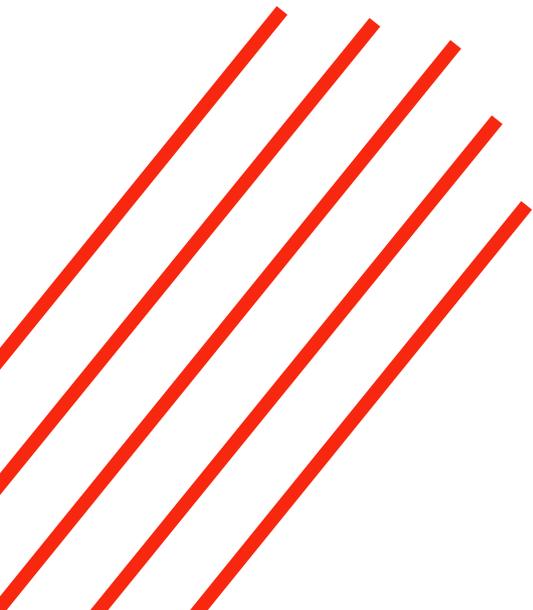
STANDARD

HANDSTAND PUSH UP

EACH REP BEGINS WITH THE ATHLETE IN THE LOCKOUT POSITION WITH ONLY THE HEELS AGAINST THE WALL, HEAD OFF THE GROUND, ARMS FULLY EXTENDED AND SHOULDERS IN LINE WITH THE BODY. AT THE BOTTOM, THE HEAD MUST MAKE CONTACT WITH THE GROUND. THE HANDS MUST REMAIN INSIDE THE DESIGNATED AREA. THE REP IS CREDITED WHEN THE ATHLETE RETURNS TO THE LOCKOUT POSITION WITH THE HEELS ON THE WALL; ARMS, HIPS AND LEGS FULLY EXTENDED; AND SHOULDERS IN LINE WITH THE BODY.

AT ANY TIME, IF ANY PART OF THE BODY, EXCEPT THE HEELS, MAKES CONTACT WITH THE PANEL, THE REP DOES NOT COUNT.

KIPPING IS NOT ALLOWED AS LONG AS A STRICT MOVEMENT IS REQUIRED. IN A STRICT MOVEMENT THE ATHLETE WILL NOT BE ABLE TO USE HIPS OR LEGS TO SUPPORT THE EXECUTION OF THE REP.



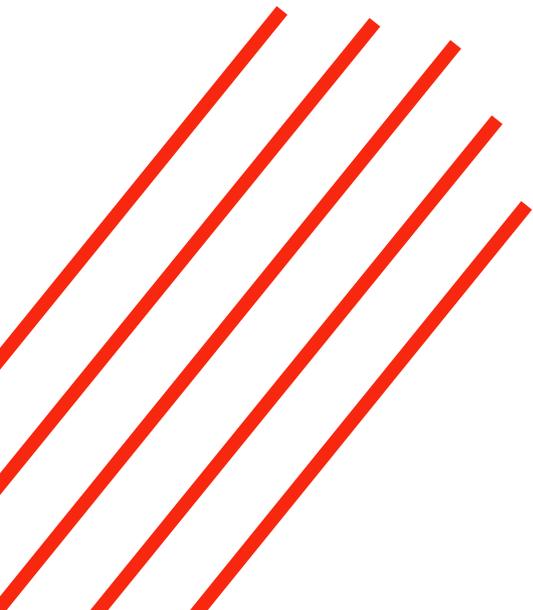
STANDARD

AMERICAN SWING

AT THE BOTTOM OF EACH REP, THE ATHLETE'S WRISTS MUST MAKE IN CONTACT WITH THE THIGHS WITH THE BELL OF THE KETTLEBELL BEHIND THEIR KNEES.

AT THE TOP OF EACH REP, ATHLETES WILL MUST SHOWN KNEES, HIPS AND ELBOWS FULLY EXTENDED WITH THE BELL OF THE KETTLEBELL VERTICAL TO THE GROUND OVER THE ATHLETE'S HEAD.

DROPPING THE KETTLEBELLS WILL BE COUNT A NO REP; HANDS MUST REMAIN ON THE KETTLEBELL UNTIL IT TOUCHES THE GROUND.



STANDARD

TOES TO BAR

ATHLETES START IN HANG POSITION ON THE BAR WITH ARMS FULLY EXTENDED AND FEET OFF THE GROUND.

AT THE START OF EACH REP THE HEEL MUST BE THROUGH BACK BEHIND THE BAR.

THE REP IS CREDITED WHEN BOTH FEET COME INTO CONTACT WITH THE BAR AT THE SAME TIME, BETWEEN THE HANDS.

